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

EliGrober.com  🐦  📸  EliGrober

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

Zucchini has a bad reputation because it’s made of mostly water, which means that after it’s cooked it doesn’t have much left. But Korkosz, who is known for his creative, unpretentious work, manages to make it irresistible. The slices are thin, crisp, and perfectly seasoned. It’s a raw and delightful way to enjoy zucchini. This dish is the perfect option for a light summer meal.

SERVES 4

INGREDIENTS

- 6 medium zucchinis
- 4 tablespoons olive oil
- 1 teaspoon soy sauce
- Juice of ½ lemon
- 2 medium zucchinis, very thinly sliced
- 1 teaspoon salt
- ¼ cup (30 g) small capers
- 2 medium zucchinis, thinly sliced
- Freshly ground black pepper
- Sea salt
- ¼ cup mint leaves, plus more for serving
- 2 medium zucchinis, very thinly sliced

PREPARATION

1. 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 in a paper or kitchen towel to drain, and let cool. Store in an airtight container in the refrigerator for up to 1 week.

2. Heat the remaining tablespoon of oil in a large skillet over medium heat. Toss the zucchini with the lemon juice, soy sauce, mint, and remaining tablespoon of oil. Season with salt and pepper. Cook until tender, about 3 minutes. Remove from the heat, place on a paper or kitchen towel, and let cool. Store in an airtight container in the refrigerator for up to 1 week.

3. Make the Twaróg. Combine both cheeses, the egg, ¼ teaspoon of the salt, and the lemon zest in a large bowl. Mix well.

4. Make the leniwe. Combine both cheeses, the egg, ¼ teaspoon of the salt, and the lemon zest in a large bowl. Mix well. Fold the flour into the mixture until a soft dough has formed. Knead the dough for 1 minute, then cover with plastic wrap and let sit for 20 minutes.

5. Roll the dough out to about ½ inch (1 cm) thick. Cut into diagonally into pieces about 1 ¼ inch (3 cm) long. Place on a floured surface.

6. Transfer to a plate to dry. Cook until golden brown, about 2 minutes on each side. Add the asparagus and the remaining salt.

7. Bring a large pot of salted water to a boil. Cook the pasta until tender, about 1 minute. Remove from the heat and drain. Divide the pasta among plates. Sprinkle over the cheese and sauce, and drizzle over the lemon juice.

8. Serve immediately.

Crispy Leniwe with Asparagus, Mustard Seeds, and Lemon

Leniwe are pillow-like dumplings made with Twaróg (farmer cheese), which gives them a creamy texture. They’re often served with sour cream and onion sauce for a hearty breakfast or lunch, a popular dish among Poles. Leniwe also contain dill and Kapustka, a soup based on sauerkraut. Leniwe can also be used as a filling for Pierogi or Pierogi with beans or scrambled eggs.

SERVES 4

INGREDIENTS

- 2 tablespoons dill
- 1 tablespoon mustard seeds
- 2 to 3 tablespoons lemon juice
- 1 bunch green asparagus, trimmed and sliced
- 1 cup (130 g) all-purpose flour
- 1 teaspoon lemon zest
- ½ teaspoon fine sea salt
- 1 large egg
- ½ cup (45 g) grated Szafir, Pecorino Romano, or Dziugas cheese
- 10.5 ounces (300 g) full-fat farmer cheese or Twaróg
- 10 tablespoons olive oil
- ½ cup (20 g) finely grated Parmesan
- 1 teaspoon soy sauce
- Juice of ½ lemon
- 2 medium zucchinis, very thinly sliced
- 1 teaspoon salt, plus more for serving
- ¼ cup mint leaves, plus more for serving
- ¼ cup (20 g) finely grated Parmesan

PREPARATION

1. Bring a large pot of salted water to a boil. Cook the pasta until tender, about 1 minute. Remove from the heat and drain. Divide the pasta among plates. Sprinkle over the cheese and sauce, and drizzle over the lemon juice.

2. Serve immediately.

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
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.

抖音 Instagram Chey_Nese
Sprinkle with sesame seeds and enjoy.

- **Tip:** Assemble some leftover spicy noodles in a rice paper spring rolls and spicy noodles! One day, I simply made these rolls because my two favorite recipes: Spring Rolls with Spicy Noodles and Laksa.

These rolls are a combination of my two favorite recipes: spring rolls and spicy noodle spring rolls. Simply assembled some leftover spicy noodles in a rice paper spring roll and they were a success on the plate.

1. Cook the rice noodles in a pot of boiling water until tender, but not too soft. Drain and wash the noodles in cold water and set aside.

2. Pour the laksa paste to the pan with hot water and set aside.

3. To make the filling, mix the coriander seeds and water in a blender until smooth. Heat the oil in a frying pan and add the seitan (or tofu) and let it cook for a few minutes until it is golden.

4. Stir-fry the vegetables in the pan without oil and set them aside.

5. Pour the laksa paste to the pan without oil and set the vegetables aside.

6. Cook the rice noodles in a pot of boiling water.

7. Mix the filling and the paste in the pan and stir well.

8. Sprinkle with sesame seeds and enjoy.

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
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
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.

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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

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 Unlikeliness of Being

“From your brain to your fingertips, you emerge... entertained and with a deeper understanding of yourself.”
—Richard Dawkins on The Incredible Unlikeliness of Being

“A masterpiece of evocative scientific storytelling.”
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“Epic and joyous, a landmark in the story of us.”—Adam Rutherford, author of A Brief History of Everyone Who Ever Lived, on Tamed

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
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.

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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.
Strong Minds
HOW TO UNLOCK THE POWER OF ELITE SPORTS PSYCHOLOGY TO ACCOMPLISH ANYTHING
Noel Brick, PhD, and Scott Douglas
Foreword by Alex Hutchinson

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

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

Brick and Douglas pair groundbreaking science with instructive moments across the sports realm to show how legendary athletes like marathoner Meb Keflezighi 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 Marathoning, and the New York Times bestsellers Meb for Mortals and 26 Marathons.

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

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  BrittWray  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.
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)!

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Mario Martín

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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!

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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.

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The Experiment, LLC
220 East 23rd Street, Suite 600
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Publicity and Marketing
Jennifer Hergenroeder
Tel: 212.889.1659 ext. 14
jennifer@theexperimentpublishing.com
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