

# RIGHTS GUIDE

**LONDON**  
**BOOK FAIR 2025**

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The Experiment is an independent publisher, founded in 2008, committed to publishing a wide range of nonfiction. Many of our books are highly practical, others are straightforwardly narrative—and some ingeniously combine practical information with narrative gusto.

We're called The Experiment because every book is a test of new ideas—and because we're motivated by the curiosity and wonder of the unknown that drive every scientific experiment. Our books enlighten, empower, and entertain readers with new or freshly presented ideas, stories, and practices. One denominator common to many of our books is their helping to “detoxify our culture” (to quote the late playwright William Hoffman).

Our scale is intimate, our books far-reaching. Since 2008, The Experiment's books have been translated into twenty-eight languages, and counting.

# FORTHCOMING TITLES

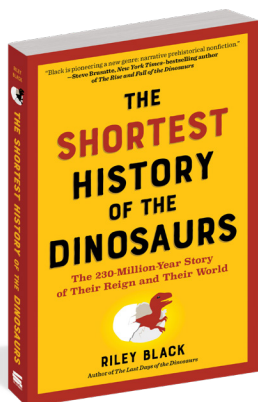
## HISTORY & CURRENT EVENTS

[RECENT HISTORY & CURRENT EVENTS ►](#)

[BACKLIST HISTORY & CURRENT EVENTS ►](#)

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## TERRITORY World

June 2025

Trade Paperback

288 pp. | \$16.95 US

Over 50 illustrations

Proposal and pre-copied manuscript available now

First pass available in March 2025



# The Shortest History of the Dinosaurs

*The 230-Million-Year Story of Their Reign and Their World*

RILEY BLACK

A highlight-reel history of culture's favorite ancient animals—using the latest scientific discoveries to tell the epic of the dinosaurs, in brief—from the small first species that survived mass extinction during the Triassic Period, to the massive monsters of the Jurassic Period, to the fiery asteroid that ended their reign

Covering the major moments in dinosaur evolution, extinction, and ecology, *The Shortest History of the Dinosaurs* tells the story of small beginnings, spectacular golden periods, and eventual global domination—before a six-mile wide asteroid brought everything to a screeching halt.

Using countless recent fossil discoveries, fresh understandings of genetics and evolution, and over fifty illustrations and maps, author Riley Black reveals the startling relationships dinosaurs shared with each other, the land they lived on, other animal species, and the earth as a whole.

**RILEY BLACK** is the award-winning author of more than ten books about fossils, evolution, and dinosaurs. Her latest, *The Last Days of the Dinosaurs*, won the AAAS/Subaru Prize for Excellence in Science Books and her follow-up, *When the Earth Was Green*, will be published in 2025 by St. Martin's Press. Riley writes about fossils for a variety of publications—*National Geographic*, *Smithsonian*, *Slate*, & more—and repeatedly appears on radio and television programs such as *All Things Considered*, *Science Friday*, and *NOVA*. She has also acted as a science advisor on dinosaur projects for the *Jurassic World* franchise, and has given talks about the latest in paleontology at venues ranging from Yale University and the Houston Museum of Natural Science to the Tucson Festival of Books. She lives in Utah.

COVER  
TO COME

## TERRITORY

## World

Winter 2026

Trade Paperback

Material available in  
2025 

Scheduled to  
release ahead  
of the 2026 FIFA  
World Cup

# The Shortest History of Soccer

**BRIAN D. BUNK**

From the origins of soccer in ancient Mesopotamia to the FIFA World Cup, soccer has always been a global sensation. But the impacts of the game go far beyond team rivalries and superstar players.

Soccer has always been linked to politics—from the African boycott of the 1966 FIFA World Cup to the soccer players who took a knee during the Black Lives Matter movement. Brian Bunk highlights these political and cultural implications as he takes readers from the Scottish players who transformed soccer from an upper-class pastime to a working-class occupation to the migrant workers who made the 2022 FIFA World Cup in Qatar possible. Along the way, he shows how soccer has been popularized and commercialized since its humble origins in the 1860s United Kingdom, becoming the world's most popular sport.

**BRIAN D. BUNK** is a professor of history at the University of Massachusetts Amherst. His research focuses on the history of soccer in the United States and his latest book, *From Football to Soccer: The Early History of the Beautiful Game in the United States* was published by the University of Illinois Press in 2021.

# FORTHCOMING TITLES

## COOKING

[RECENT COOKING ►](#)

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COVER  
TO COMETERRITORY  
World, except  
Singapore

October 2025

Paper over Boards

304 pp. | \$32.50 US

Full four-color interior

First pass available in  
May 2025 ✉

## PlantAsia

*Asia's Vegetable Wisdom in Recipes, Stories, and Techniques—A Vegetarian Cookbook*

PAMELIA CHIA

**A boundary-pushing pan-Asian vegetarian cookbook, *PlantAsia* delivers traditional Asian vegetable wisdom as reinvented through a modern, multicultural lens**

*PlantAsia* is a continent-spanning celebration of Asia's diverse and evolving food traditions that will transform the way you think about and cook with vegetables. Combining storytelling, technique, and unique flavor pairings, chef and author Pamela Chia challenges and expands what we imagine when we think of vegetarian cooking.

Each chapter focuses on a different cooking technique and showcases recipes from more than fifteen countries. Interviews and recipes from two dozen acclaimed chefs, food writers, and cookbook authors offer authentic and layered perspectives on the present and future of Asian cooking.

Perfect for adventurous foodies, fans of Asian cuisines in search of inspiring and original recipes, and anyone looking for one-of-a-kind, vegetable-forward meals, this ambitious vegetarian cookbook is a dynamic and exciting celebration of all that vegetables have to offer.



**PAMELIA CHIA** is a Singaporean recipe developer, culinary teacher, and food writer with a background in food science and eight years of experience in professional kitchens. She now aims to demystify Asian cooking techniques through her recipes and her weekly newsletter, *Singapore Noodles*, which has over four thousand subscribers. Her first book, *Wet Market to Table: A Modern Approach to Fruit and Vegetables*, became an international bestseller. She lives in the Netherlands.

## PRAISE FOR PLANTASIA



“A thrilling collection of recipes from all over Asia. The flavors and colors of Pamela Chia’s recipes leap off the page.” —**FUCHSIA DUNLOP**, author of *Invitation to a Banquet*

“I love everything about *PlantAsia*, from the vibrant imagery, refreshing design, stories, sketches, and most of all, the beautifully written selection of glorious recipes. I want to cook it all and will happily turn vegetarian for months to do so!”—**KARAN GOKANI**, author of *Hoppers: The Cookbook*

“*PlantAsia* provides a beautiful and practical cornucopia of diverse delights. It is an excellent guide for what you might wish to eat, and provides the means for understanding how technique can be used to produce complex, balanced deliciousness. While reading it, I was compelled to stop, search my pantry, and cook. I may never leave the kitchen!” —**HOLLY DAVIS**, author of *Ferment: A Guide to the Ancient Art of Culturing Foods*



“Pamelia has written a vibrant and scrumptious ode to the vegetables of Asia. Her cookbook both honors tradition and pushes the boundaries on what a plant-based feast can look like.”

—**CLARISSA WEI**, coauthor of *Made in Taiwan: Recipes and Stories from the Island Nation*

“This is a stunningly original book, rooted in a deep respect for Asian traditions...

and at the same time genuinely progressive in its approach. Pamela’s extensive knowledge of cuisine has enabled her to contextualize her stories and vegetable-starring recipes in a way which demystifies and excites. I cannot wait to cook my way through the entire book.” —**HELEN GOH**, coauthor of *Ottolenghi Sweet &* columnist for *The Sydney Morning Herald*





## TERRITORY


### World

July 2025

Paper over Boards

288 pp. | \$32.50 US

45 color photographs throughout

First pass available 

# The Mushroom Hunter's Kitchen

*A Culinary Homage to Wild and Cultivated Mushrooms—with 120 Recipes*

CHAD HYATT

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

Whether you're a dedicated mushroom forager or you rely on the store or farmer's market for your fungi fill, you can make the most of your mushroom haul with *The Mushroom Hunter's Kitchen*. Professional chef and mushroom foraging expert Chad Hyatt shares his favorite recipes, plus tips and techniques for cooking mushrooms safely and maximizing their flavor.

Cooking with mushrooms doesn't have to be intimidating: Have pounds and pounds of shrooms to use up after a recent foraging excursion? Turn them into preserves using the techniques in the first chapter. Intrigued by a recipe, but prefer to stick to the varieties you can find at your local farmers' market? No problem! Recipes offer substitutions for uncommon mushrooms, so they're all within reach regardless of season or foraging experience.

*The Mushroom Hunter's Kitchen* is sure to delight seasoned mushroom foragers, amateur fungi aficionados, and adventurous foodies alike.



**CHAD HYATT** is an expert forager and classically trained chef who has made a name for himself sharing his delicious spin on wild mushroom cookery. He has cooked in a variety of restaurants and private clubs around the San Francisco Bay area, where he can often be found foraging for mushrooms, putting on wild mushroom-themed dinners, teaching mushroom-related classes, and attending mushroom festivals.



***The Mushroom Hunter's Kitchen*** is your guide to creating incredible meals (and snacks, and preserves, and even desserts!) using the humble and ubiquitous button mushroom, the revered morel, the common oyster mushroom, the elusive huitlacoche, and everything in between:

- **Preserves and Condiments:** Salted Mushrooms; Candy Cap Whole-Grain Mustard; Chanterelle Lemon Marmalade
- **Breakfast:** Matsutake Congee; Rosemary Buttermilk Biscuits with Mixed Mushroom Gravy
- **Salads and Appetizers:** Roasted Eggplant and Cauliflower Salad with Black Trumpet Vinaigrette; Spanish Tortilla with Potatoes and Mushrooms
- **Soups and Stews:** Porcini Chestnut Soup; Saffron–Milk Cap Stew with Pork Belly and Potatoes
- **Hearty Entrées:** Chicken Breast with Almondy Agaricus Pan Sauce; Blue Knight Ravioli
- **Desserts:** Matsutake, Pear, and Chestnut Strudel; Turkey Tail Sorbet



## PRAISE FOR THE MUSHROOM HUNTER'S KITCHEN

"If you ever cook with mushrooms, this book belongs in your home or commercial kitchen library. . . . inventive, eye-opening, soulful ideas, and the recipes are accurate and true."

—MICHAEL MILLER, *Michelin-starred chef*

"What a treat to see a wild mushroom cookbook that isn't focused solely on a few popular edibles! Chad Hyatt provides wonderful ideas and sound advice for how to make every mushroom hunt successful by encouraging readers to turn many underappreciated wild mushrooms into delicious and memorable meals."

—DAVID ARORA, *author of Mushrooms Demystified*

COVER  
TO COME

## TERRITORY World

March 2026

Paper over Boards

272 pp. | \$32.50 US

120 photographs

Full four-color  
interior

Sample introduction  
and chapters available



# Plant-Based Magic

*120 Seasonal Recipes for Healing Body  
and Soul*

LISANNA WALLANCE

**Nourishing plant-based, seasonal  
recipes that celebrate everyday magic  
and the healing power of plants**

Herbalist and chef Lisanna Wallance shows how easy it is to infuse every day—and every meal—with a little mood and vitality-boosting magic, using the science of herbalism to create “spells,” like Radicchio-Beet Immunity Salad and Illumination Pumpkin Soup, that fuel body, mind, and spirit.


Inside you’ll find:

- **Seasonal mains:** Adaptogenic Stuffed Zucchini, Corn and Squash Pasta for Clarity, Maple-Roasted Roots for Immunity, Soothing Golden Cauliflower
- **Healthful desserts:** Strawberry-Lemon Euphoria Squares, Calming Litchi-Cherry Soup, Eve’s Apple Torte, Rosemary-Clementine Cake for Cognition
- **Potent potions:** Anti-Allergy Vinegar Tincture, Rose Bliss Latte, Radiance Flower Vinaigrette, Deep Sleep Tranquil-tea

Every body is different, so to help you give yours what it needs, icons indicate recipes that are low-sugar, low-histamine, nut-free, and low-FODMAP. All recipes are vegan and gluten-free.

With creative flavors and a focus on nutrient-dense whole foods, *Plant-Based Magic* channels the healing power of nature to imbue every meal with a touch of enchantment.

**LISANNA WALLANCE** is a chef, herbalist, and author of *The Natural Witch’s Cookbook*, which has been published in four languages. She grew up in New York and attended Columbia University before moving to Paris. When her lifelong Ehlers Danlos Syndrome symptoms suddenly worsened, she delved into cooking & plant medicine to help heal herself. She has a degree in clinical herbalism from l’École des Plantes de Paris.

[CulinaryWitch.com](https://CulinaryWitch.com)  [Culinary.Witch](https://www.instagram.com/Culinary.Witch)



# FORTHCOMING TITLES

## SELF-HELP & HEALTH

[RECENT SELF-HELP & HEALTH ►](#)

[BACKLIST SELF-HELP & HEALTH ►](#)

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COVER  
TO COMETERRITORY  
World


January 2026

Paperback

144 pp. | \$15.00 US

Proposal available

now, first pass

available in July 

## Now What

*From Your Last Job to a New Beginning—A  
Guided Journal*

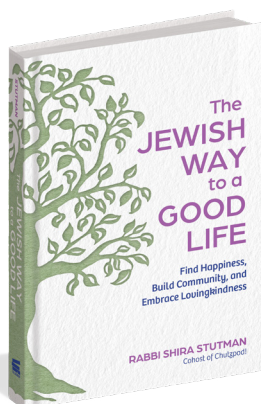
CARA BEDICK

*Now What: From Your Last Job to a New Beginning* is a guided journal for anyone transitioning from job holder to job seeker. The journal includes prompts to keep job seekers focused and productive, organized under categories like:

- **Introspection** - for discovering our strengths and goals
- **Exploration** - for branching out and opening ourselves up to unexpected opportunities and alternative paths
- **Confidence** - for casting off the anxiety and self-doubt that often comes with a job search
- **Connection** - for identifying the best ways to grow and engage with our professional networks.

*Now What* will be an essential, affordable resource that job seekers embrace to provide structure to their days and empower them to find their next great opportunity.

**CARA BEDICK** is an editor at Hachette who has published hundreds of self-help, business, lifestyle, and motivational books. She has been featured in the *New York Times*, *Publishers Weekly*, the *San Diego Union Tribune*, and more. She speaks regularly at conferences including as a featured speaker at Skillshare's 2024 "Dream Job Week," American Society of Journalists and Authors, Writer's Digest, Blogger, Pacific Northwest Writers Association, SDSU Writers' Conference, and more. Having weathered two layoffs decades apart, she knows firsthand the skills and strategies necessary for coping with the stresses of a job search—and for landing that great next job.



## TERRITORY

World

## RIGHTS SOLD

Brazil (Edipro)

March 2025

Paper Over Board

256 pp. | \$22.95 US

Final pages available



# The Jewish Way to a Good Life

*Find Happiness, Build Community, and Embrace Lovingkindness*

**RABBI SHIRA STUTMAN**

**Rest, community, and celebration are for everyone in this radical, refreshing book—where traditional Jewish wisdom becomes essential advice for today**

For as long as Judaism been a religion, “Jewish” has been a culture—one whose unique blend of ritual and realism has kept its people going for some 3,000 years. In *The Jewish Way to a Good Life*, Rabbi Shira Stutman invites readers of every faith—and none—to do *chesed* (good work), foster *tzedek* (justice), practice *shabbat* (rest), and find happiness.

From love and sex to mourning and money, Rabbi Shira visits ten realms where we *all* get lost on occasion, to deliver spirited, sometimes surprising wisdom. Again and again, she reveals how customs have survived not out of obligation, but because they meet our deepest needs—from *shiva*, which allows mourning families not to be OK, to the unbridled joy of dancing the *hora* at weddings.

For anyone seeking community, meaning, or simply “something more,” *The Jewish Way to a Good Life* offers practical, time-tested ways to enrich our daily routines and engage those around us. By looking in and reaching out, we can all help *tikkun olam*—heal the world.

**RABBI SHIRA STUTMAN** is a faith-based leader and change maker with more than twenty years of experience motivating and inspiring groups large and small. She is a senior rabbi and co-host of the top-ranked PRX podcast *Chutzpod!* in which she provides Jewish answers to life’s contemporary questions and help listeners build lives of meaning. She also speaks nationally on topics that include growing welcoming Jewish spiritual communities and building the connective tissues between different types of people.



## PRAISE FOR THE JEWISH WAY TO A GOOD LIFE

“Grounded in centuries of tradition, Rabbi Shira Stutman’s *The Jewish Way to a Good Life* is a powerful reminder that wisdom from the past can enrich your present. This book offers a practical, inspiring road map to finding happiness and purpose in a fast-paced world.”

— **ARTHUR C. BROOKS**, Harvard professor and #1 New York Times–bestselling author of *From Strength to Strength* & coauthor, with Oprah Winfrey, of *Build the Life You Want*

“Rabbi Shira makes Judaism feel alive, relevant, and totally accessible. If you’re Jewish but haven’t been able to find your way in, she holds the door open for you. If you’re not Jewish and want to live with more meaning and joy, she welcomes you. You’ll feel lucky to have her wise and encouraging voice in your head for years after you read it.”

— **HANNA ROSIN**, host of *Radio Atlantic* and author of *The End of Men*

“As a Muslim, I found much-needed hope, guidance, and practical advice in Rabbi Shira Stutman’s *The Jewish Way to a Good Life*, in which she generously shares her community’s wisdom and traditions for a universal audience. This book, born from warmth and kindness, is the sermon we always wanted in Sunday school: inviting, nonjudgmental, uplifting lessons on how we can build resilience, empower our communities, tolerate our obnoxious family members, and resolve to live a life of purpose and empathy.”

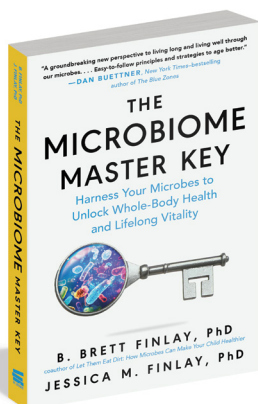
— **WAJAHAT ALI**, author of *Go Back to Where You Came From*

“Rabbi Shira has written a beautiful book for anyone interested in learning about Judaism, or hoping to enrich their own daily Jewish experience, and she does it as only she can: with humor, joy, sensitivity, and a foot each in the ancient and modern worlds.”

— **JOSHUA MALINA**, actor and cohost of *The West Wing Weekly*

“Shira Stutman believes that pursuing justice and centering joy can change us and our world. So do I. No human being should be without justice in our abundant world. Each human being should be buoyed by joy that the world did not give, and the world cannot take away. Shira weaves a lovely tapestry of justice and joy in this thoughtful book designed for us all. Read it and get busy weaving in your community. Our broken and beautiful world is waiting.” — **REVEREND WILLIAM H. LAMAR IV**, pastor at Metropolitan African Methodist Episcopal Church, Washington, DC

“A friendly guide to how Jewish values can assist one in leading a more meaningful life.... A valuable primer for those seeking practical ways to apply Jewish principles to their lives.” — **PUBLISHERS WEEKLY**




## TERRITORY World

June 2025

Trade Paperback

336 pp. | \$21.95 US

Full manuscript  
available 

# The Microbiome Master Key

*Harness Your Microbes to Unlock Whole-Body Health and Lifelong Vitality*

**B. BRETT FINLAY, PhD**  
**JESSICA M. FINLAY, PhD**

**The key to promoting lifelong health and better aging is in the teeming world of microbes inside and all around you**

Fending off germs has long been considered one of the cornerstones of good health. But what if better health actually went hand-in-hand with embracing these invisible microbes?

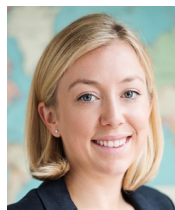
Our bodies are packed with microbes—in the gut, yes, but also living on your skin, in your lungs, and more. They impact everything from your sleep, cognition, mood, heart health, and energy to your likelihood of developing dementia, diabetes, and some cancers. As new studies are showing, taking care of your microbiome can help you improve your day-to-day health and even help prevent or reverse some of the most common age-related diseases.

In this eye-opening book, the Finlays—a father-daughter team—break down the latest research. Among scores of insights and highly practical tips, you'll discover simple steps to harness the power of your microbiome, so you—and your microbes—can live longer, healthier lives.



**B. BRETT FINLAY, PhD** studies how microbes cause disease in people and how we can fight infections, as well as the role the microbiota plays in human health and disease. He is a coauthor of *Let Them Eat Dirt*, and the author of over 600 publications in peer-reviewed journals. He is also an Officer of the Order of Canada, and a jazz sax player, skier, & beekeeper in his spare time.

**JESSICA M. FINLAY, PhD** is a University of Colorado Boulder assistant professor who specializes in environmental gerontology & health geography. With degrees from Queen's University and the University of Minnesota, she has won awards for her work and authored publications in leading health, geography, & gerontology journals.



## PRAISE FOR THE FIRST EDITION OF THE MICROBIOME MASTER KEY: THE WHOLE BODY MICROBIOME

“Brett and Jessica Finlay offer extraordinary new insight into the significance of the microbiome in any number of age-related conditions—from cancer to oral health, Alzheimer’s to heart and lung function. The takeaway is that we need to look beyond gut bacteria.” — **FOREWORD REVIEWS**

“Chapters address the function of microbes in various conditions and body systems, with health strategies and lifestyle tips intended to be widely applicable to adults of all ages... Recommended for readers seeking scientifically accurate consumer health information on the microbiome’s relationship to adult health and aging.” — **LIBRARY JOURNAL**

“With its upbeat approach and valuable diet and lifestyle recommendations, [*The Whole Body Microbiome*] will empower readers to invest in the lifelong process of aging well.” — **SHELF AWARENESS**

“[An] excitedly optimistic and research-grounded look at the microbiome’s implications for the health of the aging body. . . . [The Finlays] make a strong case for the microbiome as an exciting new frontier in health research, with myriad possibilities for the diagnosis and treatment of various diseases.” — **PUBLISHERS WEEKLY**

“According to the authors, the beneficial and diverse residents of the human microbiome—the trillions of specific microbes that are associated with different parts of the body, including but not limited to the mouth, gastrointestinal tract, skin, and lungs—may eventually be harnessed to delay aging and to prevent and treat disease. . . . Recommended.” — **CHOICE**

“Whether you are seeking to address a specific health concern, such as IBS, or just want to decelerate the aging process, this book is filled with tips and actionable lifestyle advice. The fountain of youth, it turns out, may actually be bubbling with microbes.” — **SPIRITUALITY & HEALTH**

“Revolutionary . . . The Finlays offer practical, thorough, and sometimes shocking solutions that all of us can implement today, no matter what our age. . . . By helping our microbes flourish inside our bodies and in our environments, we can find preventative and curative care all in one.” — **DR. MARK HYMAN, author of *The UltraMind Solution and Food: What the Heck Should I Eat?***

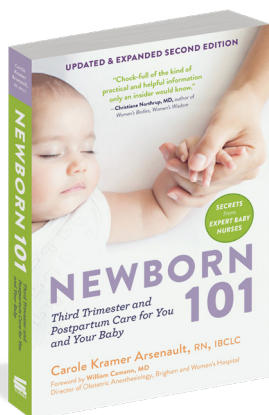
# FORTHCOMING TITLES

## PARENTING

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## TERRITORY World

April 2025

Trade Paperback

384 pp. | \$18.95 US

Approximately 32  
B&W illustrations

First pass available



# Newborn 101—Updated & Expanded Second Edition

*Third Trimester and Postpartum Care for You and Your Baby—Secrets from Expert Baby Nurses*

**CAROLE KRAMER ARSENAULT, RN, IBCLC**

**Updated with new research, the second edition of *Newborn 101* answers your most urgent questions**

Pregnancy, childbirth, and baby's first months are some of the most cherished parts of parenthood, but they can be nerve-wracking. Arsenault has spent the last two decades helping parents as both a pediatric nurse and founder of the most highly regarded baby-care service in New England. From the first trimester to the "fourth," Arsenault and her team of nurses and doulas have seen it all. In this expanded edition, she shares updated research in the field of newborn care, including:

- advice from postpartum doulas about caring for your body and mind after childbirth
- new medical guidelines for what to eat during pregnancy and what to feed your newborn
- expanded sections on sleep, screen time for babies, and pain medications for childbirth

Expert care can be hard to come by—now, you can enjoy the most precious moments with your newborn thanks to this handy guide to everything.

**“chock-full of the kind of practical and helpful information that only an insider like Arsenault would know...everything a couple needs to prepare for the adventure of labor and birth.”**

**—CHRISTIANE NORTHRUP, MD, author of *Women's Bodies, Women's Wisdom***



**CAROLE KRAMER ARSENAULT, RN, IBCLC** has devoted her career to infant and pregnancy care, and she has worked for many years as a delivery nurse. She founded and runs Boston Baby Nurse & Nanny, a home health agency offering specialized support to families with babies.



# FORTHCOMING TITLES

## NARRATIVE NONFICTION & MEMOIR

[RECENT NARRATIVE NONFICTION & MEMOIR ►](#)

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## COVER TO COME



### TERRITORY

#### World

Winter 2026

Trade Paperback

288 pp. | \$18.95 US

Proposal available now,  
first pass available  
summer 2025 ✉

## Emotional Medicine

DONNA BULSECO (EDITOR)

Doctors, nurses, and other frontline health care workers shed light on the day-to-day challenges, heartbreaks, and triumphs of working in medicine—from coping with impostor syndrome and difficult patients to facing down death—in a testament to human resilience, ingenuity, and compassion.

*Emotional Medicine* is a collection of essays, poetry, and short stories that offers readers a portal into the world of health and illness, life and death. Health care workers are our healers, miracle workers, and natural storytellers, but they're also human. In pieces that are by turns conversational and chatty, urgent, plain-spoken or spare, poetic, heart-breaking and heart-mending, doctors, nurses, therapists, psychiatrists, EMTs, and medical students grapple with the demands of their work and the feelings of anger, shame, frustration, fear, loneliness—as well as love, hope, and joy—it brings. In doing so, they teach us what it means to empathize deeply, to wrangle with and overcome self-doubt, and to live as both patients and caregivers.

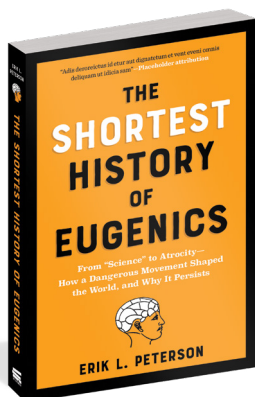
**DONNA BULSECO** is the editor-in-chief of the journal of narrative medicine *Intima* and a longtime journalist and editor. She has graduate degrees in English Literature from Brown University and Narrative Medicine from Columbia University. She is an editor and contributor to publications such as *Women's Wear Daily*, the *Wall Street Journal*, the *New York Times*, *Good Housekeeping*, *Self*, *InStyle*, the *Purist*, and others..

# RECENT RELEASES

◀ FORTHCOMING RELEASES

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**TERRITORY**  
**World**

**RIGHTS SOLD**

**Korea** (Little Mountain)


**Russia** (Azbooka)

December 2024

Trade Paperback

304 pp. | \$16.95 US

Approximately 50  
B&W illustrations

Finished copies  
available 

## The Shortest History of Eugenics

*From “Science” to Atrocity—How a Dangerous Movement Shaped the World, and Why It Persists*

**ERIK L. PETERSEN, PhD**

**A harrowing history of a dangerous idea—  
and how it shaped the world’s image of  
who was most worthy of life**

Eugenics emerged in the nineteenth century as a potent and seemingly benevolent—even prudent—idea: the simplest way to rid society of social ills and bring about a healthier, more “desirable” humankind was through the “science” of better breeding. Seizing on advancements in genetics as well as on nativist sentiments in an era of rapidly changing populations, influential thinkers started a movement that swept across the world in the form of marriage restrictions, segregation, and forced sterilization.

*The Shortest History of Eugenics* shows us how the movement lived on by other names, becoming entangled in some of the most significant and charged issues of our time, from racism, disability, and reproductive rights to immigration, genetic intervention, the treatment of criminals, and colonialism. As this insightful account takes us back to the founding principles of eugenics, it reveals how an idea that began in cattle breeding took such an insidious turn—and how it lingers in rhetoric and policy today.

**ERIK L. PETERSEN, PhD**, is associate provost and associate professor of the history of science and medicine at The University of Alabama. He publishes and teaches about the historical relationship between race and science in the United States and abroad.

Photo by Bryan Hester



## PRAISE FOR THE SHORTEST HISTORY OF EUGENICS

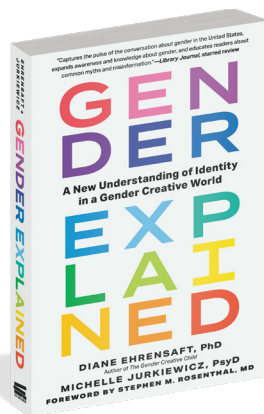
“Peterson helps us see the motives and ideas behind eugenics as deeply embedded in the history of racism, imperialism, and colonialism. This book could not be more timely.” —**JAMES E. STRICK**, *Author of Sparks of Life: Darwinism and the Victorian Debates Over Spontaneous Generation*

“Indispensable. This formidable history of eugenics helps us understand its continued importance in the modern discussion—from the American roots of Nazi atrocity to the continued use of eugenic practices today. It should be required reading.” —**JOHN SLATTERY, PHD**, *Executive Director, Carl G. Grefenstette Center for Ethics in Science, Technology, and Law, Duquesne University*

“Reckoning with the eugenic past in all its complexity is a task for our times. In *The Shortest History of Eugenics*, Erik L. Peterson provides a concise survey that nevertheless gives that complexity its due, explaining how scientific ideas, medical techniques, economic incentives, and political ideologies combined to such ruinous effect, with legacies that persist right up to the present.” —**GREGORY RADICK**, *author of Disputed Inheritance and professor of history and philosophy of science, University of Leeds*

“A straight-talking, rollicking, and comprehensive romp through the history of eugenics. If you're new to the subject, this is an excellent place to start.” —**SUBHADRA DAS**, *author of Uncivilised: Ten Lies That Made the West*

“Concise and informative, *The Shortest History of Eugenics* clearly shows that ideas about (white) race betterment both preceded and followed the few decades we often describe as the eugenics era. The belief in the existence of inner essences that makes us who we are and in the societal need to control reproduction is still alive and well, and Peterson's book is a vivid reminder of how these beliefs have resulted in past horrors that we had better avoid in the future. A tour-de-force.” —**KOSTAS KAMPOURAKIS**, *author of Understanding Evolution*



## TERRITORY

World

## RIGHTS SOLD

Italy (Edizioni Sonda)


Korea (SuoBooks)

UK (Ebury)

Winter 2026

Paperback

240 pp. | \$17.95 US

Hardcover copies  
available 

# Gender, Explained

*A New Understanding of Identity in a Gender Creative World*

**DIANE EHRENSAFT, PhD**

**MICHELLE JURKIEWICZ, PsyD**

FOREWORD BY STEPHEN M. ROSENTHAL

Gender is everywhere. Politicians argue over it, educational systems struggle to define it, and our friends, neighbors, and children explore it. More than ever before, young people are questioning their gender identities and redefining the role of gender in their lives.

*Gender, Explained* separates medical fact from fear-mongering falsehoods and answers these questions: What should parents do when their child starts experiencing gender dysphoria? Which sports teams should transgender youth play on? How should schools teach young people about gender? What is gender-affirming care, and when should an individual have access to it?

With clear, expert guidance, this book is a safeguard against political vitriol. Far more than an introduction to gender creativity, it is an invitation to develop compassion for everyone along the gender continuum.

**Paperback  
edition, with  
new preface  
coming Winter  
2026**



**DIANE EHRENSAFT, PhD** is a developmental and clinical psychologist and director of mental health at the Child and Adolescent Gender Center at UCSF Benioff Children's Hospital.



**MICHELLE JURKIEWICZ, PsyD** is a licensed clinical psychologist and gender specialist. She was an early pioneer in the work with transgender, nonbinary, and gender expansive youth. She trains newer clinicians in using the Gender Affirmative Model.

[DianeEhrensaft.com](http://DianeEhrensaft.com) [StillWatersPsychotherapy.com](http://StillWatersPsychotherapy.com)

## PRAISE FOR GENDER EXPLAINED

“A world-leading expert and clinical psychologist team up to “accurately capture the pulse of the conversation about gender...expand awareness...and educate readers about common myths and misinformation.” —[LIBRARY JOURNAL](#), [starred review](#)

“*Gender Explained* serves as a guide for parents of children across many ages and stages. It can provide the insight and language parents desperately need to talk to their children and other family members about their child’s gender journey.” —[ELLEN KAHN](#), [Human Rights Campaign Foundation](#)

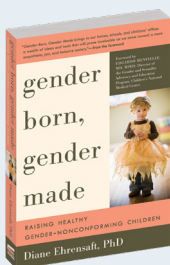
“Psychologists Diane Ehrensaft and Michelle Jurkiewicz team up for this excellent introduction to the concepts of gender creativity and gender-affirming care. *Gender Explained* dispels myths about younger generations’ ease with gender creativity and about approaches, taken by physical and mental health professionals in the field, providing a clear picture of the truth, along with anecdotes, exercises, and pointers to help readers understand and act on this information.” —[SHELF AWARENESS](#), [starred review](#)

“The authors thoughtfully examine how and why gender has become a pressing concern for today’s youth...A thorough, evenhanded illumination of a contentious topic imbued with compassion and cleareyed data.” —[KIRKUS REVIEWS](#)

“This is the book I wish I’d had when my own child told me, at age three, that she wasn’t the gender I believed her to be. If you’re scared and confused because your child is saying things about gender that you never expected to hear, this is the book for you. *Gender Explained* sets aside the politics, lays out the science, and offers practical, compassionate advice for supporting our children—and ourselves—on the gender adventure that awaits us.” —[MARLO MACK](#), [author of \*How to Be a Girl\*](#)

“Providing clear, expert guidance, *Gender Explained* aims to separate medical fact from fear-mongering falsehoods, introducing readers to gender creativity while providing accessible introductions to topics like gender-affirming care and gender dysphoria in children.” —[AUTOSTRADDLE](#)

### ALSO BY DIANE EHRENSAFT, PHD | PARENTING | FEATURED BACKLIST



#### Gender Born, Gender Made

Raising Healthy Gender-Nonconforming Children

TERRITORY: World

May 2011

Trade Paperback  
304 pp. | \$16.95

Finished copies available



#### The Gender Creative Child

Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes

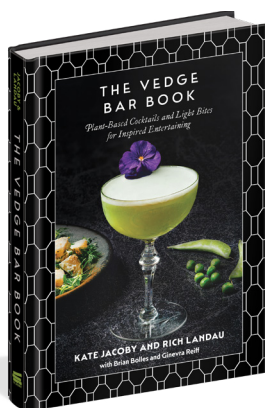
TERRITORY: World

RIGHTS SOLD: Greece, Italy

April 2018

Trade Paperback  
304 pp. | \$15.95

Finished copies available




## TERRITORY World

November 2024

Paper over Boards

224 pp. | \$26.95 US

Approximately  
75 four-color  
photographs

Finished copies  
available 

# The Vedge Bar Book

*Plant-Based Cocktails and Light Bites for Inspired Entertaining*

KATE JACOBY AND RICH LANDAU

**Everything you need for a memorable cocktail hour is right here—with 75 innovative plant-based drinks & snacks**

At Vedge, the award-winning Philadelphia restaurant that pioneered plant-based fine dining, Kate Jacoby, Rich Landau, and their acclaimed team have been elevating vegetable cooking—and imbibing—for well over a decade. They believe a good drink is an indulgent, multisensory experience worth savoring—and even better when paired with the right snack and enjoyed among friends.

Drawing inspiration from fresh produce and the rhythms of nature, the all-vegan drinks, bar snacks, and small plates shared here are some of their most beloved creations, with imaginative flavor combinations you'll find nowhere else.

Fresh, exuberant, and totally irresistible, *The Vedge Bar Book* is a sensual celebration and a must-have for holiday hosts, cocktail connoisseurs, and plant-based lifestyles.

**“Sophisticated, contemporary, and worth every sip.”**

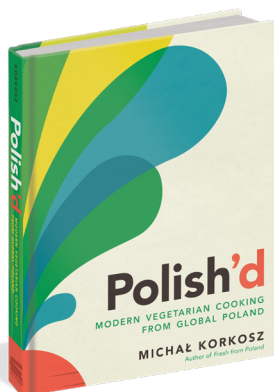
—DAN BUETTNER, *Blue Zones* founder  
& bestselling author



**KATE JACOBY & RICH LANDAU** are co-owners of Vedge and Ground Provisions, modern vegetable restaurants that have earned rave reviews from diners and critics alike. They are pioneers of vegan fine dining. Between the two of them, nods and accolades include six-time finalist for the James Beard Award, Best Chef and Best Restaurant nods from the *Bon Appetit*, *Food & Wine*, *GQ*, *Food Network*, and *Philadelphia Magazine*.







## TERRITORY

World

## RIGHTS SOLD

**Germany** (Stiebner)


**Poland** (Buchmann)

October 2023

Paper over Boards

256 pp. | \$32.50 US

Color photographs throughout

Finished copies available 

# Polish'd

*Modern Vegetarian Cooking from Global Poland*

**MICHAŁ KORKOSZ**

**More than 100 vegetarian recipes celebrate the global flavor of today's trend-setting Polish cuisine**

Michał Korkosz, the award-winning author of *Fresh from Poland*, reenvision his home country as a cultural crossroads of Europe in this plant-forward collection of rule-breaking recipes. As Korkosz highlights, in Polish cooking adopting ideas from abroad is just as customary as pierogi and bigos. *Polish'd* explores this rich heritage, with notes of French, Italian, Middle Eastern, Turkish, and traditional Jewish dishes.

Thoughtfully organized by method—from “steamed” to “baked and roasted” to “fermented and preserved”—Korkosz’s recipes showcase fresh vegetables, grains, and herbs without overlooking the occasional need for cheesy potato hand pies and buttery cookies! With its unique take on this oft-ignored cuisine, *Polish'd* will please readers with Polish heritage, vegetarian fans of Eastern European food, and anyone looking for creative ways to enjoy plant-based fare.

**#1 International Bestseller**

**Recommended by the Polish Cultural Institute New York**  
**2023 Foreword INDIES Gold Winner**



**MICHAŁ KORKOSZ** is a food writer, recipe developer, and the creator of the Polish food website Rozkoszny (meaning “delightful”), which has earned two *Saveur* Blog Awards. He is a food columnist for *Przekrój Magazine* and a contributor to the Polish edition of *Vogue*. He lives in Warsaw, Poland.

## PRAISE FOR POLISH'D

“One of my favorite new cookbooks.” —**JOE YONAN**, *Washington Post*

“Plant-forward innovations from a Polish kitchen....Multicultural, inventive recipes.... brim with the confidence of a knowledgeable cook who derives joy from bending tradition to suit his tastes.” —**THE ATLANTA JOURNAL-CONSTITUTION**

“These recipes give you plenty of cause to say *smacznego* (bon appetit) to this delicious collection of innovative nouveau-Polish recipes.” —**SAVEUR**

“Highlights the ways in which Polish cuisine is (and always has been) ‘multicultural.’... Start drooling.” —**BOOKLIST**

“*Polish'd* brims with dazzling recipes and inviting stories—virtuosic, vegetarian takes on traditional Polish cuisine with multicultural influences.” —**FOREWORD, STARRED REVIEW**

“Tradition and modernity intersect in Korkosz’s creative kitchen, resulting in food which seems unmistakably Polish but also very aware of the rest of the world.”

— **KITCHEN ARTS & LETTERS**

ALSO BY MICHAŁ KORKOSZ | COOKING | BESTSELLING BACKLIST



**TERRITORY:** World  
**RIGHTS SOLD:** Germany  
(Stiebner), Poland (Otwarte)

March 2020  
Paperback with flaps  
240 pp. | \$22.95 US  
Finished copies available ☒

### Fresh from Poland

*New Vegetarian Cooking from the Old Country*

A one-of-a-kind vegetarian Polish cookbook, featuring over 80 creative, modern, and comforting recipes that showcase the abundant vegetable-forward recipes of Poland.

In *Fresh from Poland*, Saveur award winner Michał Korkosz celebrates recipes from his mother and grandmother—with modern, personal touches and gorgeous photos that capture his passion for cooking. Vegetables are his stars, but Michał doesn’t shy away from butter, flour, and sugar; the ingredients that make food—and life—more *rozkoszny* (delightful)!

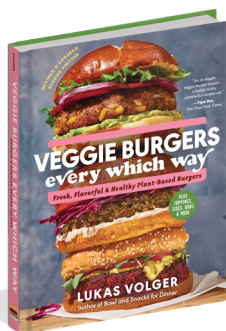
**An Indie Bestseller**

**A Booklist Top 10 Cookbook of 2020**

**A San Francisco Chronicle Best Cookbook of 2020**

“A light and delicious take on a cuisine often underrepresented in cooking collections. Vegetarian or not, most cooks will find something to savor.”

—**LIBRARY JOURNAL**



**TERRITORY:** World

June 2023

Trade Paperback

192 pp. | \$21.95 US

Finished copies available ☒

## Veggie Burgers Every Which Way—Second Edition

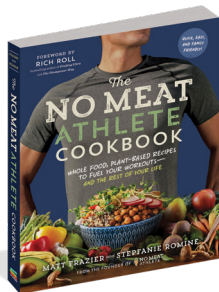
*Fresh, Flavorful, and Healthy Plant-Based Burgers —Plus Toppings, Sides, Buns, and More*

**LUKAS VOLGER**

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

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

**LUKAS VOLGER** is a food writer, recipe developer, and author of four other cookbooks: *Vegetarian Entrees That Won't Leave You Hungry*, *Bowl*, *Start Simple*, and *Snacks for Dinner*. He cofounded and served as the editorial director of the food journal *Jarry* and created *Made by Lukas*, a line of premium veggie burgers. His work has been featured in *The New York Times*, *The Washington Post*, *Bon Appetit*, and elsewhere. He lives in Brooklyn, New York.



**TERRITORY:** World

**RIGHTS SOLD:** Germany

May 2017

Trade Paperback

288 pp. | \$24.95 US

50 color photographs

Finished copies available ☒

## The No Meat Athlete Cookbook

*Whole Food, Plant-Based Recipes to Fuel Your Workouts—and the Rest of Your Life*

**MATT FRAZIER & STEPFANIE ROMINE**

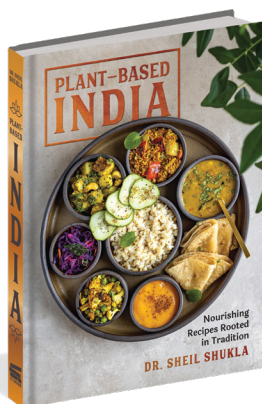
A fast-growing global movement, *No Meat Athlete* earns new fans every day by showing how everyone from weekend joggers to world-class competitors can become even healthier and fitter by eating whole plant foods.

Now *The No Meat Athlete Cookbook*—written by founder Matt Frazier and health coach, yoga teacher, and food writer Stephanie Romine—showcases 125 delicious vegan recipes, many inspired by plant-based foods from around the world. Put nourishing, whole foods on the table quickly and affordably, with recipes like Almond Butter Banana Pancakes, Naked Samosa Burgers, and more. These adaptable, plant-powered recipes will power you—to perform better, recover faster, and feel healthier.

**A Sports Illustrated Best Health and Wellness Book of 2017**

**2017 Foreword INDIES Bronze Winner**

**MATT FRAZIER** is a *New York Times*–bestselling author, vegan ultramarathoner, and founder of the No Meat Athlete movement. He lives in Asheville, North Carolina.



## TERRITORY

World

## RIGHTS SOLD

Germany (Christian)

India (English)


(Prakash)

August 2022

Paper over Boards

256 pp. | \$32.50 US

120 color  
photographs

Finished copies  
available 



# Plant-Based India

*Nourishing Recipes Rooted in Tradition*

DR. SHEIL SHUKLA

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

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

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

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

**A 2023 James Beard Foundation Book Award Nominee**

**A *New York Times* Best Cookbook of 2022**

**A WBUR/*Here and Now* Best Cookbook of the Year**

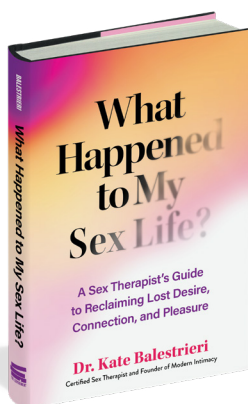
**A Food Network Best Vegan Cookbook of 2022**

**A Forks Over Knives Favorite Plant-Based Book of 2022**

**Amazon Editors' Picks: Best Cookbook**

**A *Foreword* INDIES Finalist of 2022**

**DR. SHEIL SHUKLA** is an internal medicine physician and food artist. His culinary creations have garnered the support of over 90,000 followers on Instagram. He lives in Chicago, Illinois.




## TERRITORY

### World

February 2025

Hardcover

288 pp. | \$27.95 US

Finished copies  
available 

# What Happened to My Sex Life?

*A Sex Therapist's Guide to Reclaiming Lost Desire, Connection, and Pleasure*

**DR. KATE BALESTRIERI**

**"An invaluable resource for anyone who wants to know where their sex drive went—and, importantly, how to get it back."**

—LAURIE MINTZ, PhD, author of *A Tired Woman's Guide to Passionate Sex and Becoming Cliterate*

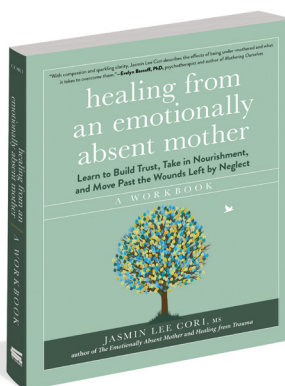
When your interest in sex takes a dive, it can be frustrating, isolating, and scary. You might feel pressured by a partner to "get back to normal," or worry that you're broken, no longer able to connect authentically to your sexuality. You're not broken, and you will feel desire again.

In *What Happened to My Sex Life?*, Dr. Kate Balestrieri—licensed sex therapist and host of the podcast *Get Naked with Dr. Kate*—uncovers the twelve most common causes of a loss of libido. Then she shares what you can do to overcome them and reignite your passion.

With Dr. Kate's compassionate guidance, you'll be empowered to begin asking yourself what you really want from sex, befriending your body, confronting your mental blocks, discovering and sharing your turn-ons, and renegotiating your relationships. *What Happened to My Sex Life?* is your road map back to yourself, your sexuality, and your pleasure.

**DR. KATE BALESTRIERI** is a licensed psychologist and certified sex therapist focused on helping people heal from trauma and addiction, improve relationships, and have better sex lives. She is the founder of Modern Intimacy, a counseling practice that operates in Los Angeles, Miami, and Chicago, and a passionate advocate for mental health, relational and sexual health, and wellness.





## TERRITORY

World

## RIGHTS SOLD

France (Leduc)

Russia (Eksmo)


Turkey (Koridor)

UK (Sheldon Press)

January 2025

Trade Paperback

224 pp. | \$24.95 US

Finished copies  
available 

# Healing from an Emotionally Absent Mother

*Learn to Build Trust, Take In Nourishment, and Move Past the Wounds Left by Neglect—A Workbook*

JASMIN LEE CORI, MS, LPC

**An indispensable hands-on guide to healing from the long-lasting effects of childhood emotional neglect**

If you grew up with an emotionally absent mother—a mother who was cold, dismissive of your needs, unwilling or unable to give you the nurturing you needed—the wounds can last a lifetime. You may find yourself wondering, *Why is it so hard to attend to my own needs? Why do I have so much trouble trusting people to be there for me? Do I need to hide parts of myself to be lovable?*

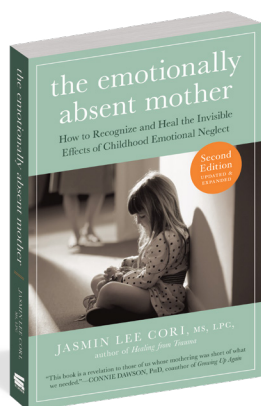
This workbook, from an expert in childhood neglect, will guide you through the process of emerging from the pain and reclaiming the self you hid or changed for Mother's sake. Inside you'll find tools and more than 70 exercises, including personal inventories, journaling prompts, and discussion questions, to help you work through the lingering effects of your neglect and be a better mother to yourself.

"Jasmin Lee Cori's long experience as a therapist is evident in the way she expertly guides those who were 'under-mothered,' providing a much-needed structure for the powerful process of healing...I strongly recommend this workbook to my clients who've experienced emotional neglect from their mothers."

—BEVERLY ENGEL, LMFT, author of *Healing Your Emotional Self* and *The Emotionally Abused Woman*



**JASMIN LEE CORI, MS, LPC**, worked as a licensed psychotherapist for many years, specializing in working with adults who experienced childhood abuse and neglect. She is the author of five nonfiction books, including *Healing from Trauma*.



## The Emotionally Absent Mother—Second Edition

*How to Recognize and Heal the Invisible Effects of Childhood Emotional Neglect*

JASMIN LEE CORI, MS, LPC

**The groundbreaking work on self-healing and getting the love you missed**

**TERRITORY**  
**World**

**RIGHTS SOLD**

**Azerbaijan** (Qanun)

**France** (Leduc)

**Germany** (Penguin)

**Netherlands** (Ankh  
Hermes)

**Poland** (Zwierciadło)

**Romania** (Trei)

**Russia** (Eksmo)

**Saudi Arabia** (Dala'il)

**Spain** (Sirio)

**Taiwan** (Persimmon)

**Turkey** (Koridor)

**Ukraine** (Naukoviy Svit)

**UK** (Sheldon Press)

**Vietnam** (First News)

April 2017

Paperback

304 pp. | \$17.95 US

Finished copies available



Was your mother preoccupied, distant, or even demeaning? Have you struggled with relationships—or with your own self-worth? Often, the grown children of emotionally absent mothers can't quite put a finger on what's missing from their lives. The children of abusive mothers, by contrast, may recognize the abuse—but overlook its lasting, harmful effects.

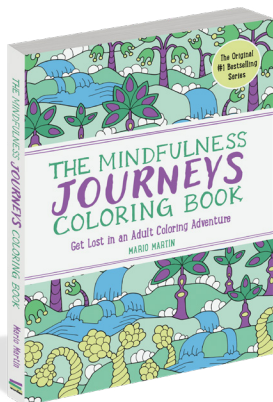
Psychotherapist Jasmin Lee Cori has helped thousands of men and women heal the hidden wounds left by every kind of undermothering. In this second edition of her pioneering book, with compassion for mother and child alike, she explains: possible reasons your mother was distracted or hurtful—and what she was unable to give; the lasting impact of childhood emotional neglect and abuse; how to secure a happier future for yourself (and perhaps for your children).

*"The Emotionally Absent Mother...was one of many that woke me up....I began the process of reparenting and it's changed my life."*

—**DR. NICOLE LEPERA**, *New York Times*–bestselling author of *How to Do the Work*

**JASMIN LEE CORI, MS, LPC**, worked as a licensed psychotherapist for many years, specializing in working with adults who experienced childhood abuse and neglect. She is the author of five nonfiction books, including *Healing from Trauma*.





## TERRITORY


### World

November 2024

Paperback

112 pp. | \$9.95 US

100 B&W  
illustrations

Finished copies  
available 

# The Mindfulness Journeys Coloring Book

*Get Lost in an Adult Coloring Adventure*

MARIO MARTÍN

**Explore spellbinding worlds, de-stress, and color in with the newest addition to the #1 national bestselling series**

The #1 bestselling Mindfulness Coloring series is back with brand new scenes to explore, complete, and color in! In this pocket-sized coloring book, journey through wondrous depictions of galaxies, planets, cities, and landscapes, adding your own creative touch to each design. With one hundred original illustrations, including intricate maps, relaxing fields of flowers, and dazzling skies, you can get lost in fantastical worlds. By focusing on coloring in and completing new patterns, you'll reach a deeper sense of relaxation and find balanced moments of calm in a hectic world.



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

ALSO BY THIS AUTHOR | CREATIVITY & MINDFULNESS | BESTSELLING BACKLIST



## The Mindfulness Doodles Coloring Book

**TERRITORY:** World

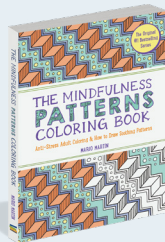
November 2023

Trade Paperback

112 pp. | \$9.95 US

100 B&W illustrations

Finished copies available



## The Mindfulness Patterns Coloring Book

**TERRITORY:** World

December 2022

Trade Paperback

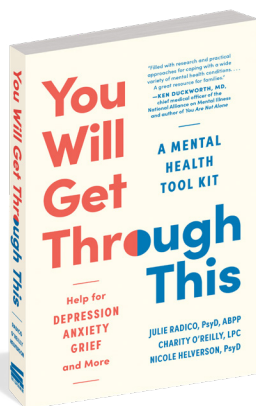
112 pp. | \$9.95 US

100 B&W illustrations

Finished copies available







## TERRITORY

World

## RIGHTS SOLD

India (English)

(Manjul)


Russia (Eksmo)

Turkey (Alfa)

July 2024

Trade Paperback

304 pp. | \$19.95 US

Finished copies  
available 

# You Will Get Through This

*A Mental Health Tool Kit—Help for Depression, Anxiety, Grief, and More*

**JULIE RADICO, PsyD, ABPP**

**CHARITY O'REILLY, LPC**

**NICOLE HELVERSON, PsyD**

**An all-in-one guide to taking charge of your mental health, with research-proven strategies to alleviate daily struggles such as depression, anxiety, panic disorder, ADHD, and insomnia**

There are more barriers than ever to accessing reliable mental health care—and when your mental health is suffering, you need help *now*.

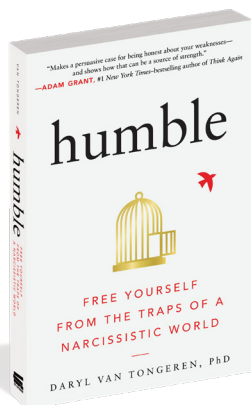
This book, written by three practicing therapists, is your comprehensive mental health tool kit. Drawing on the techniques they use with their clients, they offer a holistic understanding of more than twenty all-too-common life challenges, plus compassionate, evidence-based strategies for when you're struggling. Even better, these are techniques that *anyone* can do at home. *You Will Get Through This* illuminates the road to wellness so you can take charge of your own healing.

“This helpful book is filled with research and practical approaches for coping with a wide variety of mental health conditions....A great resource for families.”

—**KEN DUCKWORTH, MD**, chief medical officer of the National Alliance on Mental Illness and author of *You Are Not Alone: The NAMI Guide to Navigating Mental Health*



**JULIE RADICO, PsyD, ABPP** is a board-certified clinical health psychologist with ten years of experience working in primary care settings. **CHARITY O'REILLY, LPC** is a licensed professional counselor specializing in trauma therapy. **NICOLE HELVERSON, PsyD** is a clinical psychologist in private practice specializing in depression, grief, eating disorders, and anxiety.



## Humble

*Free Yourself from the Traps of a Narcissistic World*

**DARYL VAN TONGEREN, PhD**

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

### TERRITORY

**World**

### RIGHTS SOLD

**Korea** (SangSang Square)

**Saudi Arabia** (Jarir Bookstore)

**Taiwan** (Titan)


**Turkey** (Timas)

**UK + CW** (Welbeck)

May 2023

Trade Paperback

304 pp. | \$16.95 US

Finished copies  
available 

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

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

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

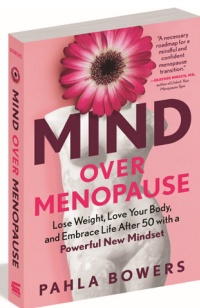
A thought-provoking call to reexamine our values, *Humble* signals a paradigm shift—from the “self-esteem movement” run amok to a better world in which we lift up one another.

**A UNIVERSITY OF CALIFORNIA FAVORITE BOOK OF 2022**

**DARYL VAN TONGEREN, PhD**, is an associate professor of psychology at Hope College, associate editor of the *Journal of Positive Psychology*. His research, which has won numerous grants and awards, has been covered by *The New York Times*, *The Washington Post*, and *Chicago Tribune*, among other outlets.



Photo credit: Anna Stubbs Photography



**TERRITORY:** World  
**RIGHTS SOLD:** Germany

May 2024  
Paperback  
256 pp. | \$17.95 US  
Finished copies available



## Mind Over Menopause

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

**PAHLA BOWERS**

Welcome to menopause, where everything you thought you knew about your body changed overnight. Weight-loss life coach and YouTuber Pahla Bowers is here to help with a simple and powerful method to flip the script on menopause—by adjusting how you think. Pahla teaches how to target Really Unhelpful Thoughts (RUTs) to shed extra pounds and stay healthy.

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

**“A necessary roadmap for a mindful and confident menopause transition and the tools to navigate it on one’s own terms.”**

—**HEATHER HIRSCH, MD**, author of *Unlock Your Menopause Type*

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



**TERRITORY:** World  
**RIGHTS SOLD:** Saudi Arabia

September 2022  
Paperback  
288 pp. | \$15.95 US  
Finished copies available



## Don't Forget to Breathe

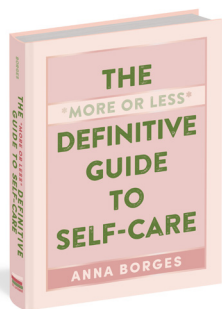
*5-Minute Mindfulness for Busy Women--Beat Stress and Find Calm Anytime, Anywhere!*

**SHONDA MORALIS**

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

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

**SHONDA MORALIS, MSW, LCSW** is a women’s mindful empowerment coach and psychotherapist in private practice with over twenty years’ experience, specializing in stress-related disorders and women’s issues. Her award-winning first book, *Breathe, Mama, Breathe*, is a *Parents* magazine “Mom Must-Read.” She believes that when women feel strong, balanced, and empowered, they are capable of extraordinary accomplishments on the home front and out in the world at large.



**TERRITORY:** World  
**RIGHTS SOLD:** Malaysia

November 2019  
Paper over Boards  
256 pp. | \$256 US  
Finished copies available



## The More or Less Definitive Guide to Self-Care

**ANNA BORGES**

*The More or Less Definitive Guide to Self-Care* is here to help you exist in the world. Borges gathers over 200 tips, activities, and stories (from experts and everyday people alike) into an A-to-Z list—from asking for help and burning negative thoughts to the importance of touch and catching some Zzz's. Make any day a little more OK with new skills in your self-care toolkit—and energy to show up for yourself.

**2019 FOREWORD INDIES GOLD WINNER**

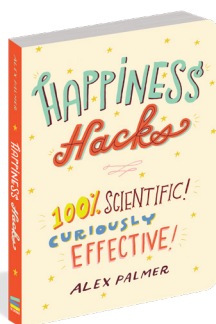
“A compendium [about] how to move through the world with a little more kindness for yourself.”

—**BUSTLE**

“How to Make ‘Self-Care’ Actually Feel Like Self-Care”

—**THE NEW YORK TIMES**

**ANNA BORGES** is a freelance writer, editor, and podcast producer who specializes in mental health and wellness. With over a decade of experience, she's held senior editorial positions at *SELF*, *BuzzFeed*, and more. When she's not writing, you'll probably find her at home in Brooklyn, NY, hanging out with her cats and making sure everyone in the group chat is practicing self-care.



**TERRITORY:** World  
**RIGHTS SOLD:** India, Korea

May 2018  
Paperback  
176 pp. | \$12.95 US  
Finished copies available



## Happiness Hacks

*100% Scientific! Curiously Effective!*

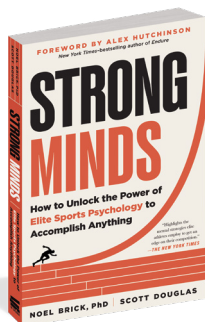
**ALEX PALMER**

Could you be happier at work, in love, in life? You may not need a total overhaul—just a few good Happiness Hacks! Here are hundreds of shortcuts to brighten your day and boost your mood—and the science behind how they work. Discover why:

- 57°F (13.9°C) is the happiest temperature
- Renters have a surprising edge over homeowners
- 17-minute breaks are the most productive
- Date night is the key to a happy marriage
- Just 10 minutes of exercise can cheer you up!

Whether you're seeking better health, stronger friendships, or that elusive “happy place,” these stunningly simple tips are proven to help. You can hack your way to happiness!

**ALEX PALMER** is a journalist and excavator of fascinating facts. He is the *New York Times*–bestselling author of *The Santa Claus Man* as well as three other books of surprising bits of history and science: *Weird-o-Pedia*, *Alternative Facts*, and *Literary Miscellany*. His writing has appeared in *Lifemaker*, *Best Life*, *Mental Floss*, *Slate*, *Esquire*, and many other outlets.



**TERRITORY:** World  
**RIGHTS SOLD:** China,  
Korea, Portugal,  
Romania, Russia,  
Taiwan

October 2023  
Trade paperback  
288 pp. | \$16.95 US  
Finished copies available



## Strong Minds

*How to Unlock the Power of Elite Sports Psychology to Accomplish Anything*

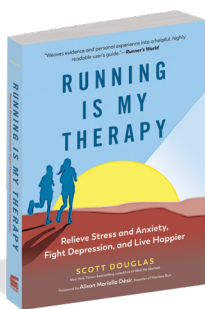
**NOEL BRICK, PHD**  
**SCOTT DOUGLAS**  
**FOREWORD BY ALEX HUTCHINSON**

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 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**

**ALSO BY SCOTT DOUGLAS | SELF-HELP & HEALTH**



**TERRITORY:** World  
**RIGHTS SOLD:** Finland,  
France, Italy, Russia

April 2019  
Paperback  
288 pp. | \$14.99 US  
Finished copies available



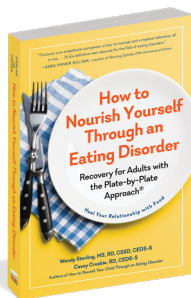
## Running Is My Therapy

*Relieve Stress and Anxiety, Fight Depression, and Live Happier*

Everyone knows that running builds stronger muscles and a healthier heart. In *Running Is My Therapy*, longtime runner Scott Douglas shows how endurance running is also the best form of exercise to develop a healthier brain. A natural antidepressant, running reinforces the benefits of therapy and triggers lasting, positive physiological changes. In fact, some doctors now “prescribe” a running regimen as part of their first-line treatment plan for depression. Marshaling expert advice and a growing body of research, Douglas explains how we can all use running to improve mental health—and live happier.

“Douglas weaves evidence and personal experience into a helpful, highly-readable user’s guide.” —**RUNNER’S WORLD**

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



**TERRITORY:** World  
November 2023  
Trade Paperback  
340 pp. | \$18.95  
4-page color photo insert  
Finished copies available



## How to Nourish Yourself Through an Eating Disorder

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

**WENDY STERLING, MS, RD, CSSD, CEDS-S**

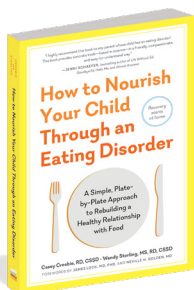
**CASEY CROSBIE, RD, CEDS-S**

If you struggle with any form of disordered eating, the path to normal eating may seem impossible. This is why Wendy Sterling and Casey Crosbie created the Plate-by-Plate Approach®: a simple, numberless, exchange-free program to restore your relationship with food. In this practical, easy-to-use guide—complete with sample plates, example schedules, & helpful tracking logs—they teach you to take control of your nutrition.

“wonderful, detailed, medically sound, and super-helpful...an alternative to counting and tallying nutritional practices, this comprehensive and inclusive book offers start-today strategies and long-term support.”

—**JENNIFER L. GAUDIANI, MD, CEDS-S, FAED**, founder & medical director of Gaudiani Clinic, author of *Sick Enough*

**ALSO BY STERLING & CROSBIE | SELF-HELP & HEALTH**



**TERRITORY:** World  
July 2018  
Trade Paperback  
324 pp. | \$18.95  
Finished copies available



## How to Nourish Your Child Through an Eating Disorder

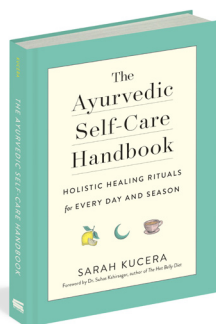
*A Simple, Plate-by-Plate Approach® to Rebuilding a Healthy Relationship with Food*

Parents are the first to know when their child starts behaving differently. Has your son stopped eating his favorite food, or does he refuse to eat out with friends? Has your daughter drastically increased her exercise regimen, or become obsessed with health foods? These are among the telltale signs that your child, like millions of others, may have an eating disorder (ED).

In this essential guide, registered dietitians introduce an all-new strategy you can use to help your child at home. The Plate-by-Plate approach is rooted in family-based treatment—the leading psychological therapy for EDs.

Paired with therapy, this intuitive, visual method is the best way to support your child on the path to recovery. Plus, the authors cover how to talk about diet and weight, what to do while traveling, what to expect from your child's doctor, and much more.

**WENDY STERLING, MS, RD, CSSD, CEDS-S** specializes in eating disorders and sports nutrition. She has been published in the *International Journal of Eating Disorders*. **CASEY CROSBIE, RD, CEDS-S** owns Crosbie Nutrition, a virtual private practice in California. Her work has been published in the *Journal of the Academy of Nutrition and Dietetics*.



**TERRITORY:** World  
**RIGHTS SOLD:** Poland,  
Germany

April 2019  
Flexibind  
304 pp. | \$16.95 US  
Finished copies available



## The Ayurvedic Self-Care Handbook

*Holistic Healing Rituals for Every Day and Season*

**SARAH KUCERA, DR. SUHAS KSHIRSAGAR**

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

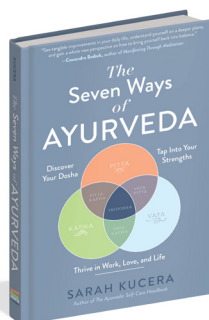
Get back in sync with nature—and rediscover your potential to feel good.

“Kucera shows readers how to incorporate principles of Ayurvedic philosophy into their lives in this welcoming, persuasive debut. . . . Those interested in natural, easy-to-follow solutions for daily health concerns will find much helpful advice here.”

—PUBLISHERS WEEKLY

**A 2019 NAUTILUS SILVER AWARD WINNER, BODY, MIND, & SPIRIT PRACTICES**

**ALSO BY SARAH KUCERA | SELF-HELP & HEALTH**



**TERRITORY:** World  
**RIGHTS SOLD:** Brazil,  
France, Poland,  
Romania, Taiwan

May 2022  
Paper over Boards  
340 pp. | \$19.95 US  
Finished copies available



## The Seven Ways of Ayurveda

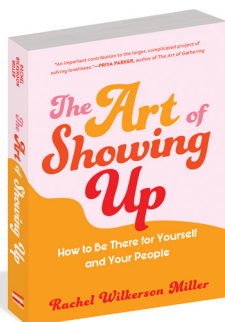
*Discover Your Dosha, Tap Into Your Strengths—and Thrive in Work, Love, and Life*

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

This is your dosha, the true essence of who you are. In *The Seven Ways of Ayurveda*, you'll discover which type fits you best. Then, you'll identify your innate strengths (and their “shadow sides”); whether you're out of balance (and what to do); how your unique type approaches work, love, travel, and more; and how to forge true, mutual understanding with friends and loved ones whose doshas may differ. When you know yourself better, you can take better care of yourself—and others, too.

**SARAH KUCERA** has been championing healthy practices professionally for over a decade, and personally for her whole life. A licensed chiropractor, certified Ayurvedic practitioner, registered yoga teacher and yoga therapist, and entrepreneur, she is the founder of Sage, a healing arts center and herbal apothecary where she combines these methods to help others find well-being.





**TERRITORY:** World  
**RIGHTS SOLD:** Malaysia

May 2020  
Paperback  
304 pp. | \$17.95 US  
Finished copies available



## The Art of Showing Up

*How to Be There for Yourself and Your People*

**RACHEL WILKERSON MILLER**

If you're having trouble connecting with those around you, know that you're not the only one. Adult friendships are tricky! Part manifesto, part guide, *The Art of Showing Up* is soul medicine for our modern, tech-mediated age. Rachel Wilkerson Miller charts a course to kinder, more thoughtful, and more fulfilling relationships—and, crucially, she reminds us that “you can’t show up for others if you aren’t showing up for yourself first.”

“Miller has penned a fresh, wise, practical, modern guide for figuring out how to be true to yourself while also meaningfully connected to others. An important contribution to the larger, complicated project of solving loneliness.”

—PRIYA PARKER, author of *The Art of Gathering*

**ALSO BY RACHEL WILKERSON MILLER | SELF-HELP & HEALTH**



**TERRITORY:** World  
**RIGHTS SOLD:** France, Italy, the Netherlands, UK

July 2017  
Trade Paperback  
240 pp. | \$14.95 US  
88 color photographs  
Finished copies available

## Dot Journaling—A Practical Guide

*How to Start and Keep the Planner, To-Do List, and Diary That'll Actually Help You Get Your Life Together*

A dot journal is a planner, to-do list, and diary for every aspect of your life: work, home, relationships, hobbies, *everything*.

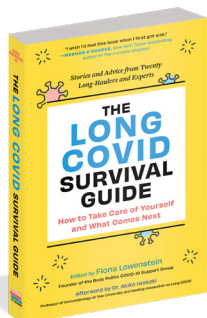
Early adopter Rachel Wilkerson Miller explains how to make a dot journal work for you—whether you find the picture-perfect examples on Pinterest inspiring or, well, intimidating. List to-dos and don't-dos; use symbols that will make those lists efficient and effective; create spreads to plan your day, week, month, or year; track your habits and goals (health, money, travel); and much more.

“This book...will actually help you get your life together.”

—HELLOGIGGLES

**RACHEL WILKERSON MILLER** is the editor-in-chief of SELF and author of *The Art of Showing Up* and *Dot Journaling—A Practical Guide*. Previously, she was a senior editor at BuzzFeed and Vox and a deputy editor at VICE. Her writing has appeared in *The New York Times*, *Huffington Post*, and SELF, and she's been a guest on NPR, the Today show, and Good Morning America. She lives in Brooklyn with her girlfriend.





**TERRITORY:** World

November 2022

Trade Paperback

288 pp. | \$18.95 US

B&W illustrations

Finished copies available



## The Long COVID Survival Guide

*How to Take Care of Yourself and What Comes Next—Stories and Advice from Twenty Long-Haulers and Experts*

**EDITED BY FIONA LOWENSTEIN**

AFTERWORD BY DR. AKIKO IWASAKI

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

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

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

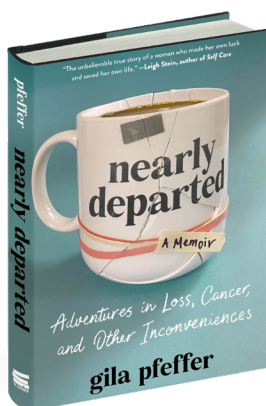
**2022 Foreword Indies Finalist**

**As featured on NPR's *It's Been a Minute***

“This is the Long COVID book that the world needs—a practical, authoritative, compassionate, and ultimately hopeful guide to a difficult condition, written by the people who understand it best. So many long-haulers have faced their illness alone and unheard; none ever need to do so again.”

—**ED YONG**, *New York Times*—bestselling author of *An Immense World* and Pulitzer Prize–winning journalist

**FIONA LOWENSTEIN** is an award-winning journalist and founder of the health-justice organization Body Politic. They created Body Politic's online COVID support group after being hospitalized with COVID in March 2020.




## TERRITORY World

July 2024

Jacketed Hardcover

272 pp. | \$27.95 US

Finished copies  
available 

# Nearly Departed

*Adventures in Loss, Cancer, and Other Inconveniences*

GILA PFEFFER

**A sharp, funny, and heartfelt memoir of losing both parents to cancer and the daring choices Gila Pfeffer made to avoid the same early demise**

By the time she was thirty, Gila Pfeffer was the oldest living member of her family, having lost her parents to cancer. Determined to break the cycle of early death in her family, Gila decides to undergo an elective double mastectomy.

This memoir follows her journey as she becomes a reluctant expert on how to sit shiva, grows up, falls in love, and enters motherhood, before her life is derailed yet again. Her double mastectomy reveals cancer already growing in one breast. With chutzpah honed over years of repeatedly surviving the worst, she manages to save her own life.

Drenched in Gila's dark humor, *Nearly Departed* is a story about thriving against the odds, committing to what's important, and leaving a better legacy than the one you inherited.

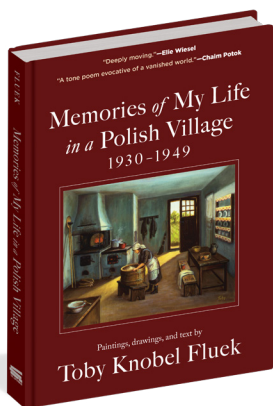
**Shortlisted for the Gilda Prize, Story Circle Network's 2024 Women's Book Awards**

"It takes an incredible spirit to not only stare down death multiple times, but to also write about it with such a clear head and make it funny. Only read this book if you are okay with both crying and laughing out loud in public."

—ILIZA SHLESINGER, award-winning comedian,  
actor, writer, producer, & author



**GILA PFEFFER** is a Jewish American writer and humorist. Her work has appeared in *The New York Times*, *The New Yorker*, *McSweeney's*, *Today.com*, and elsewhere. She splits her time between New York City and London.



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

TOBY KNOBEL FLUEK

FOREWORD BY RAKHMIEL PELTZ, PhD, PhD

Available again for the first time in decades, this jewel of a memoir is the poignant story of a young Jewish girl growing up in a mid-century Polish farm village

## TERRITORY


World

May 2024

Paper over Boards

144 pp. | \$24.95 US

94 B&W and color paintings and drawings

Finished copies available 

In her own words and with her own beautiful paintings and drawings, artist Toby Knobel Fluek lovingly unfurls a unique view of Jewish life. She introduces us to her village, to her family, to her neighbors; she shows us how customs and holidays were observed; and, with feeling and restraint, she illustrates how this long-enduring way of life was shattered by World War II. She depicts her family's experiences through Russian occupation and the devastation wreaked by the Nazis—and, finally, her new beginning in America.

New to this edition is a foreword by Rakhmiel Peltz, PhD, PhD, founding director of the Judaic studies program at Drexel University.

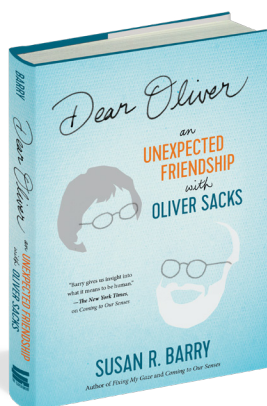


“Deeply moving” —**ELIE WIESEL**, author of *Night*

“A tone poem evocative of a vanished world”

—**CHAIM POTOK**, *New York Times* bestselling author of *The Chosen* and *My Name Is Asher Lev*

**TOBY KNOBEL FLUEK (1926–2011)** was born in the eastern Polish village of Czernica. In 1942, she and her family were forced into the Brody ghetto by the Nazis. After her escape and years in hiding, she married in 1949 and emigrated to New York, where she remained until her death. In 2018, The Florida Holocaust Museum added more than five hundred of Fluek's artworks and personal items to its collection, and it continues to share her work in exhibitions. She is the subject of the documentary film *Toby's Sunshine*.



## Dear Oliver

*An Unexpected Friendship with Oliver Sacks*

**SUSAN R. BARRY**

OLIVER SACKS (CONTRIBUTOR)

**A heartfelt memoir that captures the meeting of two great minds—and, with boundless generosity, shares the joy of what it's like to make, have, and keep a friend later in life**

### TERRITORY

World

### RIGHTS SOLD

**China** (Orient Publishing Center)

**Korea** (Bookie)


**UK** (Ithaka, imprint of Bonnier)

January 2024

Jacketed Hardcover

256 pp. | \$28.00 US

54 B&W images |  
4-page color insert

Finished copies  
available 

To the world, he was Dr. Sacks, the brilliant neurologist behind bestselling books like *The Man Who Mistook His Wife for a Hat*. To professor Susan Barry, he became Dear Oliver—her mentor, friend, and confidant over the course of their unlikely, engrossing ten-year correspondence.

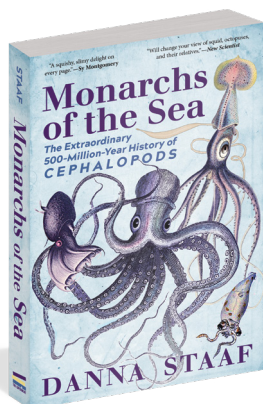
It begins with a letter that Sue almost doesn't send. Her unheard-of case history—as a "stereoblind" patient who acquired 3D vision in adulthood—so fascinates Dr. Sacks that he immediately asks to visit her. As "Stereo Sue," she becomes the subject of one of his indelible *New Yorker* pieces—and, as a fellow neuroscientist, a sounding board for all kinds of intellectual inquiry.

Dr. Sacks's letters to Sue offer his devoted readers an unprecedented glimpse of the man himself—from his legendary compassion and insight to his love of the periodic table. Throughout *Dear Oliver*, we are reminded that true friends help each other see the world a little differently.

### A Main Selection of the Library of Science Book Club



**SUSAN R. BARRY** is professor emerita of biological sciences and of neuroscience and behavior at Mount Holyoke College. She is the author of *Fixing My Gaze*, named a best book of the year by Amazon and *Library Journal*, and *Coming to Our Senses*. Her work has been featured in *The New York Times*, *Los Angeles Times*, and *Big Think*.


**TERRITORY****World****RIGHTS SOLD****China** (Lucidabooks)**Japan** (X-Knowledge)**Korea** (Puriwaipari)**Poland** (Prószyński)**Russia** (Alpina)

September 2020

Trade Paperback

256 pp. | \$15.95 US

33 B&amp;W

photographs and  
illustrationsFinished copies  
available 

# Monarchs of the Sea

*The Extraordinary 500-Million-Year History of Cephalopods***DANNA STAAF****Before mammals, there were dinosaurs, and before dinosaurs, there were cephalopods**

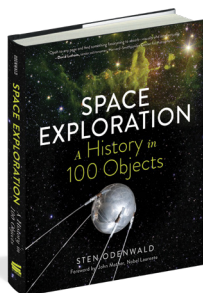
Cephalopods, Earth's first truly substantial animals, are still among us: Their fascinating family tree features squid, octopuses, nautiluses, and more. The inventors of swimming, cephs presided over the sea for millions of years. But when fish evolved jaws, cephs had to step up their game (or end up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

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

**“Squishy, slimy delight on every page.”****—SY MONTGOMERY, *New York Times*–bestselling author of *The Soul of an Octopus*****A Science Friday Book Club Pick**

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

[DannaStaaf.com](http://DannaStaaf.com)  [DannaJoyStaaf](https://www.instagram.com/DannaJoyStaaf)



**TERRITORY:** World  
**RIGHTS SOLD:** China, Germany, Korea

November 2019  
 Jacketed Hardcover  
 224 pp. | \$25.00 US  
 Jacket converts to poster |  
 100 color photographs  
 Finished copies available



## Space Exploration—A History in 100 Objects

**STEN ODENWALD**

FOREWORD BY JOHN MATHER

*This is no ordinary space book.*

Within the pages of this eclectic pop-history, scientist and educator Sten Odenwald at NASA examines 100 objects that forever altered what we know and how we think about the cosmos. From Sputnik to Skylab, and from Galileo's telescope to the Curiosity rover, some objects are iconic and some obscure—but all are utterly important.

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

“Captivating . . . fun as well as informative, this lightweight encyclopedia of intriguing objects will fascinate readers of any age.”

—PUBLISHERS WEEKLY, starred review

**STEN ODENWALD** is an award-winning astrophysicist and prolific science popularizer. He is currently the director of citizen science for the NASA Space Science Education Consortium.



**TERRITORY:** World

August 2023  
 Trade Paperback  
 272 pp. | \$17.95 US  
 165 color photographs  
 Finished copies available



## Find More Birds

*111 Surprising Ways to Spot Birds Wherever You Are*

**HEATHER WOLF**

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

“Packed with excellent photos and tips, deeply relatable anecdotes, and a palpable sense of joy, this gem of a book will make you a better birder.”

—ROSEMARY MOSCO, author of *A Pocket Guide to Pigeon Watching*

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



**TERRITORY:** World  
**RIGHTS SOLD:** China, Turkey

May 2021  
Trade Paperback  
288 pp. | \$16.95 US  
Two-color interior |  
7 illustrations  
Finished copies available



work has been published in academic journals including *Child Development Research*, *Infant and Child Development*, and *Journal of Experimental Psychology: Learning, Memory, and Cognition*. **ANDY ANDOWSKI** is an award-winning advertising creative director who specializes in explaining complex products and services in simple—and often laugh-out-loud funny—ways. He studied creative writing at the University of Notre Dame, and once wrote 365 poems about onion bagels in a single year.

## Bringing Up Bookmonsters

*The Joyful Way to Turn Your Child into a Fearless, Ravenous Reader*

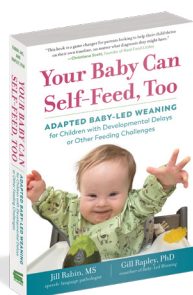
**AMBER ANKOWSKI, PHD**  
**ANDY ANKOWSKI**

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

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

Make it easy to help your child develop an insatiable appetite for reading and have a tremendously good time doing it!

**AMBER ANDOWSKI, PHD**, teaches psychology at the University of California, Los Angeles, with a focus on children's language and cognitive development and methods for conducting psychological research. Her



**TERRITORY:** World  
**RIGHTS SOLD:** Poland

August 2022  
Trade Paperback  
288 pp. | \$18.95 US  
16-page color photo insert  
Finished copies available



**JILL RABIN, MS**, lectures nationally and internationally on adapted baby-led weaning and provides early intervention services to babies and their families. She lives in Illinois. **GILL RAPLEY, PhD**, is known worldwide as the pioneer of baby-led weaning and is coauthor of the category-leading book series. She lives in Kent, England.

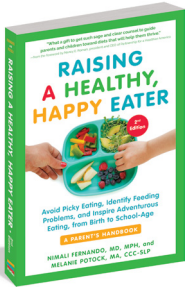
## Your Baby Can Self-Feed, Too

*Adapted Baby-Led Weaning for Children with Developmental Delays or Other Feeding Challenges*

**JILL RABIN, MS**  
**GILL RAPLEY, PhD**

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





**TERRITORY:** World  
**RIGHTS SOLD:** Poland,  
Turkey

March 2022  
Trade Paperback  
304 pp. | \$16.95 US  
Two-color interior |  
35 illustrations  
Finished copies available



## Raising a Healthy, Happy Eater—Second Edition

*Avoid Picky Eating, Identify Feeding Problems, and Inspire Adventurous Eating, from Birth to School-Age*

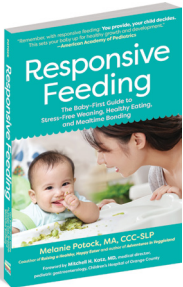
**NIMALI FERNANDO, MD, MPH**  
**MELANIE POTOCK, MA, CCC-SLP**  
FOREWORD BY NANCY E. ROMAN

Pediatrician Nimali Fernando and feeding therapist Melanie Potock (aka Dr. Yum and Coach Mel) know the importance of giving your child the right start on their food journey—for good health, motor skills, and even cognitive and emotional development. In this updated, second edition of *Raising a Healthy, Happy Eater*, they explain how to expand your family's food horizons, avoid the picky eater trap, identify special feeding needs, and put joy back into mealtimes.

This second edition now includes the latest research and AAP recommendations, plus new sections on pacifiers, thumb-sucking, feeding concerns, and more.

**Winner of the National Parenting Product Award**

**ALSO BY MELANIE POTOCK, MA, CCC-SLP | PARENTING**



**TERRITORY:** World  
**RIGHTS SOLD:** Russia

January 2022  
Trade Paperback  
256 pp. | \$16.95 US  
Two-color interior |  
8-page color photo insert  
Finished copies available



## Responsive Feeding

*The Baby-First Guide to Stress-Free Weaning, Healthy Eating, and Mealtime Bonding*

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

With *Responsive Feeding*, you won't have to choose between the spoon-led and baby-led approach or cajole your baby to "eat up" when he's fussy. Instead, every meal becomes a fun learning experience that will engage your baby's senses—and strengthen your bond.

**MELANIE POTOCK, MA, CCC-SLP**, has over twenty years of experience helping children with pediatric feeding disorders. Their preschool nutrition curriculum has been adopted by Head Start classrooms nationwide.



# BACKLIST

[▲ RECENT RELEASES ▲](#)

[▲ FORTHCOMING RELEASES ▲](#)

[▲ TABLE OF CONTENTS ▲](#)



## An Illustrated Book of Bad Arguments

*Learn the Lost Art of Making Sense*

**ALI ALMOSSAWI**

ILLUSTRATED BY ALEJANDRO GIRALDO

Have you read (or stumbled into) one too many irrational online debates? Ali Almosawi certainly had! This handy guide is here to bring the internet age a much-needed dose of old-school logic.

Here are cogent explanations of the straw man fallacy, the slippery slope argument, the ad hominem attack, and other common attempts at reasoning that actually fall short, plus a beautiful menagerie of animals who commit every logical faux pas.

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

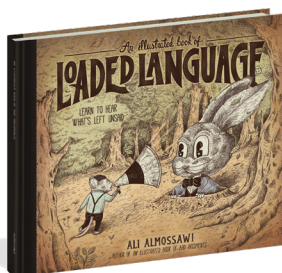
**390,000+  
copies sold  
worldwide**

**TERRITORY:** World  
**RIGHTS SOLD:** China, Italy,  
Korea, Romania, Russia,  
Taiwan, UK + CW, Ukraine

September 2014  
Paper over Boards  
64 pp. | \$15.95US  
19 full-page illustrations  
Finished copies available



**ALSO BY ALI ALMOSSAWI | BESTSELLING BACKLIST**



## An Illustrated Book of Loaded Language

*Learn to Hear What's Left Unsaid*

Public discourse? More like public discord. The battle cries of our culture wars are rife with "loaded language"—be it bias, slant, or spin.

Speaking as wise old Mr. Rabbit, Almosawi leads us through a dark forest of rhetoric—aided by Orwell, Baldwin, and a squee-worthy cast of wide-eyed woodland creatures. Here, passive voice can pardon wrongdoers, statistics may be a smokescreen, gaslighting entraps the downtrodden, and irrelevant adjectives cement stereotypes. Emperor Squirrel isn't naked; he has a *clothes-free sartorial style*. Mouse's roof *becomes flattened* (Elephant's foot just happens to be there at the time).

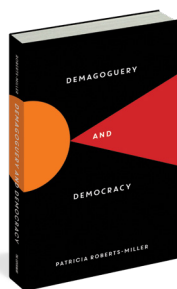
It takes a long pair of ears to hear what's left unsaid—but when you're a rabbit in a badger world, listening makes all the difference.

**TERRITORY:** World  
**RIGHTS SOLD:** China, UK +  
CW, Vietnam

November 2021  
Paper over Boards  
96 pp. | \$16.95 US  
15 two-color illustrations  
Finished copies available



**ALI ALMOSSAWI** is an alumnus of MIT's engineering systems division and Carnegie Mellon's school of computer science. His writing has appeared in publications such as *Wired*. He works & lives in San Francisco.



**TERRITORY:** World  
**RIGHTS SOLD:** Korea

March 2020  
Paperback  
\$7.95 US | 144 pages  
Finished copies available  
☒

## Demagoguery and Democracy

*A clear-eyed guide to demagoguery—and how we can defeat it*

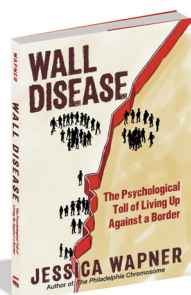
**PATRICIA ROBERTS-MILLER**

What is demagoguery? Some demagogues are easy to spot: They rise to power through pandering, charisma, and prejudice. But, as professor Patricia Roberts-Miller explains, a demagogue is anyone who reduces all questions to us vs. them.

Why is it dangerous? Demagoguery is democracy's greatest threat. It erodes rational debate, so that intelligent policymaking grinds to a halt. The idea that we never fall for it—that all the blame lies with them—is equally dangerous.

How can we stop it? Demagogues follow predictable patterns in what they say and do to gain power. The key to resisting is to name demagoguery when you see it—and to know where it leads.

**PATRICIA ROBERTS-MILLER, PHD**, is professor emeritus of rhetoric and writing, and the former director of the University Writing Center at University of Texas at Austin. She has been teaching the subject of demagoguery since 2002, and is the author of six books.



**TERRITORY:** World

October 2020  
Paperback with flaps  
\$12.95 US | 128 pages  
Finished copies available  
☒

## Wall Disease

*The Psychological Toll of Living Up Against a Border*

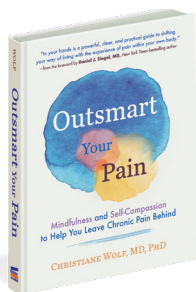
**JESSICA WAPNER**

East Germans were the first to give the crisis a name: Mauerkrankheit, or “wall disease.” The afflicted—everyday citizens living on both sides of the Berlin wall—displayed some combination of depression, anxiety, excitability, suicidal ideation, and paranoia. The Berlin Wall is no more, but today there are at least seventy policed borders like it.

Jessica Wapner investigates, following a trail of psychological harm around the world. Even in borderlands riven by conflict, the same walls that once offered relief become enduring reminders of trauma and helplessness.

Our brains, Wapner writes, devote “border cells” to where we can and cannot go safely—so, a wall that goes up in our town also goes up in our minds. Weaving together interviews with those living up against walls and expert testimonies from geographers, scientists, psychologists, and other specialists, she explores the growing epidemic of wall disease—and illuminates how neither those “outside” nor “inside” are immune.

**JESSICA WAPNER** is a journalist and former science editor at *Newsweek* whose work has appeared in *The New Yorker*, *The New York Times*, *Wired*, *Medium*, *Discover*, *Popular Science*, *Self*, *Scientific American*, *New York* magazine, *The Atlantic*, & elsewhere. Her first book, *The Philadelphia Chromosome*, was named a top ten nonfiction book by *The Wall Street Journal*. She lives in Brooklyn.



**TERRITORY:** World  
(excluding Germany)

March 2020

Hardcover

\$16.95 | 240 pages

Finished copies available ☒

## Outsmart Your Pain

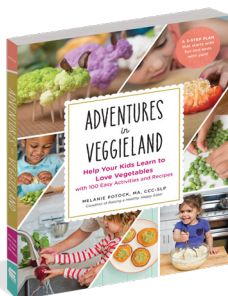
*Mindfulness and Self-Compassion to Help You Leave Chronic Pain Behind*

**CHRISTIANE WOLF, MD, PHD**

Pain can be a big, unwieldy box that we struggle to carry all day. But what if we could put down this box, unpack it, and tackle the contents one by one? *Outsmart Your Pain* is Dr. Wolf's radically clear, evidence-based guide to relieving chronic pain with mindfulness, complete with twenty easy guided meditations and self-compassion practices.

By separating your pain from the stressful thoughts and troubled feelings that come with it, you can lay down your burden and live with joy.

**CHRISTIANE WOLF, MD, PHD**, is a physician turned mindfulness and compassion teacher and a senior teacher at InsightLA. She teaches and trains teachers of Mindfulness-Based Stress Reduction and Mindful Self-Compassion in the US and across Europe. With her medical background, one of her specialties is working with people who suffer from chronic illness and pain. Dr. Wolf is also a Buddhist teacher in the vipassana (Insight) meditation tradition.



**TERRITORY:** World

March 2025

Paperback

\$19.95 US | 288 pages

Finished copies available ☒

## Adventures in Veggiland

*Help Your Kids Learn to Love Vegetables—with 100 Easy Activities and Recipes*

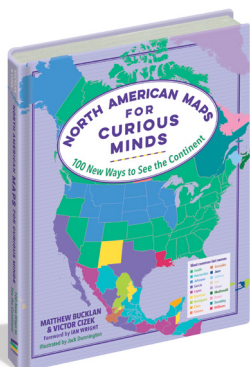
**MELANIE POTOCK**

So long to scary vegetables; hello to friendly new textures, colors, and flavors! Here is a foolproof plan for getting your kids to love their vegetables. Just follow the "Three E's":

- Expose your child to new vegetables with sensory, hands-on, educational activities: Create Beet Tattoos and play Cabbage Bingo!
- Explore the characteristics of each veggie (texture, taste, temperature, and more) with delectable but oh-so-easy recipes: Try Parsnip-Carrot Mac'n'Cheese and Pepper Shish Kebabs!
- Expand your family's repertoire with more inventive vegetable dishes—including a "sweet treat" in every chapter: Enjoy Pears and Parsnips in Puff Pastry and Tropical Carrot Confetti Cookies!

With 100 kid-tested activities and delicious recipes, plus expert advice on parenting in the kitchen, *Adventures in Veggiland* will get you and your kids working (and playing!) together in the kitchen, setting even your pickiest eater up for a lifetime of healthy eating.

**Now in  
paperback!**

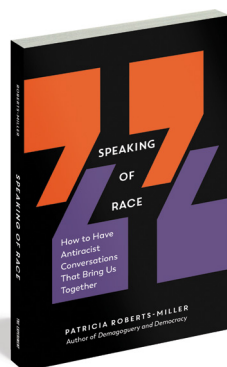


## NORTH AMERICAN MAPS FOR CURIOUS MINDS

100 New Ways to See the Continent

**TERRITORY:** World

**\$19.95 US | 208 pages**

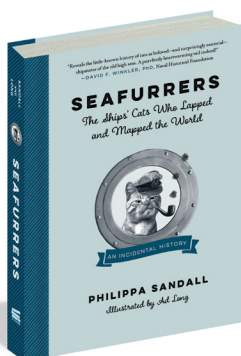


## SPEAKING OF RACE

*How to Have Antiracist Conversations That Bring Us Together*

**TERRITORY:** World

**\$7.95 US | 144 pages**



## SEAFURRERS

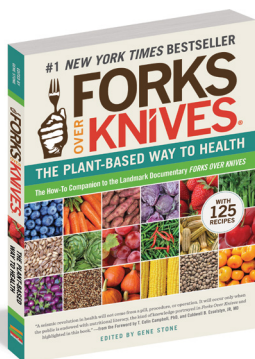
*The Ships' Cats Who Lapped and Mapped the World--  
An Incidental History*

**TERRITORY:** World

**RIGHTS SOLD:** Australia

**\$14.95 US | 256 pages**





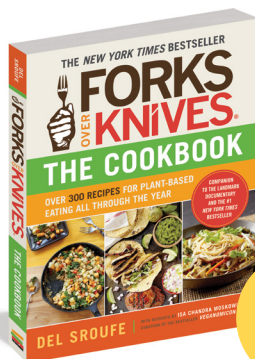
## FORKS OVER KNIVES

*The Plant-Based Way to Health*

**TERRITORY:** World

**RIGHTS SOLD:** Australia, Germany, Romania, Switzerland (French)

**\$15.95 US | 224 pages**



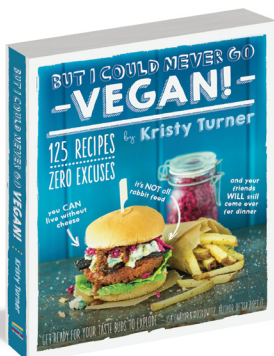
## FORKS OVER KNIVES—THE COOKBOOK

*Over 300 Recipes for Plant-Based Eating All Through the Year*

**TERRITORY:** World

**RIGHTS SOLD:** Germany

**\$19.95 US | 320 pages**

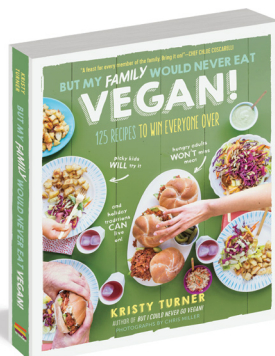


## BUT I COULD NEVER GO VEGAN!

*125 Recipes that Prove You Can Live Without Cheese, It's Not All Rabbit Food, and Your Friends Will Still Come Over for Dinner*

**TERRITORY:** World

**\$24.95 US | 320 pages**



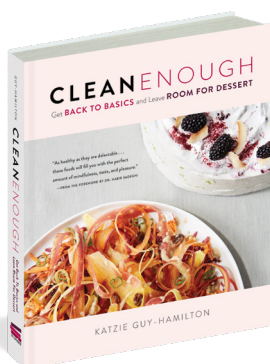
## BUT MY FAMILY WOULD NEVER EAT VEGAN!

*125 Recipes to Win Everyone Over*

**TERRITORY:** World

**\$24.95 US | 336 pages**



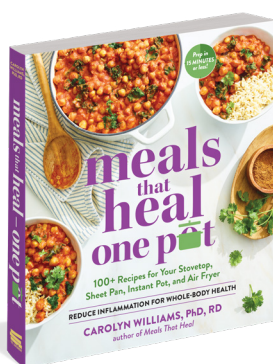


### CLEAN ENOUGH

Get Back to Basics and Leave Room for Dessert

**TERRITORY:** World

**\$24.95 US | 256 pages**

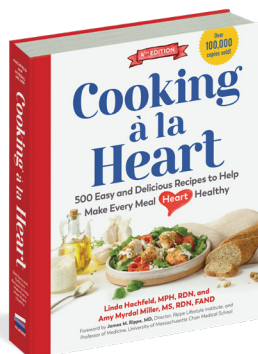


### MEALS THAT HEAL - ONE POT

Reduce Inflammation for Whole-Body Health with 100+ Anti-Inflammatory Recipes for Your Stovetop, Sheet Pan, Instant Pot, and Air Fryer

**TERRITORY:** World

**\$24.95 US | 304 pages**

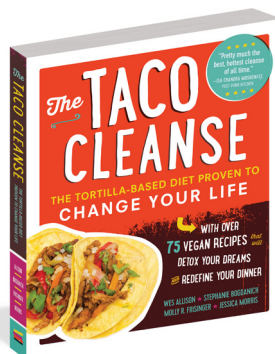


### COOKING A LA HEART

500 Easy and Delicious Recipes to Help Make Every Meal Heart Healthy

**TERRITORY:** World

**\$35 US | 384 pages**



### THE TACO CLEANSE

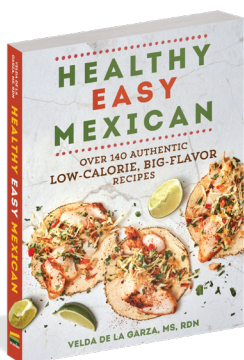
The Tortilla-Based Diet Proven to Change Your Life

**TERRITORY:** World

**\$17.95 US | 224 pages**





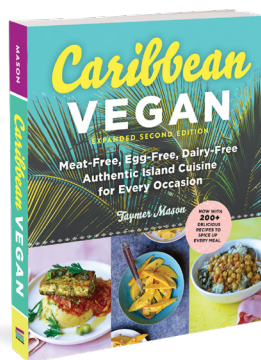


### HEALTHY EASY MEXICAN

Over 140 Authentic Low-Calorie, Big-Flavor Recipes

**TERRITORY:** World

**\$19.95 US | 272 pages**

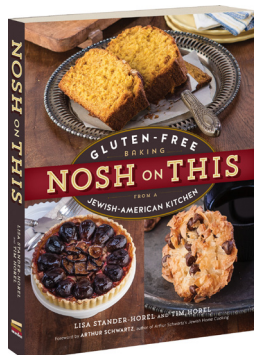


### CARIBBEAN VEGAN

Plant-Based, Egg-Free, Dairy-Free Authentic Island Cuisine for Every Occasion

**TERRITORY:** World

**\$26.95 US | 320 pages**

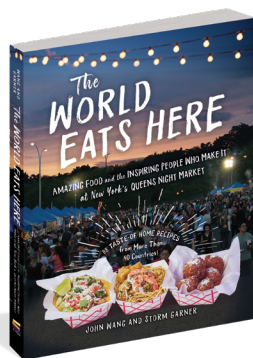


### NOSH ON THIS

Gluten-Free Baking from a Jewish-American Kitchen

**TERRITORY:** World

**\$19.95 US | 288 pages**



### THE WORLD EATS HERE

Amazing Food and the Inspiring People Who Make It at New York's Queens Night Market--88 Taste-of-Home Recipes from More Than 40 Countries!

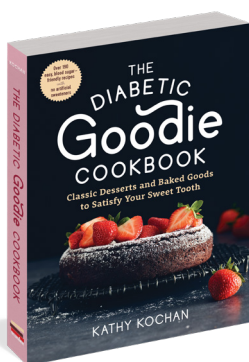
**TERRITORY:** World

**RIGHTS SOLD:** Germany

**\$19.95 US | 272 pages**





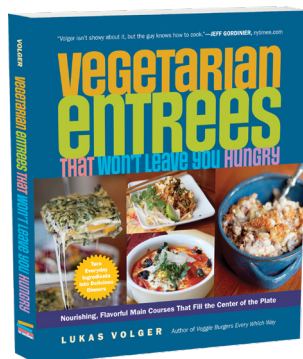


### THE DIABETIC GOODIE BOOK

*Classic Desserts and Baked Goods to Satisfy Your Sweet Tooth—Over 190 Easy, Blood-Sugar-Friendly Recipes with No Artificial Sweeteners*

**TERRITORY:** World

**\$24.95 US | 288 pages**

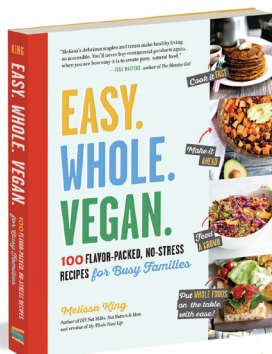


### VEGETARIAN ENTREES THAT WON'T LEAVE YOU HUNGRY

*Nourishing, Flavorful Main Courses That Fill the Center of the Plate*

**TERRITORY:** World

**\$17.95 US | 256 pages**

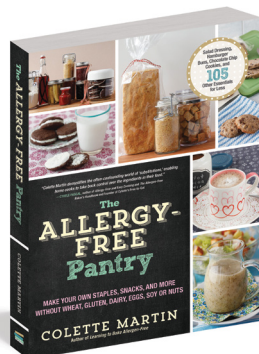


### EASY. WHOLE. VEGAN.

*100 Flavor-Packed, No-Stress Recipes for Busy Families*

**TERRITORY:** World

**\$19.95 US | 224 pages**



### THE ALLERGY-FREE PANTRY

*Make Your Own Staples, Snacks, and More Without Wheat, Gluten, Dairy, Eggs, Soy or Nuts*

**TERRITORY:** World

**\$19.95 US | 328 pages**





### NO GLUTEN, NO PROBLEM PIZZA

75+ Recipes for Every Craving—From Thin Crust to Deep Dish, New York to Naples

**TERRITORY:** World

**\$27.95 US | 240 pages**

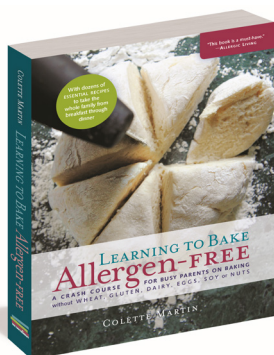


### GLUTEN-FREE FAMILY FAVORITES

75 Go-To Recipes to Feed Kids and Adults All Day, Every Day

**TERRITORY:** World

**\$19.95 US | 240 pages**

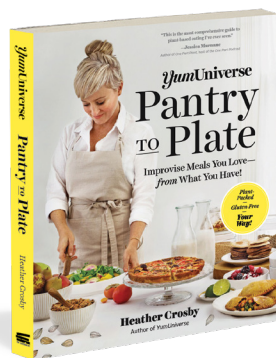


### LEARNING TO BAKE ALLERGEN-FREE

A Crash Course for Busy Parents on Baking without Wheat, Gluten, Dairy, Eggs, Soy or Nuts

**TERRITORY:** World

**\$19.95 US | 304 pages**



### YUMUNIVERSE FROM PANTRY TO TABLE

Improvise Meals You Love—from What You Have!—Plant-Packed, Gluten-Free, Your Way!

**TERRITORY:** World

**\$24.95 US | 320 pages**



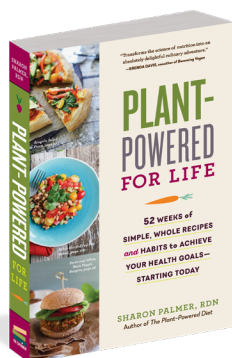


### THE PLANTIFUL TABLE

*Easy, From-the-Earth Recipes for the Whole Family*

**TERRITORY:** World

**\$24.95 US | 320 pages**

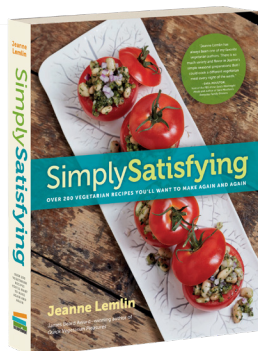


### PLANT-POWERED FOR LIFE

*52 Weeks of Simple, Whole Recipes and Habits to Achieve Your Health Goals—Starting Today*

**TERRITORY:** World

**\$21.95 US | 384 pages**

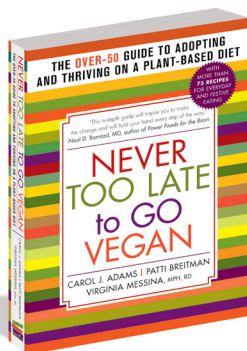


### SIMPLY SATISFYING

*Over 200 Vegetarian Recipes You'll Want to Make Again and Again*

**TERRITORY:** World

**\$21.95 US | 368 pages**



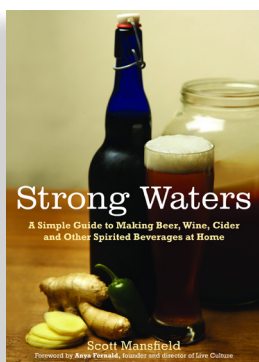
### NEVER TOO LATE TO GO VEGAN

*The Over-50 Guide to Adopting and Thriving on a Plant-Based Diet*

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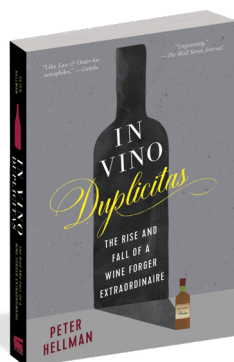


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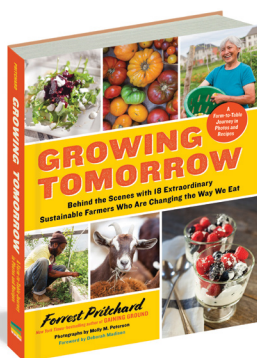


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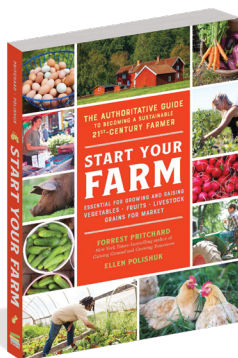


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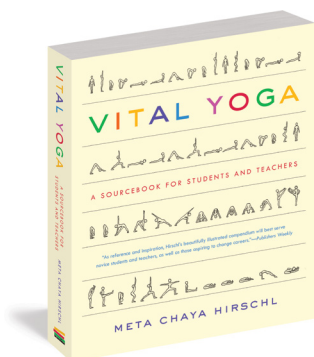
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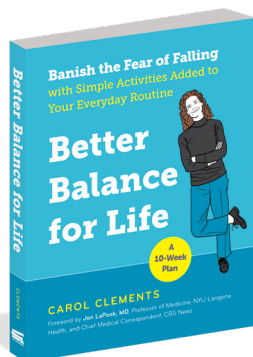


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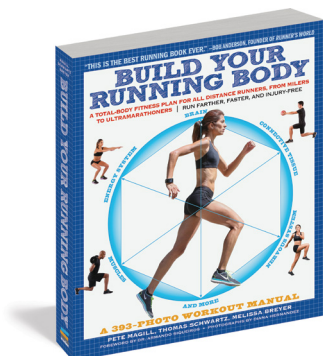


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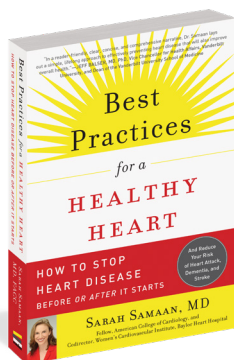


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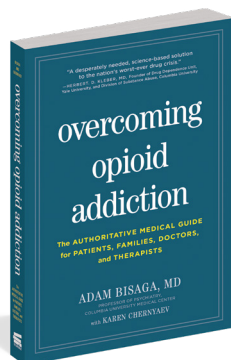


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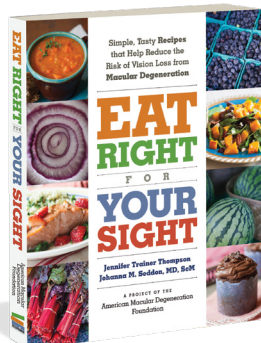


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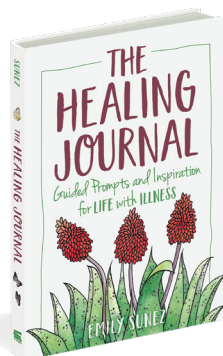


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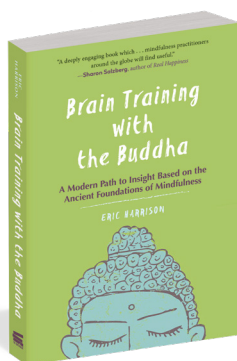
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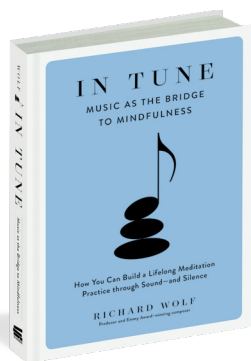


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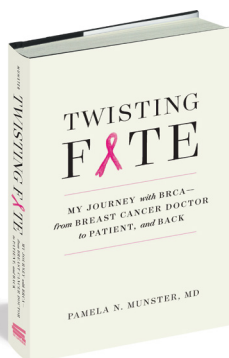


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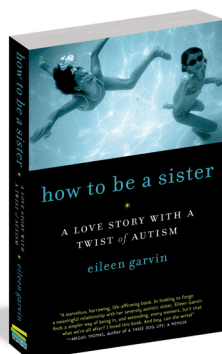


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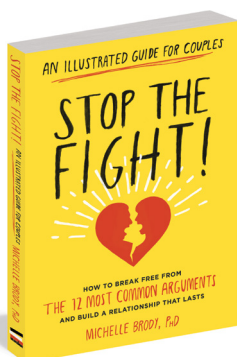
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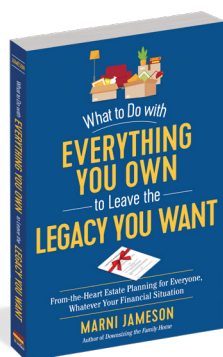




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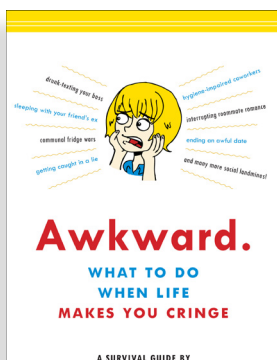
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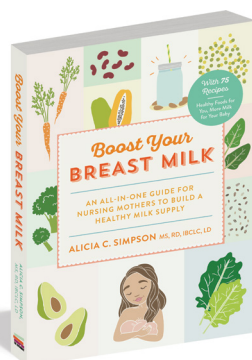
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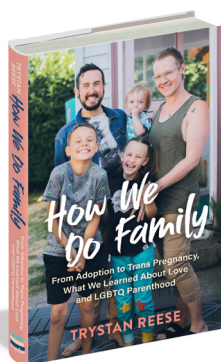
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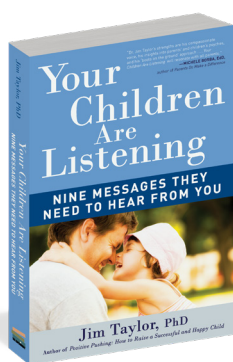


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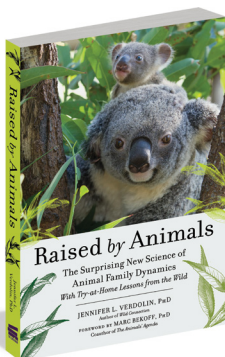
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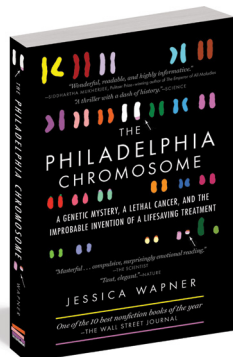
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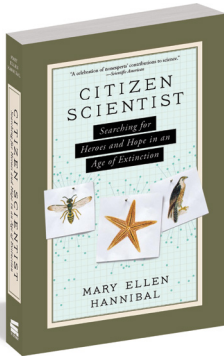
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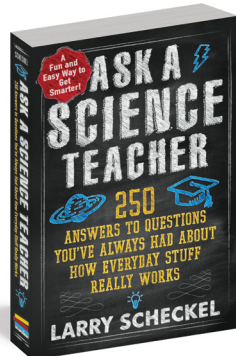


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