



Fall 2023

the experiment

FRONTLIST & COMPLETE BACKLIST

NEW RELEASES

<i>This Won't Help</i>	1	<i>Strong Minds</i>	12
<i>Polish'd</i>	2	<i>Generation Dread</i>	13
<i>Oodles and Oodles of Vegan Noodles</i>	4	<i>The Mindfulness Doodles</i> <i>Coloring Book</i>	14
<i>The Shortest History of India</i>	6	<i>My Pregnancy Journal</i> <i>with Sophie la girafe®</i> , Second Edition	16
<i>Anatomical Oddities</i>	8	<i>My Big Wimmelbook®</i> – <i>Diggers at Work!</i>	18
<i>100 Stars That Explain the Universe</i>	10		
<i>Too Big for a Single Mind</i>	11		

BACKLIST

New & Notable.....	20	Science.....	47
Children's.....	22	Nature & Gardening.....	49
Food & Drink	24	Pets.....	52
Plant-Based Cooking	27	Hobbies	53
Special-Diet Cooking	31	History	54
Health & Wellness.....	33	Memoir.....	55
Exercise	36	Politics	57
Pregnancy & Parenting.....	37	Rhetoric	58
Gender.....	40	Technology	59
Psychology & Self-Help	40	Geography.....	59
Creativity & Puzzles	45		

INFORMATION

Index.....	18	Contact Us	60
How to Order.....	60	Photo Credits.....	60

This Won't Help

MODEST PROPOSALS
FOR A MORE ENJOYABLE APOCALYPSE

Eli Grober

Unravel society's great hypocrisies while laughing at their absurdity, with this collection of short, satirical essays from humor writer Eli Grober

In this laugh-out-loud collection of witty observations from a world that's falling apart, Eli Grober leads readers into a comical house of horrors. With more than 75 new pieces and many of Grober's most viral *New Yorker* and *McSweeney's* humor essays, *This Won't Help* exposes society's precarious landscape of hypocritical, illogical, and dangerous leaders and ideals. Finding absurdity and toxic rhetoric everywhere he turns, Grober depicts how damaging certain mindsets and people can be as well as the dire consequences of our letting them persist. Satirizing issues of politics, economy, technology, climate change denial, and more, Grober's biting, Swiftian wit spares no one—from the megalomaniacal billionaire abandoning our deteriorating Earth for a better life on an unlivable Mars to a clueless president begging the people to vote for change.

This Won't Help allows us to reflect upon our crazy world, laugh at its flaws, and recognize the ways we can seek truth, eschew absurdity, and call for change.

"Nonstop, guaranteed laughs."

—EMMA ALLEN, humor and cartoon editor for *The New Yorker*

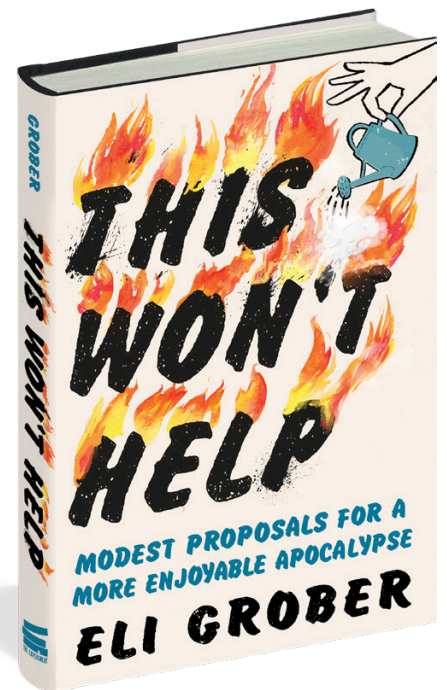
"Eli Grober never fails to hilariously deconstruct the absurdities of politics and culture. Few writers make me laugh like [he] does."

—CHRIS MONKS, editor of *McSweeney's*



ELI GROBER is a writer for *The New Yorker* and *McSweeney's* who has authored some of their most-read humor pieces. He is also a former staff writer for *The Tonight Show Starring Jimmy Fallon*.

EliGrober.com   [EliGrober](https://www.instagram.com/EliGrober)



HARDCOVER

\$25.95 US | \$33.95 Can. | World

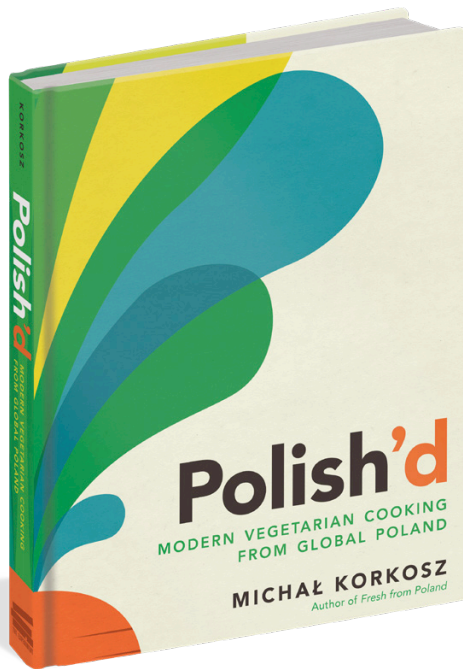
5.125 x 7.75 | 256 pages

Humor/Essays

978-1-61519-999-0

SHIPS OCTOBER

- ▶ A hilarious collection of 97 essays that make us laugh and cry at society's senselessness
- ▶ From a humorist known for his viral pieces poking fun at topics such as constitutional originalism, voter suppression, censorship, housing inequality, and more
- ▶ Sharp, topical wit for fans of *The New Yorker's* brand of humor—in the vein of writers like Simon Rich, Jack Handey, Cora Frazier, and Andy Borowitz



Polish'd

MODERN VEGETARIAN COOKING
FROM GLOBAL POLAND

Michał Korkosz

A wunderkind of a Polish cook and bestselling author presents his country's modern-day cuisine, featuring global flavors and award-winning photography

Michał Korkosz's first book, *Fresh from Poland*, brought a Polish vegetarian cookbook to American readers for the first time. Now, Korkosz explores Polish fare as it is today (and turns out to always have been): a culinary crossroads of delicious flavors and ingredients from all over the world.

Polish'd includes typical Polish favorites made vegetarian, and it highlights the wide array of exciting global flavors that have been brought to Poland throughout history. Its recipes showcase fresh vegetables, grains, and herbs, but also plenty of buttery, sugary, and cheesy comfort-food goodness can be found here. Readers will taste the world like never before in each plant-forward Polish dish, like Kopytka with Umami Sauce, Spinach, Hazelnuts, and Poppy Furikake; Roasted Eggplant and Sun-Dried Tomato Dip with Polish Dukkah; and Carmelized Twaróg Basque Cheesecake. Korkosz's award-winning photographs make these offerings even more mouthwatering.



MICHAŁ KORKOSZ is a food writer, recipe developer, and the creator of the food website Rozkoszny (meaning “delightful”), which earned two *Saveur* Blog Awards. He is also the author of *Fresh from Poland*, named a cookbook of the year by the *San Francisco Chronicle* and *Booklist*. He is a food columnist for *Przekrój* magazine and a contributor to the Polish edition of *Vogue*. Michał has a degree in international relations and sociology. He lives in Warsaw.

Rozkoszny.pl/en   [Rozkoszny](https://www.facebook.com/Rozkoszny)

Zucchini Carpaccio with Fried Capers, Lemon, Mint, and Parmesan

Zucchini has a bad reputation because it's made of mostly water, which means that often Lady Courgette doesn't have much taste (I'm talking to you, overgrown ones) and is impossible to make crispy. But wait! Look for young zucchini, which comes out during the summer months and has more flavor, with sweet, grassy notes. Here, it's raw and finely sliced, tossed with the sting of lemon and topped with the deep umami of Parmesan. The salty, crispy fried capers are the "it" factor, making this zucchini so delightful.

- SERVES 4**
- 1/4 cup (50 g) small capers, drained
 - 4 tablespoons olive oil
 - 2 medium zucchinis, very thinly sliced
 - Juice of 1/2 lemon
 - 1 teaspoon soy sauce
 - 1/4 cup mint leaves, plus more for garnish
 - Sea salt
 - Freshly ground black pepper
 - 1/4 cup (20 g) finely grated Parmesan, Szalki, or Dabuga cheese
1. Make sure the capers are well drained, then dry them with a paper or kitchen towel.
 2. Heat 3 tablespoons of the oil in a small pan over medium heat. Fry the capers until golden and crispy, about 3 minutes. Remove from the heat, place on a paper or kitchen towel and let cool.
 3. Toss the zucchini with the lemon juice, soy sauce, mint, and the remaining tablespoon of oil. Season with salt and pepper.
 4. Place the zucchini on a large serving plate. Sprinkle with the Parmesan, fried capers, and more mint. Serve immediately.

Tip: Don't fry this after the summer months, as the zucchini tastes better when fried or baked.



Crispy Leniwe with Asparagus, Mustard Seeds, and Lemon

Leniwe are pillow-like dumplings made with *Twaróg* (farmer cheese), which gives them a sharp flavor. When I was a kid, I'd eat them with buttery bread crumbs and cinnamon for a sweet breakfast or lunch, a popular dish among Poles. Leniwe also tastes divine when served with beans or veggies—in this case, sautéed asparagus flavored with lemon and mustard seeds. I pan-fry the dumplings to achieve a thin, crispy, golden skin. Biting into leniwe and hearing the crunch is my favorite moment.

- SERVES 2**
- 10.5 ounces (300 g) full-fat farmer cheese or Twaróg
 - 1/4 cup (45 g) grated Szalki, Pecorino Romano, or Dabuga cheese
 - 1 large egg
 - 1/4 teaspoon fine sea salt
 - 1 teaspoon lemon zest
 - 1 cup (130 g) all-purpose flour
 - 1 bunch green asparagus, trimmed and sliced
 - 1/4 cup (60 ml) olive oil
 - 2 to 3 tablespoons lemon juice
 - 1 tablespoon mustard seeds
 - 2 tablespoons dill
1. To make the leniwe, combine both cheeses, the egg, 1/4 teaspoon of the salt, and the lemon zest in a large bowl. Add the flour and mix to form a dough; it should be firm but may be a bit sticky. Place on a floured surface. Divide into two equal parts. Roll out to about 1/4 inch (2 cm) thick. Flatten with the side of a knife and then cut diagonally into pieces about 1 1/4 inch (3 cm) long.
 2. Bring a large pot of salted water to a boil. Cook the dough in batches, about 1 minute each. Drain and transfer to a plate to dry.
 3. Heat the oil in a large skillet over medium heat. Pan-fry the cooked dough until golden brown, about 2 minutes on each side. Add the asparagus and the remaining salt. Cook until tender, about 1 minute. Remove from the heat and drizzle over the lemon juice.
 4. Divide the dumplings among plates. Sprinkle over the mustard seeds and garnish with the dill.

Tip: When asparagus isn't in season, you can use baked beans, spinach, or squash instead.

PAPER OVER BOARDS
\$32.50 US | \$42.50 Can. | World
8 x 10 | 256 pages
Color photographs throughout

Cooking/Regional & Ethnic
978-1-61519-995-2
SHIPS OCTOBER

Praise for *Fresh From Poland*

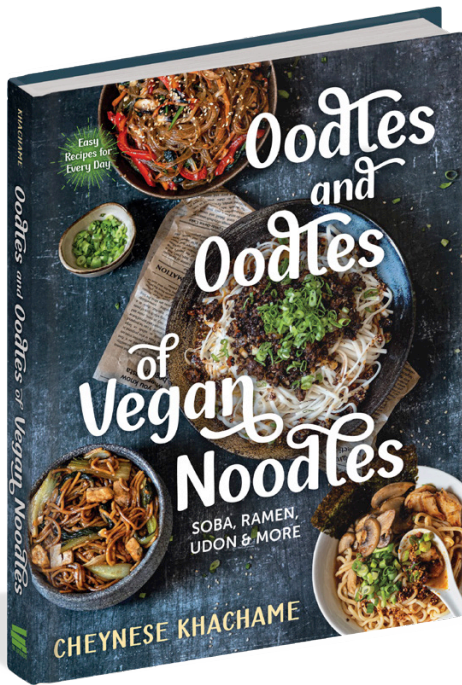
“For those who think of Polish cuisine as merely potato pancakes and cabbage rolls, this charming collection will be an eye opener and a treat to the palate.”—*The Rusa Book & Media Awards (ALA)*

“A gorgeous paean to the cooking of [Korkosz’s] home country. . . . Full of recipes that will engage everyone from beginning home cooks to experienced chefs. . . . A truly beautiful cookbook.”—*Shelf Awareness*

“Home cooks, whether vegetarian or not, will appreciate this creative take on what is traditionally meat-heavy fare.”—*Publishers Weekly*

“It makes me so happy that Michał Korkosz is bringing [Polish dishes] to us in all their glory, with subtle modern touches and beautiful photography.”—*OLIA HERCULES, author of Mamushka*

- ▶ More than 100 beautifully photographed recipes include flavors and ingredients from France, the Middle East, Japan, and more
- ▶ Korkosz’s website, Rozkoszny, won the 2017 *Saveur* Blog Award for best food blog photography
- ▶ Eastern Europe has received little attention as part of the international vegetarian cookbook trend; *Polish’d* is here to help fill that gap
- » **See also:** *Fresh From Poland*, page 31



Oodles and Oodles of Vegan Noodles

SOBA, RAMEN, UDON & MORE—
EASY RECIPES FOR EVERY DAY

Cheynese Khachame

The first plant-based, pan-Asian noodle cookbook, featuring classics made vegan and exciting innovations

When author Cheynese Khachame became vegan, she brought her passion for Asian cuisine along for the ride. As she veganized—and improvised—her favorite recipes, TikTok followers ate it up!

Now, in *Oodles and Oodles of Vegan Noodles*, Cheynese plant-ifies popular dishes from Japan, Vietnam, Thailand, and China and offers entirely new noodle recipes. From cold to hot, soups to sauces, this cookbook fulfills all your wildest cravings—cozy up with a bowl of Vietnamese Pho, spice up your lunch with Soba Salad with Spicy Peanut Sauce, or give classic carbonara a twist with Udon Carbonara Japanese Style.

With more than fifty delicious plant-based recipes and mouthwatering photos, *Oodles and Oodles of Vegan Noodles* is your one-stop shop for meals to slurp!



CHEYNESE KHACHAME is a nineteen-year-old vegan whose love of noodles is limitless. She showcases her delicious Asian-inspired recipes on TikTok, where she has more than 350K followers, and Instagram, where she has more than 142K.

  [Chey_Nese](#)



Laksa

Laksa is a spicy coconut noodle soup that is incredibly fragrant and rich in flavor. Colorful, nutritious, tasty and hearty, it is a standard dish in Malaysia, also very popular in Singapore. Making your own laksa paste is essential, the result will be worth it and the taste will be more authentic.

- Place all ingredients for the laksa dough in a food processor, with the exception of the dry spices and oil, and blend to a paste. Heat the oil in a frying pan and pour in the dough and fry it for 10 minutes over low heat while stirring. Add dry spices and sauté for an additional 3 minutes.
- Add the vegetable broth to the laksa paste, bring to a boil and cook 30 minutes. Add coconut milk, brown sugar, lime juice and salt and simmer for a few minutes. Taste and adjust seasoning if necessary.
- While the broth is simmering, steam the vegetables and cook the noodles according to the instructions of the package.
- Add the cooked vegetables to the broth and let them cook in the broth for 5 minutes.
- Distribute the broth and vegetables in two bowls, add cooked noodles, garnish with tofu, a few mung bean sprouts, fresh herbs and a squeeze of lime juice.

SERVES 2 FOR THE LAKSA PASTE

- 2 medium shallots, chopped
- 4 cloves of garlic, chopped
- 1 stalk of lemongrass, chopped
- 2 cm fresh turmeric, chopped (or 1 tsp. ground turmeric)
- 4 cm fresh ginger, chopped
- 3 fresh red chillies, chopped
- 2 tbsp. chopped nori seaweed
- 70 g cashews
- 1 handful of fresh coriander
- 1 tbsp. ground coriander seeds
- 1 tbsp. ground cumin
- 2 tbsp. sweet paprika
- 2 to 3 tbsp. neutral oil

FOR THE BROTH

- 500 ml vegetable stock
- 200 ml coconut milk
- 1 tbsp. salt
- juice of 1 lime
- 1 tbsp. brown sugar

FOR THE GARNISH

- 5 broccoli florets
- ½ carrot, coarsely chopped
- 5 brown mushrooms

"Chicken" Pad Thai

Pad Thai is a traditional dish of fried noodles served in Thailand. It is commonly served on the street or in canteens. The key to a good pad thai recipe is the right balance of sweet, salty, sour and spicy flavors. You will achieve this balance by using soy sauce, coconut sugar and lime juice.

- Cook the rice noodles in a pot of boiling water until tender, but not too soft: they should still be slightly undercook at this stage of the recipe. Drain, rinse and set aside.
- Heat the oil in a frying pan and add the seitan (or tofu) and let it cook for a few minutes until that it is golden.
- Spread the tofu on the side of the pan, add noodles, soy sauce, coconut sugar and a dash of lime juice.
- Pour water into pan to prevent noodles from sticking and cook until the liquid is absorbed, then add the bean sprouts, carrot, garlic and green onion and sauté.
- Serve with crushed peanuts, coriander, tomato and cucumber chunks, a lime wedge and some lemon juice. chopped spring onion.

Tip: Pad Thai tastes better if you eat it immediately after cooking!

SERVES 2

- 200 g rice noodles
- 4 tbsp. neutral oil
- 10 strips of seitan (or ½ block of sliced firm tofu)
- 5 tbsp. salted soy sauce
- 2 tbsp. coconut sugar (or maple syrup)
- juice of 1 lime
- 60 ml of water
- 100 g of bean sprouts
- ½ carrot cut into thin julienne strips
- 1 clove of garlic, chopped
- 1 small bunch of chopped green onions (or spring onions)

FOR THE FINISHING

- 3 tbsp. crushed peanuts
- A few sprigs of coriander
- ½ tomato cut into quarters
- A few pieces (or slices) of cucumber
- 1 lime wedge
- 1 chopped spring onion



Spring Rolls with Spicy Noodles

These rolls are a combination of my two favorite recipes: spring rolls and spicy noodles! One day, I simply assembled some leftover spicy noodles in a rice paper with some raw vegetables, and since then it has become an obsession!

- Cook the noodles according to the instructions on the package, then drain them, rinse them in cold water and set them aside.
- Gather all sauce ingredients (except oil) in a bowl. Heat the neutral oil and pour it into the bowl over the ingredients. Everything will crackle, that's normal. Mix well.
- Add the noodles to the sauce and stir until the noodles are well absorbed.
- Soak the rice cakes very quickly (a few seconds) in warm water and place them one by one without overlap them on a damp cloth to prevent them from sticking or tearing.
- Making the rolls spring by garnishing rice cakes with a leaf of lettuce, avocado, carrot and a fork of spicy noodles.
- Roll up the bottom first, then both sides, and roll until you have a tight roll.
- Sprinkle with sesame seeds and enjoy.

Tip: If you are preparing your rolls in advance, place them on the paper so they don't stick and cover with a damp cloth.

SERVES 2

- 200 g ramen noodles
- 30 rice cakes
- 10 lettuce leaves
- 1 avocado, sliced
- 1 small carrot, cut in matches
- Sesame seeds

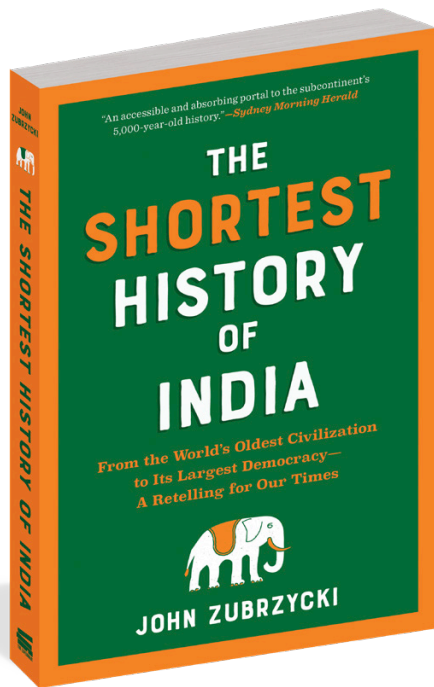
FOR THE SPICY SAUCE

- 3 tbsp. neutral oil
- 3 tbsp. gochujang (Korean chili powder or paste)
- 1 tbsp. gochujang (Korean chili paste)
- 1 tsp. sesame seeds
- 1 tsp. coarse salt
- 4 cloves of garlic, minced
- 3 chopped chives (or green onion or spring onion)

PAPER OVER BOARDS
\$19.95 US | \$25.95 Can. | World
7 x 9 | 128 pages
51 color photographs

Cooking/Regional & Ethnic
978-1-891011-26-9
SHIPS OCTOBER

- ▶ From an impressive young creator with more than 350K Tik Tok followers and 142K Instagram followers
- ▶ The first cookbook of its kind for plant-based noodle lovers
- ▶ Fifty beautifully photographed vegan recipes for noodles hot and cold, stir-fried or in soup, and more



The Shortest History of India

FROM THE WORLD'S OLDEST CIVILIZATION
TO ITS LARGEST DEMOCRACY—
A RETELLING FOR OUR TIMES

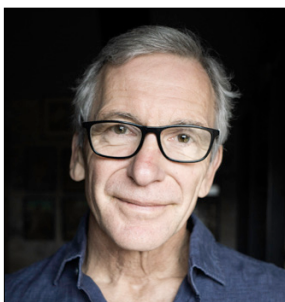
John Zubrzycki

Five millennia of civilization masterfully condensed into an absorbing, fast-paced narrative of how India became the world's largest democracy and a rising global power

India is an amalgam of customs, races, castes, languages, and spiritual beliefs—woven together throughout the ages into a colossal history. From ancient migrations and the Harappān civilization to Muslim invaders, the Great Mughals, British rule, hard-fought independence, and present-day hopes and challenges, John Zubrzycki fashions a riveting narrative that helps readers make sense of the country behind today's headlines.

Zubrzycki brings the complex and contrasting layers of Indian history to life through a well-known cast of characters—Buddha, Alexander the Great, Akbar, Clive, Tipu Sultan, Lakshmi Bai, Curzon, Jinnah, and Mahatma Gandhi—against a backdrop of the mystical Ganges, the desert forts of Rajasthan, the snow-covered Himalayas, and the ruins of India's fabled civilizations.

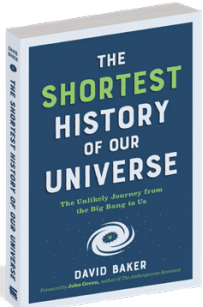
From Buddhism to Bollywood, India has made its mark on Asia and the world. Only time will tell if India—whose population will soon surpass China's—can overcome its political, social, and religious tensions to become the next global superpower.



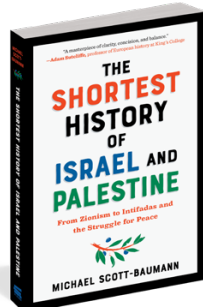
JOHN ZUBRZYCKI has a PhD in Indian history from the University of New South Wales. A former foreign news editor with *The Australian*, he has worked as a correspondent in India and a diplomat in New Delhi and Jakarta. He is the author of five books on India, most recently *House of Jaipur: The Inside Story of India's Most Glamorous Royal Family*.

JohnZubrzycki.com  [JohnZubrzycki](https://twitter.com/JohnZubrzycki)

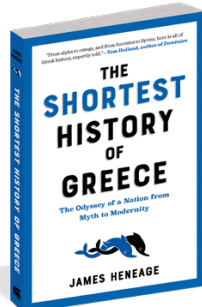
ALSO AVAILABLE IN THE SHORTEST HISTORY SERIES



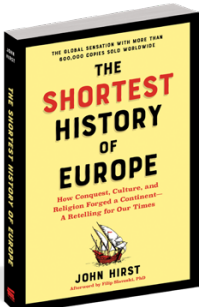
\$16.95 US | \$21.95 Can.
978-1-61519-973-0



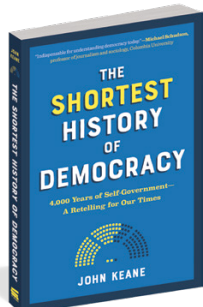
\$16.95 US | \$21.95 Can.
978-1-61519-950-1



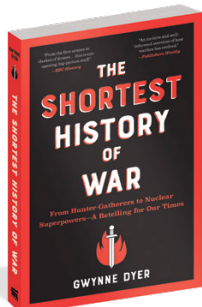
\$16.95 US | \$21.95 Can.
978-1-61519-948-8



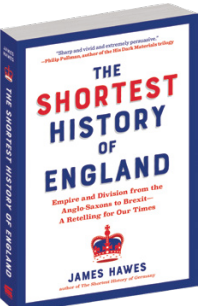
\$15.95 US | \$21.00 Can.
978-1-61519-914-3



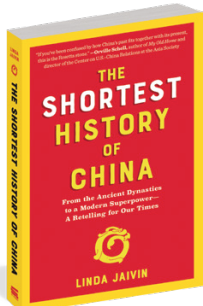
\$15.95 US | \$21.00 Can.
978-1-61519-896-2



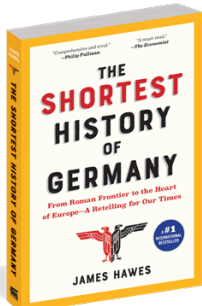
\$15.95 US
978-1-61519-930-3



\$15.95 US | \$21.00 Can.
978-1-61519-814-6



\$15.95 US | \$21.00 Can.
978-1-61519-820-7



\$16.95 US | \$21.95 Can.
978-1-61519-569-5

TRADE PAPERBACK ORIGINAL
\$16.95 US | \$21.95 Can. | USC+OM*
5.125 x 7.75 | 288 pages
50 B&W illustrations

History/Asia
978-1-61519-997-6
SHIPS OCTOBER

Advance praise for the Australian edition

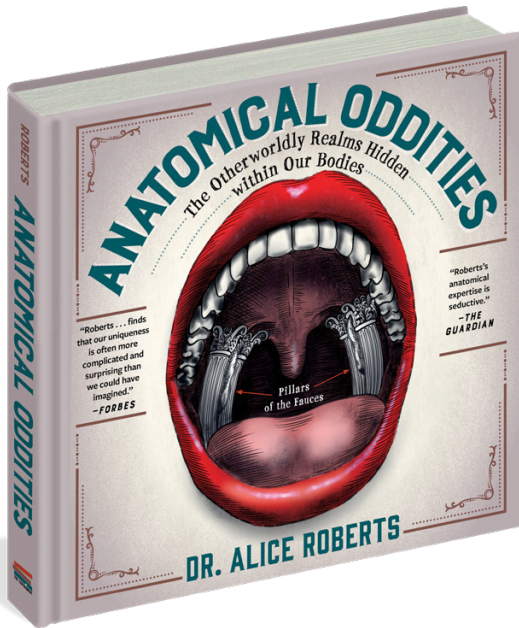
“The best short history of India yet produced.”—*Australian Book Review*

“John Zubrzycki has fashioned an accessible and absorbing portal to the subcontinent’s 5,000-year-old history.”—*Sydney Morning Herald*

“The author’s willingness to engage in historical debate is crucial because it means shortness doesn’t equate to shallowness.”

—*The Saturday Paper*

- ▶ Provides a compact, up-to-date portrait for today’s busy readers, featuring 50 illustrations
- ▶ Spotlights the world’s soon-to-be largest population and fastest-growing democracy—one challenged by inequality, climate change, and populist leadership
- ▶ Appeals to Indian Americans (nearly 4.5 million, part of the world’s largest diaspora), travelers to South Asia, and students of Asian studies



Anatomical Oddities

THE OTHERWORLDLY REALMS
HIDDEN WITHIN OUR BODIES

Dr. Alice Roberts

From acclaimed science writer, presenter, and illustrator Alice Roberts, a visual and linguistic adventure through the strange, astonishing worlds within our anatomy

Every part of the human body has a name—and story. But how familiar are you with your *arachnoid mater* or your *Haversian canals*?

Anatomical Oddities explores the less-familiar realms of the body, unveiling the mysteries etched into the most outlandish landscapes hidden inside all of us: our crypts and caverns, gorges, islets, and mountains. Along the way, it dips into the history of our relationship with our physical form and the discoveries that paved the way for modern anatomy and medicine.

Quirky, bizarre, and beautiful, these pages feature original artworks by Alice Roberts. The stunning, full-color illustrations lay bare the intricate details of the human body, the stories of people who unearthed its secrets, and the meanings of the words we use to describe it.



DR. ALICE ROBERTS is an academic, author, and broadcaster. Alice has written and presented many shows, including *The Incredible Human Journey*, *Origins of Us*, *Ice Age Giants*, and *Digging for Britain*. Alice has been a professor of public engagement with science at the University of Birmingham since 2012.

Alice-Roberts.co.uk  [TheAliceRoberts](https://www.instagram.com/TheAliceRoberts)  [Prof_Alice_Roberts](https://www.instagram.com/Prof_Alice_Roberts)
 [ProfessorAliceRoberts](https://www.facebook.com/ProfessorAliceRoberts)

ACROMION

This prong of bone juts out over the shoulder, just as the acropolis is the 'upper city' towering over the rest of Athens, the acromion is the highest point of the shoulder blade—from the Greek akros, meaning 'high,' and ómos, meaning 'shoulder.' We first learn this term from the collection of medical texts from the fourth century BCE, attributed to Hippocrates (but actually representing a collective body of work). An old word for the scapula ('shoulder-blade' in Latin) was the Greek-derived 'omoplate', with plate meaning 'flat' or 'broad.'



The acromion is a continuation of the spine of the scapula, which you can feel quite easily, if you place one hand up and over the opposite shoulder. A sharp bar of bone runs diagonally, and as you trace it laterally or outwards, it ends in a broader wedge—the acromion. You should also be able to feel the joint where the front of the acromion articulates with the lateral end of your clavicle or collar bone. (Clavicle itself coming from the Latin for 'little key'). The acromion isn't officially part of the shoulder joint—the glenohumeral joint—but it offers a stabilizing presence to it. The shoulder joint is the most mobile joint in the body—and therefore the most prone to dislocation. When it dislocates, the humeral head moves downward; the acromion stops it

displacing upwards. The acromion also provides an opportunity for muscle attachment; the middle-fibres of the triangular muscle deltoid (from the Greek for 'delta-shaped') are anchored on it. But the acromion can be a pain as well. Between the undersurface of the acromion and the top of the humeral head, there's a fairly narrow gap—which accommodates the tendon of the long head of biceps muscle, the shoulder capsule itself, the fleshy tendon of supraspinatus, and a little pocket of lubricating fluid called the subacromial bursa. The narrowness of the subacromial space means that the structures occupying it can be subject to impingement. The bursa may become inflamed. Supraspinatus and the biceps tendon may become frayed and even tear; problems like these are often lumped together under the term 'rotator cuff syndrome,' which is very common. I did a PhD on just this pattern of pathology, looking at evidence for it in ancient bones and other apes, and somewhat predictably, have noticed my own shoulders starting to show signs of this degenerative disease. If I keep my muscles in good shape, it's not too troublesome—and that of course applies to any joint, as we get older. Use it or lose it, my friends. Now stop reading and do ten press ups!

ANATOMICAL ODDITIES
24



ARBOR VITAE CEREBELLI

When you slice a brain in half, down the midline—something I have done many times—you don't have too much to cut through, as the cerebrum is organised into two hemispheres connected by a narrower bit of nervous tissue—very much like a walnut. But the smaller cerebellum—the 'little brain'—which sits underneath the occipital lobes of the cerebrum, at the back, is only slightly indented in the middle. The brain knife—sharp as flint—slices through a thick, bun-like mass, and as it falls into two halves, you see an astonishing pattern inside: the white matter forms a tree with trunk, branches and twigs, with the grey matter arranged around that structure like foliage. It's known as the arbor vitae.



'Outside anatomy,' 'arborvitae' is also the name used for an evergreen tree from North America, also known as a white cedar (though no relation of true cedars). When French explorer Jacques Cartier

and his crew found themselves sick with scurvy in Canada, in 1536, indigenous people offered them life-saving tea made from this conifer. A frond of arborvitae looks very much like the pattern hidden away inside the cerebellum.

Once thought of as one of the 'silent areas' of the brain (which truly exist nowhere), the cerebellum plays a crucial role in controlling physical movement, helping you to balance, to move in a co-ordinated way, to learn new motor skills like riding a bicycle or playing an instrument. Medieval anatomists knew nothing of these functions, but wondered at that little tree drawn into the structure of the cerebellum, and called it the 'arbor vitae,' the 'tree of life,' the seat of the soul.

As well as this hidden arborescent pattern in the brain, there's another anatomical arbor vitae, inside the cervix of the uterus, where fern-like folds are known as the plicae palmatae ('palm-like folds') or, collectively, as the arbor vitae uteri.

ANATOMICAL ODDITIES
47



Praise for Alice Roberts

“Roberts’s legions of fans will find themselves delighted by a book that is both accessible and expert [and] wears deep learning lightly.”

—Daily Telegraph on Buried

“A mind-altering, life-altering book.”—DR. JANINA RAMIREZ on Ancestors

“A masterful account of why our bodies are the way they are. . . .

Roberts’s lightness of touch is joyous, and celebratory.”

—Observer on The Incredible Unlikelihood of Being

“From your brain to your fingertips, you emerge . . . entertained and with a deeper understanding of yourself.”

—RICHARD DAWKINS on The Incredible Unlikelihood of Being

“A masterpiece of evocative scientific storytelling.”

—BRIAN COX on Tamed

“Epic and joyous, a landmark in the story of us.”—ADAM RUTHERFORD, author of A Brief History of Everyone Who Ever Lived, on Tamed

PAPER OVER BOARDS

\$18.95 US | \$24.95 Can. | USC+OM*

7.25 x 7.25 | 128 pages

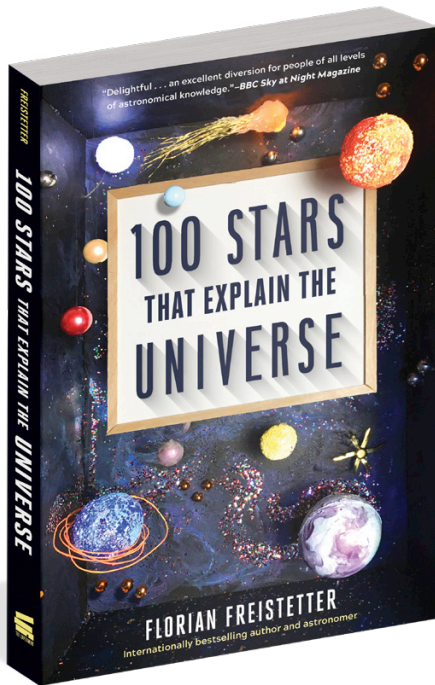
57 color illustrations

Science/Life Sciences

978-1-891011-13-9

SHIPS OCTOBER

- ▶ A riveting tour of our bodies, uncovering essential history and landmark discoveries that paved the way for modern medicine
- ▶ Author Alice Roberts, renowned for her scientific illustrations (including *The Complete Human Body*, *American Journal of Nursing's* Book of the Year), has nearly 400K followers on Twitter and 80K on Instagram
- ▶ An entertaining, educational tool that makes a perfect gift for anyone in health care



TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC+OM*
 5.5 x 8.25 | 304 pages
 8-page color photo insert

Science/Space
978-1-891011-11-5
SHIPS SEPTEMBER

- ▶ 100 standout stars handpicked by an expert astronomer to illuminate key concepts and landmarks in our study of space
- ▶ Easy-to-understand, eye-opening science that explains why the universe is the way it is—like why some stars have blue or red tints, but never green
- ▶ The cosmos shrinks down into bite-size chapters that readers can dip in and out of, perfect for fans of *Astrophysics for People in a Hurry*
- » **Previous edition:**
The Story of the Universe in 100 Stars (978-1-61519-736-1)

100 Stars That Explain the Universe

Florian Freistetter

Now in paperback: Unveil the mysteries of the universe through 100 brief portraits of fascinating stars

Embark on the cosmic journey of a lifetime with astronomer Florian Freistetter as he spins you through space, where you'll encounter 100 stars of epic proportions. You'll learn the secrets and stories of unique stars like:

- GRB 080319B, the farthest we've seen into space with the naked eye
- V1364 CYGNI, pivotal in the discovery of dark matter
- 72 Tauri, definitive evidence for Einstein's theory of relativity
- Algol, called the Demon Star for its mysterious blinking—and many more!

Engaging and easy to read, these short profiles also introduce a star-studded cast of scientists like Annie Jump Cannon and Dorrit Hoffleit, who revolutionized the ways we classify these celestial bodies. Kick back, relax, and enjoy your voyage into space as Freistetter reveals all the ways stars have shaped our lives today.

A 2021 Foreword INDIES Finalist

"A good introductory read for those who are interested in the stars and looking for something that is not technical."—*Seattle Book Review*

"Useful for public libraries and amateur stargazers who want to learn more about some key stars. . . . Recommended."—*Choice Reviews*

"An ingenious basic course in astronomy."—*Die Welt*



FLORIAN FREISTETTER, PhD, is a freelance science journalist and the author of several books, including *Isaac Newton*, *The Asshole Who Reinvented the Universe*. His blog, *Astrodicticum Simplex*, is one of the most-read German-language science blogs. He also writes a weekly column about mathematics for *spektrum.de*. He lives in Germany.

Florian-Freistetter.de   [Astrodicticum](https://www.astrodicticum.de)

Too Big for a Single Mind

HOW THE GREATEST GENERATION OF PHYSICISTS
UNCOVERED THE QUANTUM WORLD

Tobias Hürter

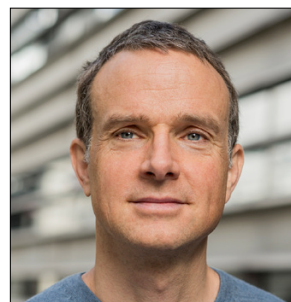
Translated by David Shaw

Now in paperback: The thrilling history of the brilliant minds behind the most revolutionary ideas in physics—quantum theory, relativity, and more!

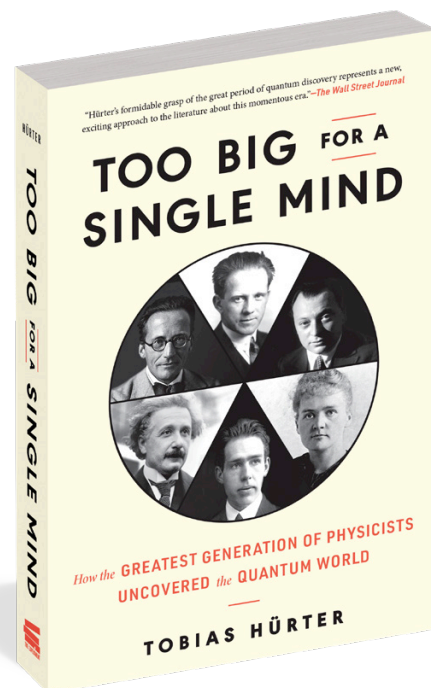
The world may never see another era of science like the first half of the twentieth century, when a peerless cast of physicists—Albert Einstein, Marie Curie, Max Planck, Wolfgang Pauli, Niels Bohr, Werner Heisenberg, Erwin Schrödinger, and others—came together to uncover the quantum world, a concept so outrageous and contrary to traditional physics that its own founders rebelled against it until the equations held up and fundamentally changed our understanding of reality. Tobias Hürter takes us back to a harrowing time when war upended the lives of these renegade scientists who were forced to crisscross Europe as they worked together to topple classical physics.

Too Big for a Single Mind resurrects old letters, notes, research, diaries, and memoirs, recasting these trailblazers as friends and rivals, lovers and loners, intellectuals and dreamers. Readers will witness the birth of ideas that not only revolutionized physics and our world but attest to the boundless potential of genius in collaboration.

“Hürter’s formidable grasp of the great period of quantum discovery represents a new, exciting approach to the literature about this momentous era.”—*The Wall Street Journal*



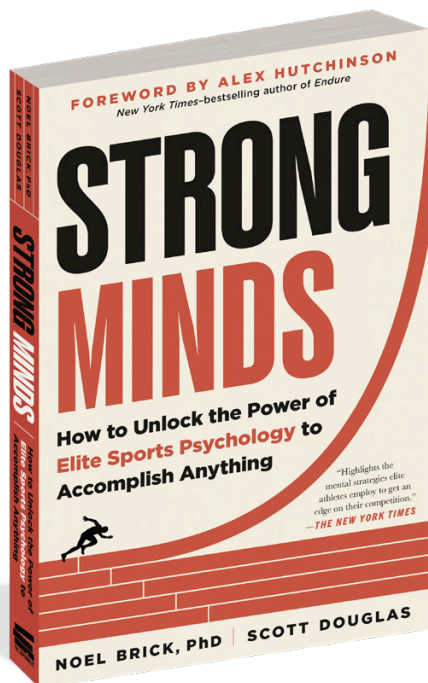
TOBIAS HÜRTER studied mathematics and philosophy in Munich and Berkeley. He has written about science and philosophy for magazines and newspapers since 2000, including as an editor at *MIT Technology Review* and as cofounder of the philosophy magazine *Hohe Luft*. Now a permanent freelance editor at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



TRADE PAPERBACK
\$18.95 US | \$24.95 Can. | USC+OM*
5.5 x 8.25 | 368 pages
7 B&W photographs

Science/Physics
978-1-891011-17-7
SHIPS SEPTEMBER

- ▶ A riveting narrative history lauded by *The Wall Street Journal* as “intriguing and well-written”
- ▶ Short, propulsive chapters document mind-blowing discoveries in physics: relativity, radioactivity, and quantum mechanics
- ▶ Featuring arguably the greatest team of geniuses ever assembled
- » **Previous edition:**
978-1-61519-920-4



Strong Minds

HOW TO UNLOCK THE POWER
OF ELITE SPORTS PSYCHOLOGY
TO ACCOMPLISH ANYTHING

Noel Brick, PhD, and Scott Douglas

Foreword by Alex Hutchinson

TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | World
5.5 x 8.5 | 288 pages

Self-Help/Personal Growth
978-1-891011-12-2
SHIPS AUGUST

- ▶ With a new foreword from Alex Hutchinson, author of the *New York Times* bestseller *Endure*
- ▶ An evidence-based, tried-and-true road map to helping you reach any ambitious goal
- ▶ Featuring interviews with star athletes, from Olympian Meb Keflezighi to champion rower Brianna Stubbs
- » **Previous edition:** *The Genius of Athletes* (978-1-61519-641-8)
- » **See also:** *Running Is My Therapy*, page 36

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 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.

“Highlights the mental strategies elite athletes employ to get an edge on their competition.”—*The New York Times*

“The mental equivalent of lacing up your sneakers next to a trusted teammate—it’s guaranteed inspiration to get you up and moving in the right direction.”—BECK DOREY-STEIN, author of the *New York Times* bestseller *From the Corner of the Oval*

“Brick and Douglas show that the genius of athletes isn’t just in their physical successes, but what they can teach us about managing a life.”—JULIETTE KAYYEM, senior lecturer at Harvard’s Kennedy School

NOEL BRICK, PhD, is a British Psychological Society–chartered psychologist, a lecturer in sport and exercise psychology at Ulster University, and a researcher on the psychology of endurance performance.

SCOTT DOUGLAS is the author or coauthor of several books, including *Running Is My Therapy*, *Advanced Marathonning*, and the *New York Times* bestsellers *Meb for Mortals* and *26 Marathons*.

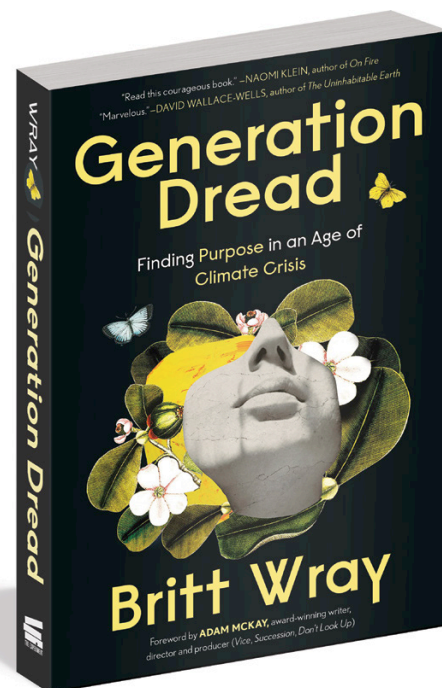
ALEX HUTCHINSON is the *New York Times*–bestselling author of *Endure* and a National Magazine Award–winning journalist whose work appears in *Outside*, *The Globe and Mail*, *The New York Times*, and *The New Yorker*.

Generation Dread

FINDING PURPOSE IN AN AGE OF CLIMATE CRISIS

Britt Wray

Foreword by Adam McKay



A book of hope in a time of fear, weaving together research, practical advice, and narrative, to soothe eco-anxiety

Climate-related anxieties are on the rise everywhere, and like any stress, eco-anxiety can lead to issues such as burnout and insomnia. When researcher Britt Wray found herself thinking about having a baby, she experienced crushing worry about how her future child would navigate the planetary crisis.

In *Generation Dread*, Wray merges scientific knowledge with emotional wisdom, showing us how to maintain a balance between fear and hope while sitting with uncertainty. A crucial first step is grieving what's happening and mourning ecological losses, which can help us find clarity of purpose. Combining creative coping strategies with insights from therapists, research, and personal experience, this book illuminates how we can learn from history, our own emotions, and each other, to survive—and even thrive—in a changing world.

A CBC Best Canadian Nonfiction Book of 2022 • An Indigo Top Ten Best Self-Help Book of 2022 • Finalist for the Governor General's Literary Award

"[Wray] shows finally that . . . addressing global climate change begins with attending to the climate within."—**DR. GABOR MATÉ**

"Read this courageous book."—**NAOMI KLEIN**

"A marvelous exploration of the . . . human ways in which we navigate the effects of climate change."—**DAVID WALLACE-WELLS**

TRADE PAPERBACK
\$17.95 US | US
5.5 x 8.25 | 304 pages

Psychology/Mental Health
978-1-891011-21-4
SHIPS SEPTEMBER

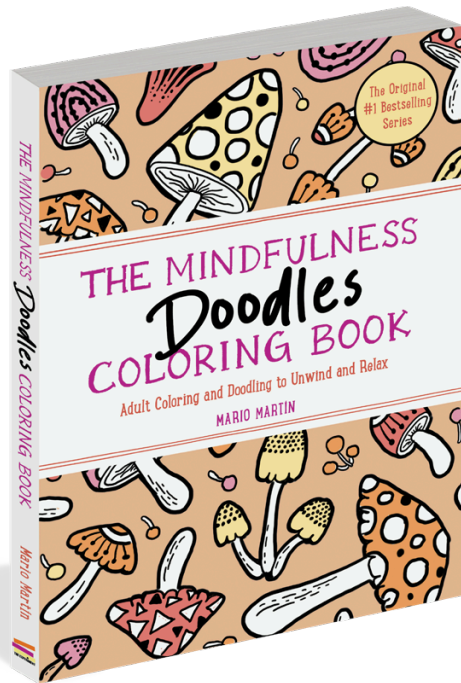
- ▶ Wray is widely recognized as a leading researcher on how to mitigate the mental health effects of climate change
- ▶ Introduces a fresh mental health perspective on climate anxiety, in the vein of books by Bill Gates and David Wallace-Wells that focus on the science and economics of climate change
- ▶ With a powerful new foreword by Adam McKay and a reading guide for book clubs and course adoptions
- » **Previous edition:**
978-0-73528-072-4



BRITT WRAY, PhD, leads research on the emotional and psychological impacts of climate change. She is a postdoctoral fellow at Stanford University and the London School of Hygiene & Tropical Medicine, where she investigates the mental health consequences of ecological disruption.

BrittWray.com [Twitter](#) [BrittWray](#) [Instagram](#) [Gen_Dread](#)

ADAM MCKAY is an award-winning director, producer, screenwriter, comedian, and climate advocate with credits including *Don't Look Up*, *Vice*, *The Big Short*, and *Succession*.



The Mindfulness Doodles Coloring Book

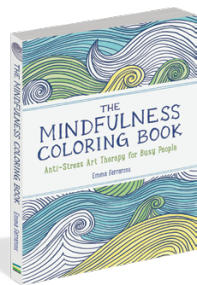
ADULT COLORING AND DOODLING TO UNWIND AND RELAX

Mario Martín

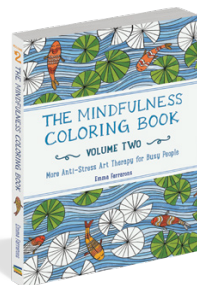
Doodle and de-stress with delightful DIY patterns in this next entry from the #1 national bestselling Mindfulness Coloring series

Pattern creator Mario Martín is back—this time with permission to doodle! Here is 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.

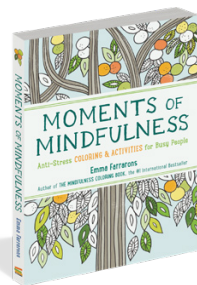
ALSO AVAILABLE IN THE MINDFULNESS COLORING SERIES



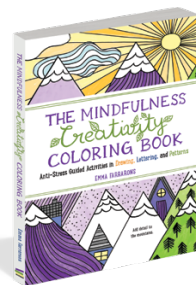
\$9.95 US | \$12.95 Can.
978-1-61519-282-3



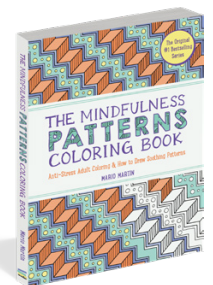
\$9.95 US | \$12.95 Can.
978-1-61519-302-8



\$9.95 US | \$12.95 Can.
978-1-61519-349-3



\$9.95 US | \$12.95 Can.
978-1-61519-774-3

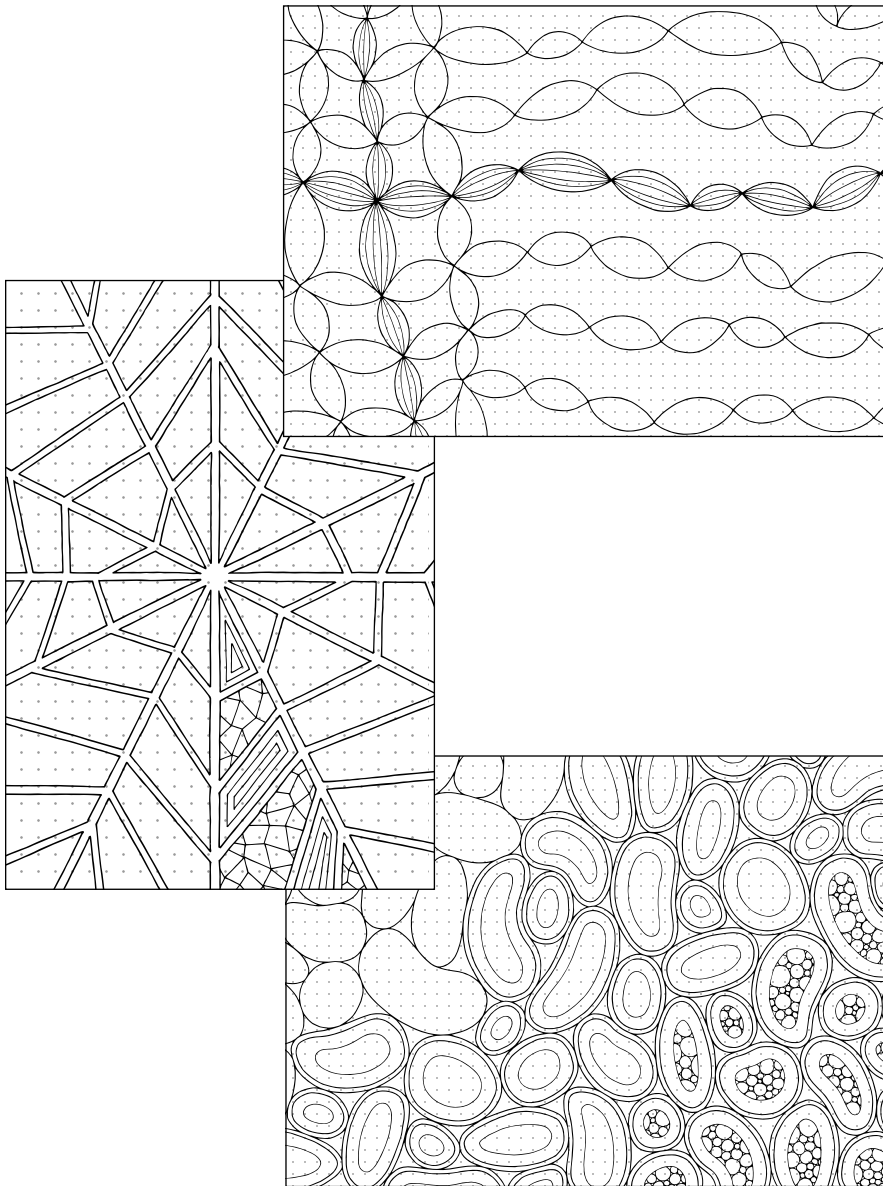


\$9.95 US | \$12.95 Can.
978-1-61519-909-9



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!)

MarioPatterns.com  [MarioPatterns](https://www.instagram.com/MarioPatterns)



TRADE PAPERBACK ORIGINAL
\$9.95 US | \$12.95 Can. | World
 5 x 7 | 112 pages
 100 B&W illustrations

Games & Activities/Coloring Books
978-1-891011-20-7
SHIPS OCTOBER

- ▶ More than 50 starting points to doodle creatively and make patterns—all while alleviating stress and anxiety
 - ▶ An exciting adult coloring book that teaches you to create your own designs while practicing mindfulness
 - ▶ With over 1.2 million books in print, this coloring series is a standout on a popular shelf
- » **6-copy counter display**
\$59.70 US | \$77.70 Can.
 978-1-891011-23-8



- » **24-copy series display**
\$238.80 US | \$310.80 Can.
 978-1-891011-24-5



Praise for the Mindfulness Coloring series

#1 National Bestseller • NPR Books Bestseller • #1 Boston Globe Bestseller
 #1 San Francisco Chronicle Bestseller • A Publishers Weekly Bestseller

“A stress-busting coloring book.”—*The New York Times*

“One of the best coloring books out there. Free of any distracting themes, full of soothing waves and geometric patterns, this mindfulness-oriented coloring book will pack an extra punch of calm.

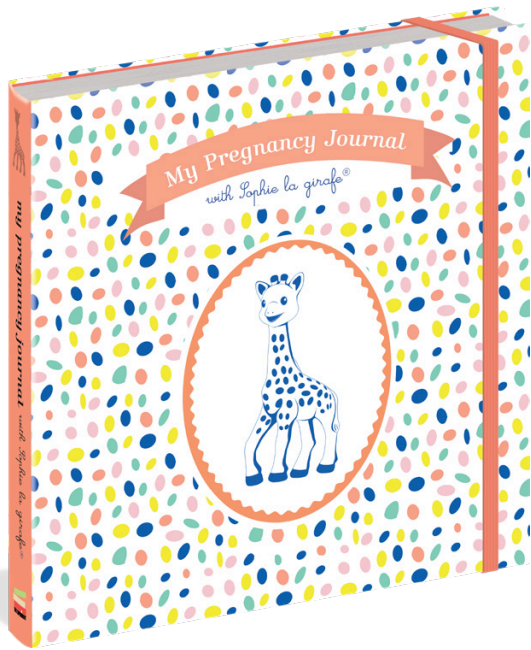
—*Huffington Post*

“It is easy to get lost in these beautiful images!”—*Washington Post*

“Life is basically kind of stressful. This small, adorable coloring book can help you unwind and relax.”—*ApartmentTherapy.com*

“This little tome should become a popular favorite with busy adults.”

—*San Francisco Book Review*



My Pregnancy Journal with Sophie la girafe®

SECOND EDITION

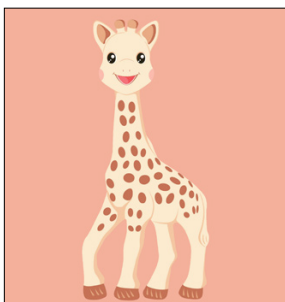
An updated second edition of the bestselling keepsake pregnancy journal, featuring Sophie la girafe®, the beloved teether toy

Pregnancy is one of life's great adventures, and parents want to treasure each moment. *My Pregnancy Journal with Sophie la girafe®* is the perfect place to record every milestone and change, including the first daydreams of becoming a parent and the day you finally bring Baby home. An engaging and sweet keepsake, this journal has space to record:

- ideas for names
- Baby's growth chart and doctor's appointments
- your pregnancy announcement, plus reactions from family and friends
- a pocket for predictions about Baby
- photos, ultrasounds, and other mementos

This new edition also features handy tabs to easily find and flip through sections, from "I'm Expecting" to "Who Will Baby Be?" Beautiful, interactive, and easy-to-use, *My Pregnancy Journal* is a must-have for families everywhere!

© SOPHIE LA GIRAFE
Modèle déposé/Design patent
Sophie la girafe®: Œuvre protégée au titre du
droit d'auteur (arrêt de la Cour d'appel de Paris
du 30 juin 2000)®. Product protected by copyright
(by order of the Paris court of appeal dated 30
June 2000)®.



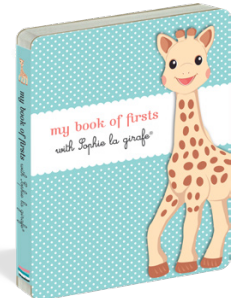
SOPHIE LA GIRAFE® was born in France on May 25, 1961. A star from the start, Sophie made her way to America several decades ago and has experienced a recent resurgence in popularity. More than thirty million people worldwide have purchased the teething toy, making Sophie the most recognizable and beloved giraffe on Earth.

SophieLaGirafe.fr  [SophieTheGiraffe_USA](https://www.instagram.com/SophieTheGiraffe_USA)

ALSO AVAILABLE IN THE
SOPHIE LA GIRAFE® SERIES



\$12.95 US | \$19.95 Can.
978-1-61519-332-5



\$14.95 US | \$22.95 Can.
978-1-61519-290-8



\$24.95 US | \$34.95 Can.
978-1-61519-364-6

ENCLOSED SPIRAL
\$24.95 US | \$32.95 Can. |
USC, UK+CW, ANZ
10.3 x 9.4 | 96 pages
Keepsake pocket | Color illustrations
throughout

Health & Fitness/Pregnancy & Childbirth
978-1-891011-25-2
SHIPS SEPTEMBER

Praise for Sophie la girafe®

“Oui oui we say to Sophie!”—*POPSUGAR Moms*

“Sophie is simply prettier, softer, and cooler than any other teether.”
—*Los Angeles Times*

“Sophie la girafe is a 7-inch-tall rubber teething toy. It is also an international star.”—*The Wall Street Journal*

“There’s something about Sophie the girafe that makes her a must-have teething toy.”—*The Globe and Mail*

“By word of baby mouth, this unassuming toy has become the world’s favorite teether.”—*The Guardian*

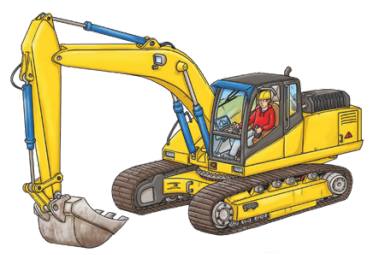
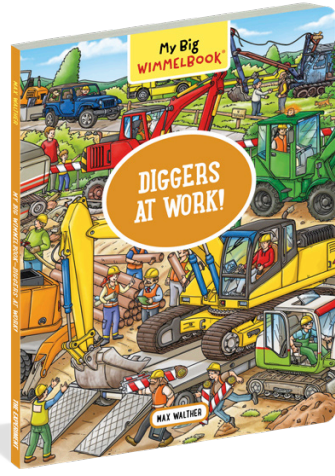
“Sophie la girafe has come out with a new baby book series that is simply ADORABLE. I cannot get over the cuteness of these books! Oh, they are just so dang CUTE!”—*ShopWithMeMama.com*

- ▶ Following the overwhelming success of its first edition, this journal captures special pregnancy moments with a chic, modern design, including new helpful tab dividers
- ▶ A worldwide phenomenon, Sophie has been named the #1 baby product sold in the US by several major retailers
- ▶ The perfect, charming, practical baby-shower gift to help expectant parents remember this special time in their lives
- » **Previous edition:**
978-1-61519-234-2



» **16-copy series display**
 \$239.20 US | \$319.20 Can.
 978-1-891011-19-1

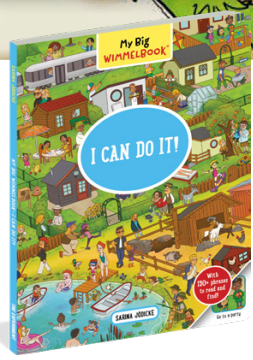
- ▶ 310,000+ books and puzzles in print in the My Big Wimmelbook® series!
- ▶ *Where's Waldo* meets Richard Scarry, with look-and-find fun designed for younger learners
- ▶ Wimmelbooks teach literacy and grow with readers ages 2 to 5
- ▶ **Also available:** My Little Wimmelbooks™, page 21



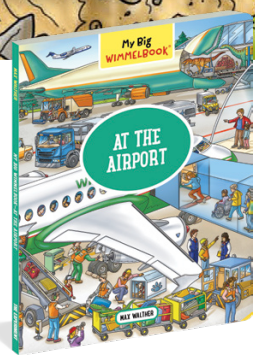
**My Big Wimmelbook®—
 Diggers at Work!**

OVERSIZE BOARD BOOK
 \$14.95 US | \$19.95 Can. | World
 8.87 x 11.75 | 14 pages
 Rounded corners | 5 color, full-spread
 scenes to explore

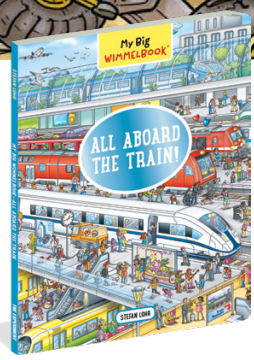
Juvenile Fiction/Transportation
 978-1-891011-15-3
SHIPS OCTOBER | ON SALE NOVEMBER
MyBigWimmelbooks.com



\$14.95 US | \$19.95 Can.
 978-1-61519-938-9



\$14.95 US | \$19.95 Can.
 978-1-61519-716-3



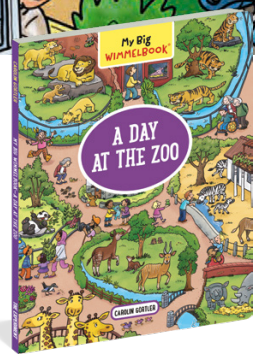
\$14.95 US | \$19.95 Can.
 978-1-61519-816-0



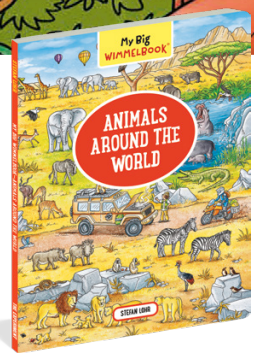
\$14.95 US | \$19.95 Can.
 978-1-61519-818-4



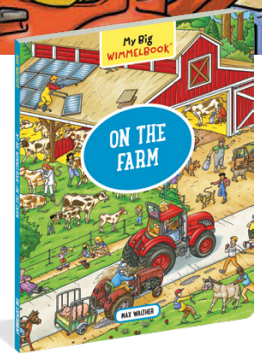
\$14.95 US | \$19.95 Can.
 978-1-61519-627-2



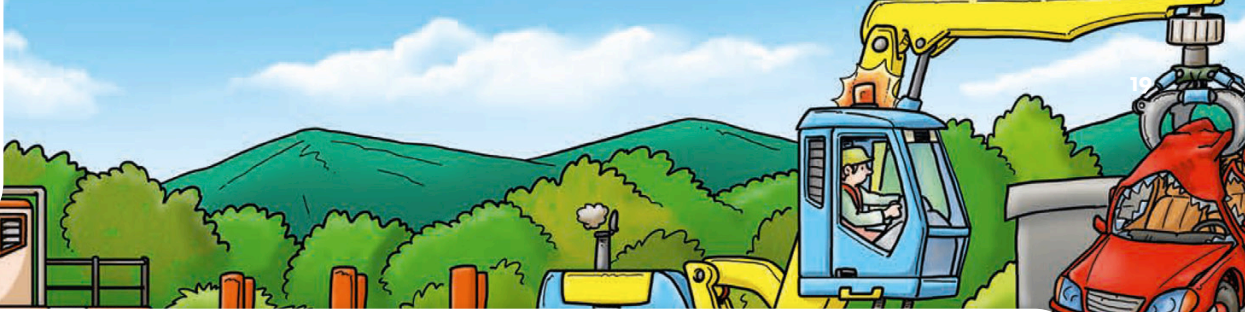
\$14.95 US | \$19.95 Can.
 978-1-61519-629-6



\$14.95 US | \$19.95 Can.
 978-1-61519-499-5



\$14.95 US | \$19.95 Can.
 978-1-61519-501-5



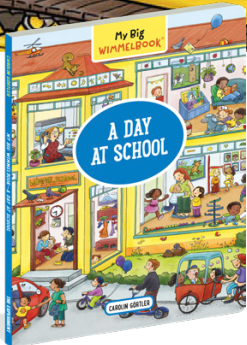
Kids who can't get enough of construction equipment will love this seek-and-find introduction to literacy, full of busy diggers!

Nearly wordless, My Big Wimmelbooks® invite young children to explore vibrant, full-spread illustrations of everyday scenes. Little ones love pointing out what they can find, while older kids can seek out recurring star characters and imagine their unfolding story lines!

Diggers at Work! is packed with digging machines of all kinds, alongside a crew of hard workers who are tearing down houses, shoveling dirt, and moving scrap. This is our first wimmelbook to include a spread with illustrated diagrams, helping curious kids point out different parts of diggers, like the bucket, cab, and engine. Promising hours of imaginative fun, wimmelbooks are a blast—and an excellent introduction to reading.



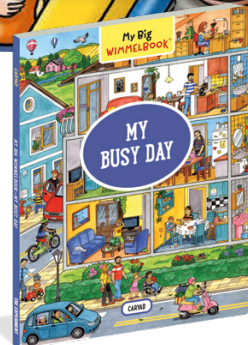
“Long contemplative sit-downs . . . will make any parent’s heart sing.”
—*The New York Times Book Review*



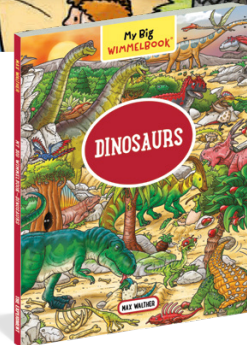
\$14.95 US | \$19.95 Can.
978-1-61519-770-5



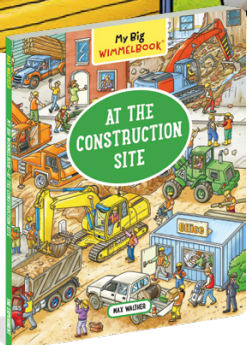
\$14.95 US | \$19.95 Can.
978-1-61519-762-0



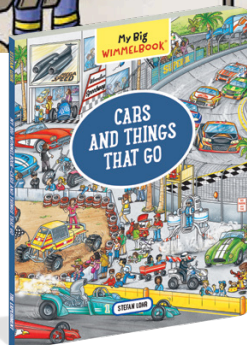
\$14.95 US | \$19.95 Can.
978-1-61519-667-8



\$14.95 US | \$19.95 Can.
978-1-61519-665-4



\$14.95 US | \$19.95 Can.
978-1-61519-500-8



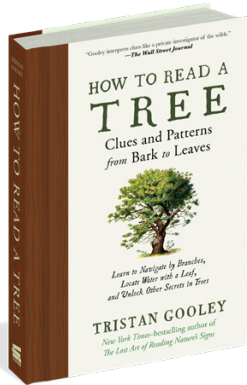
\$14.95 US | \$19.95 Can.
978-1-61519-498-8



\$16.95 US | \$21.95 Can.
978-1-61519-773-6



\$16.95 US | \$21.95 Can.
978-1-61519-772-9



How to Read a Tree

Tristan Gooley

HARDCOVER

\$24.95 US | \$32.95 Can. | USC
5.25 x 7.375 | 384 pages
Two 8-page color photo inserts | B&W illustrations throughout

Nature/Plants
978-1-61519-943-3



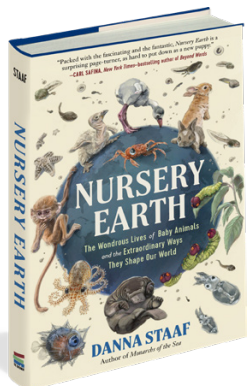
Find More Birds

Heather Wolf

TRADE PAPERBACK

\$17.95 US | \$23.50 Can. | World
5.5 x 8 | 272 pages
French flaps | Color photographs throughout

Nature/Birdwatching Guides
978-1-61519-940-2



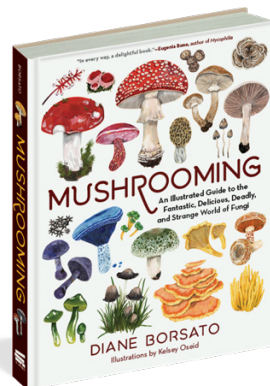
Nursery Earth

Danna Staaf
Foreword by Richard Strathmann

HARDCOVER

\$27.95 US | \$36.50 Can. | World
5.5 x 8.25 | 280 pages
8-page color photo insert | 40 B&W photographs

Nature/Animals
978-1-61519-932-7



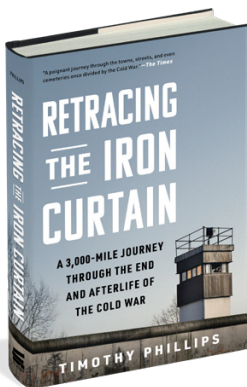
Mushrooming

Diane Borsato
Illustrated by Kelsey Oseid

PAPER OVER BOARDS

\$24.95 US | US+OM*
6.75 x 8.75 | 240 pages
127 color illustrations

Nature/Plants
978-1-61519-958-7



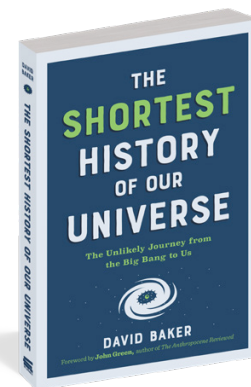
Retracing the Iron Curtain

Dr. Timothy Phillips

HARDCOVER

\$30.00 US | \$39.00 Can. | USC+OM*
6 x 9 | 464 pages
99 B&W photographs and maps

Political Science/World
978-1-61519-964-8



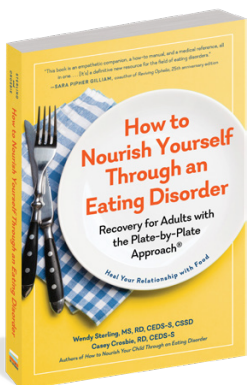
The Shortest History of Our Universe

David Baker
Foreword by John Green

TRADE PAPERBACK

\$16.95 US | \$21.95 Can. | USC+OM*
5.125 x 7.75 | 256 pages
53 B&W illustrations

Science/Natural History
978-1-61519-973-0



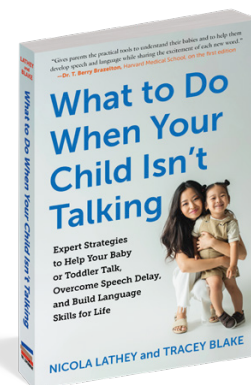
How to Nourish Yourself Through an Eating Disorder

Wendy Sterling, MS, RD, CEDS-S, CSSD, and Casey Crosbie, RD, CEDS-S

TRADE PAPERBACK

\$18.95 US | \$24.95 Can. | World
6 x 9 | 320 pages
4-page color photo insert

Psychology/Psychopathology
978-1-61519-977-8



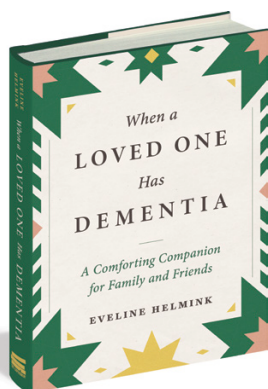
What to Do When Your Child Isn't Talking

Nicola Lathey and Tracey Blake

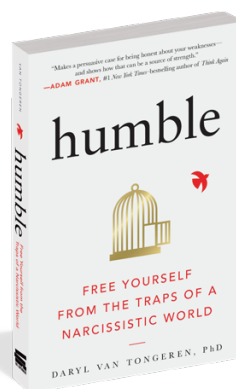
TRADE PAPERBACK

\$17.95 US | \$23.50 Can. | USC+OM*
6 x 9 | 336 pages
4 B&W diagrams

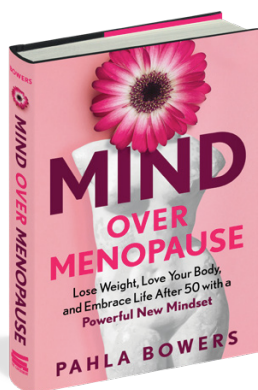
Family & Relationships/Life Stages
978-1-61519-962-4



When a Loved One Has Dementia
 Eveline Helmink
HARDCOVER
\$21.95 US | \$28.95 Can. | World
 5.5 x 7.5 | 224 pages
 Family & Relationships/Eldercare
978-1-61519-934-1



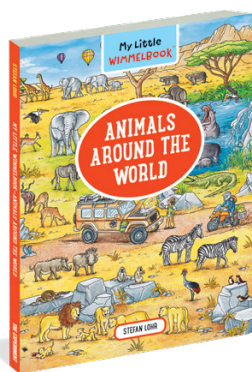
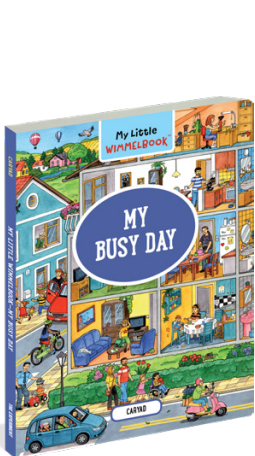
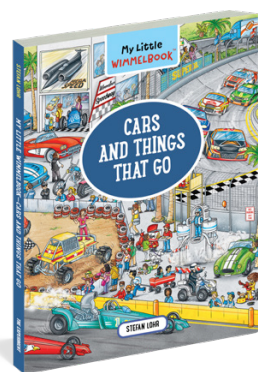
Humble
 Daryl Van Tongeren, PhD
TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC+OM*
 5.5 x 8.25 | 304 pages
 Self-Help/Personal Growth
978-1-61519-987-7



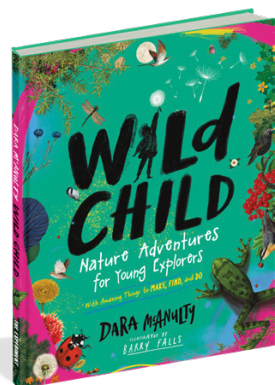
Mind Over Menopause
 Pahla Bowers
HARDCOVER
\$26.00 US | \$34.00 Can. | World
 5.5 x 8.25 | 272 pages
 Health & Fitness/Menopause
978-1-61519-975-4



Veggie Burgers Every Which Way, Second Edition
 Lukas Volger
PAPER OVER BOARDS
\$19.95 US | \$25.95 Can. | World
 7 x 9 | 192 pages
 75 color photographs
 Cooking/Vegetarian
978-1-61519-984-6



My Little Wimmelbooks™
BOARD BOOKS
\$8.95 US | \$11.95 Can. | World
 5.625 x 7.5 | 16 pages
 Rounded corners |
 6 color, full-spread scenes to explore
Cars and Things That Go | Stefan Lohr
978-1-61519-983-9
My Busy Day | Caryad
978-1-61519-982-2
Animals Around the World | Stefan Lohr
978-1-61519-918-1
At the Construction Site | Max Walther
978-1-61519-919-8



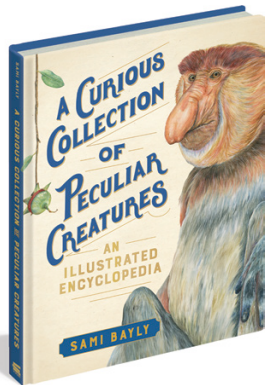
Wild Child
 Dara McAnulty
 Illustrated by Barry Falls
PAPER OVER BOARDS
\$22.95 US | US+OM*
 9.84 x 11.84 | 64 pages
 Color illustrations throughout
 Juvenile Nonfiction/Animals
978-1-61519-916-7



2024 Moon Calendar Card
ENGLISH
» 40-copy display
 978-1-61519-981-5
\$140.00 US | \$180.00 Can.
» 40 pack
 978-1-61519-980-8
\$140.00 US | \$180.00 Can.
» 5 pack
 978-1-61519-979-2
\$17.50 US | \$22.50 Can.

REFERENCE CARD | 10 x 6.75
\$3.50 US | \$4.50 Can. | World
 Color front | B&W reverse

SPANISH
» 5 pack
 978-1-61519-992-1
\$17.50 US | \$22.50 Can.



A Curious Collection of Peculiar Creatures

Sami Bayly
PAPER OVER BOARDS
\$17.95 US | \$23.50 Can. | USC+OM*
7 x 9 | 128 pages
60 color and 175 B&W illustrations
Juvenile Nonfiction/Animals
978-1-61519-693-7



A Curious Collection of Dangerous Creatures

Sami Bayly
PAPER OVER BOARDS
\$18.95 US | \$24.95 Can. | USC+OM*
7 x 9 | 128 pages
60 color and 182 B&W illustrations
Juvenile Nonfiction/Animals
978-1-61519-824-5



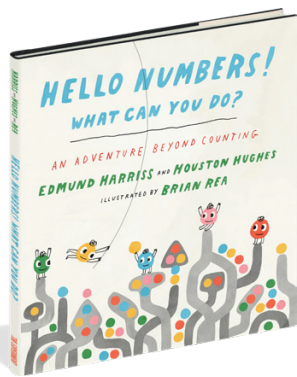
A Curious Collection of Wild Companions

Sami Bayly
PAPER OVER BOARDS
\$18.95 US | \$24.95 Can. |
7 x 9 | 128 pages
60 color and 176 B&W illustrations
Juvenile Nonfiction/Animals
978-1-61519-912-9



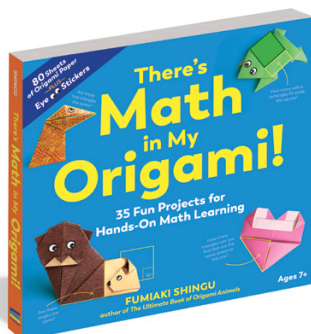
The Incredible yet True Adventures of Alexander von Humboldt

Volker Mehrert
Illustrated by Claudia Lieb
PAPER OVER BOARDS
\$17.95 US | \$23.50 Can. | World
8.5 x 10.5 | 112 pages
75 color illustrations
Juvenile Nonfiction/Biography & Autobiography
978-1-61519-631-9



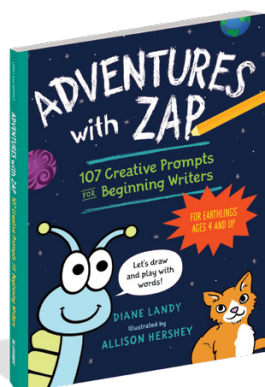
Hello Numbers! What Can You Do?

Edmund Harriss and Houston Hughes
Illustrated by Brian Rea
HARDCOVER
\$17.95 US | \$23.50 Can. | World
9.25 x 10.5 | 32 pages
30 color illustrations
Juvenile Nonfiction/Concepts
978-1-61519-684-5



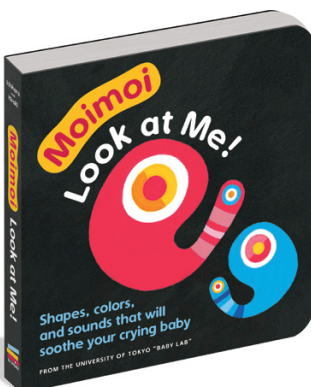
There's Math in My Origami!

Fumiaki Shingu
TRADE PAPERBACK
\$14.95 US | \$19.95 Can. | World
8 x 8.5 | 176 pages
80 sheets origami paper | 1 sticker sheet |
Over 650 color photographs and illustrations
Juvenile Nonfiction/Art
978-1-61519-779-8



Adventures with Zap

Diane Landy
Illustrated by Allison Hershey
TRADE PAPERBACK
\$10.95 US | \$14.95 Can. | World
8.25 x 11.25 | 128 pages
Color illustrations throughout
Juvenile Nonfiction/Language Arts
978-1-61519-441-4



Moimoi—Look at Me!

Dr. Kazuo Hiraki
Illustrated by Jun Ichihara
BOARD BOOK
\$7.95 US | \$9.95 Can. | USC+OM*
6 x 6 | 24 pages
Rounded corners |
13 full-spread color illustrations
Juvenile Fiction/Concepts
978-1-61519-780-4



Paint This Book!

Thacher Hurd and John Cassidy

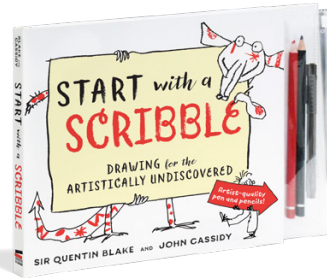
CONCEALED WIRE-O

\$24.95 US | \$32.95 Can. | World

9 x 11.25 | 72 pages

Color illustrations throughout | Includes paints, brush, and watercolor paper

Art/Techniques
978-1-61519-387-5



Start with a Scribble

Sir Quentin Blake and John Cassidy

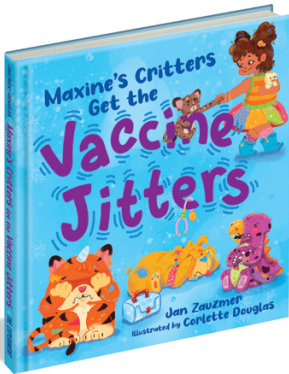
CONCEALED WIRE-O

\$19.95 US | \$25.95 Can. | USC+OM*

9 x 11.5 | 108 pages

Two-color drawings throughout | Includes drawing pen and pencils

Art/Techniques
978-1-61519-400-1



Maxine's Critters Get the Vaccine Jitters

Jan Zauzmer

Illustrated by Corlette Douglas

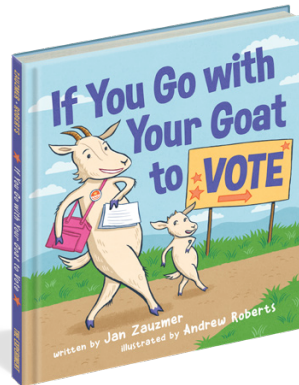
HARDCOVER

\$17.95 US | \$23.50 Can. | World

8.25 x 9.25 | 32 pages

20 color illustrations

Juvenile Fiction/Health & Daily Living
978-1-61519-838-2



If You Go with Your Goat to Vote

Jan Zauzmer

Illustrated by Andrew Roberts

PAPER OVER BOARDS

\$16.95 US | \$21.95 Can. | World

8.25 x 9.25 | 32 pages

16 stickers | 25 color illustrations

Juvenile Fiction/Politics & Government
978-1-61519-746-0



Some Days

Julie A. Stamm

Illustrated by Chamisa Kellogg

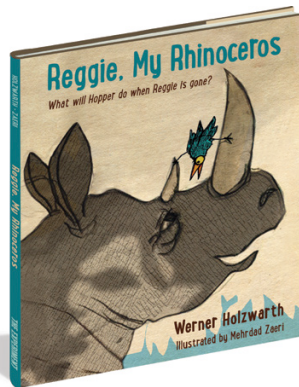
HARDCOVER

\$18.95 US | \$24.95 Can. | World

8.25 x 9.25 | 32 pages

28 color illustrations

Juvenile Fiction/Health & Daily Living
978-1-61519-810-8



Reggie, My Rhinoceros

Werner Holzwarth

Illustrated by Mehrdad Zaeri

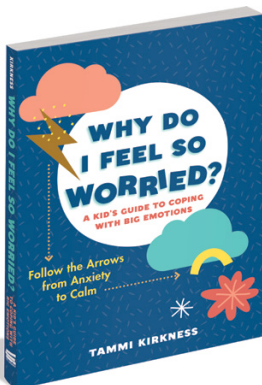
HARDCOVER

\$17.95 US | \$23.50 Can. | USC+OM*

7.875 x 9.5 | 40 pages

17 full-spread color illustrations

Juvenile Fiction/Social Themes
978-1-61519-738-5



Why Do I Feel So Worried?

Tammi Kirkness

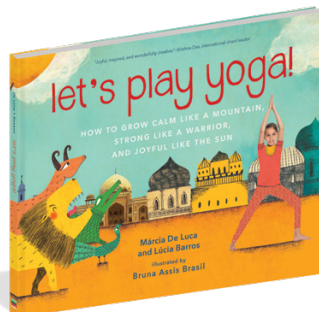
TRADE PAPERBACK

\$14.95 US | \$19.95 Can. | USC*

5.7 x 7.5 | 144 pages

65 color illustrations

Juvenile Nonfiction/Social Topics
978-1-61519-873-3



Let's Play Yoga!

Márcia De Luca

and Lúcia Barros

Illustrated by Bruna Assis Brasil

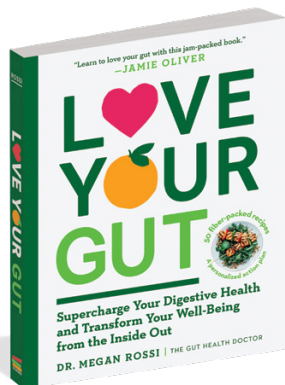
PAPER OVER BOARDS

\$14.95 US | \$19.95 Can. | World

10.6 x 8 | 80 pages

Color illustrations throughout

Juvenile Nonfiction/Health & Daily Living
978-1-61519-493-3

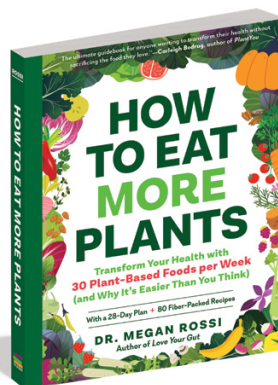


Love Your Gut

Dr. Megan Rossi

TRADE PAPERBACK
\$24.95 US | \$32.95 Can. | USC+OM*
7.5 x 9.75 | 320 pages
85 color photographs

Health & Fitness/Diseases & Conditions
978-1-61519-706-4

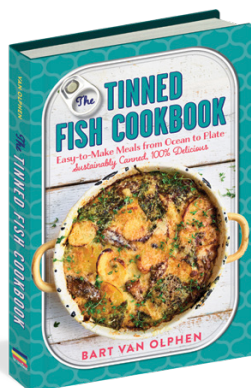


How to Eat More Plants

Dr. Megan Rossi

TRADE PAPERBACK
\$24.95 US | \$32.95 Can. | USC+OM*
7.5 x 9.75 | 320 pages
103 color photographs and illustrations

Health & Fitness/Diet & Nutrition
978-1-61519-878-8

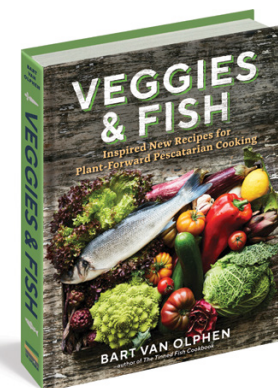


The Tinned Fish Cookbook

Bart van Olphen
Photography by David Loftus

PAPER OVER BOARDS
\$18.95 US | \$24.95 Can. | World
6 x 9 | 144 pages
68 color photographs and illustrations

Cooking/Specific Ingredients
978-1-61519-674-6

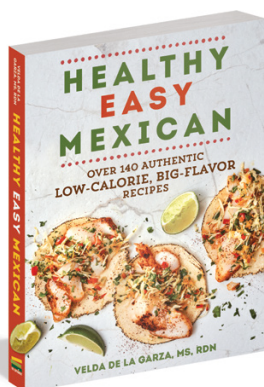


Veggies & Fish

Bart van Olphen
Photography by David Loftus

PAPER OVER BOARDS
\$24.95 US | \$30.95 Can. | World
7.5 x 9.5 | 256 pages
187 color photographs

Cooking/Specific Ingredients
978-1-61519-834-4

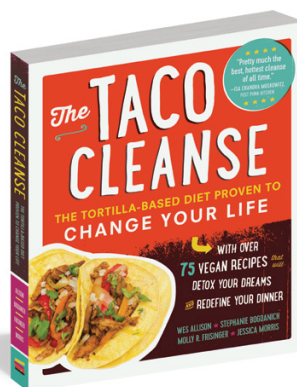


Healthy Easy Mexican

Velda de la Garza

TRADE PAPERBACK
\$19.95 US | \$25.95 Can. | World
7 x 9.5 | 272 pages
114 color photographs and illustrations

Cooking/Regional & Ethnic
978-1-61519-760-6

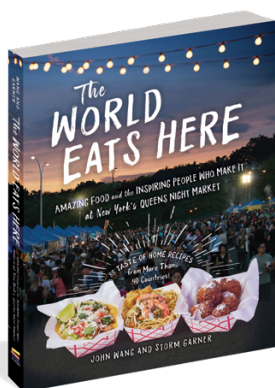


Taco Cleanse

Wes Allison, Stephanie Bogdanich, Molly R. Frisinger, and Jessica Morris

TRADE PAPERBACK
\$17.95 US | \$20.95 Can. | World
6.75 x 8 | 224 pages
67 color photographs and drawings

Cooking/Regional & Ethnic
978-1-61519-272-4

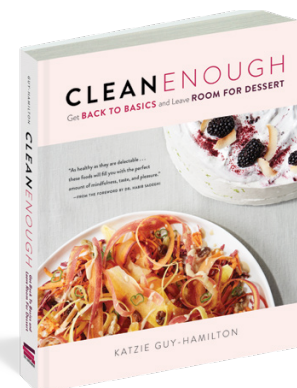


The World Eats Here

John Wang and Storm Garner

FLEXIBIND
\$19.95 US | \$25.95 Can. | World
7 x 9 | 272 pages
270 color photographs and illustrations

Cooking/Regional & Ethnic
978-1-61519-663-0

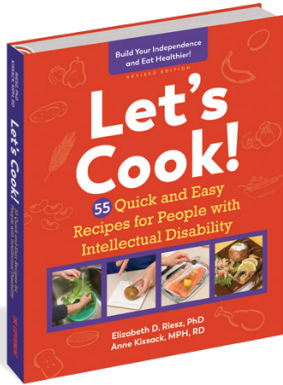


Clean Enough

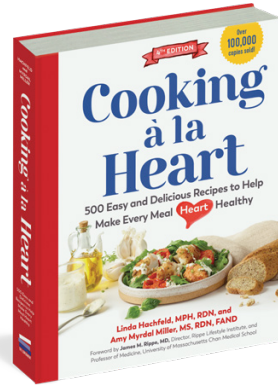
Katie Guy-Hamilton
Foreword by Dr. Habib Sadeghi

PAPER OVER BOARDS
\$24.95 US | \$32.95 Can. | World
7.5 x 9 | 272 pages
85 color photographs

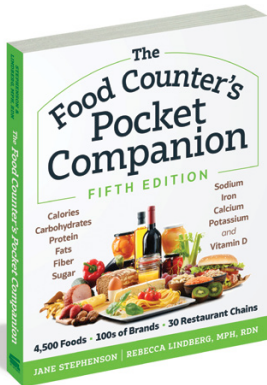
Cooking/Vegetarian
978-1-61519-490-2



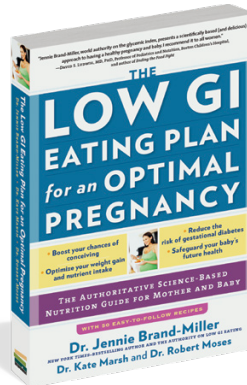
**Let's Cook!,
Revised Edition**
Elizabeth D. Riesz, PhD,
and Anne Kissack, MPH, RD
SEMI-CONCEALED SPIRAL
\$24.95 US | \$32.95 Can. | World
8.5 x 11 | 144 pages
Color photographs throughout
Family & Relationships/Learning Disabilities
978-1-61519-766-8



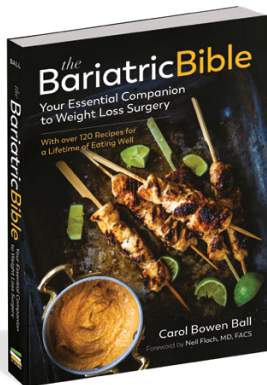
**Cooking à la Heart,
Fourth Edition**
Linda Hachfeld, MPH, RDN,
and Amy Myrdal Miller, MS,
RDN, FAND
Foreword by James M Rippe, MD
PAPER OVER BOARDS
\$35.00 US | \$45.00 Can. | World
8 x 9.5 | 384 pages
50 color photographs and illustrations
Cooking/Health & Healing
978-1-61519-758-3



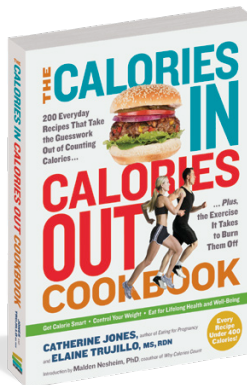
**The Food Counter's
Pocket Companion,
Fifth Edition**
Jane Stephenson and
Rebecca Lindberg, MPH, RDN
TRADE PAPERBACK
\$8.95 US | \$11.95 Can. | World
5 x 6.5 | 176 pages
Two-color interior
Health & Fitness/Diet & Nutrition
978-1-61519-812-2



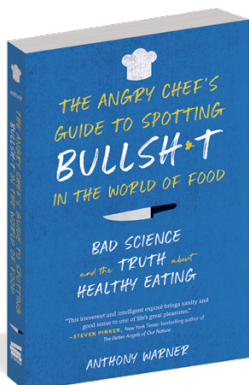
**The Low GI Eating Plan
for an Optimal Pregnancy**
Dr. Jennie Brand-Miller,
Dr. Kate Marsh,
and Dr. Robert Moses
TRADE PAPERBACK
\$15.95 US | \$23.95 Can. |
USC+South America+Caribbean
6 x 9 | 336 pages
Charts throughout
Health & Fitness/Pregnancy & Childbirth
978-1-61519-082-9



The Bariatric Bible
Carol Bowen Ball
Foreword by Neil Floch, MD, FACS
TRADE PAPERBACK
\$21.95 US | \$28.95 Can. | USC+OM*
6.75 x 9.5 | 304 pages
115 color photographs and illustrations
Cooking/Health & Healing
978-1-61519-651-7



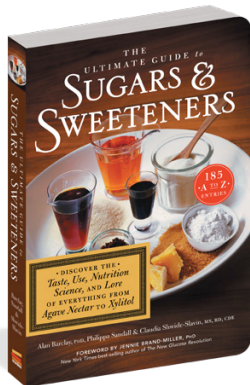
**The Calories In,
Calories Out Cookbook**
Catherine Jones
and Elaine Trujillo, MS, RDN
Introduction by Malden Nesheim, PhD
TRADE PAPERBACK
\$24.95 US | \$37.95 Can. | World
7.75 x 10 | 432 pages
73 color photographs and illustrations
Cooking/Health & Healing
978-1-61519-104-8



**The Angry Chef's Guide
to Spotting Bullsh*t
in the World of Food**
Anthony Warner
TRADE PAPERBACK
\$15.95 US | \$21.00 Can. | USC+OM*
5.5 x 8.25 | 336 pages
Health & Fitness/Healthy
Living & Personal Hygiene
978-1-61519-460-5



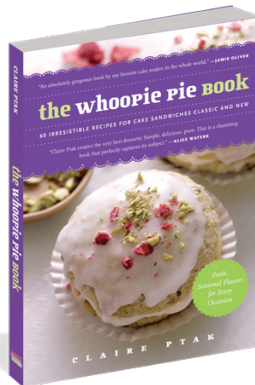
**How We Eat with
Our Eyes and Think
with Our Stomach**
Melanie Mühl
and Diana von Kopp
Translated by Carolin Sommer
PAPER OVER BOARDS
\$16.95 US | \$25.95 Can. | World
4.5 x 7 | 272 pages
Two-color interior
Health & Fitness/Diet & Nutrition
978-1-61519-405-6



The Ultimate Guide to Sugars and Sweeteners

Alan Barclay, PhD, Philippa Sandall, and Claudia Shvide-Slavin, MS, RD, CDE
Foreword by Jennie Brand-Miller, PhD

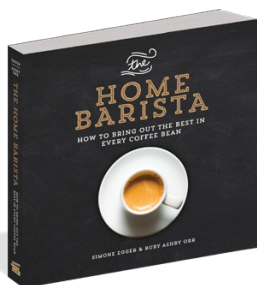
TRADE PAPERBACK
\$16.95 US | \$25.95 Can. | World
5.5 x 8.25 | 288 pages
Rounded corners | Two-color interior
Reference/Consumer Guides
978-1-61519-216-8



The Whoopie Pie Book

Claire Ptak

TRADE PAPERBACK
\$15.95 US | \$19.95 Can. | US+OM*
6.63 x 9.06 | 160 pages
French flaps | Color photographs throughout
Cooking/Courses & Dishes
978-1-61519-039-3



The Home Barista

Simone Egger and Ruby Ashby Orr

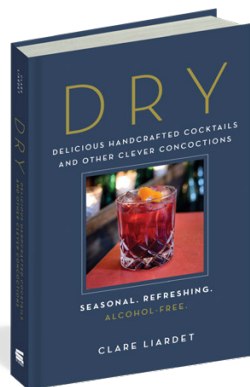
TRADE PAPERBACK
\$14.95 US | \$19.95 Can. | USC+OM*
6.25 x 6.25 | 192 pages
French flaps | 78 color photographs
Cooking/Beverages
978-1-61519-292-2



Welcome to Wine

Madelyne Meyer

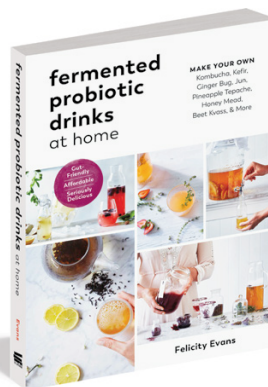
PAPER OVER BOARDS
\$19.95 US | \$25.95 Can. | World
6.5 x 9.5 | 160 pages
200 color illustrations
Cooking/Beverages
978-1-61519-702-6



Dry

Clare Liardet

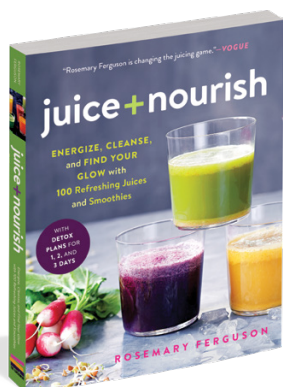
PAPER OVER BOARDS
\$15.95 US | \$20.95 Can. | USC+OM*
5 x 7.75 | 144 pages
Tip on | 72 color photographs
Cooking/Beverages
978-1-61519-502-2



Fermented Probiotic Drinks at Home

Felicity Evans

TRADE PAPERBACK
\$18.95 US | \$23.95 Can. | USC
6.75 x 9 | 192 pages
Color photographs throughout
Cooking/Beverages
978-1-61519-448-3



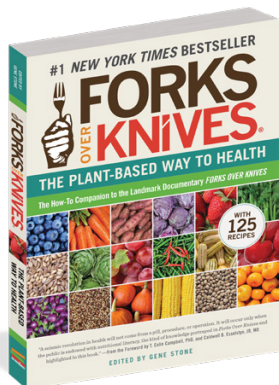
Juice + Nourish

Rosemary Ferguson

TRADE PAPERBACK
\$18.95 US | \$24.95 Can. | USC+OM*
6.5 x 8.25 | 192 pages
35 color photographs
Cooking/Beverages
978-1-61519-620-3



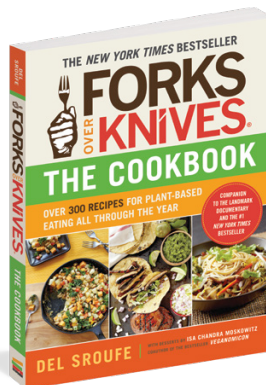
THE EXPERIMENT



Forks Over Knives®

Edited by Gene Stone
Foreword by T. Colin Campbell, PhD,
and Caldwell B. Esselstyn Jr., MD

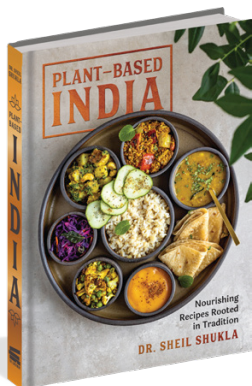
TRADE PAPERBACK
\$15.95 US | \$21.00 Can. | World
6.25 x 8.5 | 224 pages
Two-color interior |
22 B&W in-text photographs
Health & Fitness/Diet & Nutrition
978-1-61519-045-4



**Forks Over Knives®—
The Cookbook**

Del Sroufe
Contributions by Isa Chandra Moskowitz,
Julieanna Hever, Judy Micklewright,
and Darshana Thacker

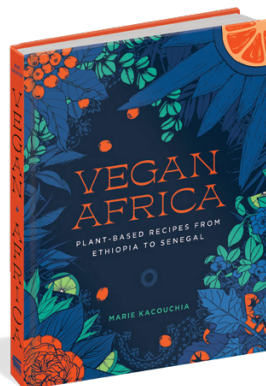
TRADE PAPERBACK
\$19.95 US | \$25.95 Can. | World
7.5 x 10 | 368 pages
Two-color interior |
32-page color photo insert
Cooking/Vegetarian
978-1-61519-061-4



Plant-Based India

Dr. Sheil Shukla

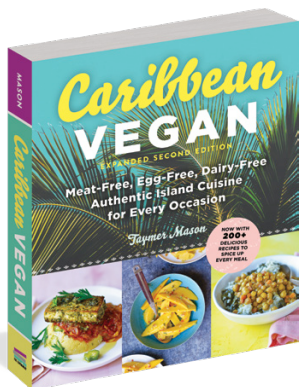
PAPER OVER BOARDS
\$32.50 US | \$42.50 Can. | World
8 x 11 | 256 pages
120 color photographs
Cooking/Regional & Ethnic
978-1-61519-853-5



Vegan Africa

Marie Kacouchia

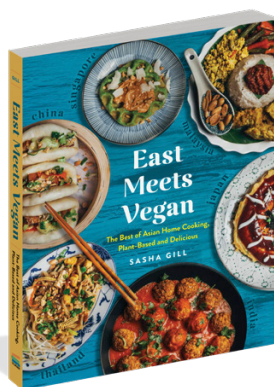
PAPER OVER BOARDS
\$24.95 US | \$32.95 Can. | World
7.5 x 9.5 | 192 pages
72 color photographs
Cooking/Regional & Ethnic
978-1-61519-900-6



Caribbean Vegan

Taymer Mason

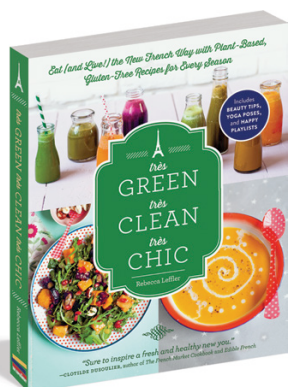
TRADE PAPERBACK
\$26.95 US | \$34.95 Can. | World
7.5 x 9.25 | 320 pages
43 color photographs
Cooking/Vegan
978-1-61519-360-8



East Meets Vegan

Sasha Gill

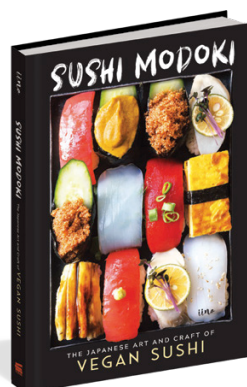
TRADE PAPERBACK
\$19.95 US | \$25.95 Can. | USC
7.75 x 9.5 | 224 pages
106 color photographs
Cooking/Vegan
978-1-61519-563-3



**Très Green,
Très Clean, Très Chic**

Rebecca Leffler

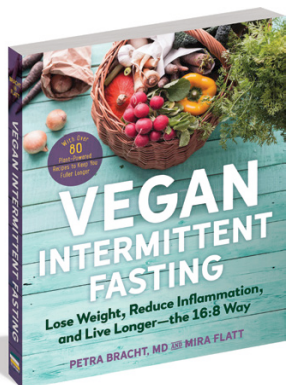
TRADE PAPERBACK
\$19.95 US | \$29.95 Can. | World
7.25 x 9 | 224 pages
70 color photographs
Cooking/Vegan
978-1-61519-251-9



Sushi Modoki

iiina

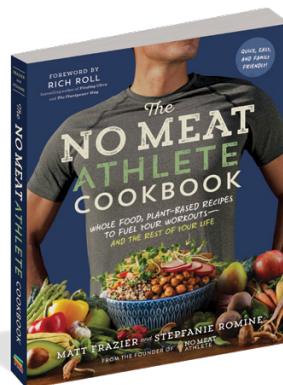
PAPER OVER BOARDS
\$18.95 US | \$24.95 Can. | World
6.25 x 9 | 128 pages
132 color photographs
Cooking/Vegan
978-1-61519-608-1



Vegan Intermittent Fasting

Petra Bracht, MD,
and Mira Flatt

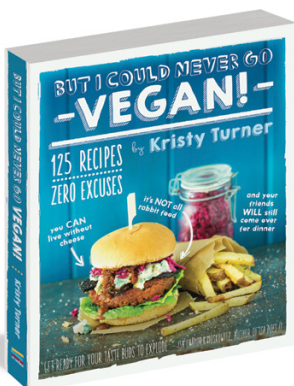
TRADE PAPERBACK
\$19.95 US | \$25.95 Can. | USC+OM*
7.5 x 9.5 | 288 pages
Color photographs throughout
Cooking/Vegan Cooking
978-1-61519-728-6



The No Meat Athlete Cookbook

Matt Frazier
and Stephanie Romine
Foreword by Rich Roll

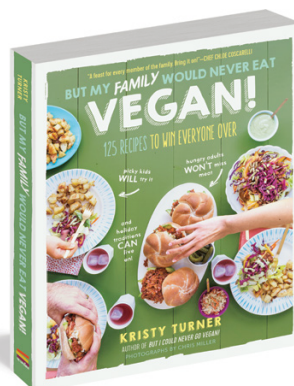
TRADE PAPERBACK
\$24.95 US | \$32.95 Can. | World
7.5 x 9.25 | 288 pages
50 color photographs
Cooking/Vegan
978-1-61519-266-3



But I Could Never Go Vegan!

Kristy Turner

TRADE PAPERBACK
\$24.95 US | \$37.95 Can. | World
7.5 x 9.25 | 320 pages
More than 250 color photographs
Cooking/Vegan
978-1-61519-210-6



But My Family Would Never Eat Vegan!

Kristy Turner

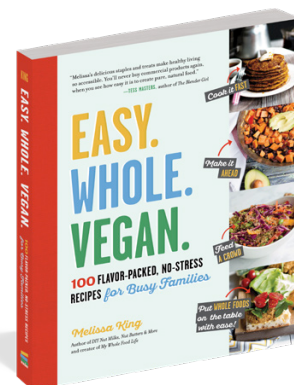
TRADE PAPERBACK
\$24.95 US | \$34.95 Can. | World
7.5 x 9.25 | 336 pages
127 color photographs
Cooking/Vegan
978-1-61519-342-4



Peace & Parsnips

Lee Watson

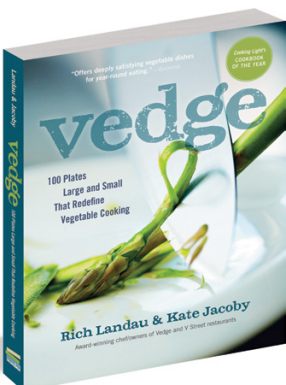
PAPER OVER BOARDS
\$25.00 US | \$38.00 Can. | USC+OM*
7.5 x 9.75 | 336 pages
More than 200 color photographs
Cooking/Vegan
978-1-61519-321-9



Easy. Whole. Vegan.

Melissa King

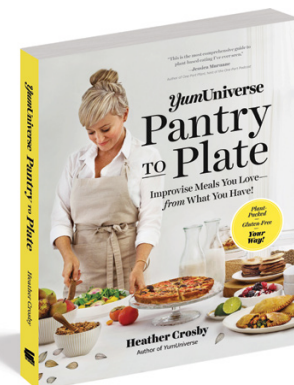
TRADE PAPERBACK
\$19.95 US | \$29.95 Can. | World
7.5 x 9.25 | 224 pages
75 color photographs
Cooking/Vegan
978-1-61519-309-7



Vedge

Rich Landau and Kate Jacoby
Foreword by Joe Yonan

TRADE PAPERBACK
\$19.95 US | \$25.95 Can. | World
7.25 x 9.125 | 256 pages
113 color photographs
Cooking/Vegan
978-1-61519-283-0



YumUniverse Pantry to Plate

Heather Crosby

TRADE PAPERBACK
\$24.95 US | \$37.95 Can. | World
7.5 x 9.25 | 332 pages
More than 400 color photographs
Cooking/Vegan
978-1-61519-340-0

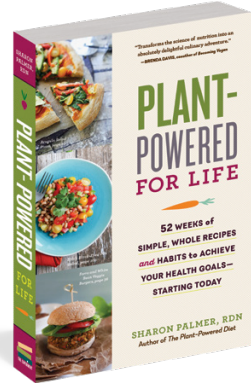


The Plantiful Table

Andrea Duclos

PAPER OVER BOARDS
\$24.95 US | \$37.95 Can. | World
7.25 x 9 | 320 pages
160 color photographs

Cooking/Vegan
978-1-61519-247-2

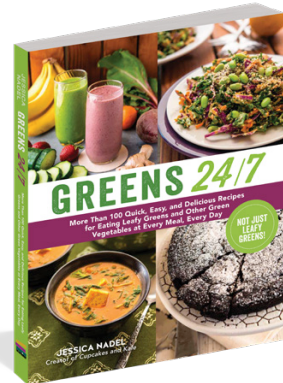


Plant-Powered for Life

Sharon Palmer, RDN

TRADE PAPERBACK
\$21.95 US | \$32.95 Can. | World
6 x 9 | 384 pages
Rounded corners | 50 color photographs

Cooking/Vegan
978-1-61519-187-1

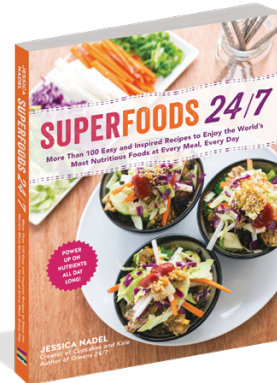


Greens 24/7

Jessica Nadel

TRADE PAPERBACK
\$19.95 US | \$29.95 Can. | USC+Mexico
7.5 x 9.75 | 176 pages
110 color photographs

Cooking/Vegan
978-1-61519-227-4



Superfoods 24/7

Jessica Nadel

TRADE PAPERBACK
\$19.95 US | \$29.95 Can. | USC+Mexico
7.5 x 9.75 | 176 pages
More than 120 color photographs

Cooking/Specific Ingredients
978-1-61519-278-6

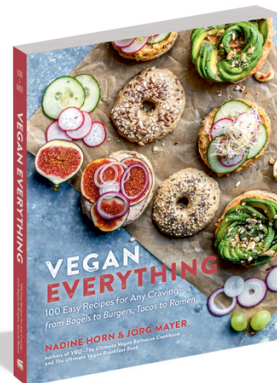


Ocean Greens

Lisette Kreischer
and Marcel Schuttelaar

PAPER OVER BOARDS
\$24.95 US | \$32.95 Can. | World
8 x 10 | 192 pages
95 color photographs

Cooking/Vegan
978-1-61519-352-3



Vegan Everything

Nadine Horn and Jörg Mayer

TRADE PAPERBACK
\$19.95 US | \$25.95 Can. | World
7.5 x 9.625 | 224 pages
109 color photographs

Cooking/Vegan
978-1-61519-588-6



The Ultimate Vegan Breakfast Book

Nadine Horn and Jörg Mayer

TRADE PAPERBACK
\$24.95 US | \$32.95 Can. | World
7.5 x 9.625 | 208 pages
110 color photographs

Cooking/Vegan
978-1-61519-488-9



**VBQ—
The Ultimate Vegan Barbecue Cookbook**

Nadine Horn and Jörg Mayer

TRADE PAPERBACK
\$19.95 US | \$25.95 Can. | USC+OM*
7.5 x 9.625 | 224 pages
Color photographs throughout

Cooking/Vegan
978-1-61519-456-8



Quick & Easy Vegan Comfort Food

Alicia C. Simpson

TRADE PAPERBACK

\$17.95 US | \$26.95 Can. | World

7 x 9.125 | 248 pages

8-page color photo insert

Cooking/Vegan

978-1-61519-005-8



Quick & Easy Vegan Bake Sale

Carla Kelly

TRADE PAPERBACK

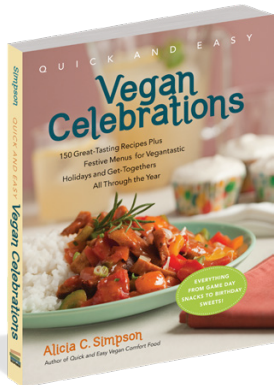
\$17.95 US | \$26.95 Can. | World

7 x 9.125 | 296 pages

8-page color photo insert

Cooking/Vegan

978-1-61519-026-3



Quick & Easy Vegan Celebrations

Alicia C. Simpson

TRADE PAPERBACK

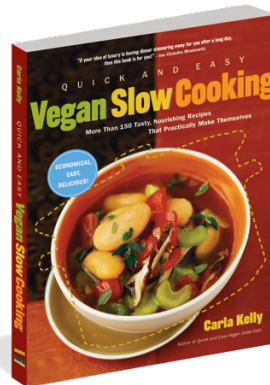
\$18.95 US | \$28.95 Can. | World

7 x 9.125 | 296 pages

16-page color photo insert

Cooking/Vegan

978-1-61519-022-5



Quick & Easy Vegan Slow Cooking

Carla Kelly

TRADE PAPERBACK

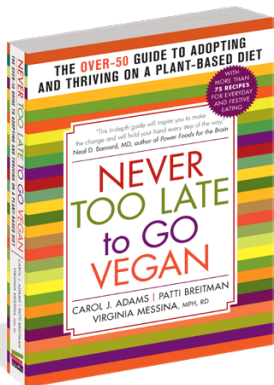
\$17.95 US | \$26.95 Can. | World

7 x 9.125 | 296 pages

8-page color photo insert

Cooking/Vegan

978-1-61519-043-0



Never Too Late to Go Vegan

Carol J. Adams, Patti Breitman, and Virginia Messina, MPH, RD

TRADE PAPERBACK

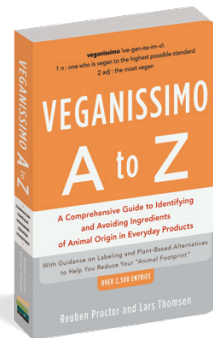
\$16.95 US | \$25.95 Can. | World

6.25 x 8.5 | 368 pages

Two-color interior

Family & Relationships/Life Stages

978-1-61519-098-0



Veganissimo A to Z

Reuben Proctor and Lars Thomsen

TRADE PAPERBACK

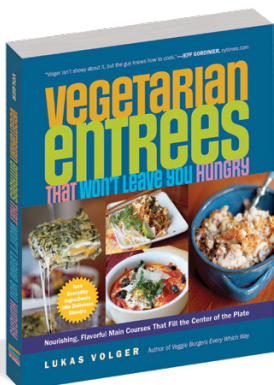
\$15.95 US | \$23.95 Can. | USC

5.38 x 6.9 | 320 pages

Rounded corners | Color icons throughout

Health & Fitness/Diet & Nutrition

978-1-61519-068-3



Vegetarian Entrées That Won't Leave You Hungry

Lukas Volger

TRADE PAPERBACK

\$17.95 US | \$26.95 Can. | World

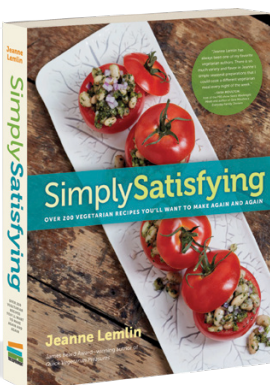
8 x 9 | 256 pages

French flaps |

Color photographs throughout

Cooking/Vegetarian

978-1-61519-033-1



Simply Satisfying

Jeanne Lemlin

TRADE PAPERBACK

\$21.95 US | \$32.95 Can. | World

7.625 x 9.625 | 368 pages

French flaps | 35 color photographs

Cooking/Vegetarian

978-1-61519-062-1



Fresh from Poland

Michał Korkosz

TRADE PAPERBACK

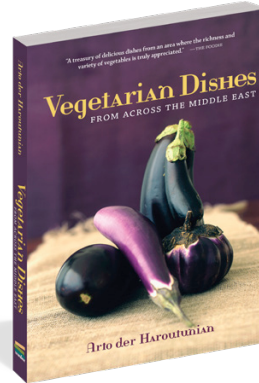
\$22.95 US | \$29.95 Can. | World

7.5 x 9.75 | 240 pages

French flaps | 172 color photographs

Cooking/Regional & Ethnic

978-1-61519-655-5



Vegetarian Dishes from Across the Middle East

Arto der Haroutunian

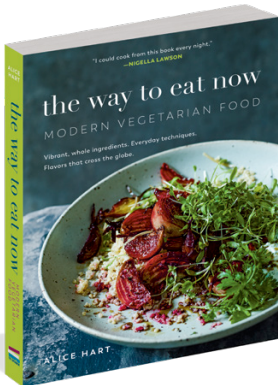
TRADE PAPERBACK

\$18.95 US | \$28.95 Can. | USC

6.65 x 9.25 | 288 pages

Cooking/Specific Ingredients

978-1-61519-004-1



The Way to Eat Now

Alice Hart

TRADE PAPERBACK

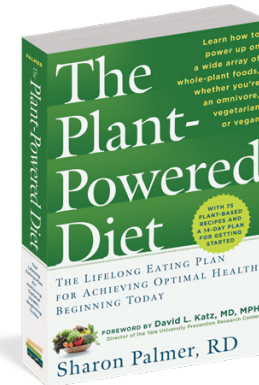
\$18.95 US | \$24.95 Can. | USC+OM*

7.5 x 9.75 | 336 pages

102 color photographs

Cooking/Vegetarian

978-1-61519-573-2



The Plant-Powered Diet

Sharon Palmer, RDN

Foreword by David L. Katz, MD, MPH

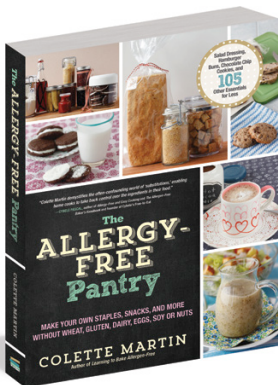
TRADE PAPERBACK

\$16.95 US | \$21.95 Can. | USC+OM*

6 x 9 | 432 pages

Health & Fitness/Diet & Nutrition

978-1-61519-058-4



The Allergy-Free Pantry

Colette Martin

TRADE PAPERBACK

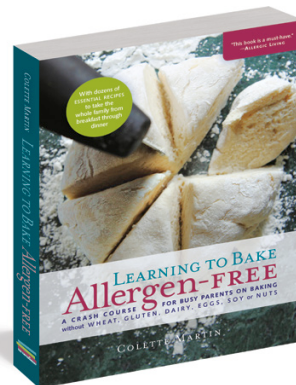
\$19.95 US | \$25.95 Can. | World

7 x 9 | 328 pages

127 color photographs

Cooking/Health & Healing

978-1-61519-208-3



Learning to Bake Allergen-Free

Colette Martin

Foreword by Dr. Stephen Wangen, ND

TRADE PAPERBACK

\$19.95 US | \$29.95 Can. | World

7.94 x 9.94 | 304 pages

Color photographs throughout

Cooking/Health & Healing

978-1-61519-053-9



Meals That Heal - One Pot

Carolyn Williams, PhD, RD

TRADE PAPERBACK

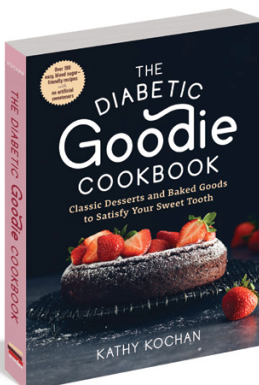
\$24.95 US | \$29.95 Can. | World

8 x 9 | 304 pages

172 color photographs and illustrations

Cooking/Health & Healing

978-1-61519-822-1



The Diabetic Goodie Cookbook

Kathy Kochan

TRADE PAPERBACK

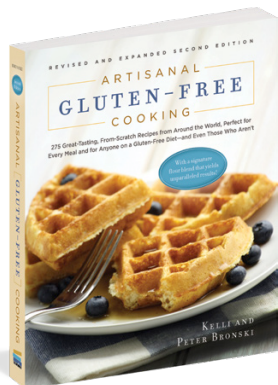
\$24.95 US | \$32.95 Can. | World

7 x 9.5 | 288 pages

57 color photographs

Cooking/Health & Healing

978-1-61519-768-2



Artisanal Gluten-Free Cooking

Kelli and Peter Bronski

TRADE PAPERBACK

\$21.95 US | \$28.95 Can. | World

7.5 x 9.25 | 352 pages

French flaps | 28 color photographs

Cooking/Health & Healing

978-1-61519-050-8



No Gluten, No Problem Pizza

Kelli and Peter Bronski

PAPER OVER BOARDS

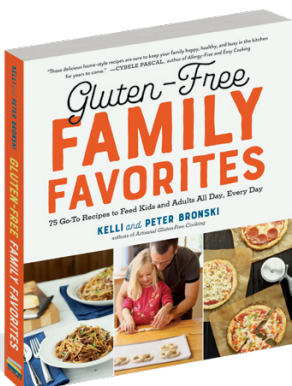
\$27.95 US | \$36.50 Can. | World

8 x 9 | 240 pages

105 color photographs

Cooking/Health & Healing

978-1-61519-541-1



Gluten-Free Family Favorites

Kelli and Peter Bronski

TRADE PAPERBACK

\$19.95 US | \$25.95 Can. | World

7.5 x 9.25 | 240 pages

75 color photographs

Cooking/Health & Healing

978-1-61519-504-6



Kids Cook Gluten-Free

Kelli and Peter Bronski

PAPER OVER BOARDS

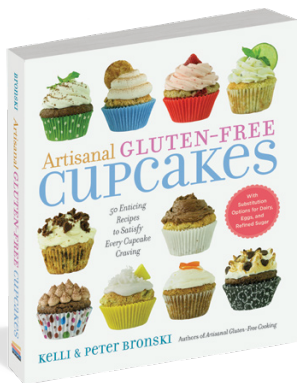
\$24.95 US | \$32.95 Can. | World

9 x 9.5 | 160 pages

193 color photographs and illustrations

Juvenile Nonfiction/Cooking & Food

978-1-61519-855-9



Artisanal Gluten-Free Cupcakes

Kelli and Peter Bronski

TRADE PAPERBACK

\$17.95 US | \$26.95 Can. | World

6.56 x 7 | 272 pages

Color photographs throughout

Cooking/Health & Healing

978-1-61519-036-2



Nosh on This

Lisa Stander-Horel
and Tim Horel

Foreword by Arthur Schwartz

TRADE PAPERBACK

\$19.95 US | \$25.95 Can. | World

7.25 x 9.125 | 288 pages

Color photographs throughout

Cooking/Health & Healing

978-1-61519-086-7



Chickpea Flour Does It All

Lindsey S. Love

TRADE PAPERBACK

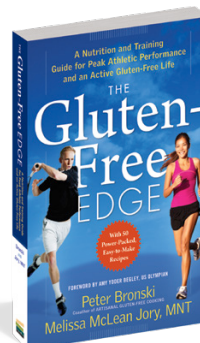
\$19.95 US | \$28.95 Can. | World

7.5 x 9.75 | 240 pages

96 color photographs

Cooking/Health & Healing

978-1-61519-304-2



The Gluten-Free Edge

Peter Bronski
and Melissa McLean Jory, MNT
Foreword by Amy Yoder Begley

TRADE PAPERBACK

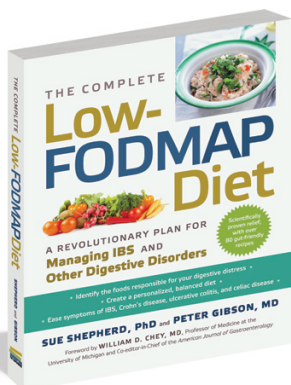
\$15.95 US | \$23.95 Can. | World

6 x 9 | 384 pages

More than 60 B&W photographs
and tables

Health & Fitness/Allergies

978-1-61519-052-2

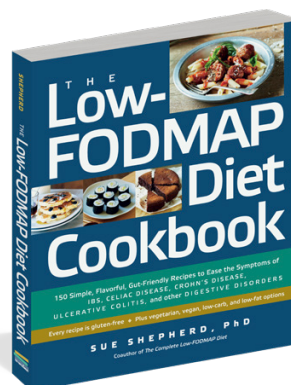


The Complete Low-FODMAP Diet

Sue Shepherd, PhD,
and Peter Gibson, MD
Foreword by William D. Chey, MD

TRADE PAPERBACK
\$19.95 US | \$25.95 Can. | USC+OM*
7.5 x 9.13 | 288 pages
90 color photographs

Health & Fitness/Diseases & Conditions
978-1-61519-080-5

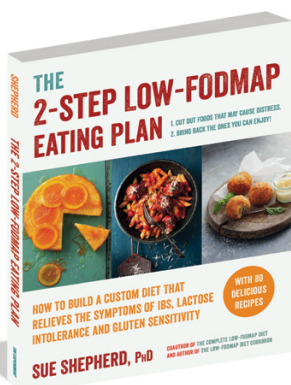


The Low-FODMAP Diet Cookbook

Sue Shepherd, PhD

TRADE PAPERBACK
\$19.95 US | \$24.95 Can. | USC+OM*
7.5 x 9.13 | 248 pages
72 color photographs

Health & Fitness/Diseases & Conditions
978-1-61519-191-8

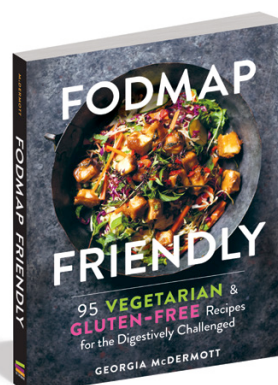


The 2-Step Low-FODMAP Eating Plan

Sue Shepherd, PhD

TRADE PAPERBACK
\$19.95 US | \$25.95 Can. | USC+OM*
8.25 x 10.25 | 288 pages
118 color photographs

Health & Fitness/Diseases & Conditions
978-1-61519-315-8

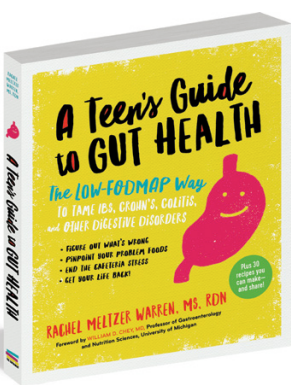


FODMAP Friendly

Georgia McDermott

TRADE PAPERBACK
\$22.95 US | \$29.95 Can. | USC+OM*
7.5 x 9.75 | 224 pages
120 color photographs

Health & Fitness/Diseases & Conditions
978-1-61519-704-0

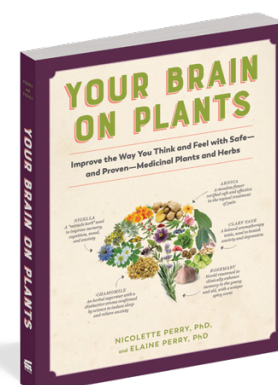


A Teen's Guide to Gut Health

Rachel Meltzer Warren,
MS, RDN
Foreword by William D. Chey, MD

TRADE PAPERBACK
\$15.95 US | \$23.95 Can. | World
6.75 x 8 | 224 pages
Two-color interior

Health & Fitness/Diseases & Conditions
978-1-61519-354-7

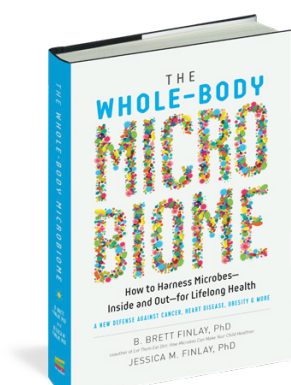


Your Brain on Plants

Nicolette Perry, PhD,
and Elaine Perry, PhD

TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC+Singapore
7 x 9 | 256 pages
Color illustrations throughout

Health & Fitness/Herbal Medications
978-1-61519-446-9

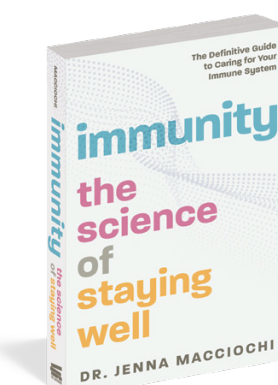


The Whole-Body Microbiome

B. Brett Finlay, PhD,
and Jessica M. Finlay

HARDCOVER
\$24.95 US | US+OM*

6 x 9 | 304 pages
Science/Life Sciences
978-1-61519-481-0

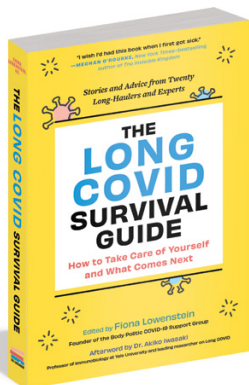


Immunity

Dr. Jenna Macciochi

TRADE PAPERBACK
\$16.95 US | US+OM*
5.5 x 8.25 | 352 pages
7 B&W charts and illustrations

Health & Fitness/
Healthy Living & Personal Hygiene
978-1-61519-750-7



The Long COVID Survival Guide

Edited by Fiona Lowenstein

TRADE PAPERBACK

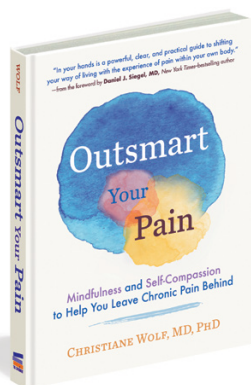
\$18.95 US | \$24.95 Can. | World

6 x 9 | 288 pages

B&W illustrations

Health & Fitness/Diseases & Conditions

978-1-61519-910-5



Outsmart Your Pain

Christiane Wolf, MD, PhD

Foreword by Daniel J. Siegel, MD

PAPER OVER BOARDS

\$16.95 US | \$21.95 Can. | World

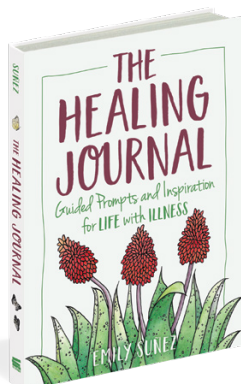
5.5 x 7 | 240 pages

Ribbon | Two-color interior |

15 line drawings

Health & Fitness/Pain Management

978-1-61519-721-7



The Healing Journal

Emily Suárez

FLEXIBIND

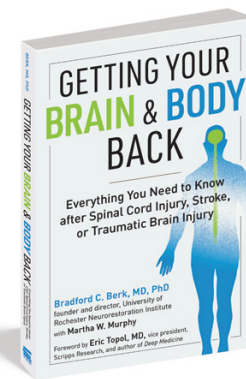
\$15.95 US | \$21.00 Can. | World

5.5 x 7.5 | 144 pages

Ribbon | 50 color illustrations

Self-Help/Journaling

978-1-61519-832-0



Getting Your Brain and Body Back

Bradford C. Berk, MD, PhD

with Martha W. Murphy

Foreword by Eric Topol, MD

TRADE PAPERBACK

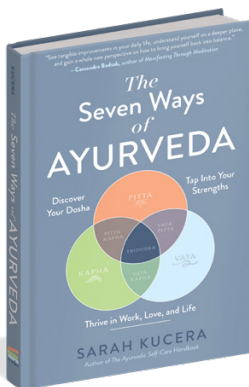
\$19.95 US | \$25.95 Can. | World

6 x 9 | 320 pages

38 two-color illustrations

Health & Fitness/Diseases & Conditions

978-1-61519-695-1



The Seven Ways of Ayurveda

Sarah Kucera

PAPER OVER BOARDS

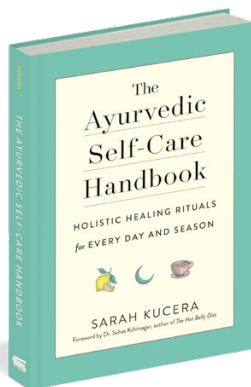
\$19.95 US | \$25.95 Can. | World

5.5 x 8.25 | 240 pages

Two-color interior

Psychology/Personality

978-1-61519-800-9



The Ayurvedic Self-Care Handbook

Sarah Kucera

Foreword by Dr. Suhas Kshirsagar

FLEXIBIND

\$16.95 US | \$21.95 Can. | World

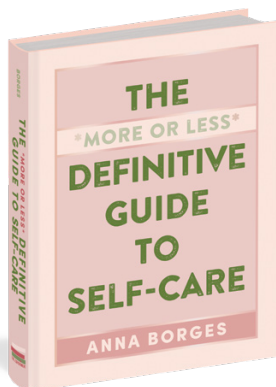
5.25 x 7.25 | 304 pages

Ribbon | Two-color interior | 12 illustrations

Medical/

Alternative & Complementary Medicine

978-1-61519-543-5



The More or Less Definitive Guide to Self-Care

Anna Borges

PAPER OVER BOARDS

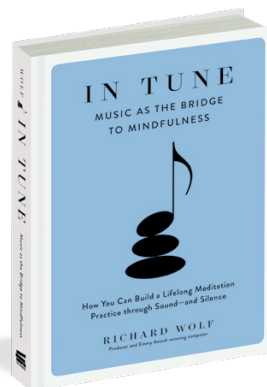
\$16.95 US | \$21.95 Can. | World

6 x 8 | 256 pages

Ribbon | 36 color illustrations

Self-Help/Self-Management

978-1-61519-610-4



In Tune

Richard Wolf

PAPER OVER BOARDS

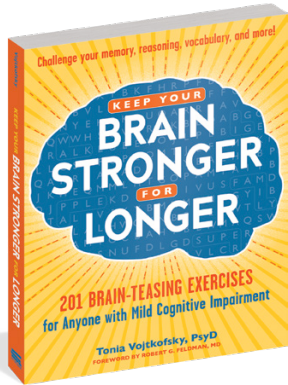
\$18.95 US | \$24.95 Can. | World

5.5 x 7.5 | 240 pages

Body, Mind & Spirit/

Mindfulness & Meditation

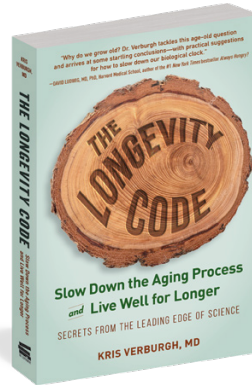
978-1-61519-535-0



Keep Your Brain Stronger for Longer

Tonia Vojtkofsky, PsyD,
and Robert G. Feldman, MD

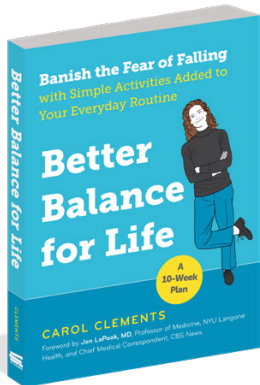
TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC+OM*
7.75 x 10 | 304 pages
Self-Help/Personal Growth
978-1-61519-262-5



The Longevity Code

Kris Verburgh, MD

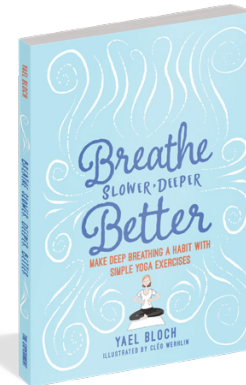
TRADE PAPERBACK
\$16.95 US | \$22.95 Can. | World
except India
6 x 9 | 320 pages
39 B&W illustrations
Health & Fitness/Longevity
978-1-61519-497-1



Better Balance for Life

Carol Clements
Foreword by Dr. Jon LaPook

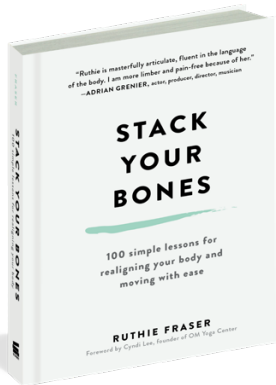
TRADE PAPERBACK
\$15.95 US | \$19.95 Can. | World
6 x 8.25 | 208 pages
Two-color interior | 100 illustrations
Self-Help/Aging
978-1-61519-415-5



Breathe Slower, Deeper, Better

Yael Bloch
Illustrated by Cléo Werhlin

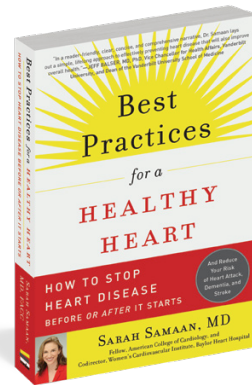
TRADE PAPERBACK
\$12.95 US | \$16.95 Can. | World
6.375 x 8.75 | 96 pages
French flaps | 29 two-color illustrations
Health & Fitness/Yoga
978-1-61519-598-5



Stack Your Bones

Ruthie Fraser
Foreword by Cyndi Lee

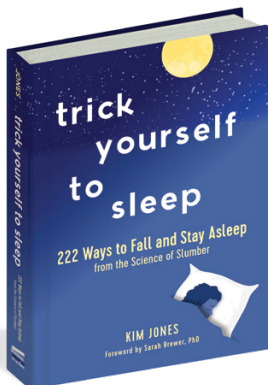
PAPER OVER BOARDS
\$18.95 US | \$28.95 Can. | World
5.25 x 7.25 | 224 pages
Two-color interior | 116 illustrations
Health & Fitness/Exercise
978-1-61519-198-7



Best Practices for a Healthy Heart

Sarah Samaan, MD, FACC

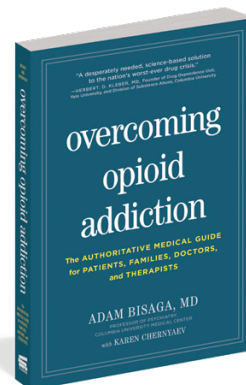
TRADE PAPERBACK
\$14.95 US | \$22.95 Can. | World
5.5 x 8.25 | 384 pages
Health & Fitness/Diseases & Conditions
978-1-61519-047-8



Trick Yourself to Sleep

Kim Jones
Foreword by Sarah Brewer, PhD

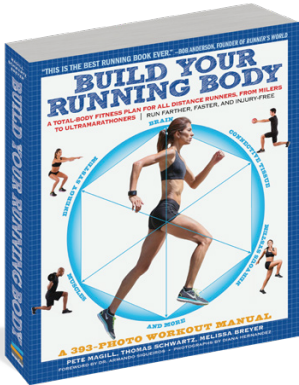
PAPER OVER BOARDS
\$14.95 US | \$19.95 Can. | USC+OM*
5.5 x 7.5 | 240 pages
One-color blue interior | 36 line drawings
Health & Fitness/Sleep
978-1-61519-659-3



Overcoming Opioid Addiction

Adam Bisaga, MD
with Karen Chernyaev
Foreword by A. Thomas McLellan

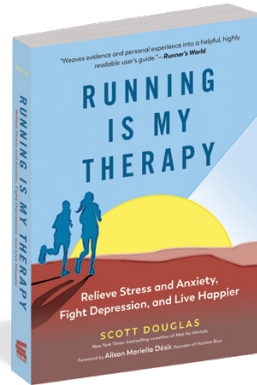
TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | World
6 x 9 | 304 pages
Self-Help/Substance Abuse & Addictions
978-1-61519-458-2



Build Your Running Body

Pete Magill, Thomas Schwartz,
and Melissa Breyer
Foreword by Dr. Armando Siqueiros

TRADE PAPERBACK
\$22.95 US | \$29.95 Can. | USC+ANZ+OM*
7.5 x 9 | 448 pages
Two-color interior | 393 B&W photographs
Sports & Recreation/Running & Jogging
978-1-61519-102-4



Running Is My Therapy

Scott Douglas
Foreword by Alison Mariella Désir

TRADE PAPERBACK
\$14.95 US | \$19.95 Can. | World
5.5 x 7.5 | 288 pages
13 B&W photographs
Sports & Recreation/Running & Jogging
978-1-61519-581-7



The Born Again Runner

Pete Magill
Photography by Diana Hernandez

FLEXIBIND
\$18.95 US | \$28.95 Can. | World
6 x 9 | 304 pages
115 color photographs
Sports & Recreation/Running & Jogging
978-1-61519-311-0



Get Off Your Ass and Run!

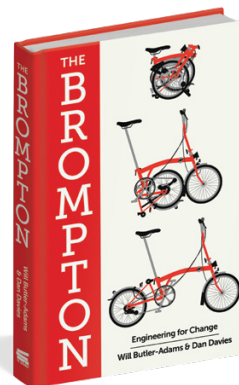
Ruth Field

TRADE PAPERBACK
\$13.95 US | \$20.95 Can. | USC+OM*
5.5 x 8.25 | 224 pages
Sports & Recreation/Running & Jogging
978-1-61519-077-5



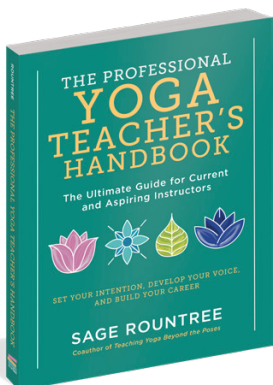
The Longest Race

Ed Ayres
TRADE PAPERBACK
\$14.95 US | \$22.95 Can. | World
5.5 x 8.19 | 256 pages
Sports & Recreation/Running & Jogging
978-1-61519-088-1



The Brompton

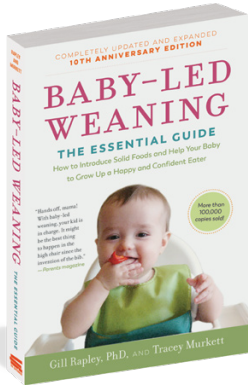
William Butler-Adams
and Dan Davies
PAPER OVER BOARDS
\$30.00 US | \$39.00 Can. | USC+OM*
6 x 9.2 | 288 pages
Ribbon | 16-page color photo insert |
114 B&W photographs
Business & Economics/Industries
978-1-61519-956-3



The Professional Yoga Teacher's Handbook

Sage Rountree
TRADE PAPERBACK
\$19.95 US | \$25.95 Can. | USC+OM*
7 x 9 | 240 pages
Two-color interior
Health & Fitness/Yoga
978-1-61519-697-5

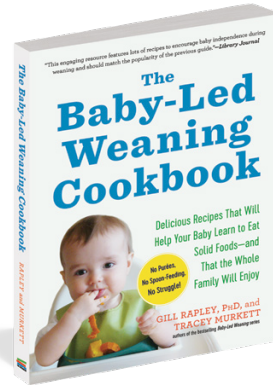




**Baby-Led Weaning,
Tenth Anniversary Edition**

Gill Rapley, PhD,
and Tracey Murkett

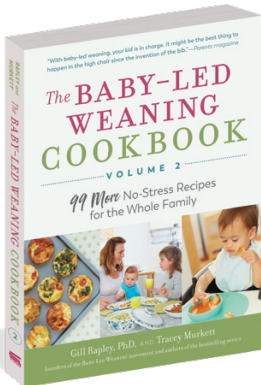
TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC+OM*
5.5 x 8.25 | 256 pages
8-page color photo insert
Family & Relationships/Life Stages
978-1-61519-558-9



**The Baby-Led
Weaning Cookbook**

Gill Rapley, PhD,
and Tracey Murkett

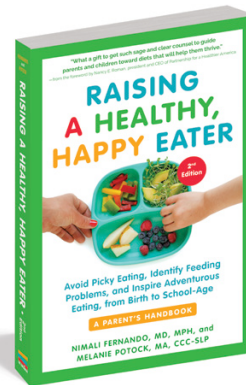
TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC+OM*
7 x 9.25 | 192 pages
73 color illustrations
Cooking/Baby Food
978-1-61519-049-2



**The Baby-Led Weaning
Cookbook—Volume 2**

Gill Rapley, PhD,
and Tracey Murkett

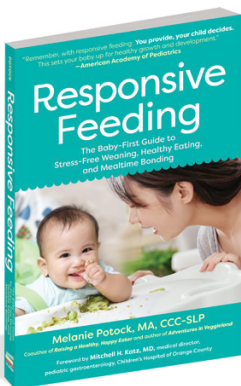
TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC+OM*
7 x 9.125 | 192 pages
46 color photographs
Cooking/Baby Food
978-1-61519-621-0



**Raising a Healthy,
Happy Eater:
A Parent's Handbook,
Second Edition**

Nimali Fernando MD, MPH, and
Melanie Potock MA, CCC-SLP
Foreword by Nancy E. Roman

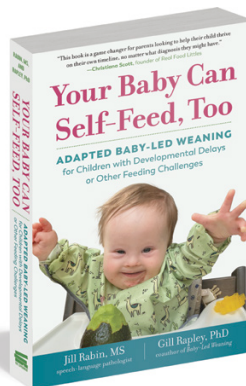
TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | World
6 x 9 | 304 pages
Two-color interior | 35 illustrations
Family & Relationships/Parenting
978-1-61519-875-7



Responsive Feeding

Melanie Potock MA, CCC-SLP
Foreword by Mitchell H. Katz, MD

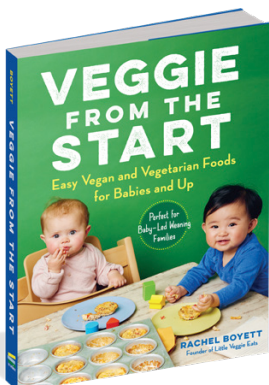
TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | World
6 x 9 | 256 pages
Two-color interior
Family & Relationships/Life Stages
978-1-61519-836-8



**Your Baby Can
Self-Feed, Too**

Jill Rabin, MS,
and Gill Rapley, PhD

TRADE PAPERBACK
\$18.95 US | \$24.95 Can. | World
5.5 x 8.25 | 288 pages
16-page color photo insert
Family & Relationships/Parenting
978-1-61519-902-0



Veggie from the Start

Rachel Boyett

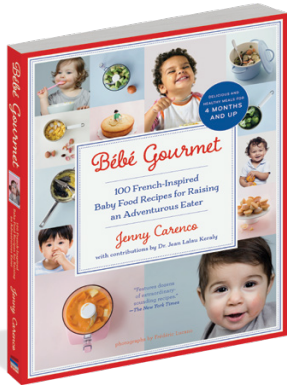
TRADE PAPERBACK
\$18.95 US | \$24.95 Can. | USC+OM*
6.75 x 9 | 192 pages
French flaps | 77 color photographs
Cooking/Baby Food
978-1-61519-691-3



Adventures in Veggieland

Melanie Potock, MA, CCC-SLP

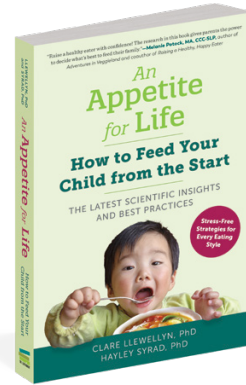
FLEXIBIND
\$19.95 US | \$25.95 Can. | World
7 x 9 | 288 pages
50 color photographs
Cooking/Cooking for Kids
978-1-61519-406-3



Bébé Gourmet

Jenny Careno
Contributions by Dr. Jean Lalau Keraly

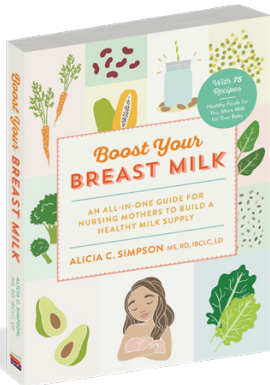
TRADE PAPERBACK
\$18.95 US | \$28.95 Can. | USC+OM*
7.6875 x 9.63 | 192 pages
115 color photographs
Cooking/Baby Food
978-1-61519-070-6



An Appetite for Life

Clare Llewellyn, PhD,
and Hayley Syrad, PhD

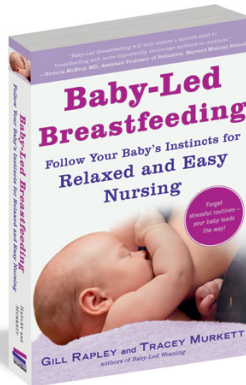
TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC+OM*
6 x 9 | 352 pages
Family & Relationships/Life Stages
978-1-61519-539-8



Boost Your Breast Milk

Alicia C. Simpson

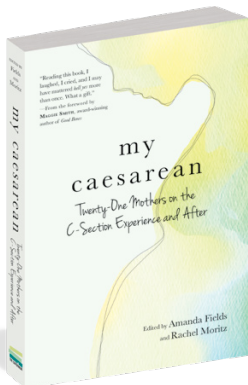
TRADE PAPERBACK
\$18.95 US | \$28.95 Can. | World
6.25 x 8.5 | 256 pages
Two-color interior | 45 illustrations
Health & Fitness/Breastfeeding
978-1-61519-346-2



Baby-Led Breastfeeding

Gill Rapley, PhD,
and Tracey Murkett

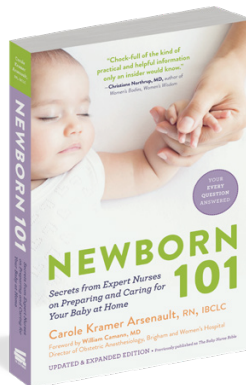
TRADE PAPERBACK
\$14.95 US | \$22.95 Can. | USC+OM*
5.5 x 8.25 | 328 pages
8-page photo insert
Health & Fitness/Breastfeeding
978-1-61519-066-9



My Caesarean

Edited by Amanda Fields
and Rachel Moritz

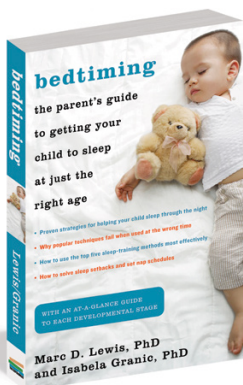
TRADE PAPERBACK
\$15.95 US | \$21.00 Can. | World
5.5 x 8.25 | 256 pages
Health & Fitness/Pregnancy & Childbirth
978-1-61519-552-7



Newborn 101

Carole Kramer Arsenault,
RN, IBCLC
Foreword by William Camann, MD

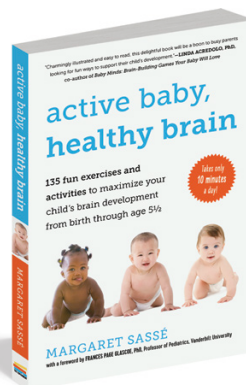
TRADE PAPERBACK
\$15.95 US | \$21.00 Can. | World
6 x 9 | 368 pages
30 B&W illustrations
Health & Fitness/Pregnancy & Childbirth
978-1-61519-385-1



Bedtiming

Marc D. Lewis, PhD,
and Isabela Granic, PhD

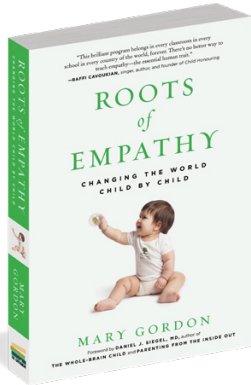
TRADE PAPERBACK
\$14.95 US | USC+OM*
5.4 x 8 | 244 pages
Family & Relationships/Parenting
978-1-61519-015-7



Active Baby, Healthy Brain

Margaret Sasse
Foreword by Frances Page Glascoe, PhD

TRADE PAPERBACK
\$15.95 US | \$21.00 Can. | USC+OM*
6.15 x 9 | 160 pages
More than 250 B&W illustrations
Family & Relationships/Life Stages
978-1-61519-006-5



Roots of Empathy

Mary Gordon
Foreword by Daniel J. Siegel, MD

TRADE PAPERBACK

\$15.95 US | US+OM*

6 x 9 | 312 pages

8-page color insert

Family & Relationships/Parenting
978-1-61519-007-2



Recipes for Play

Rachel Sumner
and Ruth Mitchener

TRADE PAPERBACK

\$14.95 US | \$22.95 Can. | USC+OM*

7.5 x 9 | 128 pages

62 color photographs

Crafts & Hobbies/Crafts for Children
978-1-61519-218-2



Bringing Up Bookmonsters

Amber Ankowski
and Andy Ankowski

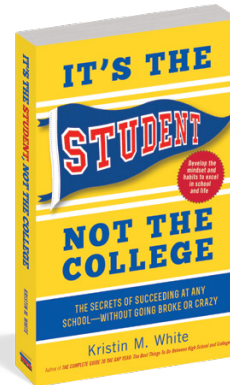
TRADE PAPERBACK

\$16.95 US | \$21.95 Can. | World

6 x 8 | 288 pages

Two-color interior | 7 illustrations

Family & Relationships/Education
978-1-61519-586-2



It's the Student, Not the College

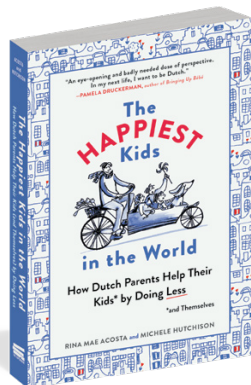
Kristin M. White

TRADE PAPERBACK

\$15.95 US | \$23.95 Can. | World

5.5 x 8.25 | 288 pages

Self-Help/Personal Growth
978-1-61519-237-3



The Happiest Kids in the World

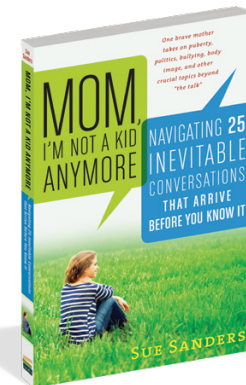
Rina Mae Acosta
and Michele Hutchison

TRADE PAPERBACK

\$15.95 US | \$21.00 Can. | USC

5.5 x 8.25 | 256 pages

Family & Relationships/Parenting
978-1-61519-390-5



Mom, I'm Not a Kid Anymore

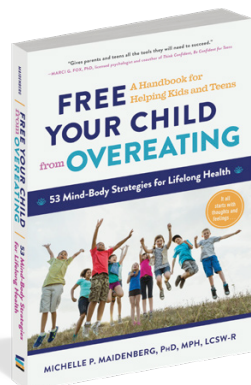
Sue Sanders

TRADE PAPERBACK

\$14.95 US | \$22.95 Can. | World

5.25 x 8 | 256 pages

Family & Relationships/Life Stages
978-1-61519-078-2



Free Your Child from Overeating

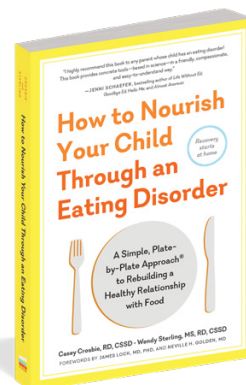
Michelle P. Maidenberg,
PhD, MPH, LCSW-R

TRADE PAPERBACK

\$16.95 US | \$25.95 Can. | World

6 x 9 | 272 pages

Health & Fitness/Children's Health
978-1-61519-270-0



How to Nourish Your Child Through an Eating Disorder

Casey Crosbie, RD, CSSD, and
Wendy Sterling, MS, RD, CSSD
Forewords by James Lock, MD, PhD,
and Neville H. Golden, MD

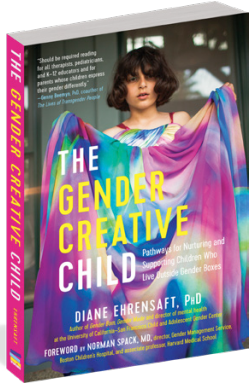
TRADE PAPERBACK

\$18.95 US | \$24.95 Can. | World

6 x 9 | 324 pages

4-page color photo insert

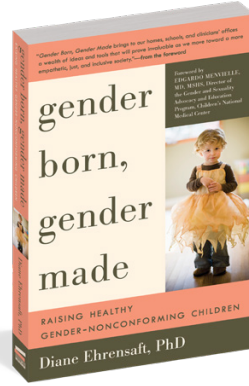
Psychology/Psychopathology
978-1-61519-450-6



The Gender Creative Child

Diane Ehrensaft, PhD
Foreword by Norman Spack, MD

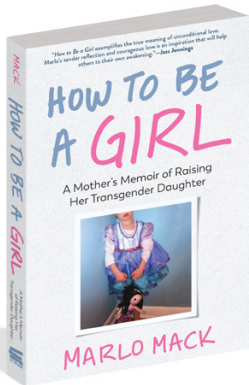
TRADE PAPERBACK
\$15.95 US | \$20.95 Can. | World
5.5 x 8.25 | 304 pages
Social Science/Gender Studies
978-1-61519-306-6



Gender Born, Gender Made

Diane Ehrensaft, PhD
Foreword by Edgardo Menvielle, MD, MSHS

TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | World
5.56 x 8.5 | 304 pages
Family & Relationships/Parenting
978-1-61519-060-7



How to Be a Girl

Marlo Mack

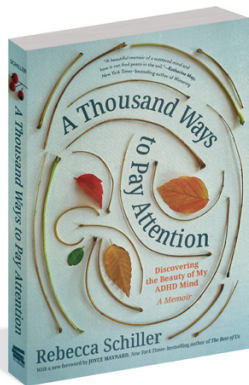
TRADE PAPERBACK
\$17.95 US | \$23.50 Can. | USC+OM*
5.5 x 8.25 | 272 pages
Biography & Autobiography/LGBTQ+
978-1-61519-798-9



How We Do Family

Trystan Reese

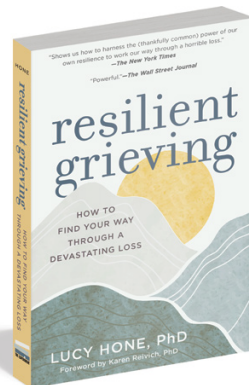
HARDCOVER
\$24.95 US | \$32.95 Can. | World
5.5 x 8.5 | 240 pages
8-page color photo insert
Biography & Autobiography/LGBTQ+
978-1-61519-756-9



A Thousand Ways to Pay Attention

Rebecca Schiller
Foreword by Joyce Maynard

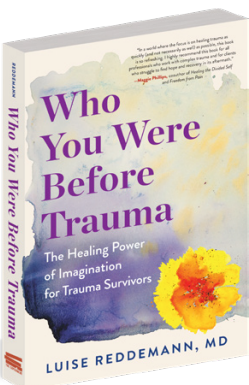
TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC+OM*
5.5 x 8.25 | 320 pages
2 B&W illustrated maps
Psychology/Psychopathology
978-1-61519-942-6



Resilient Grieving

Lucy Hone, PhD
Foreword by Karen Reivich, PhD

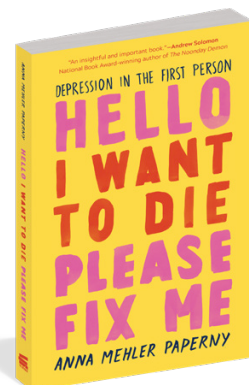
TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC+UK+Europe+South America
5.5 x 8.25 | 256 pages
Self-Help/Death, Grief, Bereavement
978-1-61519-375-2



Who You Were Before Trauma

Luise Reddemann, MD

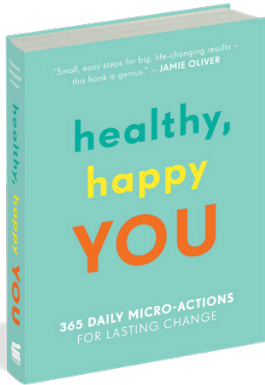
TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | World
6 x 9 | 256 pages
8-page color photo insert
Psychology/Psychopathology
978-1-61519-616-6



Hello I Want to Die Please Fix Me

Anna Mehler Paperny

TRADE PAPERBACK
\$17.95 US | USC+OM*
6 x 9 | 352 pages
Psychology/Psychopathology
978-1-61519-492-6



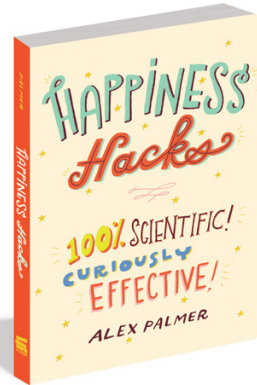
Healthy, Happy You

Nora Rosendahl,
Nelli Lahteenmaki,
and Alekski Hoffman

FLEXIBIND

\$14.95 US | \$19.95 Can. | USC+OM*
5 x 6.875 | 288 pages

Self-Help/Personal Growth
978-1-61519-380-6



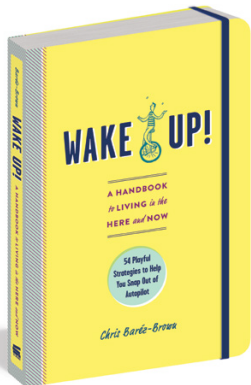
Happiness Hacks

Alex Palmer

TRADE PAPERBACK

\$12.95 US | \$16.95 Can. | World
5 x 7 | 176 pages
Rounded corners | Two-color interior

Self-Help/Personal Growth
978-1-61519-442-1



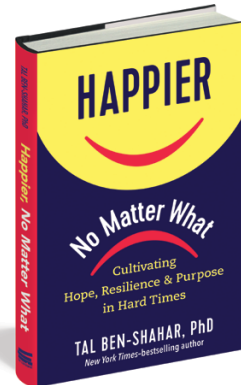
Wake Up!

Chris Baréz-Brown

FLEXIBIND

\$15.95 US | US+OM*
5.5 x 8.25 | 304 pages
Rounded corners, elastic band |
98 color illustrations

Self-Help/Journaling
978-1-61519-410-0



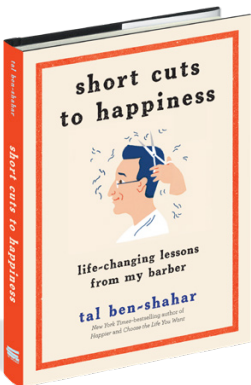
Happier, No Matter What

Tal Ben-Shahar, PhD

HARDCOVER

\$18.95 US | \$23.95 Can. | World
5.5 x 8.25 | 208 pages

Self-Help/Personal Growth
978-1-61519-791-0



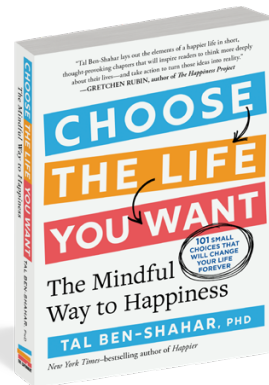
Short Cuts to Happiness

Tal Ben-Shahar, PhD

HARDCOVER

\$18.95 US | \$24.95 Can. | USC+OM*
5 x 7 | 176 pages

Self-Help/Personal Growth
978-1-61519-487-2



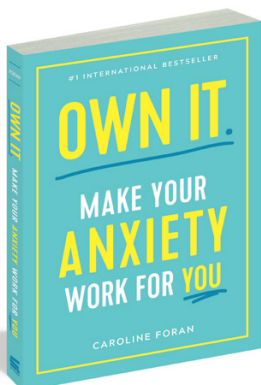
Choose the Life You Want

Tal Ben-Shahar, PhD

TRADE PAPERBACK

\$14.95 US | \$19.95 Can. | World
5.5 x 7.5 | 304 pages

Self-Help/Personal Growth
978-1-61519-195-6



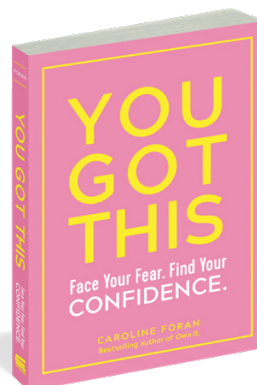
Own It.

Caroline Foran

TRADE PAPERBACK

\$16.95 US | \$21.95 Can. | USC+OM*
5 x 7 | 272 pages

Self-Help/Personal Growth
978-1-61519-561-9



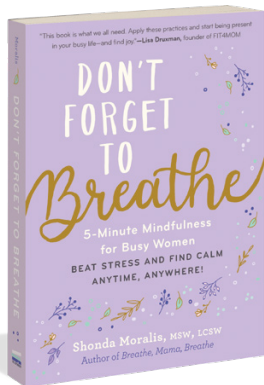
You Got This

Caroline Foran

TRADE PAPERBACK

\$15.95 US | \$21.00 Can. | USC+OM*
5 x 7 | 288 pages

Self-Help/Personal Growth
978-1-61519-653-1

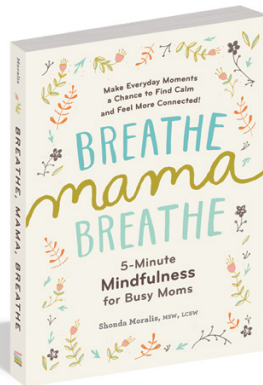


Don't Forget to Breathe

Shonda Moralis, MSW, LCSW

TRADE PAPERBACK
\$15.95 US | \$21.00 Can. | World
5.5 x 7.5 | 288 pages
Two-color interior

Body, Mind & Spirit/
Mindfulness & Meditation
978-1-61519-907-5

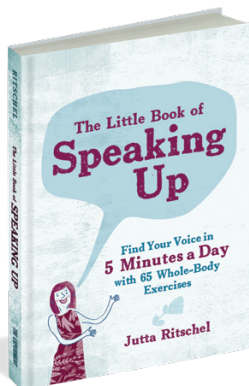


Breathe, Mama, Breathe

Shonda Moralis, MSW, LCSW

TRADE PAPERBACK
\$15.95 US | \$21.00 Can. | World
5.5 x 7.5 | 288 pages
Two-color interior

Body, Mind & Spirit/
Mindfulness & Meditation
978-1-61519-356-1

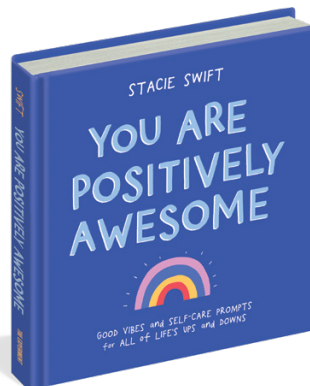


The Little Book of Speaking Up

Jutta Ritschel

PAPER OVER BOARDS
\$9.95 US | \$12.95 Can. | World
4 x 6 | 96 pages
26 color illustrations

Self-Help/Personal Growth
978-1-61519-606-7

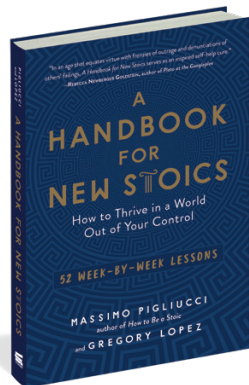


You Are Positively Awesome

Stacie Swift

PAPER OVER BOARDS
\$14.95 US | \$19.95 Can. | USC
6.5 x 6.5 | 144 pages
100 color illustrations

Self-Help/Personal Growth
978-1-61519-726-2



A Handbook for New Stoics

Massimo Pigliucci
and Gregory Lopez

FLEXIBIND
\$19.95 US | \$25.95 Can. | USC+OM*
6 x 9 | 336 pages
Two-color interior

Self-Help/Personal Growth
978-1-61519-533-6

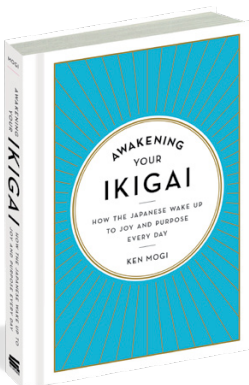


The Lost Art of Doing Nothing

Maartje Willems
and Lona Aalders

PAPER OVER BOARDS
\$16.95 US | \$21.95 Can. | World
5.25 x 7 | 160 pages
45 color illustrations

Self-Help/Personal Growth
978-1-61519-764-4

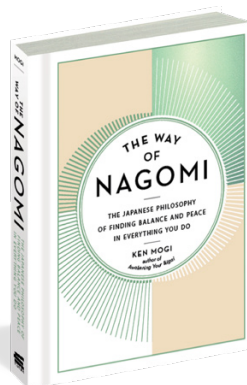


Awakening Your Ikigai

Ken Mogi

PAPER OVER BOARDS
\$18.95 US | US+OM*
5.5 x 7.25 | 224 pages
11 B&W illustrations

Self-Help/Personal Growth
978-1-61519-475-9



The Way of Nagomi

Ken Mogi

PAPER OVER BOARDS
\$18.95 US | \$24.95 Can. | USC+OM*
5.5 x 7.25 | 208 pages
15 B&W illustrations

Self-Help/Personal Growth
978-1-61519-869-6



Kaizen

Sarah Harvey

HARDCOVER

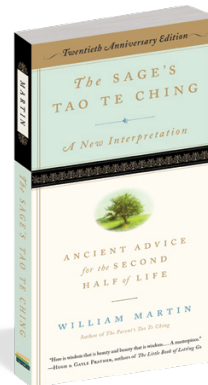
\$18.95 US | \$24.95 Can. | USC+OM*

5.25 x 7.25 | 272 pages

99 color photographs and illustrations

Self-Help/Personal Growth

978-1-61519-657-9



The Sage's Tao Te Ching, 20th Anniversary Edition

William Martin

TRADE PAPERBACK

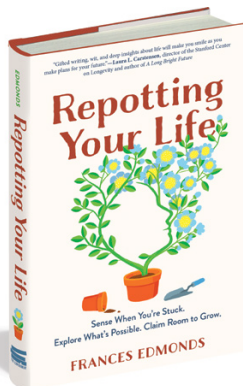
\$14.95 US | \$19.95 Can. | World

4.5 x 8.25 | 144 pages

45 B&W illustrations

Philosophy/Taoist

978-1-61519-643-2



Repotting Your Life

Frances Edmonds

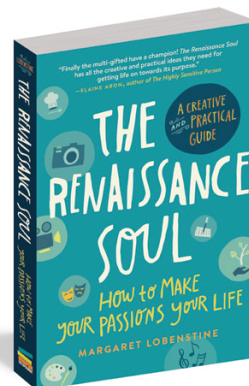
HARDCOVER

\$19.95 US | \$25.95 Can. | USC+OM*

5.5 x 8.5 | 224 pages

Self-Help/Personal Growth

978-1-61519-871-9



The Renaissance Soul

Margaret Lobenstine

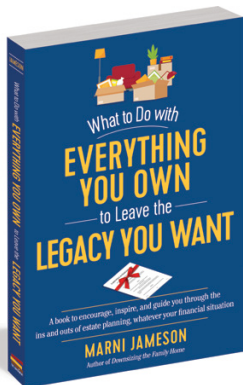
TRADE PAPERBACK

\$14.95 US | \$19.95 Can. | USC+OM*

5.5 x 8.25 | 336 pages

Self-Help/Personal Growth

978-1-61519-092-8



What to Do with Everything You Own to Leave the Legacy You Want

Marni Jameson

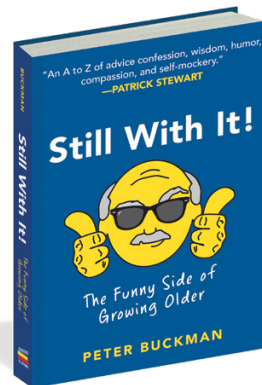
TRADE PAPERBACK

\$16.95 US | \$21.95 Can. | World

5.25 x 8 | 272 pages

Self-Help/Aging

978-1-61519-786-6



Still With It!

Peter Buckman

HARDCOVER

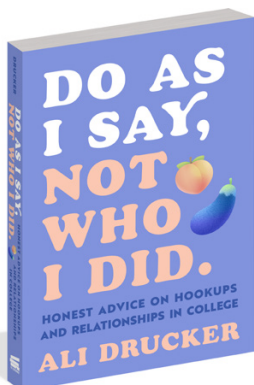
\$14.95 US | \$19.95 Can. | USC+OM*

5 x 7 | 224 pages

16 two-color illustrations

Humor

978-1-61519-596-1



Do As I Say, Not Who I Did

Ali Drucker

TRADE PAPERBACK

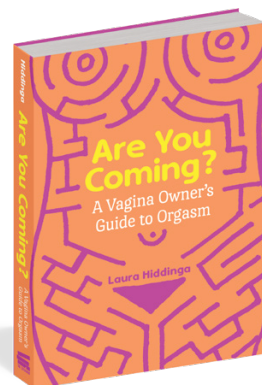
\$16.95 US | \$21.95 Can. | World

5.5 x 8 | 272 pages

Two-color interior

Health & Fitness/Sexuality

978-1-61519-796-5



Are You Coming?

Laura Hiddinga

FLEXIBIND

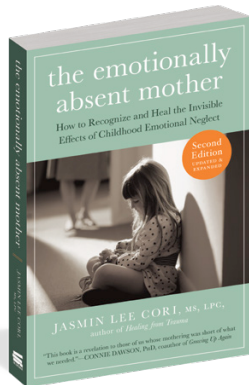
\$14.95 US | \$19.95 Can. | World

5.25 x 7.25 | 208 pages

Two-color interior | B&W line drawings

Self-Help/Sexual Instruction

978-1-61519-708-8

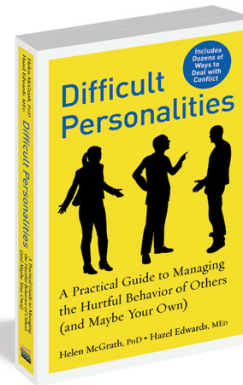


The Emotionally Absent Mother, Second Edition

Jasmin Lee Cori, MS, LPC

TRADE PAPERBACK
\$15.95 US | \$21.00 Can. | World
5.5 x 8.25 | 304 pages

Family & Relationships/
Dysfunctional Families
978-1-61519-382-0

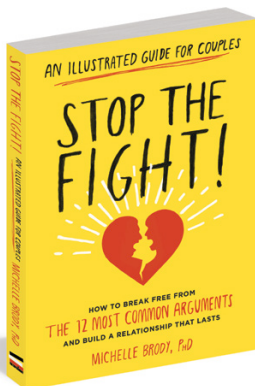


Difficult Personalities

Helen McGrath, PhD,
and Hazel Edwards, MEd

TRADE PAPERBACK
\$14.95 US | \$19.95 Can. | USC
5 x 7.75 | 304 pages

Self-Help/Communication & Social Skills
978-1-61519-013-3

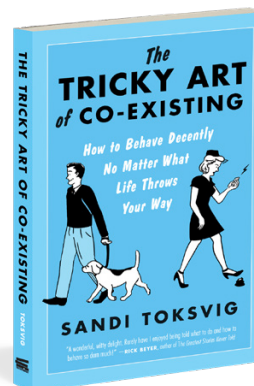


Stop the Fight!

Michelle Brody, PhD

TRADE PAPERBACK
\$15.95 US | \$21.00 Can. | USC+OM*
6.25 x 9 | 304 pages
More than 300 B&W illustrations

Family & Relationships/Conflict Resolution
978-1-61519-280-9

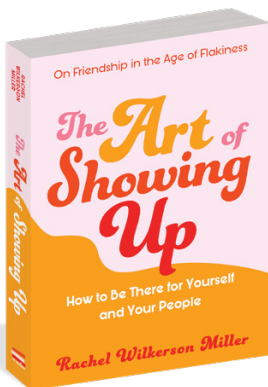


The Tricky Art of Co-Existing

Sandi Toksvig

TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC
5 x 7.75 | 288 pages

Reference/Etiquette
978-1-61519-221-2

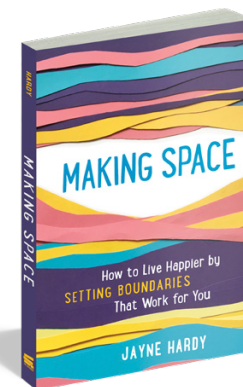


The Art of Showing Up

Rachel Wilkerson Miller

TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC+OM*
6 x 8 | 304 pages
Two-color interior

Family & Relationships/Friendship
978-1-61519-661-6

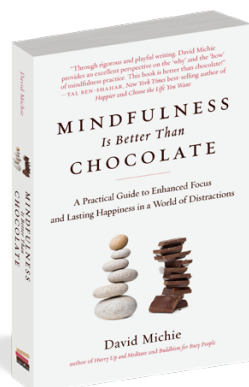


Making Space

Jayne Hardy

TRADE PAPERBACK
\$14.95 US | \$19.95 Can. | USC+OM*
5 x 7.75 | 204 pages
10 B&W illustrations

Self-Help/Codependency
978-1-61519-724-8

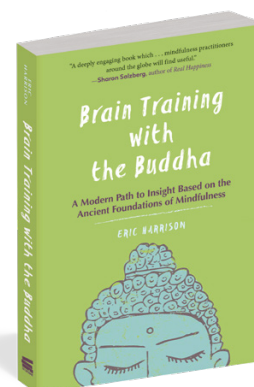


Mindfulness Is Better Than Chocolate

David Michie

TRADE PAPERBACK
\$14.95 US | \$19.95 Can. |
USC+South America
5.375 x 8.25 | 320 pages

Body, Mind & Spirit/
Mindfulness & Meditation
978-1-61519-258-8

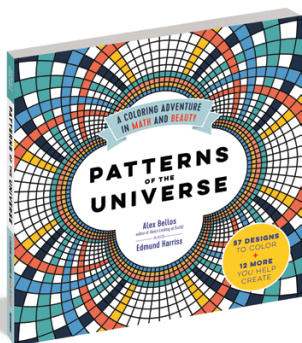


Brain Training with the Buddha

Eric Harrison

TRADE PAPERBACK
\$14.95 US | \$19.95 Can. | World
5.25 x 7.375 | 336 pages

Body, Mind & Spirit/
Mindfulness & Meditation
978-1-61519-619-7



Patterns of the Universe

Alex Bellos
and Edmund Harris

TRADE PAPERBACK
\$14.95 US | \$19.95 Can. | USC+OM*
8.5 x 8.5 | 144 pages
69 B&W illustrations to color
Games & Activities/Coloring Books
978-1-61519-323-3



Visions of the Universe

Alex Bellos
and Edmund Harris

TRADE PAPERBACK
\$14.95 US | \$19.95 Can. |
8.5 x 8.5 | 144 pages
68 B&W illustrations to color
Games & Activities/Coloring Books
978-1-61519-367-7



Dot Journaling—The Set

Rachel Wilkerson Miller

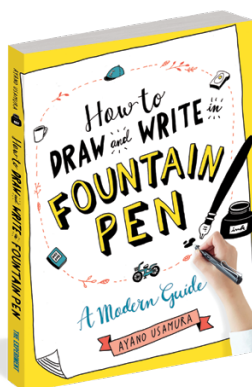
BOXED SET
\$24.95 US | \$32.95 Can. | USC+OM*
6 x 8.5 | 408 pages
Includes a how-to guide
and a blank dot-grid journal
Reference/Planners
978-1-61519-409-4



Dot Journaling —A Practical Guide

Rachel Wilkerson Miller

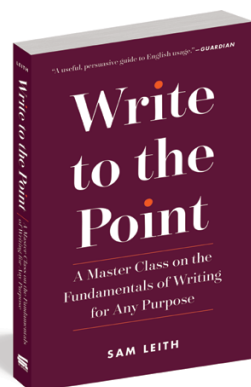
TRADE PAPERBACK
\$12.95 US | \$16.95 Can. | USC+OM*
6 x 8.5 | 240 pages
88 color photographs
Reference/Planners
978-1-61519-407-0



How to Draw and Write in Fountain Pen

Ayano Usamura

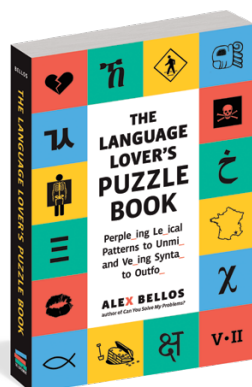
TRADE PAPERBACK
\$14.95 US | \$19.95 Can. | World
6 x 8.5 | 112 pages
French flaps | Includes drawing paper
and tracing booklet | Color illustrations
throughout
Art/Techniques
978-1-61519-602-9



Write to the Point

Sam Leith

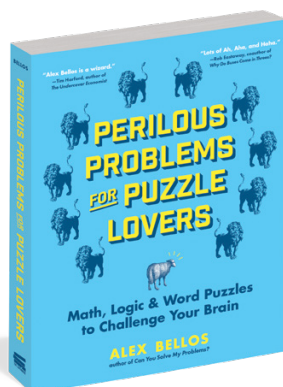
TRADE PAPERBACK
\$14.95 US | \$19.95 Can. | USC+OM*
5.5 x 8.25 | 272 pages
Language Arts & Disciplines/Style Manuals
978-1-61519-462-9



The Language Lover's Puzzle Book

Alex Bellos

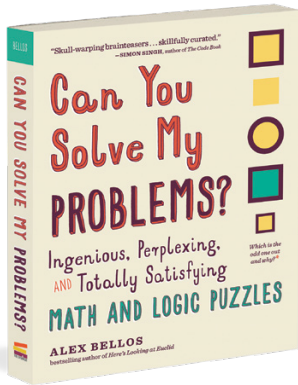
TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC+OM*
6 x 9 | 416 pages
125 B&W illustrations and diagrams
Games & Activities/Puzzles
978-1-61519-804-7



Perilous Problems for Puzzle Lovers

Alex Bellos

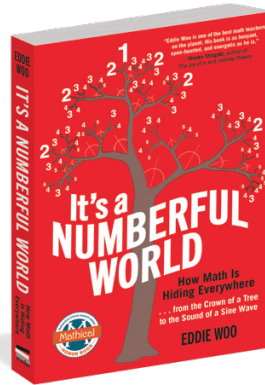
TRADE PAPERBACK
\$15.95 US | \$21.00 Can. | USC+OM*
6 x 7.75 | 288 pages
125 B&W illustrations and diagrams
Games & Activities/Puzzles
978-1-61519-718-7



Can You Solve My Problems?

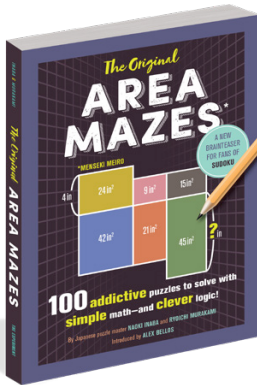
Alex Bellos

TRADE PAPERBACK
\$15.95 US | \$21.00 Can. | USC+OM*
6 x 7.75 | 352 pages
180 B&W illustrations
Games & Activities/Puzzles
978-1-61519-388-2



It's a Numberful World
Eddie Woo

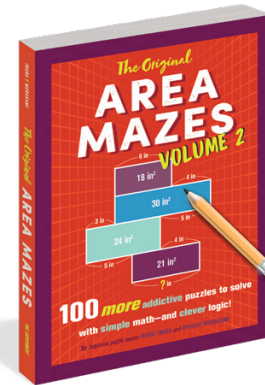
TRADE PAPERBACK
\$17.95 US | \$23.50 Can. | USC+OM*
6 x 8.5 | 320 pages
Two-color diagrams throughout |
42 B&W photographs
Mathematics/Study & Teaching
978-1-61519-612-8



The Original Area Mazes

Naoki Inaba
and Ryoichi Murakami
Foreword by Alex Bellos

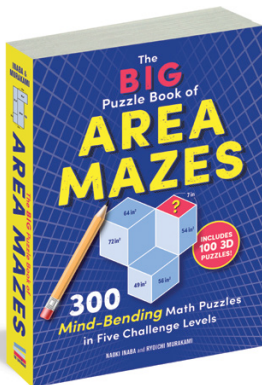
TRADE PAPERBACK
\$8.95 US | \$11.95 Can. | World
5 x 7 | 160 pages
100 B&W puzzles
Games & Activities/Logic & Brain Teasers
978-1-61519-421-6



The Original Area Mazes, Volume 2

Naoki Inaba
and Ryoichi Murakami

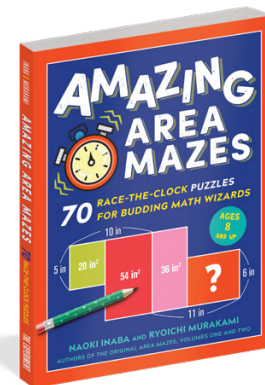
TRADE PAPERBACK
\$8.95 US | \$11.95 Can. | World
5 x 7 | 160 pages
100 B&W puzzles
Games & Activities/Logic & Brain Teasers
978-1-61519-522-0



The Big Puzzle Book of Area Mazes

Naoki Inaba
and Ryoichi Murakami

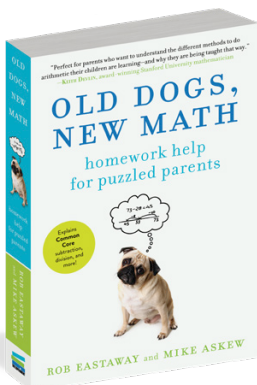
TRADE PAPERBACK
\$14.95 US | \$19.95 Can. | World
5 x 7 | 400 pages
300 B&W puzzles
Games & Activities/Logic & Brain Teasers
978-1-61519-924-2



Amazing Area Mazes

Naoki Inaba
and Ryoichi Murakami

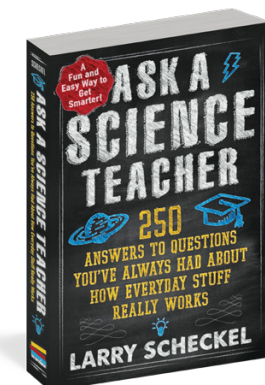
TRADE PAPERBACK
\$8.95 US | \$11.95 Can. | World
7 x 9.25 | 96 pages
One-color purple interior | 70 puzzles
Juvenile Nonfiction/Games & Activities
978-1-61519-618-0



Old Dogs, New Math

Rob Eastaway and Mike Askew

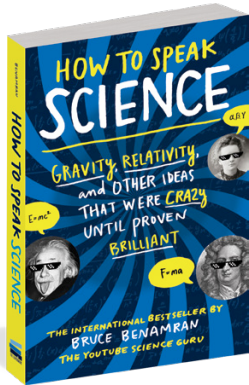
TRADE PAPERBACK
\$15.95 US | US+OM*
5.5 x 8 | 384 pages
90 B&W figures
Mathematics/Study & Teaching
978-1-61519-027-0



Ask a Science Teacher

Larry Scheckel

TRADE PAPERBACK
\$14.95 US | \$19.95 Can. | World
5.5 x 8.19 | 368 pages
25 B&W in-text illustrations
Science/General
978-1-61519-087-4



How to Speak Science

Bruce Benamran

TRADE PAPERBACK

\$15.95 US | \$21.00 Can. | USC+OM*

5.5 x 8.25 | 336 pages
16 B&W illustrations

Science/Reference
978-1-61519-403-2



Know It All

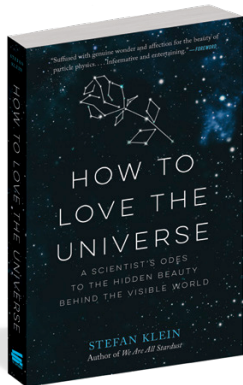
New Scientist
Edited by Mick O'Hare

TRADE PAPERBACK

\$14.95 US | \$22.95 Can. | USC+OM*

5 x 7.75 | 272 pages

Science/Reference
978-1-61519-239-7



How to Love the Universe

Stefan Klein

TRADE PAPERBACK

\$12.95 US | \$16.95 Can. | USC+OM*

4.5 x 7.5 | 240 pages
5 B&W illustrations

Science/Physics
978-1-61519-622-7



We Are All Stardust

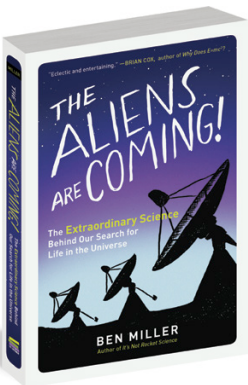
Stefan Klein
Translated by Ross Benjamin

TRADE PAPERBACK

\$14.95 US | \$19.95 Can. | USC+OM*

5.5 x 8.25 | 288 pages
19 B&W photographs

Science/History
978-1-61519-059-1



The Aliens Are Coming!

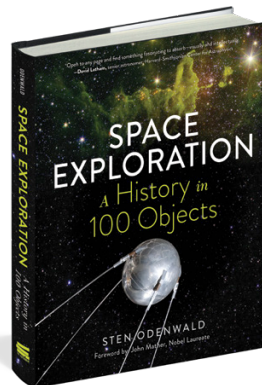
Ben Miller

TRADE PAPERBACK

\$15.95 US | \$23.95 Can. | USC+OM*

5.5 x 8.25 | 304 pages
19 B&W diagrams and illustrations

Science/Space
978-1-61519-365-3



Space Exploration— A History in 100 Objects

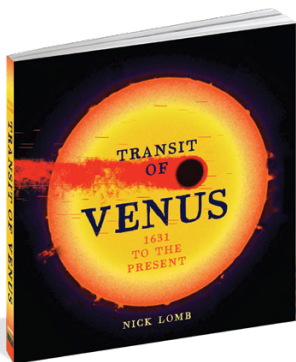
Sten Odenwald
Foreword by John Mather

HARDCOVER

\$25.00 US | \$33.00 Can. | World

7.75 x 9.5 | 224 pages
Jacket converts to poster |
100 color photographs

Science/Space
978-1-61519-614-2



Transit of Venus

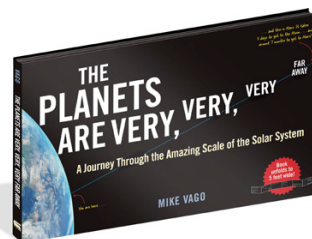
Nick Lomb

TRADE PAPERBACK

\$24.95 US | \$37.95 Can. |
USC+Central & South America

9 x 9.06 | 240 pages
French flaps | 140 color illustrations

Nature/Sky Observation
978-1-61519-055-3



The Planets Are Very, Very, Very Far Away

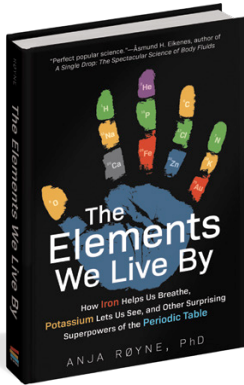
Mike Vago

PAPER OVER BOARDS

\$16.95 US | \$21.95 Can. | World

10 x 6 | 54 pages
Seven double-gatefold pages |
44 color photographs

Juvenile Nonfiction/Science & Nature
978-1-61519-777-4



The Elements We Live By

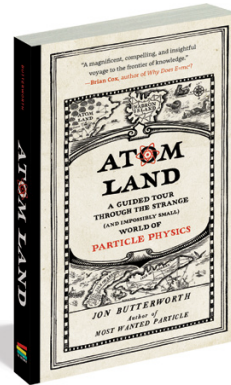
Anja Røyne, PhD

PAPER OVER BOARDS

\$18.95 US | \$24.95 Can. | USC+OM*

5.5 x 8.5 | 224 pages
B&W illustrations

Science/Chemistry
978-1-61519-645-6



Atom Land

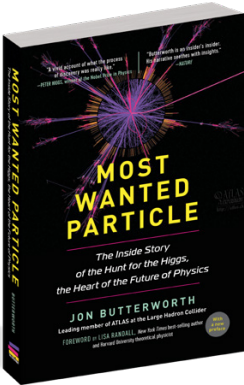
Jon Butterworth

TRADE PAPERBACK

\$14.95 US | \$19.95 Can. | USC+OM*

5.375 x 8.5 | 304 pages
10 B&W illustrations

Science/Physics
978-1-61519-575-6



Most Wanted Particle

Jon Butterworth

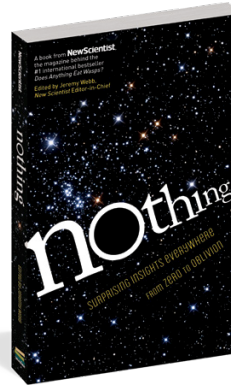
Foreword by Lisa Randall

TRADE PAPERBACK

\$15.95 US | \$23.95 Can. | USC+OM*

5.5 x 8.25 | 304 pages
14 B&W graphs and diagrams

Science/Physics
978-1-61519-301-1



Nothing

New Scientist

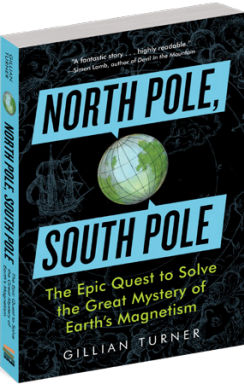
Edited by Jeremy Webb

TRADE PAPERBACK

\$14.95 US | \$22.95 Can. | USC+OM*

5 x 7.75 | 272 pages
6 B&W diagrams and illustrations

Science/Essays
978-1-61519-205-2



North Pole, South Pole

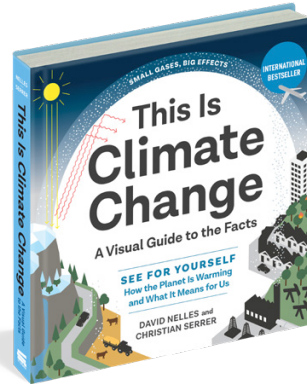
Gillian Turner, PhD

TRADE PAPERBACK

\$15.95 US | \$23.95 Can. | USC+OM*

5.5 x 8.25 | 288 pages
B&W photographs and illustrations
throughout

Science/Physics
978-1-61519-031-7



This Is Climate Change

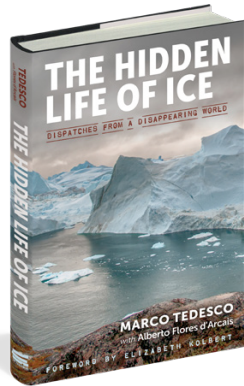
David Nelles
and Christian Serrer

PAPER OVER BOARDS

\$14.95 US | \$19.95 Can. | USC+OM*

6.5 x 6.5 | 128 pages
117 color illustrations and infographics

Science/Global Warming & Climate
978-1-61519-826-9



The Hidden Life of Ice

Marco Tedesco

with Alberto Flores d'Arcais

Foreword by Elizabeth Kolbert

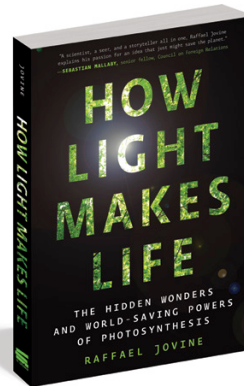
Translated by Denise Muir

HARDCOVER

\$19.95 US | \$25.95 Can. | USC+OM*

5.5 x 8.5 | 160 pages
16-page color photo insert

Nature/Ecosystems & Habitats
978-1-61519-699-9



How Light Makes Life

Raffael Jovine

TRADE PAPERBACK

\$14.95 US | \$19.95 Can. | USC+OM*

5.5 x 8.25 | 224 pages
7 B&W illustrations

Nature/Plants
978-1-61519-863-4



Blue

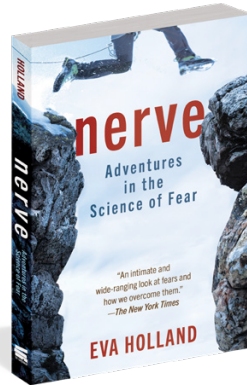
Kai Kupferschmidt

TRADE PAPERBACK

\$17.95 US | \$23.95 Can. | World

5.25 x 8.25 | 224 pages
50 color illustrations

Science/Physics
978-1-61519-906-8



Nerve

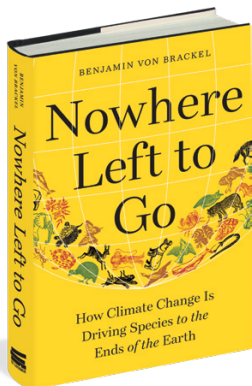
Eva Holland

TRADE PAPERBACK

\$15.95 US | US+OM*

5.5 x 8.25 | 256 pages

Psychology/Emotions
978-1-61519-831-3



Nowhere Left to Go

Benjamin von Brackel

Translated by Ayça Türkoglu

HARDCOVER

\$26.95 US | \$34.95 Can. | World

5.5 x 8.25 | 288 pages
12 B&W maps

Science/Life Sciences
978-1-61519-861-0



The Time Nature Keeps

Helen Pilcher

PAPER OVER BOARDS

\$24.95 US | \$32.95 Can. | USC

6 x 9.25 | 208 pages

Color photographs and illustrations throughout

Science/Life Sciences
978-1-61519-952-5



Supernavigators

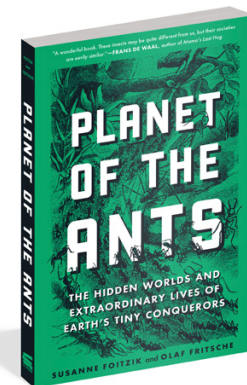
David Barrie

TRADE PAPERBACK

\$16.95 US | \$21.95 Can. | USC+OM*

5.5 x 8.25 | 320 pages
15 B&W illustrations

Science/Life Sciences
978-1-61519-669-2



Planet of the Ants

Susanne Foitzik

and Olaf Fritzsche

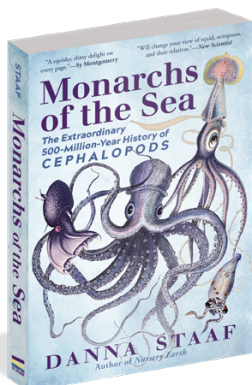
Translated by Ayça Türkoglu

TRADE PAPERBACK

\$17.95 US | \$23.50 Can. | USC+OM*

5.5 x 8.5 | 288 pages

Nature/Animals
978-1-61519-850-4



Monarchs of the Sea

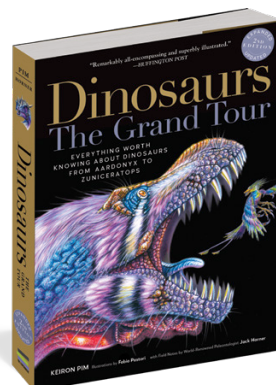
Danna Staaf

TRADE PAPERBACK

\$15.95 US | \$21.00 Can. | World

5.5 x 8.25 | 256 pages
33 B&W photographs and illustrations

Nature/Animals
978-1-61519-740-8



**Dinosaurs—
The Grand Tour,
Second Edition**

Keiron Pim and Jack Horner

Illustrated by Fabio Pastori

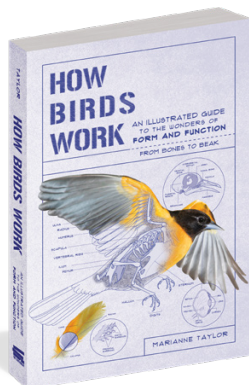
TRADE PAPERBACK

\$24.95 US | \$32.95 Can. | USC+OM*

7.5 x 10 | 368 pages

French flaps | Color illustrations throughout

Nature/Animals
978-1-61519-519-0



How Birds Work

Marianne Taylor

FLEXIBIND

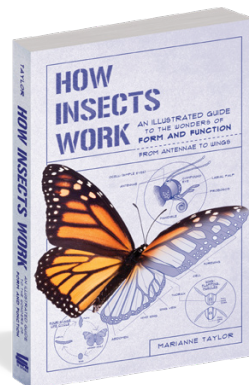
\$17.95 US | \$23.50 Can. | USC

5.5 x 8.25 | 224 pages

300 color photographs and illustrations

Nature/Animals

978-1-61519-647-0



How Insects Work

Marianne Taylor

FLEXIBIND

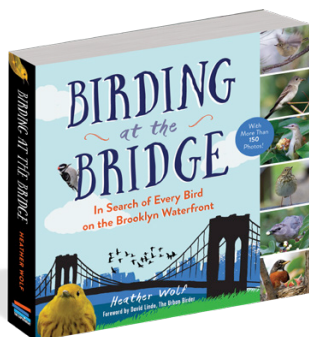
\$16.95 US | \$21.95 Can. | USC

5.5 x 8.25 | 224 pages

325 color photographs and illustrations

Nature/Animals

978-1-61519-649-4



Birding at the Bridge

Heather Wolf

Foreword by David Lindo

TRADE PAPERBACK

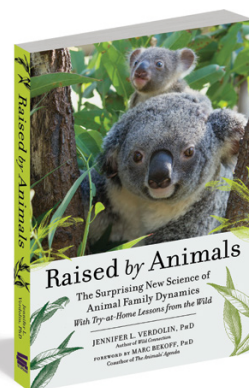
\$14.95 US | \$22.95 Can. | World

6.25 x 6.25 | 288 pages

French flaps | 125 color photographs and 1 map

Nature/Birdwatching Guides

978-1-61519-313-4



Raised by Animals

Jennifer L. Verdolin, PhD

Foreword by Marc Bekoff, PhD

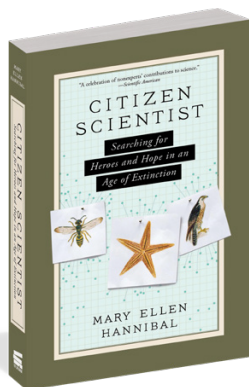
TRADE PAPERBACK

\$15.95 US | \$23.95 Can. | World

6 x 9 | 304 pages

Family & Relationships/Parenting

978-1-61519-344-8



Citizen Scientist

Mary Ellen Hannibal

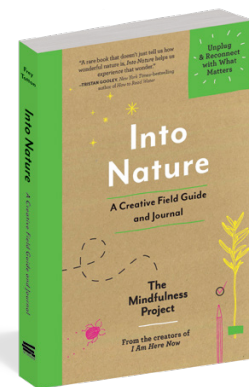
TRADE PAPERBACK

\$17.95 US | \$26.95 Can. | World

5.5 x 8.25 | 432 pages

Science/Environmental Science

978-1-61519-398-1



Into Nature

Autumn Totton

and Alexandra Frey

The Mindfulness Project

TRADE PAPERBACK

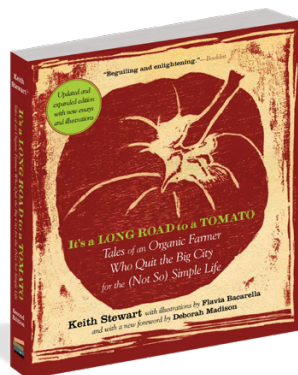
\$14.95 US | \$19.95 Can. | USC+OM*

5.6 x 7.8 | 192 pages

B&W illustrations throughout

Body, Mind & Spirit/Nature Therapy

978-1-61519-480-3



It's a Long Road to a Tomato

Keith Stewart

Illustrated by Flavia Bacarella

Foreword by Deborah Madison

TRADE PAPERBACK

\$18.95 US | \$28.95 Can. | World

7 x 8 | 344 pages

49 B&W woodcut illustrations

Gardening/Essays & Narratives

978-1-61519-023-2



The Call of the Farm

Rochelle Bilow

TRADE PAPERBACK

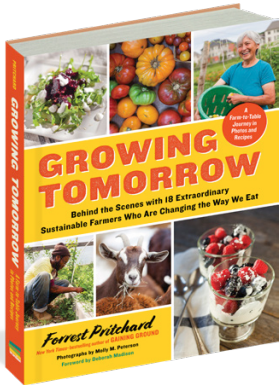
\$15.95 US | \$23.95 Can. |

5.5 x 8.25 | 288 pages

Includes 20 recipes

Biography & Autobiography/Women

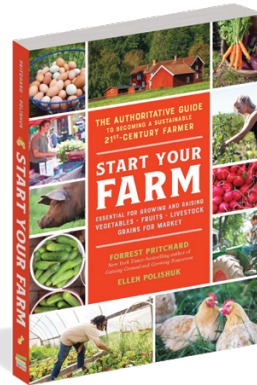
978-1-61519-214-4



Growing Tomorrow

Forrest Pritchard
Photography by Molly M. Peterson
Foreword by Deborah Madison

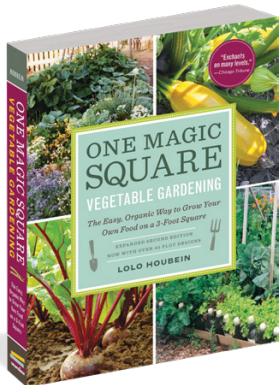
PAPER OVER BOARDS
\$24.95 US | \$37.95 Can. | World
7 x 9 | 320 pages
More than 100 color photographs
Cooking/Specific Ingredients
978-1-61519-284-7



Start Your Farm

Forrest Pritchard
and Ellen Polishuk

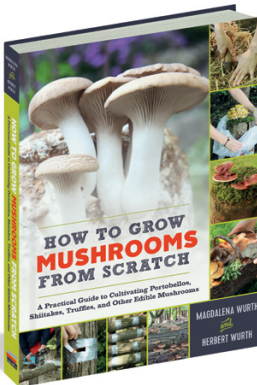
TRADE PAPERBACK
\$19.95 US | \$25.95 Can. | World
6.25 x 8.5 | 272 pages
Two-color interior | Diagrams throughout
Business & Economics/Industries
978-1-61519-489-6



**One Magic Square
Vegetable Gardening**

Lolo Houbein

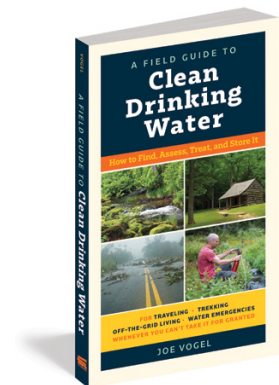
TRADE PAPERBACK
\$18.95 US | \$28.95 Can. | USC+OM*
7 x 9 | 352 pages
84 color photographs and illustrations
Gardening/Vegetables
978-1-61519-325-7



**How to Grow Mushrooms
from Scratch**

Magdalena Wurth
and Herbert Wurth

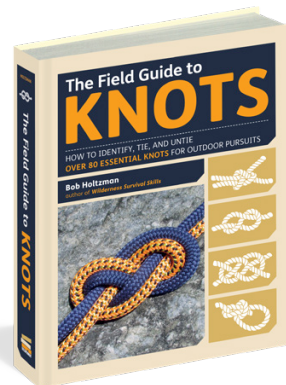
PAPER OVER BOARDS
\$19.95 US | \$25.95 Can. | USC+Singapore
6.7 x 8.9 | 144 pages
190 color photographs
Gardening/Vegetables
978-1-61519-491-9



**A Field Guide
to Clean Drinking Water**

Joe Vogel

TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC+OM*
5 x 9 | 272 pages
190 color photographs and illustrations
Self-Help/Safety & Security
978-1-61519-567-1



The Field Guide to Knots

Bob Holtzman

HARDCOVER WITH HIDDEN SPIRAL
\$16.95 US | \$21.95 Can. | USC
6.65 x 8 | 192 pages
More than 600 color photographs
Sports & Recreation/Water Sports
978-1-61519-276-2



Fire Making

Daniel Hume

PAPER OVER BOARDS
\$19.95 US | \$25.95 Can. | USC+OM*
6 x 9 | 192 pages
80 color photographs
and 72 B&W illustrations
Sports & Recreation/Outdoor Skills
978-1-61519-467-4



2023 Moon Calendar Card

THREE WAYS TO ORDER

- » **40-copy display**
978-1-61519-884-9
\$120.00 US | \$158.00 Can.
- » **40 pack**
978-1-61519-883-2
\$120.00 US | \$158.00 Can.
- » **5 pack**
978-1-61519-882-5
\$15.00 US | \$19.75 Can.

REFERENCE CARD | 10 x 6.75
\$3.00 US | \$3.95 Can. | World
Color front | B&W reverse



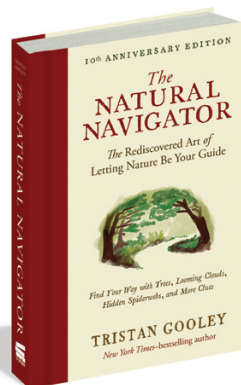
The Tristan Gooley Collection

Tristan Gooley

BOXED SET

\$57.00 US | \$74.00 Can. | USC

5.25 x 7.375 | 896 pages
Includes three books and an exclusive waterproof field notebook
Sports & Recreation/Outdoor Skills
978-1-61519-744-6



The Natural Navigator, Tenth Anniversary Edition

Tristan Gooley

PAPER OVER BOARDS

\$18.95 US | \$24.95 Can. | USC+OM*

5.25 x 7.375 | 328 pages
8-page color photo insert | 50 B&W illustrations
Sports & Recreation/Outdoor Skills
978-1-61519-714-9



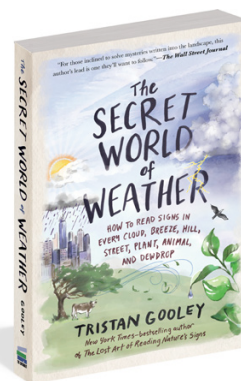
The Lost Art of Reading Nature's Signs

Tristan Gooley

TRADE PAPERBACK

\$17.95 US | \$23.50 Can. | USC

5.5 x 8.25 | 416 pages
77 B&W in-text illustrations
Sports & Recreation/Outdoor Skills
978-1-61519-241-0



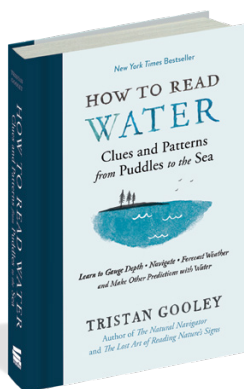
The Secret World of Weather

Tristan Gooley

TRADE PAPERBACK

\$17.95 US | \$23.50 Can. | USC

5.5 x 8.25 | 400 pages
Two 8-page color photo inserts | 37 B&W in-text illustrations
Nature/Weather
978-1-61519-148-2



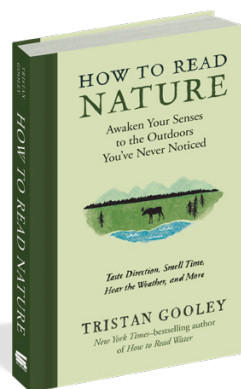
How to Read Water

Tristan Gooley

PAPER OVER BOARDS

\$19.95 US | \$25.95 Can. | USC+OM*

5.25 x 7.375 | 400 pages
8-page color photo insert | 46 B&W in-text illustrations
Nature/Ecosystems & Habitats
978-1-61519-358-5



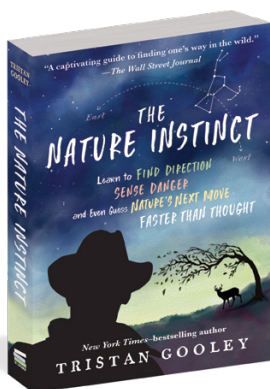
How to Read Nature

Tristan Gooley

PAPER OVER BOARDS

\$17.95 US | \$23.50 Can. | USC+OM*

5.25 x 7.375 | 176 pages
16 B&W photos and illustrations
Sports & Recreation/Walking
978-1-61519-429-2



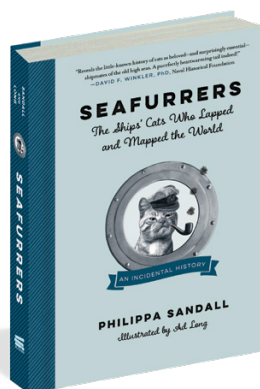
The Nature Instinct

Tristan Gooley

TRADE PAPERBACK

\$16.95 US | \$21.95 Can. | USC

5.75 x 8 | 384 pages
28 B&W photographs and illustrations
Nature/Sky Observation
978-1-61519-591-6

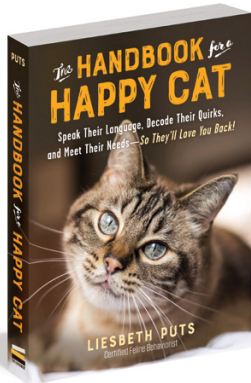


Seafurrers

Philippa Sandall
Illustrated by Ad Long

PAPER OVER BOARDS

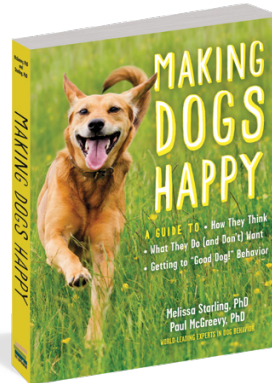
\$14.95 US | \$19.95 Can. | World
5 x 7 | 256 pages
Two-color interior | 55 illustrations
Pets/Cats
978-1-61519-437-7



The Handbook for a Happy Cat

Liesbeth Puts

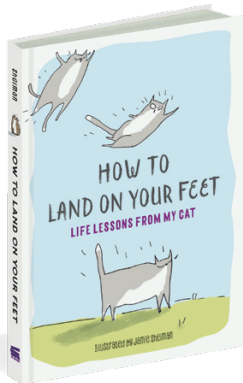
TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | World
6.5 x 8.75 | 224 pages
120 color photographs
Pets/Cats
978-1-61519-710-1



Making Dogs Happy

Melissa Starling, PhD,
and Paul McGreevy,
PhD, MRCVS

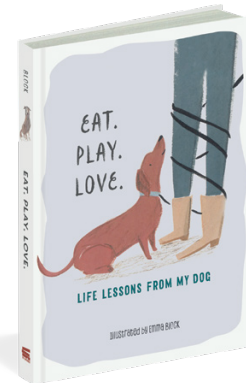
TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC
6 x 8 | 288 pages
80 full-page color photographs
Pets/Dogs
978-1-61519-565-7



How to Land on Your Feet

Jamie Shelman

PAPER OVER BOARDS
\$12.95 US | \$14.95 Can. | USC+OM*
5.25 x 7.25 | 128 pages
100 color illustrations
Pets/Cats
978-1-61519-592-3



Eat. Play. Love.

Emma Block

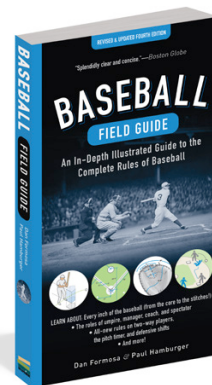
PAPER OVER BOARDS
\$12.95 US | \$14.95 Can. | USC+OM*
5.25 x 7.25 | 128 pages
100 color illustrations
Pets/Dogs
978-1-61519-594-7



Dinner for Dogs

Henrietta Morrison

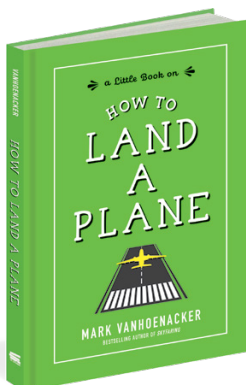
TRADE PAPERBACK
\$15.95 US | \$21.00 Can. | USC+OM*
6.5 x 8.25 | 128 pages
Color illustrations throughout
Cooking/Pet Food
978-1-61519-255-7



Baseball Field Guide, Fourth Edition

Dan Formosa
and Paul Hamburger

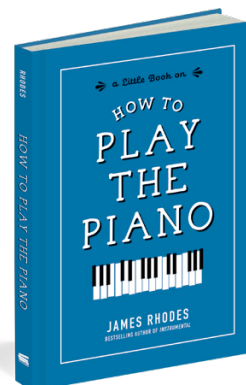
TRADE PAPERBACK
\$17.95 US | \$23.50 Can. | World
5 x 9 | 272 pages
223 color photographs and illustrations
Sports & Recreation/Baseball
978-1-61519-954-9



How to Land a Plane

Mark Vanhoenacker

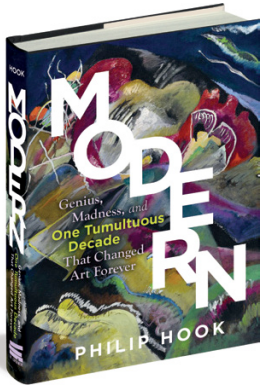
PAPER OVER BOARDS
\$12.95 US | \$16.95 Can. | USC+OM*
5.25 x 7.5 | 64 pages
26 B&W illustrations
Transportation/Aviation
978-1-61519-546-6



How to Play the Piano

James Rhodes

PAPER OVER BOARDS
\$12.95 US | \$16.95 Can. | USC+OM*
5.25 x 7.5 | 64 pages
40 B&W illustrations |
1 detachable sheet of music
Music/Musical Instruments
978-1-61519-548-0



Modern

Philip Hook

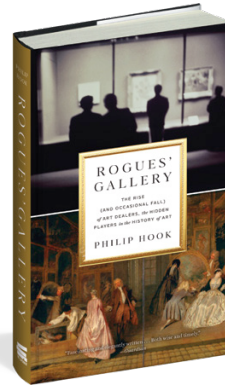
HARDCOVER

\$35.00 US | \$46.00 Can. | USC+OM*

6.625 x 9 | 384 pages
120 color photographs

Art/History

978-1-61519-867-2



Rogues' Gallery

Philip Hook

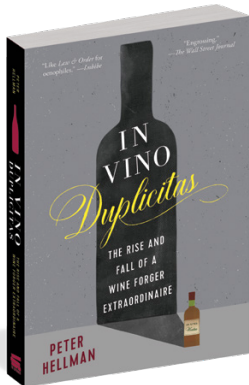
HARDCOVER

\$25.95 US | \$38.95 Can. | USC+OM*

6 x 9 | 320 pages
16-page color photo insert

Antiques & Collectibles/Art

978-1-61519-416-2



In Vino Duplicitas

Peter Hellman

TRADE PAPERBACK

\$15.95 US | \$19.95 Can. | World

5.5 x 8.25 | 272 pages
16-page color photo insert

Cooking/Beverages

978-1-61519-495-7



Second Suns

David Oliver Relin

Foreword by Paul Farmer

Afterword by Dr. Geoffrey Tabin

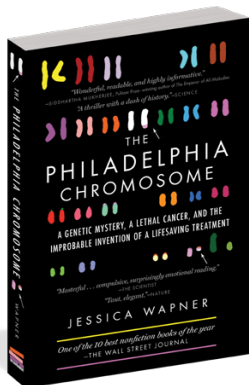
TRADE PAPERBACK

\$16.95 US | \$21.95 Can. | World

5.5 x 8.25 | 432 pages
16-page B&W photo insert

Biography & Autobiography/Medical

978-1-61519-362-2



The Philadelphia Chromosome

Jessica Wapner

Foreword by Robert A. Weinberg, PhD

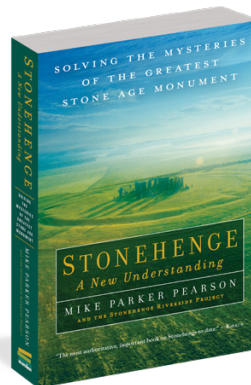
TRADE PAPERBACK

\$15.95 US | \$21.00 Can. | World

5.5 x 8.25 | 344 pages
8-page color photo insert

Health & Fitness/Diseases & Conditions

978-1-61519-197-0



**Stonehenge—
A New Understanding**

Mike Parker Pearson

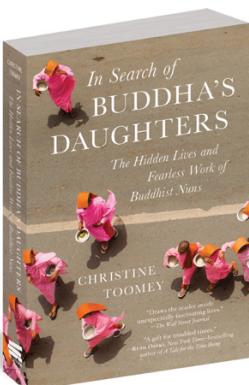
TRADE PAPERBACK

\$17.95 US | \$26.95 Can. | USC+OM*

6 x 9 | 432 pages
16-page color insert | 90 B&W illustrations

Social Science/Archaeology

978-1-61519-193-2



**In Search
of Buddha's Daughters**

Christine Toomey

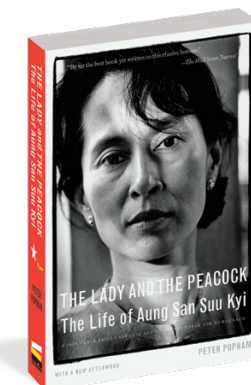
TRADE PAPERBACK

\$16.95 US | US+OM*

5.5 x 8.25 | 384 pages
21 B&W photographs and 1 map

Biography & Autobiography/Women

978-1-61519-194-9



The Lady and the Peacock

Peter Popham

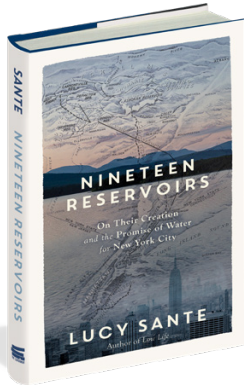
TRADE PAPERBACK

\$16.95 US | US+OM*

5.5 x 8.19 | 496 pages
Two 8-page B&W photo inserts

Biography & Autobiography/Political

978-1-61519-081-2



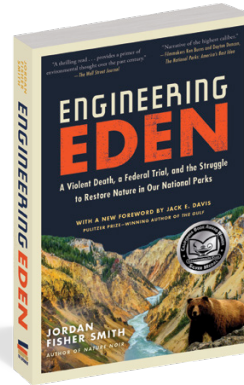
Nineteen Reservoirs

Lucy Sante
Photography by Tim Davis

HARDCOVER

\$24.95 US | \$32.95 Can. | World
5.5 x 9 | 208 pages
123 B&W and color photographs
and illustrations

Technology & Engineering/Environmental
978-1-61519-865-8



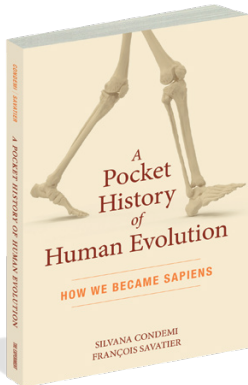
Engineering Eden

Jordan Fisher Smith
Foreword by Jack E. Davis

TRADE PAPERBACK

\$16.95 US | \$21.95 Can. | World
5.5 x 8.25 | 424 pages
8-page color photo insert | 2 in-text maps

Nature/Environmental
Conservation & Protection
978-1-61519-545-9



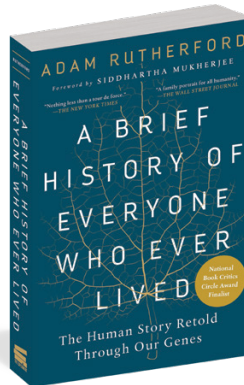
A Pocket History of Human Evolution

Silvana Condemi
and François Savatier

TRADE PAPERBACK

\$14.95 US | \$19.95 Can. | World
4.75 x 7.25 | 160 pages
French flaps | 18 two-color illustrations

Science/Life Sciences
978-1-61519-604-3



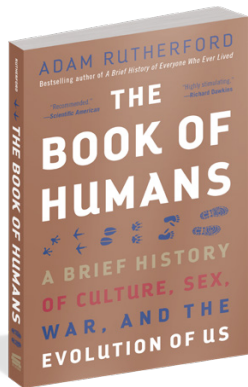
A Brief History of Everyone Who Ever Lived

Adam Rutherford
Foreword by Siddhartha Mukherjee

TRADE PAPERBACK

\$16.95 US | \$21.95 Can. | USC+OM*
5.5 x 8.25 | 416 pages
5 B&W illustrations

Science/Life Sciences
978-1-61519-494-0



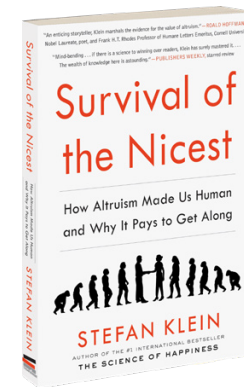
The Book of Humans

Adam Rutherford

TRADE PAPERBACK

\$15.95 US | \$21.00 Can. | USC+OM*
5.5 x 8.25 | 256 pages
9 B&W illustrations

Science/Life Sciences
978-1-61519-590-9



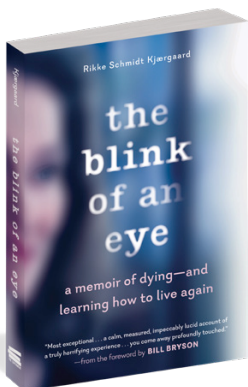
Survival of the Nicest

Stefan Klein
Translated by David Dollenmayer

TRADE PAPERBACK

\$15.95 US | \$23.95 Can. | USC+OM*
5.5 x 8.25 | 272 pages
4 B&W in-text illustrations

Science/Philosophy & Social Aspects
978-1-61519-220-5



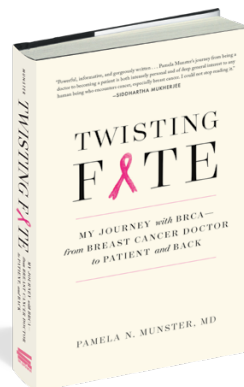
The Blink of an Eye

Rikke Schmidt Kjærgaard
Foreword by Bill Bryson

TRADE PAPERBACK

\$15.95 US | \$21.00 Can. | USC+OM*
5.5 x 8.25 | 240 pages
French flaps

Biography & Autobiography/Medical
978-1-61519-571-8



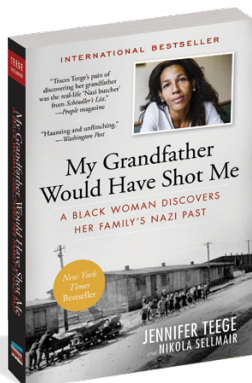
Twisting Fate

Pamela Munster, MD

HARDCOVER

\$24.95 US | \$32.95 Can. | World
5.5 x 8.25 | 272 pages

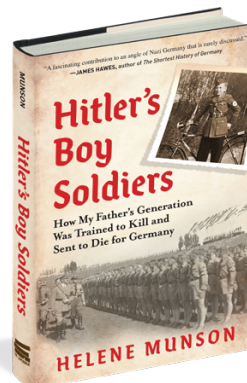
Biography & Autobiography/Medical
978-1-61519-478-0



My Grandfather Would Have Shot Me

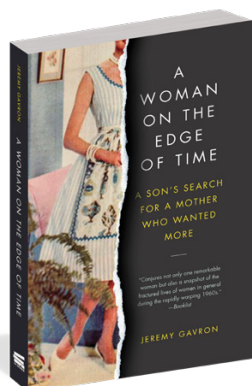
Jennifer Teege and Nikola Sellmair
Translated by Carolin Sommer

TRADE PAPERBACK
\$14.95 US | \$19.95 Can. | USC+OM*
5.5 x 8.25 | 240 pages
19 B&W photographs
Biography & Autobiography/
Personal Memoirs
978-1-61519-308-0



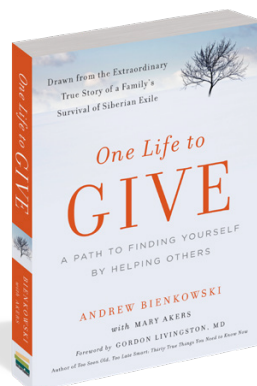
Hitler's Boy Soldiers

Helene Munson
HARDCOVER
\$27.95 US | \$36.50 Can. | USC+OM*
6 x 9 | 336 pages
16-page color insert |
54 B&W and color photographs
Biography & Autobiography/Historical
978-1-61519-859-7



A Woman on the Edge of Time

Jeremy Gavron
TRADE PAPERBACK
\$14.95 US | \$22.95 Can. | USC+OM*
5.5 x 8.25 | 272 pages
16 B&W photographs
Biography & Autobiography/
Personal Memoirs
978-1-61519-397-4



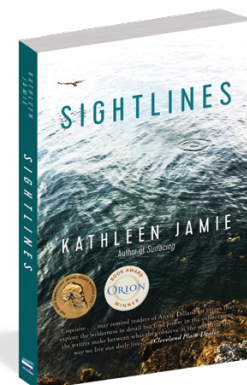
One Life to Give

Andrew Bienkowski with Mary Akers
Foreword by Gordon Livingston, MD
TRADE PAPERBACK
\$16.95 US | US
5 x 7.125 | 240 pages
8 B&W photographs
Self-Help/Personal Growth
978-1-61519-008-9



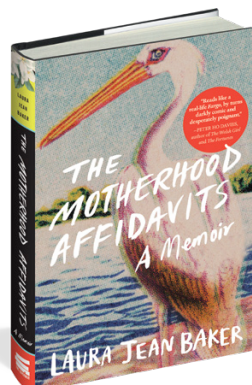
Confessions of a Bad Beekeeper

Bill Turnbull
TRADE PAPERBACK
\$16.95 US | US
5 x 7.75 | 256 pages
15 B&W in-text illustrations
Technology & Engineering/Agriculture
978-1-61519-032-4



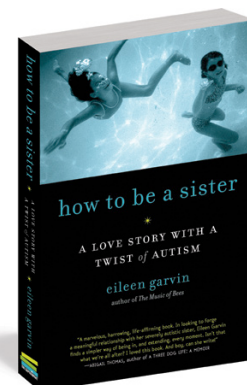
Sightlines

Kathleen Jamie
TRADE PAPERBACK
\$14.95 US | \$22.95 CAN | USC+OM*
5 x 7.75 | 256 pages
22 B&W photographs
Nature/Essays
978-1-61519-083-6



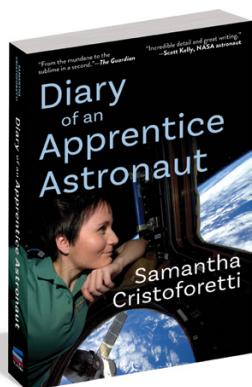
The Motherhood Affidavits

Laura Jean Baker
HARDCOVER
\$24.95 US | \$32.95 Can. | USC+OM*
5.5 x 8.25 | 288 pages
Deckled edge
Biography & Autobiography/
Personal Memoirs
978-1-61519-439-1



How to Be a Sister

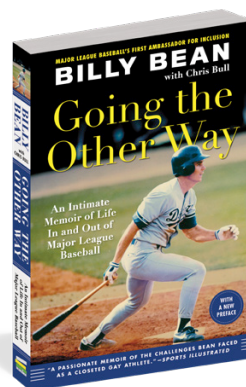
Eileen Garvin
TRADE PAPERBACK
\$15.95 US | \$21.00 Can. | USC+OM*
5.25 x 8.25 | 272 pages
Family & Relationships/
Autism Spectrum Disorders
978-1-61519-016-4



Diary of an Apprentice Astronaut

Samantha Cristoforetti

TRADE PAPERBACK
\$17.95 US | \$23.50 Can. | USC+OM*
5.5 x 8.25 | 400 pages
12-page illustrated color insert
Biography & Autobiography/
Science & Technology
978-1-61519-842-9



Going the Other Way

Billy Bean
with Chris Bull

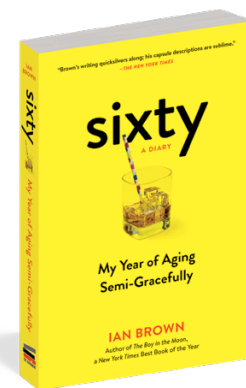
TRADE PAPERBACK
\$15.95 US | \$23.95 Can. | World
5.5 x 8.25 | 272 pages
20 B&W in-text photographs
Biography & Autobiography/Sports
978-1-61519-263-2



All I Know Now

Carrie Hope Fletcher

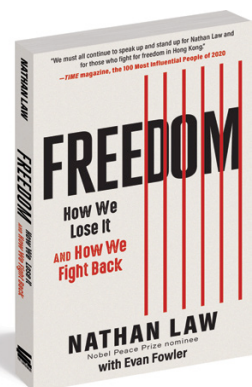
TRADE PAPERBACK
\$15.95 US | \$21.95 CAN | USC+OM*
5.5 x 8.25 | 352 pages
Two-color interior | 21 illustrations
Young Adult Nonfiction/
Inspirational & Personal Growth
978-1-61519-294-6



Sixty: A Diary

Ian Brown

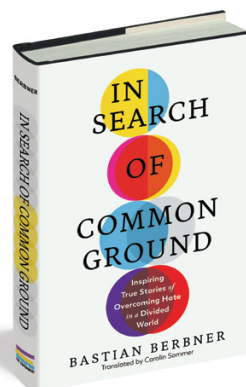
TRADE PAPERBACK
\$15.95 US | US+OM*
5.25 x 8 | 320 pages
Biography & Autobiography/
Personal Memoirs
978-1-61519-396-7



Freedom

Nathan Law
with Evan Fowler

TRADE PAPERBACK
\$15.95 US | \$20.95 Can. | USC+OM*
5.25 x 8.5 | 240 pages
Political Science/Political Freedom
978-1-61519-890-0



In Search of Common Ground

Bastian Berber
Translated by Carolin Sommer

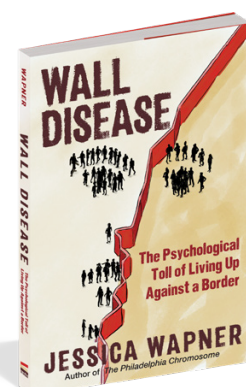
HARDCOVER
\$24.95 US | \$32.95 Can. | World
5.125 x 7.75 | 256 pages
Family & Relationships/Prejudice
978-1-61519-894-8



Demagoguery and Democracy

Patricia Roberts-Miller

TRADE PAPERBACK
\$7.95 US | \$9.95 Can. | World
4 x 6 | 144 pages
Political Science/Political Ideologies
978-1-61519-676-0



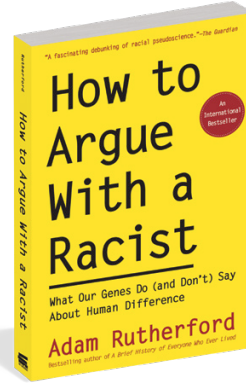
Wall Disease

Jessica Wapner

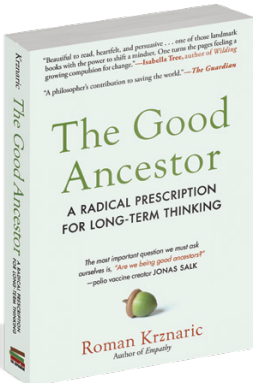
TRADE PAPERBACK
\$12.95 US | \$16.95 Can. | World
5 x 7.5 | 128 pages
French flaps
Social Science/Emigration & Immigration
978-1-61519-734-7



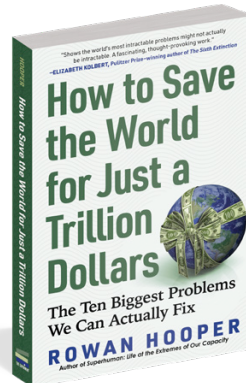
Speaking of Race
Patricia Roberts-Miller
TRADE PAPERBACK
\$7.95 US | \$9.95 Can. | World
4 x 6 | 144 pages
Language Arts & Disciplines/Rhetoric
978-1-61519-732-3



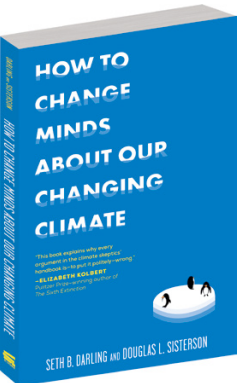
How to Argue With a Racist
Adam Rutherford
TRADE PAPERBACK
\$14.95 US | \$19.95 Can. | USC+OM*
5 x 7.5 | 240 pages
8 B&W photographs
Social Science/Discrimination
978-1-61519-830-6



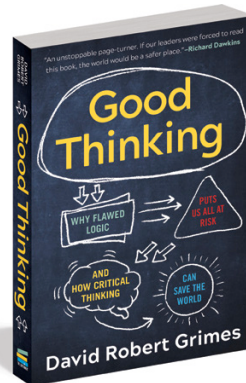
The Good Ancestor
Roman Krznic
TRADE PAPERBACK
\$15.95 US | \$21.00 Can. | USC+OM*
5.5 x 8 | 336 pages
30 B&W illustrations and diagrams
Political Science/Public Policy
978-1-61519-833-7



How to Save the World for Just a Trillion Dollars
Rowan Hooper
TRADE PAPERBACK
\$15.95 US | \$20.95 Can. | USC+OM*
5.5 x 8.25 | 320 pages
Social Science/Future Studies
978-1-61519-828-3



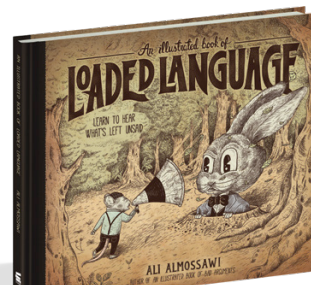
How to Change Minds About Our Changing Climate
Seth B. Darling
and Douglas L. Sistrerson
TRADE PAPERBACK
\$14.95 US | \$19.95 Can. | World
5 x 7.75 | 224 pages
18 B&W in-text illustrations
Science/
Global Warming & Climate Change
978-1-61519-223-6



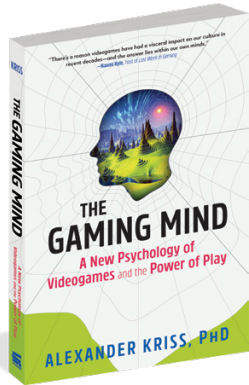
Good Thinking
David Robert Grimes
TRADE PAPERBACK
\$15.95 US | \$21.95 Can. | USC+OM*
5.5 x 8 | 400 pages
Philosophy/Logic
978-1-61519-793-4



An Illustrated Book of Bad Arguments
Ali Almosawi
Illustrated by Alejandro Giraldo
PAPER OVER BOARDS
\$15.95 US | \$21.00 Can. | USC+OM*
8 x 7 | 64 pages
19 full-page illustrations
Philosophy/Logic
978-1-61519-225-0



An Illustrated Book of Loaded Language
Ali Almosawi
Illustrated by Alejandro Giraldo
PAPER OVER BOARDS
\$16.95 US | \$21.95 Can. | USC+OM*
8 x 7 | 96 pages
15 illustrations
Language Arts & Disciplines/Rhetoric
978-1-61519-840-5

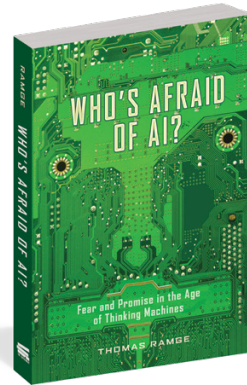


The Gaming Mind

Alexander Kriss, PhD

TRADE PAPERBACK
\$15.95 US | \$21.00 Can. | USC+OM*
6 x 9 | 272 pages

Psychology/Social Psychology
978-1-61519-681-4



Who's Afraid of AI?

Thomas Ramage

TRADE PAPERBACK
\$9.95 US | \$12.95 Can. | World
5 x 7 | 128 pages
7 B&W illustrations

Technology & Engineering/Robotics
978-1-61519-550-3



What the Future Looks Like

Edited by Jim Al-Khalili

TRADE PAPERBACK
\$14.95 US | \$19.95 Can. | USC+OM*
5.5 x 8.25 | 240 pages

Science/Essays
978-1-61519-470-4

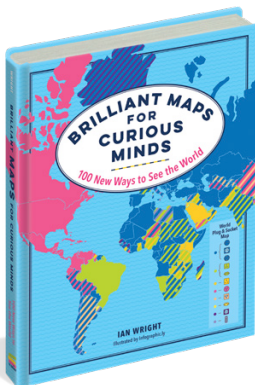


The Global Economy as You've Never Seen It

Thomas Ramage
and Jan Schwochow
with Adrian Garcia-Landa

PAPER OVER BOARDS
\$35.00 US | \$45.00 Can. | World
10.25 x 13.75 | 216 pages
99 full-page color infographics

Business & Economics/International
978-1-61519-517-6

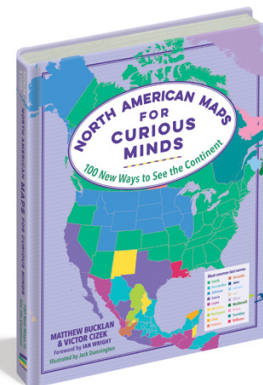


Brilliant Maps for Curious Minds

Ian Wright
Illustrated by Infographic.ly

PAPER OVER BOARDS
\$19.95 US | \$25.95 Can. | USC+OM*
7 x 9 | 208 pages
100 color maps

Reference/Atlases, Gazetteers & Maps
978-1-61519-625-8

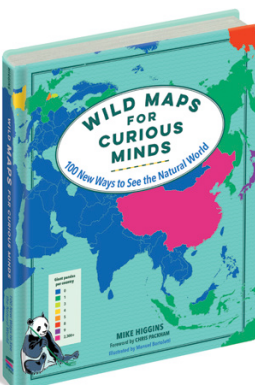


North American Maps for Curious Minds

Matthew Bucklan
and Victor Cizek
Illustrated by Jack Dunnington
Foreword by Ian Wright

PAPER OVER BOARDS
\$19.95 US | \$25.95 Can. | World
7 x 9 | 208 pages
100 color maps

Reference/Atlases, Gazetteers & Maps
978-1-61519-748-4

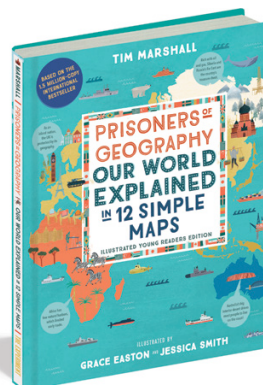


Wild Maps for Curious Minds

Mike Higgins
Illustrated by Manuel Bortoletti

PAPER OVER BOARDS
\$19.95 US | \$24.95 Can. | USC+OM*
7 x 9 | 192 pages
100 color maps

Reference/Atlases, Gazetteers & Maps
978-1-61519-892-4



Prisoners of Geography

Tim Marshall
Illustrated by Grace Easton
and Jessica Smith

PAPER OVER BOARDS
\$19.95 US | \$25.95 Can. | USC+OM*
9.6 x 12 | 80 pages
More than 100 color maps and illustrations

Juvenile Nonfiction/Reference
978-1-61519-847-4

HOW TO ORDER

Our books are distributed by Hachette Book Group in the United States (and qualify for their discount schedules, and combine for minimums), by Manda Group in Canada, and by other distributors worldwide.

This catalog includes our complete frontlist and backlist. Visit our website (theexperimentpublishing.com) for more details.

When ordering, please use the ISBN of each title. For prepacks, give the quantity and ISBN of the prepack, not the individual title.

UNITED STATES

Hachette Book Group

1290 Avenue of the Americas
New York, NY 10104-0051

Tel: 800.759.0190

Orders: orders@hbgusa.com

Customer service inquiries:

customerservice@hbgusa.com

hachettebookgroup.com

Returns

Hachette Book Group

Attn: Returns Department

322 South Enterprise Blvd

Lebanon, IN 46052

CANADA

Sales Representatives

Canadian Manda Group

664 Annette Street
Toronto, Ontario M6S 2C8
Canada

Tel: 416.516.0911

Fax: 416.516.0917

info@mandagroup.com

Orders, Returns, and Customer Service

University of Toronto

Press Distribution

5201 Dufferin Street
Toronto, Ontario M3H 5T8
Canada

Tel: 800.565.9523

Fax: 800.221.9985

utpbooks@utpress.utoronto.ca

INTERNATIONAL

Asia, Middle East

Michelle Morrow Curreri

Tel: 978.921.8020

Fax: 978.921.7577

michelle@curreriworldsvs.net

Australia, New Zealand

Affirm Press

28 Thistlethwaite Street
South Melbourne, VIC 3205

Australia

Tel: 61.3.8695.9623

Fax: 61.3.8256.0114

info@affirmpress.com.au

Caribbean, Latin America, South America

David Williams

InterMediaAmericana Ltd.

Tel: 44.20.7274.7113

sales@intermediaamericana.com

Europe

Bill Bailey Publishers' Representatives

Tel: 44.1626.331079

Fax: 44.1626.331080

info@billbaileypubreprs.co.uk

South Africa

Phambili

5 Sunnyrock Park, Unit 57

Sunrock Close

Germiston, South Africa 1401

Tel: 27.11.455.0091

Fax: 27.86.725.7062

orders@phambili.com

United Kingdom

Melia Publishing Services, Ltd.

One St. Peter's Road
Maidenhead, Berkshire

SL6 7QU England

Tel: 44.1628.633673

Fax: 44.1628.635562

melia@melia.co.uk

All Other Export Markets

Sara High

sara.high@hbgusa.com

The Experiment, LLC

220 East 23rd Street, Suite 600

New York, NY 10010-4658

Tel: 212.889.1659

Fax: 212.889.0325

info@theexperimentpublishing.com

Publicity and Marketing

Jennifer Hergenroeder

Tel: 212.889.1659 ext. 14

jennifer@theexperimentpublishing.com

[theexperimentpublishing.com](mailto:jennifer@theexperimentpublishing.com)

Besse Lynch

Tel: 212.889.1659 ext. 21

besse@theexperimentpublishing.com

Domestic Subsidiary and Translation Rights

Margie Guerra

Tel: 212.889.1659 ext. 29

margie@theexperimentpublishing.com

[theexperimentpublishing.com](mailto:margie@theexperimentpublishing.com)

English-Language Rights

Gregory Messina

Linwood Messina Literary Agency

gregory@linwoodmessina.com

Copyright © 2023 The Experiment.
All rights reserved.

THE EXPERIMENT and its colophon
are registered trademarks.

Prices and publication dates are
subject to change without notice.

Cover design by Beth Bugler.

Cover image by Michał Korkosz.

Photos courtesy of the authors
except as follows:

Page 2–Mateusz Grzelak, 4–Alie
Suvélor, 6–April Fonti, 8–Dave
Stevens, 10–Franzi Schädel, 11–
Katharina Sturm, 13–Arden Wray.

Selling territory key

US = United States

C = Canada

A = Australia

NZ = New Zealand

OM = Open market (nonexclusive)

* = Restrictions apply; please
contact us for details.