

FRONTLIST & KEY BACKLIST

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The Brompton

FNGINFFRING FOR CHANGF

Will Butler-Adams and Dan Davies

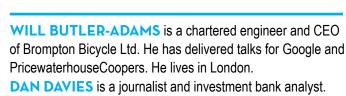
The story of how Brompton, the iconic folding bicycle that you can take anywhere—and that can take you anywhere—grew from a small cult bike company to a multimillion-dollar business

Lightweight, compact, and now electric: The cityscape has been forever changed by the Brompton bike, with its distinctive style and clever folding design.

For over forty years, the Brompton's modular design has remained virtually unchanged. It has stood not only the test of time but every financial crash since 1976, Brexit, and COVID-19—not to mention every other risk that any business faces. Where, then, did this ingenious feat of engineering come from? Who were the minds behind it? And how did a small company grow to become one of the biggest cycling brand names in the world?

As they answer these questions, CEO of Brompton Will Butler-Adams and journalist Dan Davies give behind-the-scenes insights into the evolution of both the bike and the company alongside more than one hundred images that chronicle Brompton's past and present. This work of business history provides both interesting facts about an elegantly designed machine that cyclists know and love, and inspiration for readers curious about what it takes to bring an idea from concept to final product. It's not only the first look behind the scenes at Brompton Bicycle Ltd, but also a masterclass in entrepreneurship, manufacturing, and scaling a business.

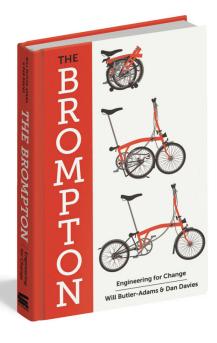




including The New Yorker and the Financial Times.

The author of *Lying for Money*, he has written for publications

Brompton.com



- ➤ For proud owners of the 500,000+ Brompton bikes manufactured since the company's creation (and cycling enthusiasts in general)
- Packed with never-before-seen trivia and tips for burgeoning entreprenuers
- ▶ The first time Brompton's story has ever been fully told
- A highly visual history with photos showing the people and ideas behind the iconic design

The Brompton

16-page color insert | 114 B&W images; 288 pages; 6 x 9

Paper over boards: \$30.00 US | \$39.00 Can.

ISBN: 978-1-61519-956-3

No. 779956

Ships: October



Too Big for a Single Mind

HOW THE GREATEST GENERATION OF PHYSICISTS UNCOVERED THE QUANTUM WORLD

Tobias Hürter

The epic true story of how a global team of physics luminaries—Einstein, Curie, Schrödinger, and more—toppled the Newtonian universe amid the turmoil of two World Wars

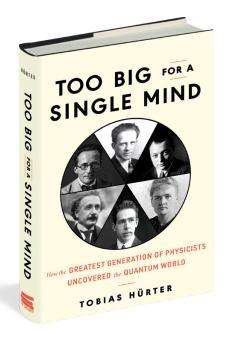
There may never be another era of science like the first half of the twentieth century, when many of the most important physicists ever to live—Marie Curie, Max Planck, Wolfgang Pauli, Niels Bohr, Werner Heisenberg, Ernst Schrödinger, Albert Einstein, and others—came together to uncover the quantum world: a concept so outrageous and shocking, so contrary to traditional physics, that its own founders rebelled against it until the equations held up and fundamentally changed our understanding of reality.

In cinematic, page-turning chapters, Tobias Hürter takes us back to this uniquely momentous and harrowing time, when war and revolution upended the lives of his renegade scientists. As they crisscross Europe, Hürter reveals these brilliant thinkers anew, as friends and enemies, lovers and loners, and indeed, men and women just like us. Hürter compellingly casts quantum mechanics as a concept *Too Big for a Single Mind*—and its birth as a testament to the boundless potential of genius in collaboration.

Imagine one day you found out that the world you live in works completely differently from the way you thought.

That's exactly what happened to physicists a century ago. They were forced to accept the fact that, behind the concepts and theories through which they saw the world, there lay a deeper reality. And it was one so strange to them that they began to argue about whether it still made sense to speak of any kind of "reality" at all.

How those physicists came to such a realization, and how they subsequently wrestled with it, is the story of this book. By the end of the story, the world will have become a different place.—from the prologue



- Propulsive, page-turning chapters feature a star-studded ensemble cast—arguably the greatest team of geniuses ever assembled
- Few breakthroughs in science are as world-changing as those found here: radioactivity, relativity, and quantum mechanics
- The resulting technologies continue to shape our world, from smartphones, lasers, X-rays, and LEDs—to the atom bomb



TOBIAS HÜRTER studied mathematics and philosophy in Munich and Berkeley. He has written about science and philosophy for magazines and newspapers since 2000, including as an editor at *MIT Technology Review* and as cofounder of the philosophy magazine *Hohe Luft*. Now a permanent freelance editor at *Die Zeit Magazin Wissen*, he lives in Munich.

Too Big for a Single Mind

7 B&W photographs; 368 pages; 6 x 9

Hardcover: \$27.95 US | \$36.50 Can.

ISBN: 978-1-61519-920-4

No. 779920

Ships: September

Wild Maps for Curious Minds

100 NEW WAYS TO SEE THE NATURAL WORLD

Mike Higgins

Illustrated by Manuel Bortoletti

A new entry to the bestselling Maps for Curious Minds series—with 100 vibrant infographic maps that reveal the natural world like never before!

What nations have launched animals into space? Where are the world's cat people? How many humans live in high-risk zones for natural disaster? How far do you have to travel to hug all fifteen of the world's oldest trees? Where in the world do snakes live—or better yet, where can you *avoid* them?! With 100 maps in this singular atlas, soon you'll be a walking encyclopedia of fascinating facts and surprising insights about the natural world!

Covering the globe, *Wild Maps for Curious Minds* is a trove of awe-inspiring, never-before-seen infographic concepts that ingeniously blend original topics, whimsical delight, and sobering detail about our endangered environment. Richly illustrated to delight lovers of maps and nature alike, this is an eye-opening celebration of our planet—and all the amazing animals and plants that we share it with.

Praise for the Maps for Curious Minds series

"Maps can tell you far more than where borders and beaches are located. Brilliant Maps for Curious Minds uses creative cartography to highlight assorted facts and figures."—The Wall Street Journal

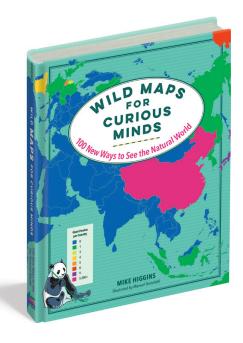
"[North American Maps for Curious Minds] is a captivating browse that will unobtrusively enlighten readers and upend things they thought they knew."—Library Journal

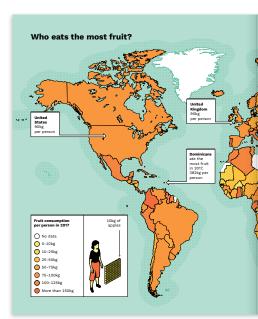
"Information is beautiful and is beautifully arranged in the Maps for Curious Minds books. They're a testament to the power of discovering facts and figures that you didn't know you didn't know."

—GeekDad

MIKE HIGGINS is a freelance editor and writer with over 20 years' experience editing features, magazines, and supplements for UK national news media, publishers, and brands like *The Independent*, *The Telegraph*, *The Guardian*, and Lonely Planet.

MANUEL BORTOLETTI is an award-winning freelance graphic designer focused on editorial design, infographic illustration, and art direction. He lives in Venice.





Wild Maps for Curious Minds

100 color maps; 208 pages; 7 x 9

Paper over boards: \$19.95 US | \$25.95 Can.

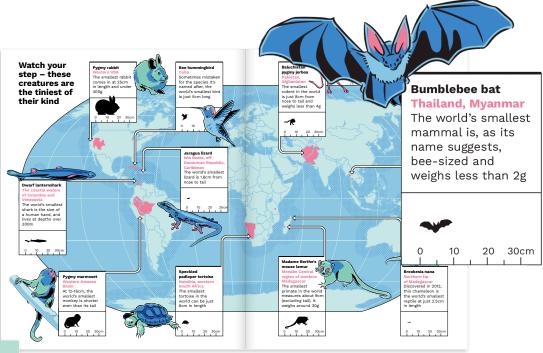
ISBN: 978-1-61519-892-4

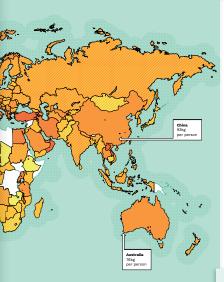
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Ships: October



6-copy counter display \$119.70 US | \$155.70 Can. ISBN: 978-1-61519-926-6 No. 779926





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ALSO IN THE MAPS FOR **CURIOUS MINDS SERIES**

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- ▶ Illuminates urgent environmental crises and raises our awareness about fellow species

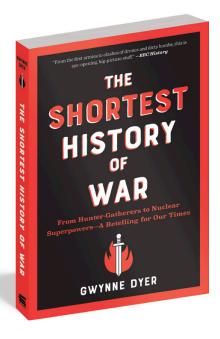


\$19.95 US | \$25.95 Can. 978-1-61519-625-8 779625



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Essential reading for anyone who wants to understand why we fight wars—and how we can stop

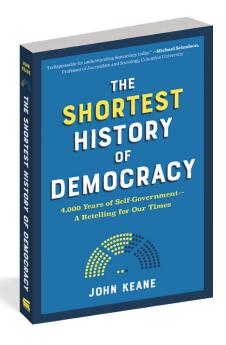
Russia's invasion of Ukraine has punctured the longest stretch of peace between major powers since WWII, bringing the horrors of warfare—past, present, and future—to the forefront of readers' minds. In *The Shortest History of War*, internationally acclaimed historian Gwynne Dyer adds urgently needed context.

Dyer ably charts the evolution of violent conflict: tribal aggression, classical combat, limited war, total war, and cold war—followed by present-day terrorism, nuclear threats, and the development of lethal autonomous weapons systems (LAWS). His brilliant, brisk history is a harrowing must-read for all who wonder: How will rival superpowers with unprecedented weapons shape the future of our interconnected world?

"Ranges over the terrain of history, sparkling with insight . . . brilliant."—The Seattle Times on Gwynne Dyer's War: The Lethal Custom

London-based **GWYNNE DYER** is a renowned journalist, columnist, broadcaster, and lecturer on international affairs. His documentary television series on the history of war was nominated for an Academy Award. His twice-weekly column on international affairs appears in 175 newspapers in 45 countries and is translated into more than a dozen languages.





The complete history of democracy, its champions, and its detractors—from the assemblies of ancient Mesopotamia to present perils

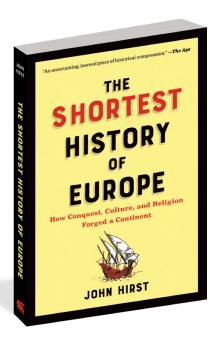
This tumultuous global story begins with democracy's radical core idea: We can collaborate, as equals, to determine our own lives and futures. John Keane traces how this concept emerged and evolved, from the earliest "assembly democracies" to European-style electoral democracy to our present system of "monitory democracy." Today, governments answer not only to voters on Election Day, but to intense public scrutiny (monitoring) every day. Keane calls this media- and communication-driven system "the most complex and vibrant form of democracy yet"—but it is not invulnerable.

We live in an age of political and environmental crisis, when despots in China, Russia, Saudi Arabia, and elsewhere reject the promises of power-sharing. At this urgent moment, Keane's book mounts a new defense of a precious global ideal.

"Shortest—and best! Provocative, passionate, fun, and even a bit hopeful."

-MICHAEL SCHUDSON, professor of journalism and sociology, Columbia Univerrsity

JOHN KEANE is currently Professor of Politics at the University of Sydney and the WZB (Berlin). He is the author of many acclaimed books, most recently *The New Despotism* (2020) and *To Kill A Democracy: India's Passage To Despotism* (2021, with Debasish Roy Chowdhury).



Three millennia of history on a momentous, world-changing continent, distilled into 208 thrilling pages!

Celebrated historian John Hirst draws from his own lectures to deliver this ultra-accessible master class on the making of modern Europe, from Ancient Greece through World War II. With over 600,000 copies sold worldwide, this brief history is a global sensation propelled by a thesis of astonishing simplicity: Just three elements—German warfare, Greek and Roman culture, and Christianity—come together to explain everything else, from the Crusades to the Industrial Revolution. Hirst's razor-sharp grasp of cause and effect helps us see with sparkling clarity how the history of Europe—the crucible of liberal democracy—shapes the way we live today.

"Crisp, lucid, and evocative."

—Australian Book Review

"A wise, illuminating little book."

-Sydney Morning Herald

JOHN HIRST (1942–2016) was a celebrated historian and social commentator whose notable history books include *Australian History in Seven Questions* and *The Australians*. A history professor at La Trobe University for almost 40 years, he lived in Melbourne, Australia.

- Learn everything you need to know about political and historical concepts in one afternoon
- Addressing urgent issues that dominate today's headlines
- Packed with maps and diagrams illustrating key topics

The Shortest History of War

80 B&W images; 256 pages; 5 1/8 x 7 3/4

Trade paperback: \$15.95 US | NCR

ISBN: 978-1-61519-930-3

No. 779930

Ships: July

The Shortest History of Democracy

45 B&W maps and images; 240 pages; 5 1/8 x 7 3/4

Trade paperback: \$15.95 US | \$21.00 Can.

ISBN: 978-1-61519-896-2

No. 779896

Ships: August

The Shortest History of Europe

74 B&W maps and images; 208 pages; 5 1/8 x 7 3/4

Trade paperback: \$15.95 | \$21.00 Can.

ISBN: 978-1-61519-914-3

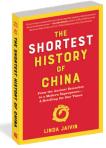
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Ships: October

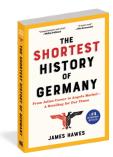
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Blue

THE SCIENCE AND SECRETS OF NATURE'S RAREST COLOR

Kai Kupferschmidt

Now in paperback: a vivid exploration of this uniquely captivating color, which behaves like no other wavelength

Blue is the most widely beloved color—but in nature, it's the rarest hue of all. True, physics paints the sea and sky blue, but we can't bottle this trick of the light. And blue pigment requires such complex chemistry that blue creatures, plants, and minerals are few indeed. Artists and kings have treasured blue dye like precious gold since the time of the pharoahs—and who today can help but marvel at a morpho butterfly in the rain forest or a blue jay at the window?

Science journalist Kai Kupferschmidt has been enraptured by blue since childhood. In his quest to understand the mysteries of his favorite color, he takes readers on a vivid journey—from a biotech lab in Japan and a volcanic lake in Oregon to his native Germany, home of the last blue-feathered Spix's macaws. Deep underground where blue crystals grow, and miles overhead where astronauts gaze at our "blue marble" planet—wherever he finds this alluring color, it always has a story to tell.

"Walks readers through intricate material in chapters that describe blue in stones, vision, plants, language, and animals. . . . Blue is charming and readable."

-Booklist

"Deftly bridges mineralogy, botany, and art history to explore humanity's quest for the perfect blue pigment."—Science

"Fascinating and well-researched."

-Shelf Awareness





- A one-of-a-kind exploration of a singular color—the most popular worldwide
- Color photos and illustrations throughout bring the science and secrets of blue to life
- With appeal for readers of pop science, nature writing, and art history





KAI KUPFERSCHMIDT is a contributing correspondent for *Science*, where he writes about infectious disease, drug development, biotech, evolution, and science policy. His coverage of the coronavirus pandemic gained international attention. When not writing, he is usually thinking about the color blue. He lives in Berlin.

KaiKupferschmidt.de kakape

Blue

50 color illustrations; 224 pages; 5 1/4 x 8 1/4

Trade paperback: \$17.95 US | \$23.95 Can.

ISBN: 978-1-61519-906-8

No. 779906

Ships: August

In Search of Common Ground

INSPIRING TRUE STORIES
OF OVERCOMING HATE IN A DIVIDED WORLD

Bastian Berbner

Translated by Carolin Sommer

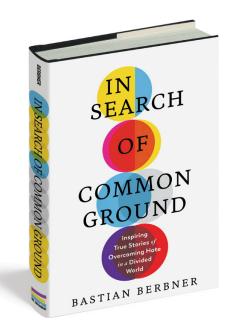
As heard on NPR's *This American Life*: Unlikely friendships challenge every kind of bias, to offer hope that our societies can heal

Much has been written about our polarized media, social bubbles, and intractable biases. Award-winning journalist Bastian Berbner circled the world to find a different narrative. *In Search of Common Ground* is his profound collection of true stories that prove it *is* possible to mend even our fiercest divides.

In Arizona, a former neo-Nazi befriends his Black parole officer. In Germany, an older couple dread the arrival of their new Roma neighbors—but are moved upon meeting them to offer help and become strong supporters. In Ireland, we see one friendship change the world when a gay-rights activist overturns a conservative mailman's homophobia—and together, they help sway public opinion to legalize gay marriage. Other gap-bridging stories include:

- young Democrats and Republicans (United States)
- a Danish policeman and a Muslim boy in danger of radicalization (Denmark)
- a neo-Nazi and a Palestinian prisoner (*Germany*)

With added historic and sociological research, Berbner gets to the root of what pushes people apart, and shows that we *can* dissolve divisions by simply meeting face to face. This is essential, uplifting reading for everyone who aspires to live without hate.



- A uniquely hopeful take on a host of hot-button topics—across race, class, and politics
- ➤ For fans of *The Oprah Winfrey* Show, Humans of New York, and other purveyors of heartwarming "human interest"
- Select stories already featured by This American Life, Reasons to Be Cheerful, and The Guardian
- The antidote to our polarized atmosphere, just in time for the US midterm elections



BASTIAN BERBNER is a Hamburg-based reporter for the German newspaper *Die Zeit*. He has worked in TV and hosts the podcast *180 Grad* ("180 Degrees"), which was the basis for this book. He has been honored with some of the most prestigious journalism awards in Germany.

In Search of Common Ground

256 pages; 5 1/8 x 7 3/4

Hardcover: \$22.95 US | \$29.95 Can.

ISBN: 978-1-61519-894-8

No. 779894

Ships: September



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My Big Wimmelbook®— At the Construction Site \$14.95 US | \$19.95 Can. 779500 | 978-1-61519-500-8

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With 257,000 in print, My Big Wimmelbooks® are a big hit. Now, My Little Wimmelbooks™ deliver the same seek-and-find fun—travel-size!

Kids love to explore the bustling, full-spread illustrations in our wimmelbooks, and parents rave that they encourage long stretches of quiet learning. Now, our debut small-format My Little WimmelbooksTM are ready to take on the go—for a happily engrossed young reader in the stroller, shopping cart, or car seat!

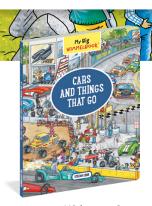
Kicking off our My Little Wimmelbook[™] series are petite editions of two popular wimmels: *At the Construction Site* and *Animals Around the World*. Kids can join a hardworking construction crew or journey in search of animal friends like tigers, dolphins, and tortoises. The nearly wordless scenes invite pre-readers to point out familiar things: *What color is the dump truck? What are the giraffes eating?* And older kids can seek out the recurring characters and imagine their unfolding stories.

Promising hours of fun for kids who delight in make-believe, wimmelbooks are a blast—wherever you take them!

"Long contemplative sit-downs . . . will make any parent's heart sing."

—The New York Times Book Review

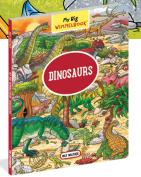




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A Curious Collection of Wild Companions

AN ILLUSTRATED ENCYCLOPEDIA OF INSEPARABLE SPECIES

Sami Bayly

The award-winning, indie-bestselling series returns with 60 cross-species pairs—from sloth and "sloth moth" to kinkajou and balsa tree

Learn which plants and animals can't live without each other—from the most peculiar pairs in nature! Symbiotic or parasitic, these wild relationships are incredible: A stick insect feasts among Melaleuca plants, a handfish lays eggs on a sea squirt, and more. Packed with fun "did you knows?" from why the Egyptian plover will sit in a crocodile's mouth, to how wolves and ravens work together, this is the perfect pick to "pair" with Sami Bayly's previous books—both Indie Bestsellers, Amazon Editors' Picks in Best Nonfiction for Kids, and Indie Book Awards nominees for Best Children's Book of the Year.

"Wonderful . . . This is a real winner."—San Francisco Book Review on A Curious Collection of Dangerous Creatures





SAMI BAYLY holds a bachelor's degree in natural history illustration, with honors, from the University of Newcastle, Australia. Her books have been published in the US, UK, and Australia, winning numerous awards. She works most often in watercolor but loves to try new mediums and techniques. She lives in New South Wales.

SamiBayly.com osamibayly



- ➤ Fun meets learning! Exquisite illustrations bring nature to life—and introduce concepts such as symbiosis and parasitism
- For ages 8 and up

ALSO AVAILABLE







60 color and 176 B&W illustrations; 128 pages; 7 x 9

Paper over boards: \$18.95 US | \$24.95 Can.

ISBN: 978-1-61519-912-9

No. 779912

Ships: October



6-copy counter display \$113.70 US | \$149.70 Can. ISBN: 978-1-61519-928-0 No. 779928

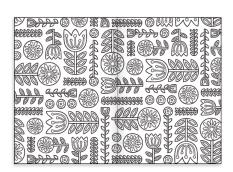
The Mindfulness Patterns Coloring Book

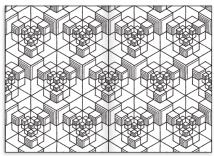
ANTI-STRESS ADULT COLORING & HOW TO DRAW SOOTHING PATTERNS

Mario Martín

The #1 nationally bestselling series continues—with spellbinding geometric and nature-inspired patterns to help you de-stress

From feathers and flowers to dots and diamonds, here are 70 all-new designs to color—plus 10 create-your-own-pattern activities! Perfect for carrying with you, this petite volume will let your imagination roam free, wherever you go. Over 100 pages of geometric shapes, whimsical abstract designs, and peaceful nature themes are the antidote to stress. It's art therapy that fits in your pocket!





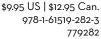


MARIO MARTÍN, a pattern artist and teacher, learned drawing and composition by studying for his master's degree in architectural graphic design. But his true calling is to create artful patterns that dispel anxiety (including his own)! He lives in Madrid, Spain.

MarioPatterns.com mariopatterns

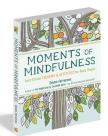
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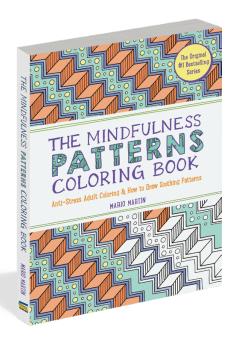
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- With 1.2 million books in print, this coloring series is a standout on a popular shelf
- Exciting new illustrator Mario Martín delivers 70 beguiling designs to color
- ▶ 10 activities for readers to complete show how to create patterns on trendy dot-grid paper

The Mindfulness Patterns Coloring Book

100 B&W illustrations; 112 pages; 5 x 7

Trade paperback: \$9.95 US | \$12.95 Can.

ISBN: 978-1-61519-909-9

No. 779909

Ships: October



6-copy counter display \$59.70 US | \$77.70 Can. ISBN: 978-1-61519-923-5 No. 779923



24-copy series display \$238.80 US | \$322.80 Can. ISBN: 978-1-61519-922-8 No. 779922

Vegan Africa

PLANT-BASED RECIPES FROM FTHIOPIA TO SENEGAL

Marie Kacouchia

Authentically African, plant-based cooking in 70 irresistible recipes that take readers on a journey across the continent

From Ethiopia to Kenya, Rwanda to South Africa, there are naturally vegan recipes just waiting to be enjoyed, wherever you are! Marie Kacouchia explores the plant-based cuisines of over 15 African countries in 70 recipes—including flavorful mains, rice dishes, sauces, snacks, desserts, and drinks.

- Cassava Tabbouleh with Radishes and Herbs
- · Cauliflower Yassa with Olives
- Paprika-Spiced Plantain Chips
- Mango-Chili Sauce
- Spiced Hot Chocolate, and more!

Kacouchia's expertise—and cherished memories of her childhood on the Ivory Coast—shine throughout this gorgeous cookbook. Plus, she spotlights African superfoods like cacao, garlic, ginger, and sweet potato. The healthy recipes in *Vegan Africa* are sure to satisfy both newcomers to African cooking and readers of African heritage alike!



MARIE KACOUCHIA is an Ivorian-Parisian food writer who embraces the cultures of her two homelands. She grew up on the Ivory Coast—where she shopped the colorful farmers market by her home every Sunday. She now lives in Paris, France.





- The first and only cookbook of traditional pan-African recipes that are totally vegan!
- Nourishing dishes make the most of easy-to-find superfoods, from cacao to sweet potatoes
- Committed vegans of every background relish trying new cuisines
- An author from the Ivory Coast presents 70 signature recipes from more than 15 countries



72 color photographs; 208 pages; 7 1/2 x 9 1/2

Paper over boards: \$24.95 US | \$32.95 Can.

ISBN: 978-1-61519-900-6

No. 779900

Ships: October

Don't Forget to Breathe

5-MINUTE MINDFULNESS FOR BUSY WOMEN

Beat Stress and Find Calm Anytime, Anywhere!

Shonda Moralis, MSW, LCSW

From the author of *Breathe*, *Mama*, *Breathe*: real-world mindfulness to help stressed-out women turn any day around in *just 5 minutes!*

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" 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 to help:

- · Breathe to promote calmness and awareness.
- 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!

"A healthy salve of compassionate encouragement."

-Publishers Weekly

"Shonda Moralis is amazing. She knows that balance doesn't come from a magic eraser that leaves you ohming in some silent, gardenia-scented space; it comes from paying attention to the chaos and clutter, to what's happening, to what matters."

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SHONDA MORALIS, MSW, LCSW, is a

psychotherapist in private practice specializing in stressrelated disorders and mindfulness-based therapy. She writes the *Psychology Today* blog Breathe, Mama, Breathe. Shonda has developed mindfulness courses for adults and children. She lives in Pennsylvania's Lehigh Valley.

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The Big Puzzle Book of Area Mazes

300 MIND-BENDING PUZZLES IN FIVE CHALLENGE LEVELS

Naoki Inaba and Ryoichi Murakami

Stay sharp with these perfectly addictive puzzles that challenge you to solve for "?" using genius logic—but only grade school arithmetic

Once you match wits with area mazes, you'll be hooked! Originally invented for gifted students, these novel puzzles have taken all of Japan by storm. *The Big Puzzle Book of Area Mazes* follows our two travel-size volumes with 300 all-new puzzles—including 100 3D puzzles, seen here for the first time!

Each tangle of rectangles—or cache of cubes—dares puzzler-doers to find a missing value through spatial reasoning. The only math knowledge you need is that length × width = area. No hard math is allowed—fractions, begone!

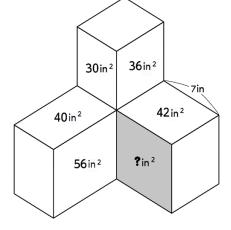
If you're a sudoku fanatic . . . if you play brain games to stay sharp . . . if you love geometry (or you want to finally show it who's boss) . . . then feed your mind some area mazes. They could be just what you're craving!

Praise for the Area Mazes series

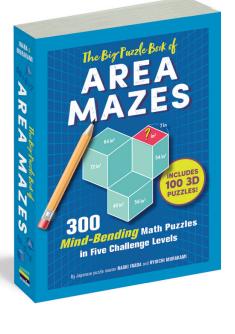
"Naoki Inaba has invented the perfect puzzle. Enjoy!"—ALEX BELLOS

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"The only math you'll need to know is that length times width equals area."—FiveThirtyEight

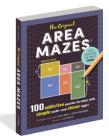


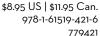
* Answer page 25



- Excellent for math teachers and students, brain-training seniors, sudoku fans seeking a change of scene—puzzlers of every kind
- Our Area Mazes series has over 40,000 books in print

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NAOKI INABA is the inventor of area mazes, among over 400 new types of puzzle. He also creates sudoku for magazines in Japan, where he has published several books of area mazes for children and adults.

RYOICHI MURAKAMI is the founder and CEO of El Camino, the Tokyo "cram school" where area mazes got their start. Many of his students go on to compete in the International Mathematical Olympiad.

The Long COVID Survival Guide

HOW TO TAKE CARE OF YOURSELF AND WHAT COMES NEXT

Stories and Advice from Twenty-one Long-Haulers and Experts

Edited by Fiona Lowenstein

Afterword by Dr. Akiko Iwasaki

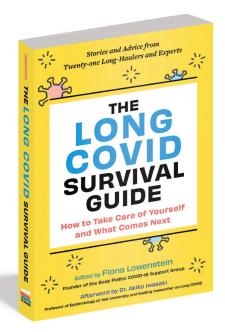
The first patient-to-patient guide for people living with long COVID—with expert advice and an afterword by the leading research scientist

After coming down with long COVID in 2020, Fiona Lowenstein felt completely alone. Looking for information and community—but not finding it—Fiona started their own online support group. The response was overwhelming: Thousands of fellow patients joined to share advice and experiences as they learned to cope with long COVID's many symptoms: brain fog, loss of smell and taste, and chronic fatigue among them.

A support group in book form, *The Long COVID Survival Guide* is packed with sought-after answers and reassurance to guide readers through the uncharted territory of this new illness. Twenty-one contributors—from award-winning journalists, neuroscientists, and patient-researchers to corporate strategists, activists, and artists—each explain their realm of expertise in how to:

- get diagnosed
- · confront medical racism and gaslighting
- · navigate employment issues
- deal with fatigue and neurological symptoms
- care for your mental health, and more.

While doctors and researchers continue to work toward a cure, *The Long COVID Survival Guide* steps in with the information that patients need *now*.



- ➤ The first guidebook for long COVID patients, with stories and insights from 21 fellow survivors and expert contributors
- ➤ Patient-expert Fiona Lowenstein was one of the first journalists to cover their own COVID-19 experience in *The New York Times*
- Afterword contributor Dr. Akiko Iwasaki is a Yale professor of epidemiology and a leading long COVID researcher

The Long COVID Survival Guide

288 pages; 6 x 9

Trade paperback: \$18.95 US | \$24.95 Can.

ISBN: 978-1-61519-910-5

No. 779910

Ships: October



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. They live in Los Angeles.

DR. AKIKO IWASAKI holds a PhD from the University of Toronto and completed her postdoctoral training at the NIH. Now at Yale, she is the Waldemar Von Zedtwitz Professor of Immunobiology and of Molecular, Cellular, and Developmental Biology.

Your Baby Can Self-Feed, Too

ADAPTED BABY-LED WEANING FOR CHILDREN WITH DEVELOPMENTAL DELAYS OR OTHER FEEDING CHALLENGES

Jill Rabin, MS, SLP, IBCLC, and Gill Rapley, PhD

Rooted in the baby-led weaning (BLW) approach: How to start children with feeding challenges on solid foods—for a lifetime of independent eating

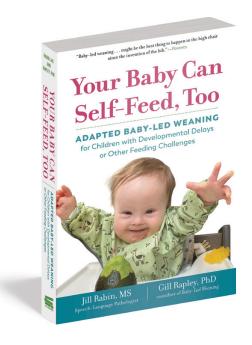
Your Baby Can Self-Feed, Too, is the inclusive guide to introducing solids. Over 25 percent of children experience challenges with this big step—both typically developing babies and those with (known or unknown) physical or neurological differences. Resources on how to help babies who face obstacles in making the move to solid foods are scarce. That's where this book comes in.

Feeding therapist Jill Rabin teams up with BLW pioneer Gill Rapley to introduce their new proprietary take on Rapley's groundbreaking approach: adapted baby-led weaning. With ABLW, you can meet your child's needs by:

- · responding to his or her signs of readiness, whenever they appear
- · adapting food to fit his or her abilities and promote skill development
- working with your therapist to provide individualized targeted support
- using "bridge devices" (for example, silicone feeders) with your therapist's guidance

Baby-led weaning transformed the parenting landscape by replacing boring purées with real, healthy food that babies can explore for themselves—while building motor skills, coordination, and confidence. Now, every baby can benefit: *Your Baby Can Self-Feed, Too!*

"Baby-led weaning . . . might be the best thing to happen in the high chair since the invention of the bib."—Parents magazine



- Gill Rapley's prior BLW books with Tracey Murkett have 278,000 copies in print
- The only book devoted to feeding children with developmental delays, sensory processing issues, and more

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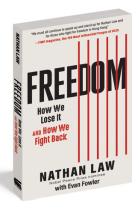
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Ships: August



JILL RABIN, MS, SLP, IBCLC, lectures nationally and internationally on adapted baby-led weaning (ABLW) and provides early intervention services to young babies and their families. She lives in Northbrook, Illinois.

GILL RAPLEY, PhD, has a background in midwifery, public health nursing, and breastfeeding counseling. She originated the theory of baby-led weaning and is coauthor of the category-leading book series. She lives in Kent, England.



Freedom

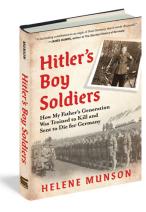
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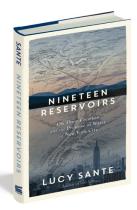
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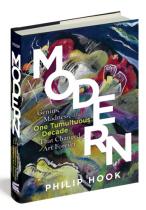
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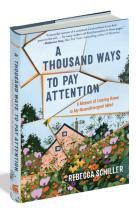
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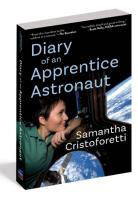
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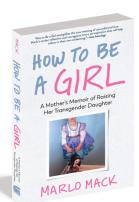
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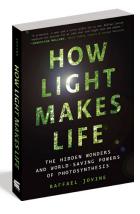
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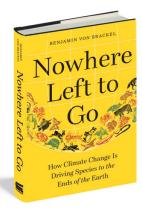
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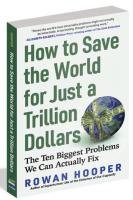
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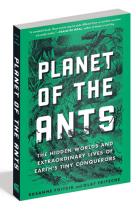
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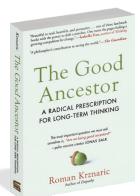
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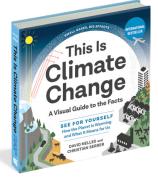
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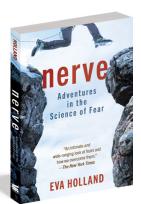
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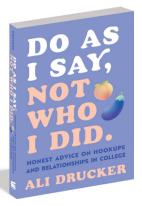


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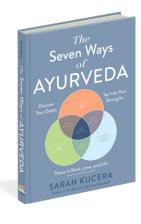
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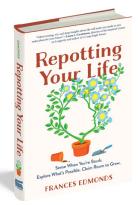
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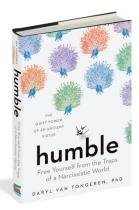
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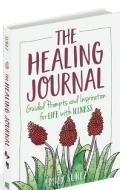
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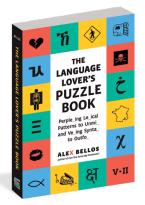
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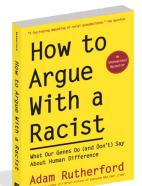
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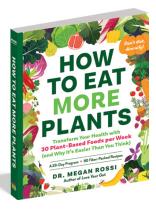
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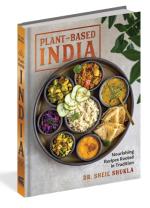
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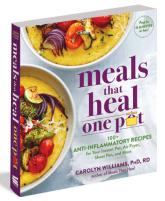
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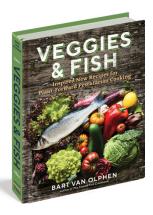
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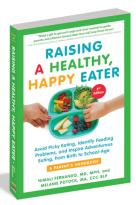
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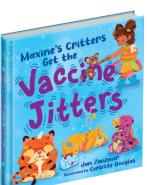
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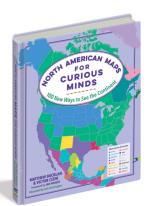
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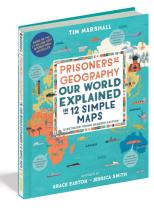
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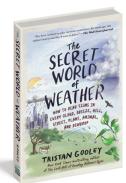
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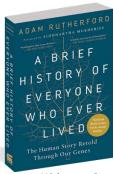
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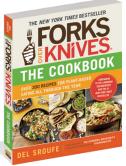
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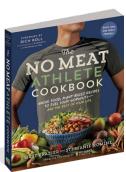
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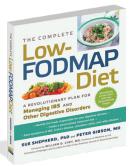
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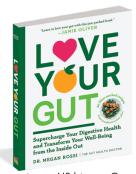
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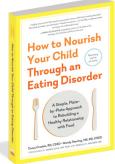
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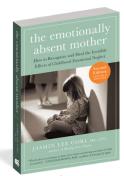
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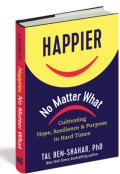
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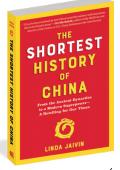
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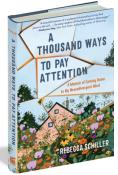
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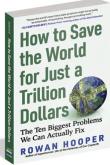
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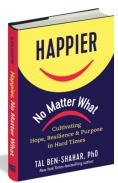
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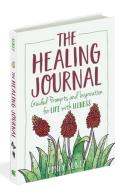
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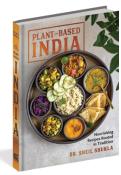
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