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Dear Oliver

An Unexpected Friendship with Oliver Sacks

SUSAN R. BARRY

In this intimate and inspiring book, Susan Barry shares the heartfelt letters through which she and Oliver Sacks became friends.

When Susan Barry first wrote to Oliver Sacks, she never expected a response, let alone the deep friendship that blossomed over ten years of letters. Now, she is sharing those letters for the first time.

It began when Sue—herself a neuroscientist—wrote to share an extraordinary development in her own medical history. Severely cross-eyed since birth, Sue had been told she would never acquire stereovision—the ability to see in 3D—and yet she did, a development at odds with decades of research. Within days, Oliver replied, “Your letter fills me with amazement and admiration.”

In a painful twist of fate, as Sue’s vision improves, Oliver’s declines. And as it becomes harder for him to see, his characteristic small type shifts to handwritten letters. Sue later recognizes this to be early signs of the cancer that ultimately ends his life.

These letters are a joyful celebration of, as Oliver writes, “a deep and stimulating friendship” that “has been a wonderful and unexpected addition to my life.”

Memories of My Life in a Polish Village, 1930–1949

TOBY KNOBEL FLUEK

A “deeply moving” (Elie Wiesel) jewel of a memoir, told in Holocaust survivor Toby Fluek’s beautiful paintings and drawings and her equally lucid text

Available again for the first time in decades: Here is the story of a young Jewish girl growing up in a Polish farm village, from the peaceful early 1930s to the tragic war years, and finding safe harbor at last.

Scene by scene, person by person, artist Toby Knobel Fluek lovingly unfurls a unique view of Jewish life. She introduces us to her village—to her family and her neighbors, both Jewish and Catholic; she shows us what they did, how they fared, how Jewish customs and holidays were observed—and, with both feeling and restraint, illustrates how this long-enduring way of life was disrupted and shattered by World War II.

“God-imbued, profound in its simplicity.”
—CYNTHIA OZICK, New York Times–bestselling author of Heir to the Glimmering World

“Deeply moving.”
—ELIE WIESEL, Nobel Prize–winning author of Night

“A beautiful book. Its luminous art and water-clear prose form a world of exquisite images that in the end create a tone poem evocative of a vanished world.”
—CHAIM POTOK, New York Times–bestselling author of The Chosen and My Name Is Asher Lev

TOBY KNOBEL FLUEK (1926–2011) was born in the eastern Polish village of Czernica. In 1942, she and her family were forced into the Brody ghetto by the Nazis. After her escape and years in hiding, she was married in 1949 and emigrated with her husband to New York, where she remained until her death. She is also the author of Passover As I Remember It and the subject of the 2011 documentary film Toby’s Sunshine.
Nearly Departed
Adventures in Loss, Cancer, and Other Inconveniences
GILA PFEFFER

In this funny and heartfelt memoir, Gila Pfeffer recounts losing both parents to cancer and the choices she made to avoid the same early demise.

When Gila Pfeffer tested positive for the BRCA1 gene at thirty years old, she immediately knew that she was a ticking time bomb. As the oldest living member of her family, with both of her parents dead from cancer, it wasn’t a choice—she had to save herself. Taking matters into her own hands, she decided to undergo a double mastectomy.

Set against Gila’s Orthodox Jewish upbringing on Staten Island, this memoir follows her journey to break the cycle of death and fate. After becoming the sole caretaker of her four younger siblings—and an expert on sitting shiva—we witness her become an independent adult and fall in love, before her life falls apart yet again. The results of her double mastectomy are undeniable: Aggressive cancer is already in her body. After enduring eight rounds of chemo and the removal of her ovaries, she takes her last ever dip in the mikvah waters as a bald, menopausal, thirty-five-year-old mother of four.

Saturated with Gila’s dark sense of humor, Nearly Departed is a story about carefully maneuvering between secular and religious worlds, thriving despite poor odds, and leaving a better legacy for her children than the one she inherited.

GILA PFEFFER is a Jewish American writer and humorist. Her work has appeared in The New York Times, AARP’s The Girlfriend and The Ethel, McSweeney’s, and the anthology I Just Want to Hang Out With You. She lives in New York and London.

You Will Get Through This
Real-World Coping Strategies for Common Mental Health Struggles
JULIE RADICO, PsyD, ABPP
NICOLE HELVERSON, PsyD
CHARITY O’REILLY, MS

An all-in-one guide to taking charge of your mental health, with therapy-proven strategies

With growing barriers to mental health care—from months-long therapy wait-lists to financial concerns to rampant online misinformation—it’s hard to know where to turn when you need help now. This book, written by three practicing therapists, is your comprehensive mental health first-aid kit. Drawing on the techniques they use with their patients, they offer compassionate, evidence-based strategies for identifying, understanding, and managing common mental health struggles such as depression, anxiety, panic disorder, ADHD, and sleep issues. In each chapter, you’ll find:

- what the research says about the issue
- coping mechanisms that are used in actual therapy rooms
- tips for communicating about the issue with your loved ones

You Will Get Through This illuminates the road to wellness and allows you to take charge of your own healing.

JULIE RADICO, PsyD, ABPP, is an associate professor and board-certified clinical health psychologist working in family and community medicine. NICOLE HELVERSON, PsyD, is a clinical psychologist specializing in depression, grief, eating disorders, and anxiety. CHARITY O’REILLY, MS, is a licensed professional counselor specializing in trauma therapy.
The Shortest History of Eugenics

ERIK PETERSEN, PhD

An eye-opening look at the history of eugenics—and its far-reaching implications

Although Sir Francis Galton may be known as the “father of eugenics,” having coined the term and written the first major work on the topic in 1883, author Erik Petersen traces eugenics’ origins to several decades earlier in The Shortest History of Eugenics. Spurred by the work of American phrenologists Lorenzo and Orson S. Fowler, who believed that both health defects and criminality were hereditary, a movement sprung up in the 1840s in the United States to manage (or punish) people considered “defective” or “criminal.”

Petersen takes readers through over 250 years of history and illustrates how the story isn’t over: Eugenic-like practices and ideologies have continued into the twenty-first century, from the forced sterilization of vulnerable populations to calls for “chemical castration” in order to “correct” criminal genetic patterns and the ongoing debate about the power of CRISPR to bioengineer “designer babies.”

Richly illustrated and incisively written, The Shortest History of Eugenics tells, for the first time, the complete history of eugenics from its nineteenth-century beginnings to today.

ZEB LARSON, PhD

No other tool has had as much of an impact on history as the computer. These machines have transformed all aspects of our lives, including industry, warfare, politics, and relationships.

Connecting past and present, historian and software engineer Zeb Larson explains how ancient Greek and Arabic advancements in mathematics laid the groundwork for the algorithms now used in Google searches. He moves from the first mechanical computer in the second century BCE to Francis Bacon’s binary message-encoding cipher to Charles Babbage and Ada Lovelace’s work on the Difference Engine. In the 1930s, we reach the digital era, with Alan Turing’s Nazi code–breaking machine and programming languages invented by pioneers like Grace Hopper.

In 1969, computers enter our homes, starting with the Honeywell Kitchen Computer, and later, the Internet radically changes how we live. The collapse of the dot-com bubble, followed by concerns about surveillance and AI, mean the modern era of computing is marked by more dangers and more opportunities than ever.

This is a truly global history, taking us from Persia to the UK to India to the US to Japan. No matter what comes next in the computer’s fast-paced development, this accessible history will prepare and entertain readers.

ERIK PETERSEN, PhD, is an associate professor of history at the University of Alabama. He is the author of The Life Organic: The Theoretical Biology Club and the Roots of Epigenetics and cohost of the podcast Speaking of Race. His work has been published in several scholarly journals, including History and Philosophy of the Life Sciences, Science & Education, and the Journal of the History of Biology.

ZEB LARSON, PhD, is a writer, historian, and software engineer. He has a PhD in history from Ohio State University. His writing has appeared in The Washington Post, Smithsonian, Jacobin, and Teen Vogue.
Polish’d
Modern Vegetarian Cooking from Global Poland
MICHAL KORKOSZ

100 fresh Polish vegetarian recipes—from new takes on traditional favorites to fusions from around the world

Michał Korkosz’s first book, Fresh from Poland—a Booklist Top 10 Cookbook of 2020, hailed as “a vegetable wonderland” by The San Francisco Chronicle—brought a Polish vegetarian cookbook to American readers for the first time. Now, he moves from celebrating Poland’s history to exploring Polish cooking’s rich present.

Polish’d includes both typical Polish favorites made vegetarian and new flavors brought to Poland through immigration and cultural exchange. Its recipes showcase fresh vegetables, grains, and herbs, but there’s also plenty of buttery, sugary, and cheesy comfort-food goodness to be found. Readers will see and taste Polish food in a new way, as they enjoy dishes such as:

- Kopytka with Umami Sauce, Spinach, Hazelnuts, and Poppy Furikake
- Tomatoes and Peaches with Goat Cheese, Crispy Sage, and Superior Brown Butter Sauce
- Carmelized Twaróg Basque Cheesecake

Polish’d will please readers with Polish heritage, vegetarian fans of Eastern European food, and anyone looking for creative ways to enjoy plant-based fare.

MICHAL KORKOSZ is a food journalist and author. His blog, Rozkoszny (which means “delightful”), won the 2017 Saveur Blog Award for best food photography (both Editors’ and Readers’ Choice). He lives in Poland.
Rozkoszny.pl/en Instagram: Michał_Korkosz

The Mushroom Hunter’s Kitchen
Reimagining Comfort Food with a Chef Forager
CHAD HYATT

The definitive guide to cooking with wild and store-bought mushrooms

Healthy, sustainable, and utterly delicious, mushrooms are having their well-deserved moment. Yet for many people, cooking with mushrooms—especially wild mushrooms—remains intimidating. That’s where chef and mushroom expert Chad Hyatt’s The Mushroom Hunter’s Kitchen can help. The self-published first edition gained renown in foraging circles for its comprehensive coverage of wild mushrooms, with recipes utilizing forager favorites such as morels and chanterelles as well as underappreciated varieties like huitlacoche, elfen saddles, waxy caps, and many more. The revised second edition makes Hyatt’s creative recipes more accessible than ever, with new recipes featuring store-bought mushrooms, a detailed guide to mushroom varieties, and a handy substitution chart so readers can make use of whatever mushrooms they happen to have on hand.

Recipes cover breakfast, dinner, snacks, condiments, and even dessert—Blueberry-Porcini Ice Cream, anyone? There’s also an entire chapter dedicated to preserving mushrooms, with techniques for salt-preserving, dehydrating, freezing, canning, and more.

CHAD HYATT has made a name for himself in Northern California and beyond, sharing his delicious spin on wild mushroom cookery at public and private events. Both an expert forager and a classically trained chef, he is passionate about approachable comfort food made with local, seasonal ingredients, and, of course, wild mushrooms.
The Gender Creative Child
Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes
DIANE EHRENSAFT, PhD

From a leading US authority on a subject more timely than ever—an up-to-date, all-in-one resource on gender-nonconforming children and adolescents

In her groundbreaking first book, Gender Born, Gender Made, Dr. Diane Ehrensaft coined the term “gender creative” to describe children whose unique gender expression or sense of identity is not defined by a checkbox on their birth certificate. Now, with The Gender Creative Child, Dr. Ehrensaft returns to guide parents and professionals through the rapidly changing cultural, medical, and legal landscape of gender and identity.

In this up-to-date, comprehensive resource, Dr. Ehrensaft explains the interconnected effects of biology, nurture, and culture to explore why gender can be fluid rather than binary. As an advocate for the gender affirmative model, and with the expertise she has gained over three decades of pioneering work with children and families, she encourages caregivers to listen to each child, learn their particular needs, and support their quest for a true gender self.

2022 Foreword Indies Finalist

“Dr. Ehrensaft’s most revolutionary idea is also her most straightforward—if we really learn how to listen to our children, they will tell us what they need.”

—ARON JANSSSEN, MD, director and founder, NYU Gender and Sexuality Service

Gender, Explained
A New Understanding of Identity in a Gender Creative World
DIANE EHRENSAFT, PhD
MICHELLE JURKIEWICZ, PsyD

An essential primer on gender literacy from leading experts on the front line of the cultural and political debate

Gender as we used to know it is evolving, and no more so than in the lives of the youngest generation. As this phenomenon has unfolded, some people have celebrated, others are alarmed, while many are confused.

In Gender, Explained, psychologists Diane Ehrensaft and Michelle Jurkiewicz help readers understand today’s gender phenomenon. With the latest research, they dispel myths and answer the questions they hear most—questions like: Why are so many kids today playing with gender? and How can we support those who are exploring gender?

Featuring personal stories from both gender creative children and adolescents as well as from parents, this book advocates for gender-affirming care and the importance of listening to what young people are trying to teach us about gender.

Gender, Explained pulls back the curtain on how and why the youngest generation is “doing” gender in new and different ways and outfits us all with gender literacy.

DIANE EHRENSAFT, PhD, is a developmental and clinical psychologist and director of mental health at the Child and Adolescent Gender Center, UCSF Benioff Children’s Hospital. She is author of The Gender Creative Child and Gender Born, Gender Made. MICHELLE JURKIEWICZ, PsyD, is a licensed clinical psychologist and gender specialist. She was an early pioneer in the work with transgender, nonbinary, and gender expansive youth, and she trains newer clinicians in using the Gender Affirmative Model.
The Mindfulness Patterns Coloring Book
Anti-Stress Adult Coloring & How to Draw Soothing Patterns
MARIO MARTÍN

Color your way to calm, with spellbinding, relaxing patterns.
Relieve your anxiety by coloring! Here you can fill in enchanting patterns of symmetrical shapes, abstract designs, and nature themes—from diamonds and cubes to feathers and flowers. Pattern master Mario Martín has created intricate illustrations to color in, plus activities to make your own patterns. The fifth volume in the number-one bestselling Mindfulness Coloring series, this pocket-size adult coloring book can help you de-stress anytime, anywhere.

TERRITORY
World
December 2022
Trade Paperback
112 pp. | $9.95 US
100 B&W illustrations
Finished copies available

MINDFULNESS | RECENT

MARIO MARTÍN, a pattern artist and teacher, learned drawing and composition from studying architecture and graphic design (in which he has a master’s degree). Subsequent to his studies, he discovered his true calling: pattern art, which helps him to alleviate his anxiety. He lives in Madrid, Spain.

MarioPatterns.com/Instagram/MarioPatterns

The Mindfulness Doodles Coloring Book
Adult Coloring and Doodling to Unwind and Relax
MARIO MARTÍN

Doodle and de-stress, with delightful DIY patterns in this next entry from the #1 nationally bestselling Mindfulness Coloring series.
Pattern creator Mario Martín is back—this time with permission to doodle! Here you’ll find inspiration to make your own captivating designs, add pattern and color to Mario’s creations, and let your mind roam free. Whether you’re on the go or spending a cozy day at home, this pocket-size adult coloring book is the perfect no-stress solution for finding balanced moments of calm in a hectic world.

TERRITORY
World
November 2023
Trade Paperback
112 pp. | $9.95 US
100 B&W illustrations
Finished copies available

Over a million copies of the Mindfulness Coloring series sold in the US alone!
Space Exploration—A History in 100 Objects

STEN ODENWALD

FOREWORD BY JOHN MATHER

This is no ordinary space book. Within the pages of this eclectic pop-history, scientist and educator Sten Odenwald at NASA examines 100 objects that forever altered what we know and how we think about the cosmos. From Sputnik to Skylab, and from Galileo’s telescope to the Curiosity rover, some objects are iconic and some obscure—but all are utterly important.

• The Nebra sky disk (1600 BCE) features the first realistic depiction of the Sun, Moon, and stars.
• The Lunar Laser Ranging RetroReflector showed us how far we are from the Moon in 1969.
• In 1986, it was the humble, rubber O-ring that doomed the space shuttle Challenger.
• The Event Horizon Telescope gave us our first glimpse of a black hole in 2019.

These 100 objects, as Odenwald puts it, showcase “the workhorse tools and game-changing technologies that have altered the course of space history. . . . Behind each new discovery is an object that expands our appreciation of space as well as the boundless imagination and resourcefulness we carry within us.”

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224 pp. | $25.00 US
Jacket converts to poster | 100 color photographs
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STEN ODENWALD is an award-winning astrophysicist and prolific science popularizer. He is currently the director of citizen science for the NASA Space Science Education Consortium.

Find More Birds
111 Surprising Ways to Spot Birds Wherever You Are

HEATHER WOLF

A gorgeously photographed trove of 111 ingenious tips for seeing more birds wherever you are

It’s possible to see more birds than you ever imagined—whether you’re on the go or in your own neighborhood, local park, or backyard. It all comes down to how you tune in to the show happening around you, the one in which birds—highly skilled at staying under the radar—are the stars. In Find More Birds, Heather Wolf shares her very best tactics—and the jaw-dropping photographs they helped her capture.

• Look for birds at their favorite “restaurants”—from leaf litter to berry bushes to ball fields.
• Watch for “tree bark” that moves . . . you may find it has feathers.
• Try simply sitting on the ground for a revealing new perspective.

Plus, special tips point the way to crowd favorites such as hummingbirds, owls, and eagles—and can’t-miss bird behaviors.

“Packed with excellent photos and tips, deeply relatable anecdotes, and a palpable sense of joy, this gem of a book will make you a better birder.”
—ROSEMARY MOSCO, author of A Pocket Guide to Pigeon Watching

HEATHER WOLF is the author of Birding at the Bridge. A Brooklyn-based birder, photographer, and educator, she works with the Cornell Lab of Ornithology as a web developer, teaches birding classes at Brooklyn Botanic Garden, and gives walks and talks for various organizations in New York City and beyond.
How to Nourish Yourself Through an Eating Disorder

Recovery for Adults with the Plate-by-Plate Approach®

WENDY STERLING, MS, RD, CSSD, CEDS-S, CASEY CROSBIE, RD, CEDS-S

A much-needed guide for adults on how to tackle an eating disorder and rebuild a healthy relationship with food

For many people, thinking about food is just one small part of their day—but for those struggling with an eating disorder (ED), these thoughts take over and leave them desperately asking, “How can I eat normally again?”

Dietitians Wendy Sterling and Casey Crosbie have the answer: the Plate-by-Plate Approach®, a no-numbers, visual method that teaches readers to restore their relationship with food using only a ten-inch plate. This approach works across all eating disorder diagnoses and helps individuals to:

• break free from the physical and psychological traps of an eating disorder
• learn how to plate meals and snacks without measuring or counting
• heal their relationship with their body
• eat flexibly, paving the way to intuitive eating and a renewed sense of joy around food

Mind Over Menopause

Lose Weight, Love Your Body, and Embrace Life After 50 with a Powerful New Mindset

PAHLA BOWERS

From YouTuber Pahla Bowers, a radically simple, motivational method to lose weight with mindfulness

Welcome to menopause, where everything you thought you knew about your body changed overnight. You’re always hot (unless of course you’re freezing cold), you’re moodier than ever, sleep seems like a distant memory, and your skin is forming “age spots.” You can’t help but wonder, Is this it? Thankfully, no.

Weight-loss life coach Pahla Bowers is here to help with a simple and powerful method to flip the script on menopause—by adjusting how you think. Pahla teaches how to target Really Unhelpful Thoughts (RUTs), to shed extra pounds and stay healthy. With this book, you will learn to:

• transform the way you think about food—and no longer fear calories and carbs
• practice moderate exercise, stay hydrated, and get plenty of sleep
• accept your body, choose a realistic weight goal, and never slow down!

Combining exercise science, cognitive and behavioral psychology, and an inspiring, pragmatic perspective, this book equips you with the tools and confidence to achieve your goals.

PAHLA BOWERS is a certified weight-loss life coach for women over fifty, with over a decade of experience helping women make peace with their menopausal bodies. She is the host of the Get Your GOAL podcast and a prolific online content creator with expertise in women’s health, personal development, and menopause fitness.

PahlaBFitness.com PahlaB_WeightLossCoach PahlaBowers
The Long COVID Survival Guide
How to Take Care of Yourself and What Comes Next
EDITED BY FIONA LOWENSTEIN
AFTERWORD BY DR. AKIKO IWASAKI

The first patient-to-patient guide for people living with Long COVID—with expert advice on getting diagnosed, dealing with symptoms, and more

For people living with Long COVID, navigating the uncharted territory of this new chronic illness can be challenging. With over two hundred unique symptoms, and with doctors continuing to work toward a cure, people experiencing Long COVID are often left with more questions than answers.

A support group in book form, The Long COVID Survival Guide is here to help. Twenty contributors—from journalists, neuroscientists, and patient-researchers to corporate strategists, activists, and artists—share their stories and insight on topics including getting diagnosed, finding a caregiver, dealing with fatigue and brain fog, caring for your mental health, and more.

This vital resource provides the answers and reassurance you need to take care of yourself and prepare for what comes next.

2022 Foreword Indies Finalist
As featured on NPR’s It’s Been a Minute

FIONA LOWENSTEIN is an award-winning journalist and founder of the health-justice organization Body Politic. They created Body Politic’s online COVID support group after being hospitalized with COVID in March 2020. DR. AKIKO IWASAKI is a professor of immunobiology and of molecular, cellular, and developmental biology at Yale School of Medicine.

TERRETTORY
World
November 2022
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288 pp. | $18.95 US
B&W illustrations
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Strong Minds
How to Unlock the Power of Elite Sports Psychology to Accomplish Anything
NOEL BRICK, PhD
SCOTT DOUGLAS
FOREWORD BY ALEX HUTCHINSON

Now in paperback, with an all-new foreword: competition-tested cognitive strategies to help triumph over any obstacle

If you ask research psychologist Noel Brick and bestselling fitness writer Scott Douglas, the “dumb jock” stereotype is way out of bounds. No world-class athlete succeeds without a strong mental game, including unique ways of analyzing situations, self-motivating, and even thinking about time. Cutting-edge discoveries (some by Dr. Brick himself) reveal how champions do it—and how we can, too.

Brick and Douglas pair groundbreaking science with instructive moments across the sports realm to show how legendary athletes like marathoner Meb Keflezighi, World Cup champion soccer player Megan Rapinoe, and Olympian Michael Phelps stay on top of their game. Whether it’s sticking the landing at a job interview or racing your thesis to the finish line, Strong Minds is a slam-dunk approach for accomplishing anything.

NOEL BRICK, PhD, is a lecturer in sport and exercise psychology at Ulster University and a researcher on the psychology of endurance and performance. He has completed more than thirty marathons. He lives in Ireland.

SCOTT DOUGLAS is a contributing writer for Runner’s World. He is the author of several books, including Running Is My Therapy and Meb for Mortals. He lives in Maine.

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October 2023
Trade Paperback
288 pp. | $16.95 US
Finished copies available
Humble

Free Yourself from the Traps of a Narcissistic World

DARYL VAN TONGEREN, PhD

A practical and philosophical deep dive into humility: how it can build confidence, foster honesty about our strengths and limitations, and help us achieve success

Daryl Van Tongeren is a leading researcher on the science of humility. In *Humble*, he gives this unassuming trait a much-needed rebrand, explaining why the humble enjoy a more secure sense of self, handle challenges better, and, indeed, are often the people we like the most.

In a world where narcissism is on the rise—where the shameless dominate social media and getting noticed is considered key to getting ahead—it’s not surprising that we all have a bit of work to do on our sometimes self-sabotaging egos.

Humility is the happy medium between self-denial and self-obsession: It grants the holder an accurate view of reality. By seeing where we have room to improve, we can grow. By admitting our doubts, we can learn. And by acknowledging our own worldview as one among many, we can truly connect with others despite our differences.

A thought-provoking call to reexamine our values, *Humble* signals a paradigm shift—from the “self-esteem movement” run amok to a better world in which we lift up one another.

---

Don’t Forget to Breathe

5-Minute Mindfulness for Busy Women

SHONDA MORALIS, MSW, LCSW

Take 5 minutes to reset, refocus, and find calm.

It’s a familiar feeling for so many women: Life is one big to-do list. And whatever’s on there—kids, career, personal life, or just staying afloat—didn’t get any easier in the pandemic. With stress and anxiety at peak levels of “ack!,” psychotherapist Shonda Moralis steps in to offer relief.

*Don’t Forget to Breathe* marries “been there, I hear you” advice with 60 ingenious evidence-based “mindful breaks” that women can use to re-center without missing a beat: while getting dressed, waiting at the checkout, or reaching for the phone. Shonda sees mindfulness not as tuning out but tuning in—and it’s there for you whenever you need it! Her short meditations are designed for helping you to:

- **breathe** to promote calmness and awareness with meditation
- **be yourself** and build confidence
- **reach** for success by setting—and conquering—realistic goals

*Don’t Forget to Breathe* is a timely reminder of that big, overlooked to-do: Take care of yourself!
The Ayurvedic Self-Care Handbook

Holistic Healing Rituals for Every Day and Season

SARAH KUCERA, DC, CAP
FOREWORD BY DR. SUHAS KSHIRSAGAR

Ancient self-care for modern life

Feeling burned-out, unmotivated, or stuck? This authoritative guide to ancient healing offers more than 100 daily and seasonal Ayurvedic rituals—each taking 10 minutes or less—to reconnect you with nature’s rhythms and to unlock better health.

• Boost and stabilize your energy with yogic breathing.
• Overcome transitions with grounding meditations.
• Undo physical and emotional stress with personalized yoga postures.
• Prevent and treat disease with nourishing tonics and teas.
• Pause and reflect with daily and weekly journaling prompts.

Get back in sync with nature—and rediscover your potential to feel good.

“A joyful, blissful book, it serves as a guideline to students and practitioners, unfolding inner healing and longevity.”

—DR. VASANT LAD, BAM&S, MASc, Ayurvedic physician, author of Ayurveda: The Science of Self-Healing

The Seven Ways of Ayurveda

Discover Your Dosha, Tap Into Your Strengths—and Thrive in Work, Love, and Life

SARAH KUCERA, DC, CAP

A guide to the Ayurvedic personality types, or doshas, with psychology-based advice on cultivating balance

At the core of Ayurveda is an understanding that we are all made of the same materials—the five elements of ether (space), air, fire, water, and earth—and how you look, think, and feel can be traced back to your unique proportion of these elements at any given time. This is your dosha, the true essence of who you are.

Knowing your dosha is the key to deeper self-knowledge, easier relationships, and a happier future. In The Seven Ways of Ayurveda, you’ll discover which type fits you best.

• Vata: creator, multitasker, artist
• Pitta: perfectionist, challenger, leader
• Kapha: peacemaker, nurturer, lover
• Vata-Pitta: performer, innovator, first responder
• Pitta-Kapha: guardian, moralist, observer
• Vata-Kapha: dreamer, supporter, conversationalist
• Tri-Dosha: proficient in all trades, well-rounded

Then, you’ll identify your innate strengths (and their “shadow sides”); whether you’re out of balance (and what to do); how your unique type approaches work, love, travel, and more; and how to forge true, mutual understanding with friends and loved ones whose doshas may differ. When you know yourself better, you can take better care of yourself—and others, too.

SARAH KUCERA, DC, CAP, has been championing healthy practices professionally for over a decade and personally for her whole life. A chiropractor, Ayurvedic practitioner, yoga teacher, yoga therapist, and entrepreneur, she is the founder of Sage, a healing arts center and herbal apothecary in Kansas City, Missouri, where she strives to help others find well-being.
Your Baby Can Self-Feed, Too
Adapted Baby-Led Weaning for Children with Developmental Delays or Other Feeding Challenges

JILL RABIN, MS
GILL RAPLEY, PhD

No matter what challenges they face, your baby can self-feed, too!

One in four children has feeding challenges and difficulty eating. If your child is one of them, mealtimes may be a struggle. Whether the reason is neurodiversity (such as Down syndrome), feeding aversion, or a medical condition, feeding therapist Jill Rabin and baby-led weaning pioneer Gill Rapley are here to help with a groundbreaking new approach for parents, caregivers, and health professionals alike: adapted baby-led weaning (ABLW). Find out how to:

• respond to your baby’s signals and appetite—and trust their abilities
• improve your baby’s chewing, posture, sensory development, and fine motor skills
• use “bridge devices,” like silicone feeders, to encourage independent eating
• support your baby to eat real, healthy food and enjoy mealtimes with the rest of the family
Responsive Feeding
The Baby-First Guide to Stress-Free Weaning, Healthy Eating, and Mealtime Bonding
MELANIE POTOCK, MA, CCC-SLP

The authoritative guide to feeding babies and toddlers “responsively”—the no-fuss method that follows your child’s cues and sets the stage for healthy eating!

When should I start my baby on solids? Should I offer purees—or try baby-led weaning? What if my toddler rejects new foods? Feeding therapist Melanie Potock has the answers to all. The secret? Tune in to your child’s cues, and you’ll know what’s right for her.

With Responsive Feeding, you won’t have to choose between the spoon-led and baby-led approach or cajole your baby to “eat up” when he’s fussy. Instead, every meal becomes a fun learning experience that will engage your baby’s senses—and strengthen your bond. You’ll learn how to:

• gauge your baby’s readiness for solid foods
• introduce bold flavors to set the stage for a lifetime of adventurous eating
• navigate tricky transitions and picky eating

Potock guides parents along every step of the way, from how to wrangle a “food thrower” to the merits of a “nibble tray” for hungry toddlers as well as considerations for special needs. Raising a mindful, healthy eater is just a bite away.

MELANIE POTOCK, MA, CCC-SLP, has over twenty years of experience helping children with pediatric feeding disorders. She is the author of Adventures in Veggieland and Responsive Feeding. She lives in Colorado.

Bringing Up Bookmonsters
The Joyful Way to Turn Your Child into a Fearless, Ravenous Reader
AMBER ANKOWSKI, PhD
ANDY ANKOWSKI

The no-stress, ferociously fun way to raise a kid who loves to read—complete with reading recommendations and activities to inspire!

Teaching your child to read is monstrously important, and there’s no better way to do it than with everyday opportunities for laughter and play. Bringing Up Bookmonsters is full of fun ways to build literacy at home—no flash cards or timers required! Feed your budding bookmonster’s brain as you:

• turn storytime into playtime to build comprehension
• get giggling with games and jokes that reinforce spelling
• converse at family meals with varied vocabulary
• satisfy your bookmonster’s cravings with books they are sure to devour!

These tips and many more make it easy to help your child develop an insatiable appetite for reading—and have a tremendously good time doing it!

AMBER ANKOWSKI, PhD, is a developmental psychologist and has been published in academic journals, including Child Development Research, Infant and Child Development, and others. She teaches at UCLA. ANDY ANKOWSKI is an award-winning advertising creative director. The Ankowskis live in Los Angeles, California, with their three kids.
Plant-Based India
Nourishing Recipes Rooted in Tradition
DR. SHEIL SHUKLA

Physician Dr. Sheil Shukla celebrates Indian cuisine with 100 stunningly photographed vegan recipes that utilize fresh, healthy produce to capture the indelible flavors of India.

India is home to a vibrant tapestry of culinary traditions—and to more vegetarians than anywhere else in the world. It’s also where Dr. Sheil Shukla learned to love traditional Gujarāti fare, cooking alongside his adored ba (grandmother) in Mumbai.

During his medical training, Dr. Shukla discovered the power of plant-based nutrition to prevent and manage chronic illness—and so began his mission to reinvent the classic vegetarian dishes of his heritage.

Plant-Based India presents over 100 completely vegan recipes for shāk (spiced vegetable dishes), dāl (legume stews), rotli (flatbreads), bhāt (rice dishes), and more. From a comforting Pālak Tofu to vegan Nān, festive Navratan Rice, hearty Dāl Makhani, and summery Chocolate Chāi Mousse with Berries, these are recipes from the heart—filled with nourishing ingredients at their seasonal best.

A 2023 James Beard Foundation Book Award Nominee
A New York Times Best Cookbook of 2022
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A Food Network Best Vegan Cookbook of 2022
A Forks Over Knives Favorite Plant-Based Book of 2022
Amazon Editors’ Picks: Best Cookbook
A Foreword INDIES Finalist of 2022

LUKAS VOLGER

Veggie Burgers Every Which Way—Second Edition
Fresh, Flavorful, and Healthy Plant-Based Burgers

Veggie burgers like you’ve never seen them before—everyday ingredients assembled into extraordinary burgers for every craving and occasion

Goodbye, frostbitten freezer patties and mysterious faux meats. Hello, Spicy Peanut and Carrot Burgers, Chipotle Black Bean Burgers, Seitan Burgers with Mango BBQ Sauce, and even Beet “Tartare”!

In this exciting new edition of his acclaimed first cookbook, Lukas Volger conjures fresh produce, beans, and grains into even more delicious veggie burgers, sliders, and sides. Eating your vegetables has never been so satisfying.


A Good Cook Book Club Main Selection
Monarchs of the Sea
The Extraordinary 500-Million-Year History of Cephalopods
DANNA STAAF

Before mammals, there were dinosaurs, and before dinosaurs, there were cephalopods.

Cephalopods, Earth’s first truly substantial animals, are still among us: Their fascinating family tree features squid, octopuses, nautiluses, and more. The inventors of swimming, cephs presided over the sea for millions of years. But when fish evolved jaws, cephs had to step up their game (or end up on the menu). Some evolved defensive spines. Others abandoned their shells entirely, opening the floodgates for a tidal wave of innovation: masterful camouflage, fin-supplemented jet propulsion, and intelligence we’ve yet to fully measure.

In Monarchs of the Sea, marine biologist Danna Staaf unspools how these otherworldly creatures once ruled the deep—and why they still captivate us today.

“Squishy, slimy delight on every page.”
—SY MONTGOMERY, New York Times—bestselling author of The Soul of an Octopus

DANNA STAAF earned a PhD in invertebrate biology from Stanford University and has been studying cephalopods for decades. Her writing on marine life has appeared in Science, Atlas Obscura, and many other outlets, while her research has appeared in the Journal of Experimental Biology, Aquaculture, and others, as well as in numerous textbooks. She lives with her family in Northern California.

FIGURE 5.4 Ram’s Horn Squid, showing the shell in position in the animal.
Carl Chus, Die Cephalopoden, 1910

FIGURE 6.4 The modern female argonaut uses her arms to spin her shell, which serves as an egg case and helps maintain her own buoyancy.
Julian Finn, Musaeum Victoria

FIGURE 8.3 A close relative of the mimic octopus shows off its gaudy stripes. This species is called, most marvelously, Wunderpus photogenicus.
Richard Russ
An Illustrated Book of Bad Arguments
ALI ALMOSSAWI
ILLUSTRATED BY ALEJANDRO GIRALDO

Have you read (or stumbled into) one too many irrational online debates? Ali Almossawi certainly had! This handy guide is here to bring the internet age a much-needed dose of old-school logic. Here are cogent explanations of the straw man fallacy, the slippery slope argument, the ad hominem attack, and other common attempts at reasoning that actually fall short, plus a beautiful menagerie of animals who commit every logical faux pas.

Once you learn to recognize these abuses of reason, they start to crop up everywhere from congressional debate to YouTube comments—which makes this geek-chic book a must for anyone in the habit of holding opinions. It’s the antidote to fuzzy thinking, with furry animals!

Dot Journaling—A Practical Guide
How to Start and Keep the Planner, To-Do List, and Diary That’ll Actually Help You Get Your Life Together
RACHEL WILKERSON MILLER

A dot journal is a planner, to-do list, and diary for each aspect of your life: work, home, relationships, hobbies—everything. Early adopter Rachel Wilkerson Miller explains how to make a dot journal work for you—whether you find the picture-perfect examples on Pinterest inspiring or, well, intimidating. List to-dos and don’t-dos; create spreads to plan your day, week, month, or year; track your habits and goals (health, money, travel); and much more.

The Emotionally Absent Mother
How to Recognize and Heal the Invisible Effects of Childhood Emotional Neglect—Updated and Expanded Second Edition
JASMIN LEE CORI, MS, LPC

Was your mother preoccupied, distant, or even demeaning? Have you struggled with relationships—or with your own self-worth? Often, the grown children of emotionally absent mothers can’t quite put a finger on what’s missing from their lives. Psychotherapist Jasmin Lee Cori has helped thousands of men and women heal the wounds left by every kind of undermothering. In this updated and expanded second edition of her pioneering book, she explains, among other topics: possible reasons your mother was distracted or hurtful, the lasting impact of childhood emotional neglect and abuse, how to re-parent yourself, and how to secure a happier future for both you and your children.

The No Meat Athlete Cookbook
Whole Food, Plant-Based Recipes to Fuel Your Workouts—and the Rest of Your Life
MATT FRAZIER AND STEPFANIE ROMINE

A fast-growing global movement, No Meat Athlete (NMA) earns new fans every day by showing how everyone from weekend joggers to world-class competitors can become even healthier and fitter by eating whole plant foods. Now, The No Meat Athlete Cookbook—written by NMA founder Matt Frazier and longtime health coach, yoga teacher, and food writer Stepfanie Romine—showcases 125 delicious vegan recipes, many inspired by plant-based foods from around the world. Put nourishing, whole foods on the table quickly and affordably, with recipes like Almond Butter–Banana Pancakes, Naked Samosa Burgers, Mango Sticky Rice, and more. These plant-powered recipes will power you—to perform better, recover faster, and feel healthier.
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For general inquiries, and for information on territories not listed, please contact:

**Margie Guerra**  
Contracts & Rights Director  
*The Experiment*  
220 East 23rd Street, Suite 600  
New York, NY 10010  
tel: +1.212.889.1659 x 29  
fax: +1.212.889.0325  
margie@theexperimentpublishing.com