

THE EXPERIMENT

Fall 2018

FRONTLIST & KEY BACKLIST



Celebrating
10 YEARS of
testing new
ideas

DISTRIBUTED BY WORKMAN PUBLISHING

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BECAUSE EVERY BOOK IS A TEST OF NEW IDEAS

Dry

DELICIOUS HANDCRAFTED COCKTAILS AND OTHER CLEVER CONCOCTIONS

Seasonal. Refreshing. Alcohol-Free.

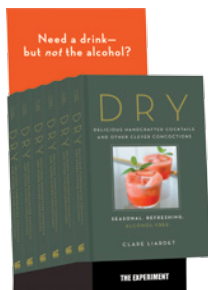
Clare Liardet

A gift-worthy collection of 48 divine cocktails and other delicious mixed beverages—all made without alcohol

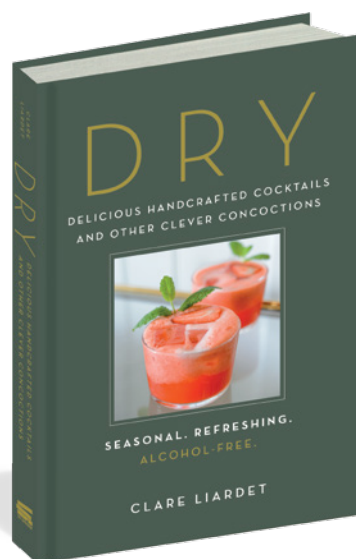
From Beetroot Virgin Marys to Chili and Lime Margaritas, romantic date night to dry baby showers, this book is packed with imaginative, grown-up, nonalcoholic cocktails for everyone. These delectable dry takes on classics like margaritas (Blood Orange and Sage Margarita), shrubs (Raspberry and Lavender Shrub), and martinis (Espresso Mint Martini) are all made with ingredients easily found in the kitchen or garden, and nonalcoholic mixers easily found at the store.

Complete with a guide to essential equipment, ingredients, and simple syrup recipes, *Dry* is for every new mocktail mixologist. Whether designated driver, teetotaling, pregnant, celebrating Dry January, or trying to lose weight by cutting down on alcohol, just about everyone at some point in their lives finds themselves looking to experiment with nonalcoholic beverages. *Dry* is the perfect companion during those times—and with recipes so delicious, no doubt well after!

» **6-copy display** | No. 779483
\$89.70 US | \$119.70 Can.



CLARE LIARDET loves to gather her friends and family together to enjoy the simple pleasures of eating and drinking. She has worked in the food world for many years, first cooking in museums, then in one of the first gastropubs in the UK, and, most recently, opening The Talbot Inn in Somerset with her husband. She runs Kitchen Table Cookery, which emphasizes the importance of experimenting with flavors and eating with the seasons.



- ▶ From *The New York Times* to NPR, media outlets are reporting on the rising popularity of nonalcoholic cocktails!
- ▶ Features cocktails for every season and occasion, from “Friday Nights” to “Wood Smoke Warmers”
- ▶ With beautiful photos for each recipe, a classic design, and the perfect size for gifting

- National coverage in food, lifestyle, women's, and general interest publications focused on key themes: holiday entertaining, holiday gift guides, New Year's Eve celebrations, and Dry January (“Dryanuary”)
- Coverage in beverage media outlets like *Imbibe* and Drink sections of general-interest sites
- #Dryanuary blog tour with promotional recipes and giveaways

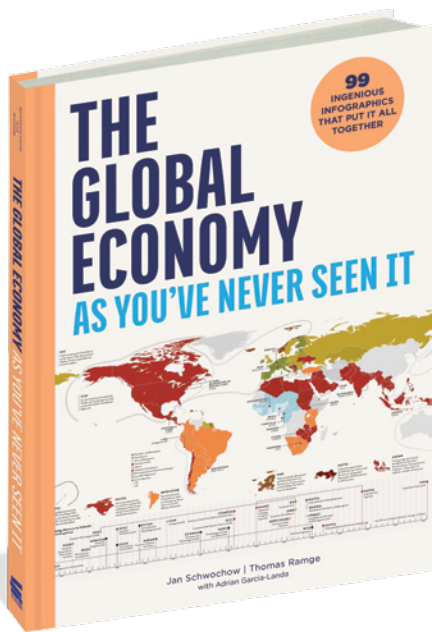
KitchenTableCookery.co.uk

PAPER OVER BOARDS

\$14.95 US | \$19.95 Can. | USC+OM*
5 x 7 3/4 | 144 pages
Tip on | 72 color photographs

Cooking/Beverages/Non-Alcoholic
(CKBoo8000)

978-1-61519-502-2 | No. 779502
SHIPS SEPTEMBER



The Global Economy as You've Never Seen It

99 INGENUOUS INFOGRAPHICS
THAT PUT IT ALL TOGETHER

Jan Schwochow and Thomas Ramage
with Adrian Garcia-Landa

- ▶ 99 truly accessible infographics unpack a notoriously complex topic
- ▶ Understanding globalization is increasingly key to success in the world of commerce
- ▶ A highly desirable gift book with coffee table-worthy graphics and an oversize, atlas-like trim

- National feature coverage in publications like *The Wall Street Journal*, *The New York Times*, *Washington Post*, *Time*, and more
- Features in business publications like *Forbes*, *Fortune*, *Bloomberg News*, and *Businessweek*
- Infographic excerpts available
- Outreach to educators and journals
- Holiday gift guide outreach and promotion, and advertising

PAPER OVER BOARDS

\$35.00 US | \$45.00 Can. | World
10 1/4 x 13 3/4 | 224 pages
99 full-page color illustrations

Business & Economics/
International/Economics
(BUS069020)

978-1-61519-517-6 | No. 779517
SHIPS SEPTEMBER

An ingeniously conceived tour of the global economy and all its key components, deconstructed piece by piece in 99 illuminating, full-color infographics

The economy is a complex, world-spanning, layer-upon-layer-upon-layer behemoth; one could argue that there's almost nothing in our lives that isn't in some way connected to the worlds of business and finance. And yet few of us truly understand it—even the world's foremost economists can't seem to agree on how it runs.

The Global Economy as You've Never Seen It shows how the economy works in 99 brilliantly illustrated infographics that everyone can understand. From labor to business to finance to theory, and from the things you buy and the way you buy them to the way everything is made, infographic specialist Jan Schwochow and author Thomas Ramage bring to life every facet of the economic web that makes the world go. With its endlessly varied, information-rich visuals, this book invites us to see the economy differently—and to finally understand how it all fits together.

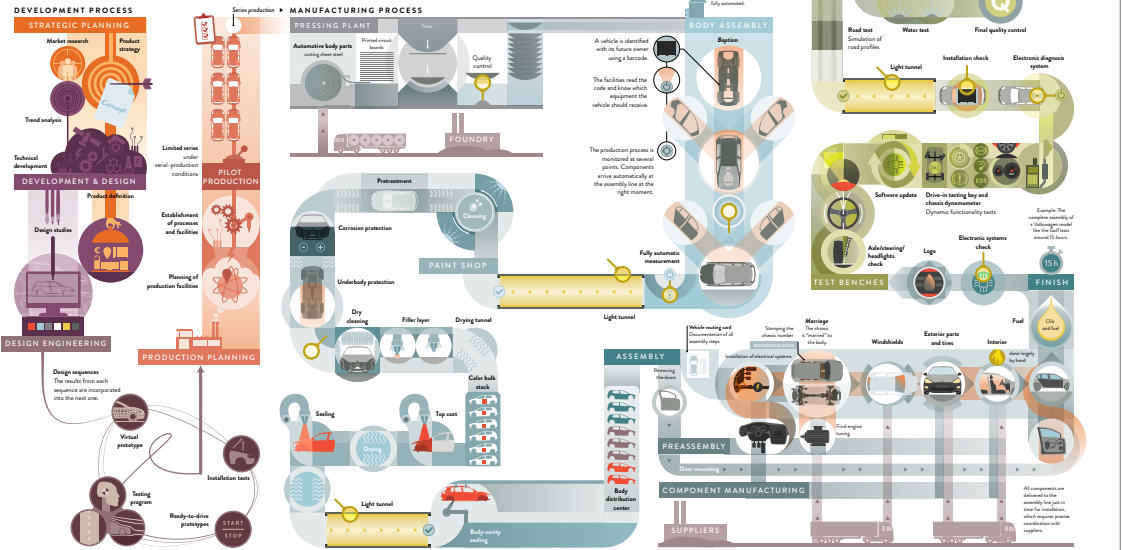


JAN SCHWOCHOW was the art director of *Stern* magazine's infographics and today is the founder and CEO of the Infographics Group. **THOMAS RAMAGE** is the author of 12 nonfiction books, for which he's received numerous awards, including

the *Financial Times* Business Book Award and the Herbert Quandt Media Prize. He writes regularly for *The Economist*. Both live in Berlin, Germany.

HOW IS A CAR MADE?

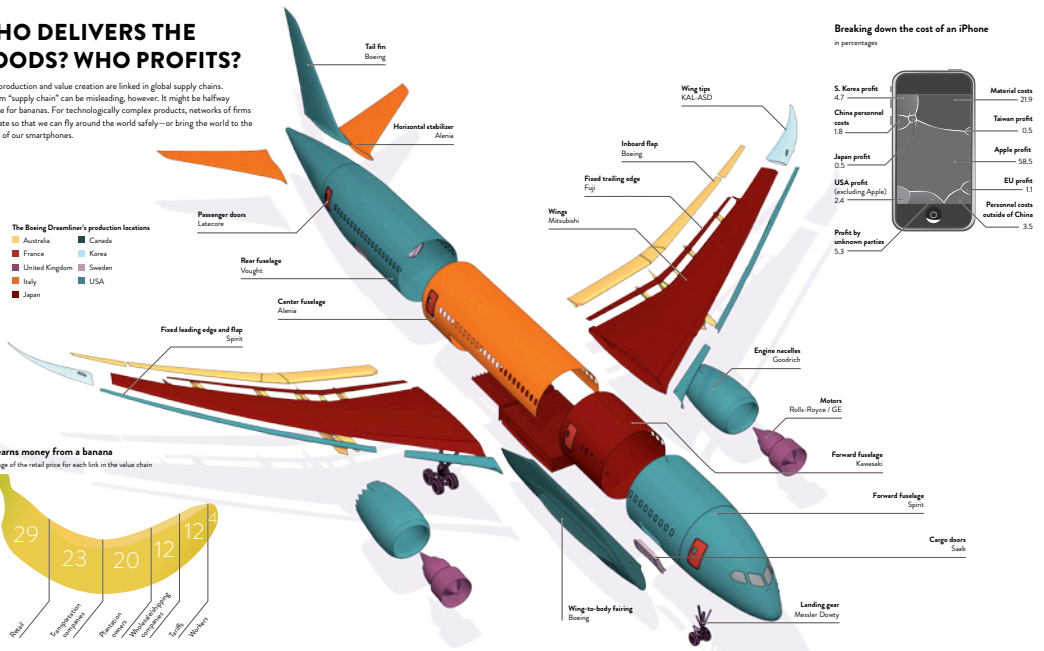
It takes three to seven years from strategic deliberations to the delivery of a new model. The exact sequence of this complex process is a little different with each manufacturer. The prototypical process looks like this:



WHO DELIVERS THE GOODS? WHO PROFITS?

Today, production and value creation are linked in global supply chains. The term "supply chain" can be misleading, however. It might be halfway accurate for bananas. For technologically complex products, networks of firms cooperate so that we can fly around the world safely—or bring the world to the screens of our smartphones.

- The Boeing Dreamliner's production locations**
- Australia
 - Canada
 - France
 - Korea
 - United Kingdom
 - Sweden
 - Italy
 - USA
 - Japan

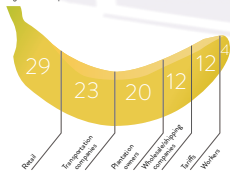


Breaking down the cost of an iPhone in percentages



Who earns money from a banana

Percentage of the retail price for each link in the value chain



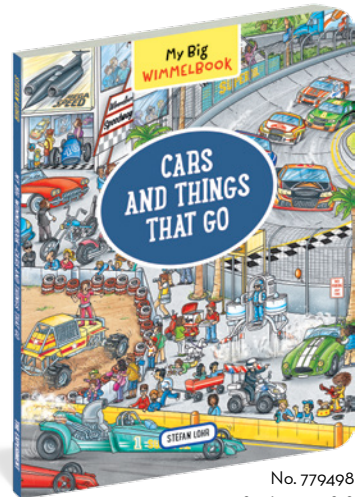
My WIMMEL



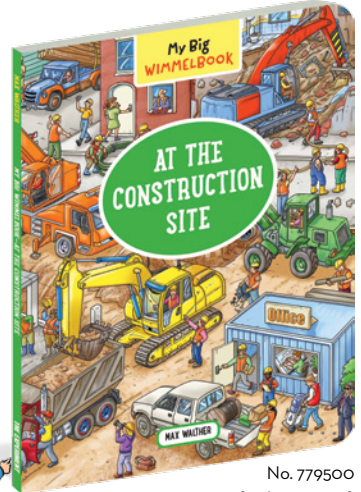
» **16-copy display** | No. 779482
\$207.20 US | \$271.20 Can.
Includes one bonus display book
and a promotional poster!

- ▶ Originally from Germany, Wimmelbooks are an international phenomenon—millions of copies have been sold worldwide!
- ▶ Look-and-find fun like *Where's Waldo* (ages 5–9)—but with art designed for younger children, ages 2–5
- ▶ Grows with the reader! Kids love Wimmelbooks well into their kindergarten years
- ▶ Durable and toddler-proof board book format

BOARD BOOKS
\$12.95 US | \$16.95 Can. | World
8 7/8 x 11 3/4 | 16 pages
Rounded corners | 16 full-page
color illustrations
SHIPS AUGUST



No. 779498
978-1-61519-498-8

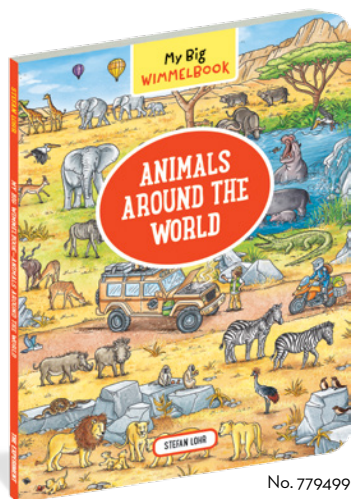
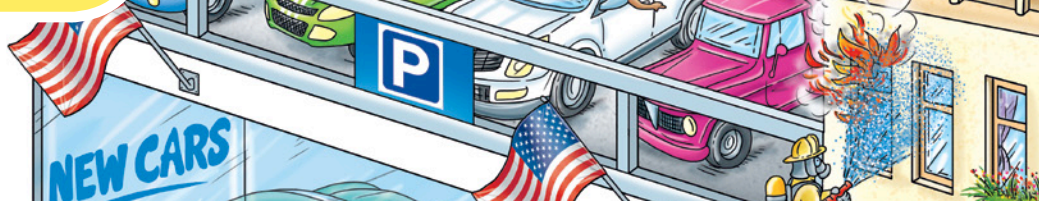
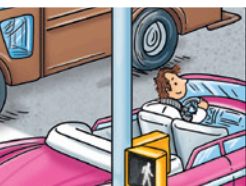


No. 779500
978-1-61519-500-8

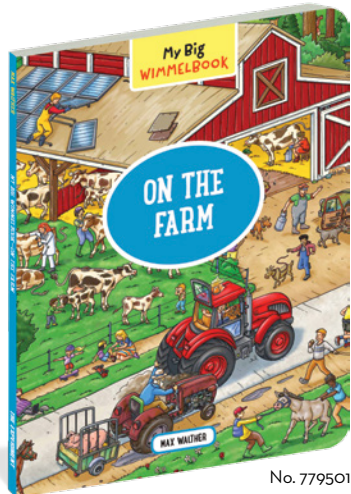
Big Books

SEPTEMBER

The Experiment
NEW RELEASES



No. 779499
978-1-61519-499-5



No. 779501
978-1-61519-501-5

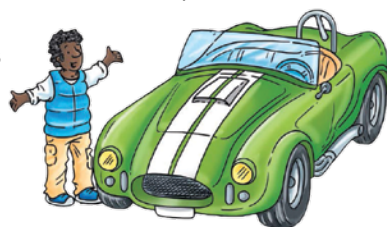
Look-and-find books for young readers, chock full of vibrant illustrations that tell stories without words!

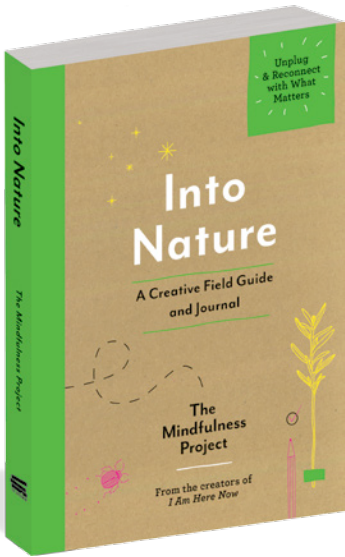
Welcome to Wimmelworld—a land of few words, yet *endless* entertainment! In these one-of-a-kind picture books, every spread is a new panorama teeming with life. Children as young as two will delight in seeking out familiar things—a pink tricycle, a hungry dog, a piggyback ride. And as kids grow up, Wimmelbooks grow with them!

The first page of each book introduces a unique cast of characters who are hidden in plain sight on the pages that follow. As older children begin to seek them out, each character's storyline unfolds right before their eyes: Kevin, for example, meets mishap after mishap in his shiny new sports car.

Unlike most look-and-find books, Wimmelbooks are instruction-free, inviting kids to make their own way through the busy Wimmelworld, and to craft their own stories. Wimmelbooks offer hours upon hours of fun—

and an effortless introduction to literacy!





Into Nature

A CREATIVE FIELD GUIDE AND JOURNAL

Unplug and Reconnect with What Matters

Alexandra Frey and Autumn Totton

The Mindfulness Project

- ▶ An inspiring guided journal that combines mindfulness with ecotherapy
- ▶ Small and slim package for on-the-go use
- ▶ From the authors of the wildly popular *I Am Here Now*

- Coverage in nature, lifestyle, and wellness publications
- Blog tour outreach and giveaway campaign targeting nature and mindfulness bloggers
- Outreach to natural history and science museums and outdoor stores
- Holiday gift guide outreach and promotion

LondonMindful.com

70 mindful activities to help you disconnect from daily chaos and reconnect with nature

Squeezing mindfulness into every day may seem impossible—but it only takes a few moments to go *Into Nature*. This collection of mindful activities unleashes creativity while helping you engage with your natural surroundings—in a park, in the garden, and even from indoors. From the founders of The Mindfulness Project, here are life-affirming ways to help readers maximize the benefits of being *in nature*, which has been proven to increase happiness and cultivate calm. Sketch, explore, and record observations as you . . .

- Lie in the grass, meditating on the leaves above
- Make a nature niche in your home
- Draw a nature landscape, cut it out, and bring nature to work.

This book inspires readers to explore the natural world with greater curiosity and find moments of mindfulness in everyday life.

» **6-copy display** | No. 779520
\$89.70 US | \$119.70 Can.



Founders of the London-based Mindfulness Project, **ALEXANDRA FREY** and **AUTUMN TOTTON** are deeply motivated by the way the practice of mindfulness has changed and enriched their own lives and by the huge evidence base that shows it has the potential to do the same for many others. This is their second journal following *I Am Here Now*.

TRADE PAPERBACK ORIGINAL

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

5 5/8 x 7 3/4 | 208 pages
B&W illustrations throughout

Body, Mind & Spirit/Mindfulness & Meditation (OCC010000)

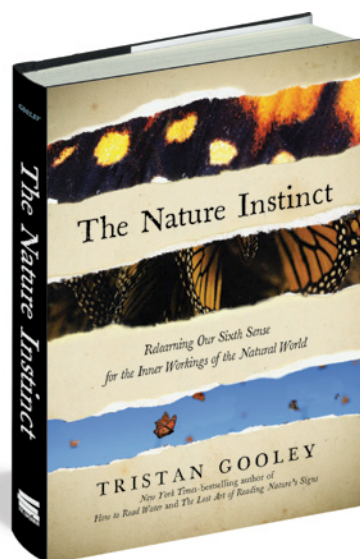
978-1-61519-480-3 | No. 779480

SHIPS AUGUST

The Nature Instinct

RELEARNING OUR SIXTH SENSE
FOR THE INNER WORKINGS
OF THE NATURAL WORLD

Tristan Gooley



From the *New York Times*–bestselling author of *How to Read Water*—an exploration of our subconscious ability to “know” our surroundings even when we can’t explain how

Master outdoorsman Tristan Gooley has long encouraged his readers to look closely at the world to discover its hidden clues. Through careful cultivation of our senses, we can use the Big Dipper to tell time, for example, and a budding flower to find south.

In *The Nature Instinct*, we learn how to train ourselves through slow observation so that, ultimately, we can intuit the inner workings of the world around us without having to stop to think about it. In other words, readers learn how to develop an instinct for reading nature the way Gooley does. Discover how Gooley and other expert observers—from hunters in the English countryside to the Pygmy people in the African Congo—have recovered this lost sixth sense that unlocks a subconscious, deeper understanding of our surroundings. In this, the culmination of everything Gooley has written so far, you’ll learn how to find the forest’s edge when deep in the woods, or when a wild animal might pose danger—and you won’t even have to stop to think about how you know it.



Through his teaching and writing, **TRISTAN GOOLEY** has pioneered a renaissance in the rare art of natural navigation. He has led expeditions on five continents, climbed mountains on three, and studied the methods of tribal peoples in some of the remotest regions on Earth. He is the only living person to have both flown and sailed solo across the Atlantic.

- ▶ Follows the bestselling *How to Read Water*, which broke onto three *New York Times* bestseller lists
- ▶ Teaches a “sixth sense”: Readers learn what it takes to cultivate the most intimate connection to the natural world possible—as deeply as our ancestors did
- » See also page 35

- Multicity tour to promote all five Tristan Gooley books
- Feature coverage in nature, travel, and outdoor print publications
- National radio tour
- Blog tour outreach with giveaways targeting science, nature, outdoor, and travel outlets
- Holiday gift guide outreach and promotion, including advertising

NaturalNavigator.com

HARDCOVER

\$24.95 US | \$32.95 Can. | USC
5 3/4 x 8 | 400 pages
28 B&W photographs and illustrations

Nature/Sky Observation
(NAT033000)

978-1-61519-479-7 | No. 779479
SHIPS AUGUST

The Whole-Body Microbiome

HOW TO HARNESS MICROBES—
INSIDE AND OUT—
FOR LIFELONG HEALTH

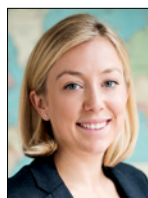
**B. Brett Finlay, PhD,
and Jessica M. Finlay**

Learn the secret to a truly healthy body and mind: the teeming world of microbes inside and all around us

Science has made huge leaps in prolonging life through disease prevention and treatment, but biochemist Brett Finlay and gerontology expert Jessica Finlay offer a different—and truly revolutionary—solution to the quest for the fountain of youth. Through their research into the human microbiome, they've discovered that microbes play a crucial role in how we age. In *The Whole-Body Microbiome*, this father-daughter pair:

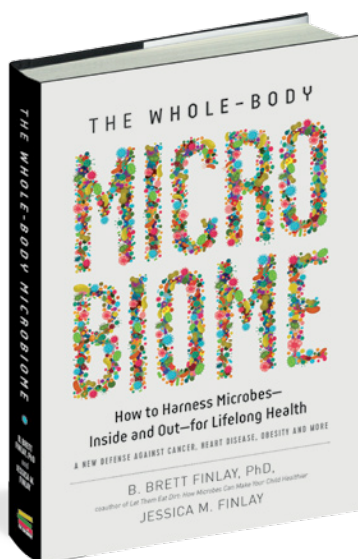
- Explores the unique composition of *all* the microbiomes in the human body (not just in the gut!), and explains the health risks and benefits associated with each
- Presents current and emerging research on microbial interventions for the full spectrum of age-related conditions, from sun spots to Alzheimer's, cancer, and more
- Provides simple, at-home tips to improve your microbiotic health, at any age.

In this eye-opening update on the significance of the microbiome, the Finlays advance what might be the scientific breakthrough of our age—and explain why “dirty” might be the new clean.



B. BRETT FINLAY, PHD, is professor of microbiology at the University of British Columbia and a founder of the biotech companies Inimex, Vedanta, and Microbiome Insights. He is also the coauthor of *Let Them Eat Dirt*. **JESSICA M. FINLAY**

specializes in geographical and environmental gerontology. Her doctoral research focuses on helping diverse people attain a higher quality of life.



- ▶ For people at any age looking to improve their health and increase longevity
- ▶ A distinctive book on the microbiome in two ways: it goes beyond the gut and focuses on aging
- ▶ Actionable advice on preventing and avoiding cancer, heart disease, obesity, and more

- National coverage in mainstream health, wellness, and popular science publications
- Op-eds and first serial to medical and health-focused outlets
- National radio tour focusing on health and popular science shows
- Blog tour with promotional giveaways targeting health and science outlets

HARDCOVER

\$24.95 US | US+OM

6 x 9 | 304 pages

Science/Life Sciences/
Microbiology (SC1045000)

978-1-61519-481-0 | No. 779481

SHIPS DECEMBER

Twisting Fate

MY JOURNEY WITH BRCA—
FROM BREAST CANCER DOCTOR
TO PATIENT AND BACK

Pamela N. Munster, MD

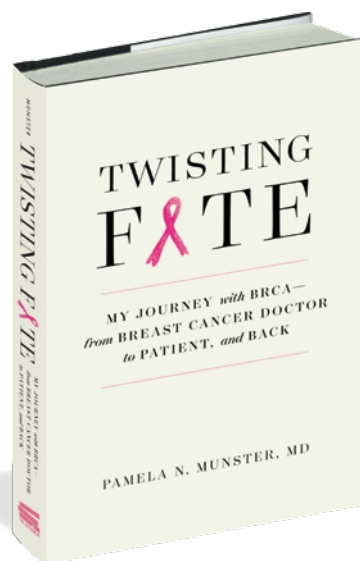
A practical yet personal guide to the medical and emotional facets of breast cancer, from a woman who's made her living researching the disease—and lived through it herself

A leading oncologist at the University of California San Francisco, Dr. Pamela Munster has advised thousands of women on how to deal with the life-altering diagnosis of breast cancer. But when she got a call saying that her own mammogram showed “irregularities,” she found herself experiencing a whole new side of the disease she *thought* she was an expert in.

Weaving together her personal story with her team's groundbreaking research on the BRCA gene—responsible for not only breast cancer but also for many other inherited cancers affecting both women *and* men—*Twisting Fate* is an inspiring guide to living with BRCA mutations. With authority, insight, and compassion, Dr. Munster uses her voice to create a safe space for genuine healing and honesty in a world otherwise dominated by fear.



PAMELA N. MUNSTER, MD, is a professor at the University of California San Francisco and a practicing oncologist. In addition to her laboratory research, she focuses on developing strategies to treat patients with incurable cancers. A native of Switzerland, she leads breast health campaigns in the US, UAE, and India.



- ▶ For the 1.4 million people with inherited cancers, including those related to BRCA mutations
- ▶ Speaks to a wide audience including patients, their support circles, and doctors, all seeking cancer care with greater compassion and efficacy
- ▶ *When Breath Becomes Air* meets *My Stroke of Insight*—firsthand experience backed by expertise that offers a new kind of hope

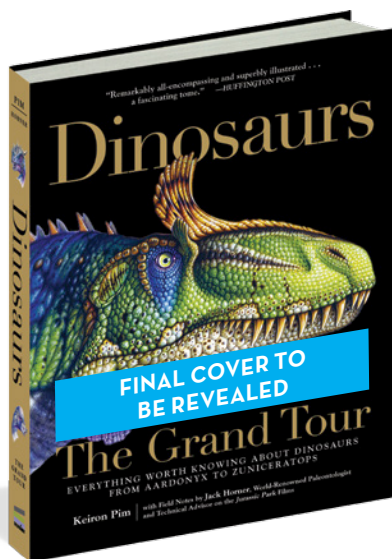
- National print campaign including reviews, feature interviews, and original essays
- National TV and radio tour
- Promotion tied to the author's speaking schedule; west coast events by request
- Breast Cancer Awareness month promotion and feature reviews

HARDCOVER

\$24.95 US | \$32.95 Can.
World excluding Germany
5 1/2 x 8 1/4 | 272 pages

Biography & Autobiography/
Medical (incl. Patients)
(BIO017000)

978-1-61519-478-0 | No. 779478
SHIPS AUGUST



Dinosaurs— The Grand Tour

SECOND EDITION

Keiron Pim

Field notes by Jack Horner

Illustrations by Fabio Pastori

- ▶ Expanded to highlight the most recent species discovered—all new to this edition
- ▶ The perfect gift book for dino lovers of all ages
- ▶ With illustrations on virtually every page
- ▶ At-a-glance stats on each dinosaur's size and weight, diet, location, and era
- ▶ Includes the best places readers can go fossil and footprint hunting

- New edition mailing
- Blog tour focusing on parenting and education outlets

KeironPim.co.uk

PAPER OVER BOARDS

\$22.95 US | \$29.95 Can. | USC+OM*

7 1/2 x 10 | 368 pages

One-color and full-color illustrations
throughout

Nature/Animals/Dinosaurs
& Prehistoric Creatures
(NAT007000)

978-1-61519-519-0 | No. 779519

Previous ed.: 978-1-61519-274-8

SHIPS OCTOBER

Now fully up-to-date with all the latest discoveries: A visual trove of more than 300 dinosaurs, with key anatomy, geology, history, and theory at a glance

Paleontologists are rewriting much of what we *thought* we knew about dinosaurs. In this revised, expanded, and updated second edition, *Dinosaurs—The Grand Tour* pairs the very latest findings with spectacular—and scientifically accurate—illustrations to bring every dinosaur worth knowing about to life, from Aardonyx, a lumbering beast that formed a link between two- and four-legged dinosaurs, to Zuniceratops, who boasted a deadly pair of horns.

A Main Selection of Scientific American Book Club

“This richly illustrated volume presents the latest perspectives on dinosaur lore, feathers and all.”

—NBC Science News

“Superbly illustrated . . . A fascinating tome that will appeal to children and adults.”—Huffington Post

“If there is one book you should give as a gift to any dinosaur fan . . . this is it.”—Staten Island Advance

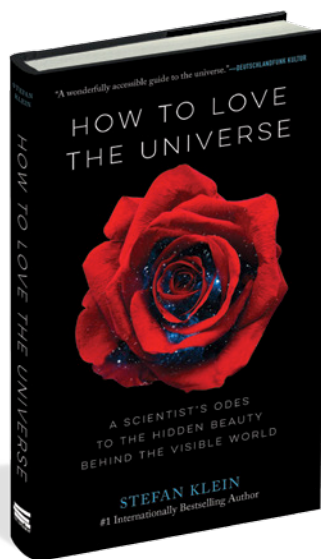


KEIRON PIM, married with three young daughters, is a journalist based in Norfolk, England. He has twice been named the national Feature Writer of the Year. This is his first book. **JACK HORNER**, one of the world's foremost paleontologists, served as a technical advisor on the *Jurassic Park* films. He is the curator of paleontology at the Museum of the Rockies, and Regents Professor of Paleontology at Montana State University.

How to Love the Universe

A SCIENTIST'S ODES TO THE HIDDEN BEAUTY BEHIND THE VISIBLE WORLD

Stefan Klein



In the vein of *Seven Brief Lessons on Physics*, a fascinating, eye-opening reconsideration of the marvels of space, time, physics, and more

How to Love the Universe is a new kind of science writing by an author truly enamored of the world around him. In ten short chapters of lyrical prose—each one an ode to an awe-inspiring realm of the universe—Stefan Klein uses everyday objects as a springboard to meditate on the beauty of the underlying science.

Klein sees in a single rose the magical interdependence of all life; a greying beard leads him to ponder the irreversibility of time; a marble conjures the birth of the cosmos. As he contemplates the deepest mysteries—the nature of reality, dark matter, humanity's place among the galaxies, and more—Klein encourages us to fall in love with the universe the way scientists do: with a grasp of the key concepts that bring to life the wonders of, really, everything.

“A wonderfully accessible guide to the universe.”

—*Deutschlandfunk Kultur*

“Excellent.”—*Der Standard Online*

“Gets to the bottom of the riddles of the world.”—*Die Zeit*



STEFAN KLEIN is Germany's bestselling science author. His book *The Science of Happiness* was at the top of all German bestseller lists for more than a year. This was followed by the much-praised *All by Chance*, *The Secret Pulse of Time*, *Leonardo's Legacy*, *We Are All Stardust*, and *Survival of the Nicest*. His most recent bestseller, *Dreams*, received the Deutsche Lesepreis 2016.

- ▶ See the world anew: Reconsider the everyday through the lens of physics
- ▶ For readers of popular science—and for poets at heart
- ▶ “Stealth” physics: *How to Love the Universe* is a science course you might not even know you're taking!
- ▶ In the vein of bestsellers *Astrophysics for People in a Hurry* and *Seven Brief Lessons on Physics*—for readers hungry to understand our world on a deeper level
- » **See also** *We Are All Stardust*, page 36

- First serial to popular science publications
- Outreach to popular science, literary, and science publications
- Blog tour outreach and giveaway campaign targeting science outlets

StefanKlein.info

HARDCOVER

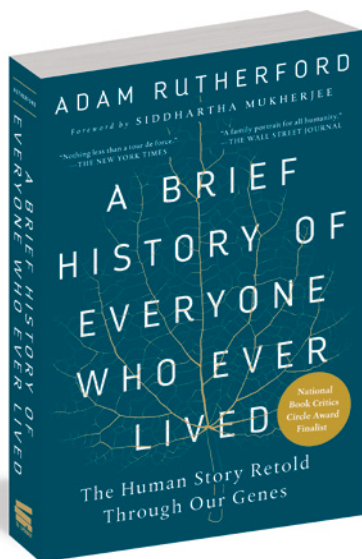
\$18.95 US | \$24.95 Can. | USC+OM*

4 1/2 x 7 1/2 | 240 pages
5 B&W illustrations

Science/Physics/Astrophysics
(SC1005000)

978-1-61519-486-5 | No. 779486

SHIPS SEPTEMBER



A Brief History of Everyone Who Ever Lived

THE HUMAN STORY RETOLD
THROUGH OUR GENES

Adam Rutherford

Foreword by Siddhartha Mukherjee

- ▶ Highly praised by top media
- ▶ New reading group guide and interview with the author
- ▶ The latest discoveries in genetics are overturning old ideas about “race”—a topic that’s often misunderstood and ever-more urgent
- ▶ With a foreword by Siddhartha Mukherjee, Pulitzer Prize-winning author of *The Emperor of All Maladies* and *The Gene*

- Multicity author tour
- Promotion tied to reviews and NBCC finalist status
- Blog tour targeting science outlets

AdamRutherford.com

A 2017 National Book Critics Circle Award finalist, now in paperback with a new author interview and reading group guide

In our unique genomes, every one of us carries the story of our species—births, deaths, disease, war, famine, migration, and a *lot* of sex. But those stories have always been locked away—until now. Who are our ancestors? Where did they come from? Geneticists have suddenly become historians, and the hard evidence in our DNA has blown the lid off what we *thought* we knew. Acclaimed science writer Adam Rutherford explains exactly how genomics is completely rewriting the human story—from 100,000 years ago to the present.

“A tour de force—a heady amalgam of science, history, a little bit of anthropology, and plenty of nuanced, captivating storytelling.”—*The New York Times Book Review*

A *National Geographic* Best Book of 2017

“A family portrait for all humanity.”—*The Wall Street Journal*

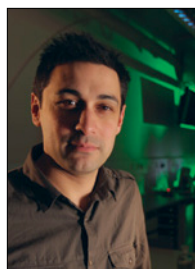
“An effervescent work, brimming with tales and confounding ideas carried in the ‘epic poem in our cells.’”—*Guardian*

TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC+OM*
5 1/2 x 8 1/4 | 416 pages
5 B&W illustrations

Science/Life Sciences/Genetics & Genomics (SC1029000)

978-1-61519-494-0 | No. 779494
Previous ed.: 978-1-61519-404-9

SHIPS AUGUST



ADAM RUTHERFORD, PHD, studied genetics at University College London and was part of a team that identified the first genetic cause of a form of childhood blindness. He has written and presented award-winning BBC programs and writes on science for the *Guardian*. His book *Creation* was shortlisted for the Wellcome Trust Prize. **SIDDHARTHA MUKHERJEE** is the author of *The Gene* and the Pulitzer Prize-winning *The Emperor of All Maladies*.

Short Cuts to Happiness

LIFE-CHANGING LESSONS
FROM MY BARBER

Tal Ben-Shahar

Even a *New York Times*–bestselling happiness expert can need advice!

In his trailblazing Harvard courses, internationally bestselling books, and lectures and videos, positive psychologist Tal Ben-Shahar has shared his essential, scientifically backed tools for finding fulfillment the world over. But even the happiness expert needs a boost from time to time! Tal found his not in a guru or fellow psychologist, but rather in his longtime neighborhood barber, Avi—a man with a gift for making his clients look *and* feel great with wisdom beyond his years.

Tal's visits to Avi soon grew into a friendship deeper than most. Between snips, the two men talked about everything from family and starting a business to the meaning of life and the power of music. Two years of their revelatory barbershop talk have been distilled into these gems of inspiration—perfect to give, receive, and share, even between haircuts.

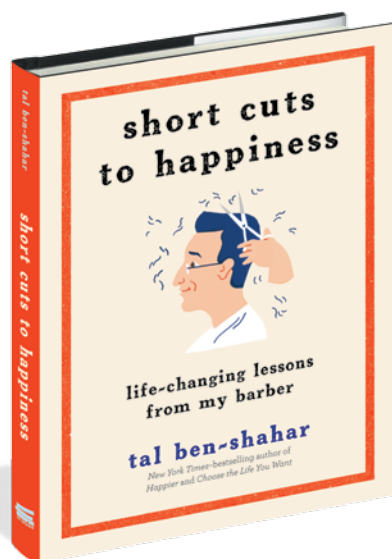


“A charming read to remind you that wisdom about happiness is often right around the corner.”—ADAM GRANT, *New York Times*–bestselling author

» **6-copy display** | No. 779484
\$113.70 US | \$149.70 Can.



TAL BEN-SHAHAR, PHD, taught two of Harvard's historically largest courses on positive psychology. For the last 15 years, he has been teaching leadership, happiness, and mindfulness to audiences all over the world. He is the author of five previous books, including international bestsellers *Happier* and *Being Happy*, which have been translated into more than 25 languages. He lives in Brooklyn, New York.



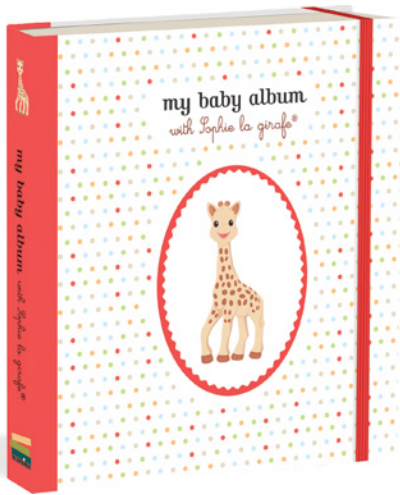
- ▶ A new kind of self-help—relatable to anyone who's confided in his or her hairdresser
- ▶ *Tuesdays with Morrie* meets Gretchen Rubin
- ▶ A beautiful package with 40 bite-size chapters that are easy to dip in and out of, or enjoy all at once
- » **See also** *Choose the Life You Want*, page 33

- Coverage in lifestyle, wellness, and general-interest publications
- National radio tour
- Promotion tied to the author's speaking schedule
- Holiday gift guide outreach and promotion

TalBenShahar.com

HARDCOVER
\$18.95 US | \$24.95 Can. | World
5 x 7 | 176 pages

Self-Help/Personal Growth/
Happiness (SEL016000)
978-1-61519-487-2 | No. 779487
SHIPS SEPTEMBER



My Baby Album with Sophie la girafe®

SECOND EDITION

- ▶ All new bells and whistles: six keepsake envelopes, a booklet, and a growth chart
- ▶ 250,000 Sophie la girafe books in print
- ▶ Extremely giftable—just as affordable as the teether toy
- » See also page 32

- Outreach to national and regional parenting publications
- Outreach with giveaways targeting mommy bloggers and parenting websites

SophieLaGirafe.fr/en

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

HARDCOVER WITH HIDDEN SPIRAL

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

9 1/2 x 10 1/4 | 104 pages
Elastic band | Color illustrations throughout

Family & Relationships/Parenting/
Motherhood (FAM032000)

978-1-61519-503-9 | No. 779503

Previous ed. 978-1-61519-097-3

SHIPS AUGUST

An updated and expanded second edition of the bestselling baby album—115,000 copies in print!

Featuring the wildly popular French import and #1 teether toy in the US—Sophie la girafe—this is a charming album for capturing memories from birth through baby's second birthday. The second edition now includes:

- 16 all-new pages for month-by-month milestones such as baby's first teeth
- An adorable growth chart featuring Sophie and friends
- A booklet to capture headlines, new music, and popular trends during baby's birth year.

With pages devoted to every major milestone (first bath, smile, words, haircut) and plenty of space for precious photographs, this is a baby album made to be personalized and sure to be cherished.

- » **6-copy display** | No. 779485
\$124.75 US | \$164.75 Can.



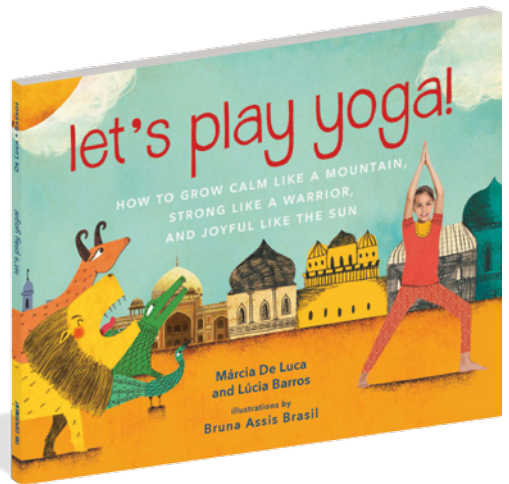
SOPHIE LA GIRAFE was born in France on May 25, 1961. An undisputed star from the start, Sophie first made her way to America several decades ago and has experienced a recent resurgence in popularity. The more than 30 million people worldwide who have purchased the teething toy help to make Sophie the most recognizable and beloved giraffe on earth.

Let's Play Yoga!

HOW TO GROW CALM LIKE A MOUNTAIN,
STRONG LIKE A WARRIOR,
AND JOYFUL LIKE THE SUN

Márcia De Luca and Lúcia Barros

Illustrations by Bruna Assis Brasil

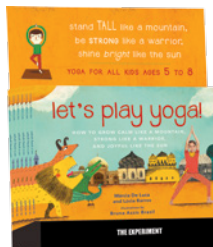


A playful, exuberantly illustrated book that introduces yoga to kids ages 5–8 with simple postures and techniques to foster a calm mind and healthy body

How can a magic tree, a cow with a fidgety son, or a wise lion teach kids about being kinder, calmer, and stronger? With yoga! In *Let's Play Yoga!*, these and other colorful characters promote balance and discernment—through creative stories kids can read on their own, all grounded in traditional yoga poses. This vibrant book also includes:

- Step-by-step, illustrated instructions for 13 poses
- Kid-friendly descriptions of the ten principles of yoga, from honesty to nonviolence
- A note to parents and teachers on how to help kids use the book.

In the hands of talented authors, yoga becomes a lifelong skill to help kids pave the way to a more compassionate future for all, even as they explore new ways to move.



» **6-copy display** | No. 779521
\$89.70 US | \$119.70 Can.



MÁRCIA DE LUCA has been practicing yoga, meditation, and Ayurveda for over 35 years. She studied with Deepak Chopra, and now advises companies and offers talks, workshops, and tailor-made courses.

LÚCIA BARROS began to study yoga and meditation with Márcia 20 years ago, and now researches and gives talks on mindfulness and happiness to companies and universities.

- ▶ For the 1.7 million kids practicing yoga in the US, and the 940 schools with yoga programs
- ▶ Stands out from other kids' yoga books with its distinctive artwork and storytelling
- ▶ The authors have decades of combined experience teaching and studying yoga, and designing workshops for teachers and parents

- Feature print and digital coverage in yoga publications
- Coverage in national parenting, lifestyle, fitness, and health publications
- Targeted outreach to regional parenting publications
- #LetsPlayYoga social media campaign and blog tour
- Holiday gift guide outreach and promotion

PAPER OVER BOARDS

\$14.95 US | \$19.95 Can. | World
10 5/8 x 8 | 80 pages
Color illustrations throughout

Juvenile Nonfiction/Health & Daily Living/Mindfulness & Meditation (JNFO24130)

978-1-61519-493-3 | No. 779493
SHIPS AUGUST

The Ultimate Vegan Breakfast Book

80 MOUTHWATERING
PLANT-BASED RECIPES YOU'LL
WANT TO WAKE UP FOR

Nadine Horn and Jörg Mayer

Plant-ify your mornings with these 80 delicious, healthful, and diverse vegan recipes for drinks and meals—perfect for every day and special occasions

From clean and green to syrupy and sweet, breakfast and brunch are beloved for their nutritional value and social cachet alike. But what's a vegan to do in the face of morning spreads of sausages, pancakes, omelets, and lattes?

In *The Ultimate Vegan Breakfast Book*, plant lovers have a whole new reason to savor mornings thanks to these inspiring, beautiful, and flavorful ways to make breakfasts accessible, affordable, and always interesting. Feast your eyes on these sumptuously photographed recipes that range from veganized classics—dairy-free pancakes and crepes, tofu-based omelets and breakfast burritos—to innovations such as Miso Oatmeal, Chococcinos, Hearty Lentil Muffins, Oatmeal Popsicles, and more.

Add in pantry basics including breads, sweet and savory spreads, and nut milks galore, and this book becomes a comprehensive guide for starting the day full, energized, and focused.



Food nerds and sriracha addicts, **NADINE HORN** and **JÖRG MAYER** are the creators of *EatThis!*, the most popular vegan blog in Germany. They are the authors of *VBQ—The Ultimate Vegan Barbecue Cookbook*, forthcoming from The Experiment in May 2018.



- ▶ Fully illustrated, with a photo accompanying every recipe, and poised to stand out in our Instagram-driven cooking world
- ▶ Includes tricks and tips to stock your kitchen with the right grains, tools, and add-ins to make vegan breakfasts versatile and easy
- ▶ Fills a niche in the brunch/breakfast cookbook category—a meal that's especially challenging for vegans
- » **See also** *VBQ—The Ultimate Vegan Barbecue Cookbook*, page 25

- National coverage in food, health, and lifestyle publications
- National feature coverage in vegan and vegetarian publications
- Blog tour with promotional recipes and giveaways

Eat-This.org

TRADE PAPERBACK
\$19.95 US | \$25.95 Can. | World
7 1/2 x 9 5/8 | 208 pages
110 color photographs

Cooking/Vegan (CKB125000)
978-1-61519-488-9 | No. 779488
SHIPS OCTOBER

Clean Enough

A NEW APPROACH TO CLEAN EATING—GET BACK TO BASICS AND LEAVE ROOM FOR DESSERT

Katzie Guy-Hamilton

Redefine clean eating with over 100 whole-food, vegetarian savorys and sweets that nourish your body and mind—every day

It seems that every day a new superfood or gadget promises to be the key to making healthy eating a reality. Ditch the trends and get back to basics with this comprehensive guide to cooking with simple, whole ingredients that don't require sacrificing flavor or satisfaction—including the often taboo category of dessert.

Here are over 100 inspiring recipes that make real foods—from greens and grains to chocolate and cream—sing, with methods and combinations perfect for whipping up on a weekday night, leisurely preparing on weekends with plenty of leftovers, or impressing guests at a dinner party.

From energizing the day with a Green Pow Wow Smoothie, munching on Luxury Granola at the office or on your sofa, savoring a crisp bite of Charred Broccoli with Poached and Crispy Miso Sweet Potatoes, or indulging in a slice of Pan di Spagna, this refreshing approach to health proves that eating clean *enough* is the key to satisfaction at every meal.



KATZIE GUY-HAMILTON is the director of food and beverage at Equinox Fitness and a former pastry chef and global brand ambassador for Max Brenner International. She trained at Wolfgang Puck's Spago Beverly Hills and the French Culinary Institute, and received her health coach certification from the Institute for Integrative Nutrition. She is actively involved in philanthropic efforts and has appeared on international TV and media.



- ▶ A new kind of clean eating that aims for pleasure—not perfection
- ▶ Katzie Guy-Hamilton has a huge network of culinary connections
- ▶ Evokes Gwyneth Paltrow's *Goop*, but for real people with real lives and cravings

- National feature coverage in food, health, wellness, and lifestyle publications
- National TV and radio interview campaign focused on food, health, and nutrition shows
- Interviews in women's and lifestyle publications
- Blog tour with promotional recipes and giveaways
- Holiday gift guide outreach and promotion
- #CleanEnough social media campaign with targeted outreach to culinary influencers

CleanEatsDirtyDesserts.com

PAPER OVER BOARDS

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

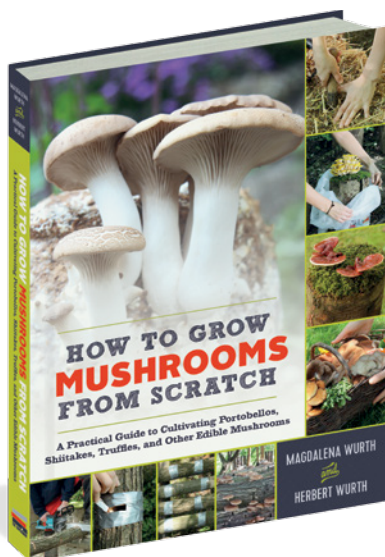
7 1/2 x 9 | 256 pages

75 color photographs

Cooking/Vegetarian (CKBo86000)

978-1-61519-490-2 | No. 779490

SHIPS SEPTEMBER



How to Grow Mushrooms from Scratch

A PRACTICAL GUIDE TO CULTIVATING PORTOBELLOS, SHIITAKES, TRUFFLES, AND OTHER EDIBLE MUSHROOMS

Magdalena Wurth and Herbert Wurth

An ultra-accessible guide to growing tasty mushrooms at home, inside or outdoors—from spore to sprout

A true beginner's guide, *How to Grow Mushrooms from Scratch* offers crystal-clear instructions on growing 19 species of edible mushroom, plus advice on their unique characteristics and culinary profiles. Magdalena and Herbert Wurth, who grow mushrooms as their family business, explain the cultivation process with tables, illustrations, and gorgeous color photographs. Readers will learn:

- How to cultivate mushrooms indoors, in the garden, or in woodlands and fields
- How to pick the right mushroom-growing medium, whether it's straw, logs, or even compost
- How to handle pests and competing organisms and how to build "protected" environments
- Different inoculation techniques, such as the kerf and auger methods
- Delicious recipes, preserving methods, and more!

- ▶ The mushroom market continues to grow
- ▶ Truly expert authors who raise mushrooms professionally
- ▶ Unlike competing books, makes growing mushrooms look and feel like a garden project—not a science experiment

- Outreach to food, outdoor, and gardening publications
- Blog tour and social media outreach focused on gardening and DIY outlets

PAPER OVER BOARDS

\$19.95 US | \$25.95 Can.

USC+Singapore

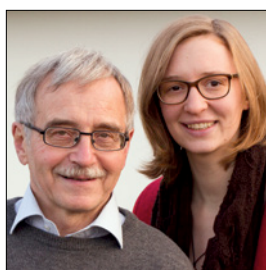
7 x 9 1/4 | 144 pages

190 color photographs

Gardening/Vegetables
(GAR025000)

978-1-61519-491-9 | No. 779491

SHIPS AUGUST



MAGDALENA WURTH is an agricultural scientist and enthusiastic home mushroom grower. Her father, **HERBERT WURTH**, a former chemist, has been working on the cultivation of mushrooms in the laboratory and garden for over 30 years. Together they run the Waldviertler Pilzgarten, which offers resources, classes, and advice to home mushroom growers. They live in Austria.

Start Your Farm

THE AUTHORITATIVE GUIDE
TO BECOMING A SUSTAINABLE
21ST-CENTURY FARMER

Forrest Pritchard and Ellen Polishuk

A modern, all-purpose handbook for today's agricultural dreamers—covering the challenges and triumphs of starting a farm—from two leading lights in sustainable farming

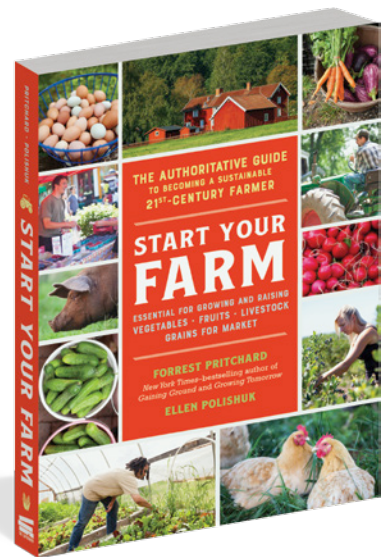
Combining nearly five decades of experience from two of America's pioneering sustainable farmers, *Start Your Farm* is the perfect introduction for the ever-growing ranks of people who dream of starting their own successful operation. Written in straightforward yet engaging language, rich with anecdotes, practical examples, and sprinkled throughout with rural humor, *Start Your Farm* is a must-read primer and practical business guide for any aspiring farmer, regardless of enterprise. The book offers essential step-by-step advice, as well as useful charts and diagrams.

From vegetables to livestock, from small-scale plots to large acreages, from West coast to East, authors Polishuk and Pritchard have not only lived the farming dream, they have succeeded at it. Now, new farmers can benefit from their wealth of experience, finding valuable information specifically organized and tailored for them. Broad in scope but thorough in detail, *Start Your Farm* is a book that can be read straight through, cherry-picked for individual chapters, and kept as a handy ongoing reference.



FORREST PRITCHARD is a seventh-generation farmer and the author of the *New York Times* bestseller *Gaining Ground*. His books have been named top reads by NPR, *Washington Post*, *Los Angeles Times*, and more.

ELLEN POLISHUK is a first-generation vegetable farmer. After 25 years at Potomac Vegetable Farms, she is now a full-time farm consultant and conference teacher.



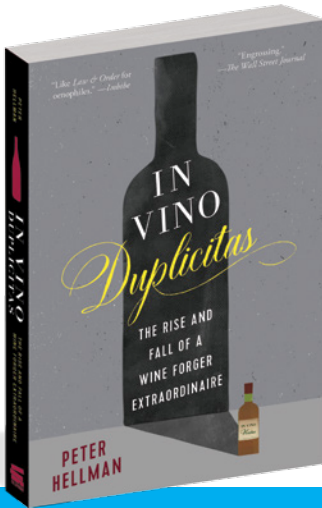
- ▶ From two sought-after educators, one already a bestselling author
- ▶ Perfect for our current agricultural moment, focused on organic farming
- ▶ A myth-busting, perspective-shifting insider's guide
- » **See also** *Growing Tomorrow*, page 35

- Coverage in agriculture and lifestyle publications
- Extensive digital media outreach targeting agriculture and DIY farming outlets
- Promotion tied to authors' ongoing speaking schedule
- Events at Mother Earth News Fairs and by request
- Online advertising and social media promotions

ForrestPritchard.com
PlanttoProfit.com

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6 1/4 x 8 1/2 | 320 pages
Two-color interior | Diagrams
throughout

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978-1-61519-489-6 | No. 779489
SHIPS AUGUST



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16-page color photo insert

Cooking/Beverages/Alcoholic/
Wine (CKB126000)
978-1-61519-495-7 | No. 779495
Previous ed.: 978-1-61519-392-9
SHIPS AUGUST

In Vino Duplicitas

The Rise and Fall of a Wine
Forger Extraordinaire

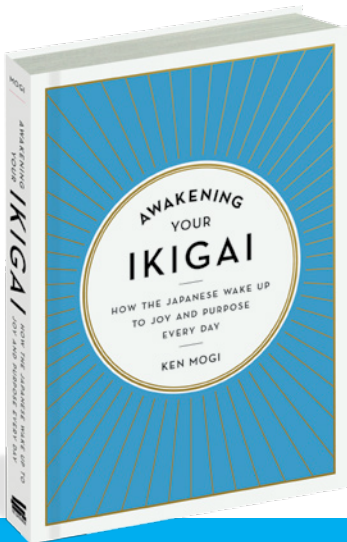
Peter Hellman

**Now in paperback with a new preface:
The “engrossing” (*Wall Street Journal*)
story of the biggest con in wine history**

★ “Heady, intoxicating . . . shines a light on the esoteric and intriguing world of ultrarare, ultrafine wines.”—*Foreword*

“Like *Law & Order* for oenophiles.”—*Imbibe*

“A cautionary tale of how we can let the romance of wine get the better of us.”—*Washington Post*



PAPER OVER BOARDS
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5 1/4 x 7 1/4 | 224 pages | CQ 40
11 B&W illustrations

Self-Help/Personal Growth/
Happiness (SEL016000)
978-1-61519-475-9 | No. 779475

Awakening Your Ikigai

How the Japanese Wake Up to
Joy and Purpose Every Day

Ken Mogi

Find your passions and live with joy

Ikigai is a Japanese phenomenon commonly understood as “your reason to get up in the morning.” Whether *your* ikigai is big (a fulfilling job, lasting friendships) or small (a cup of coffee, a compliment), finding it is the key to success and happiness in life.

“Really quite a delightful look at sometimes mystifying Japanese traditions.”—*The New York Times Book Review*

» **5-copy display** | No. 779477
\$84.75 US

The Original Area Mazes

VOLUME TWO

100 More Addictive Puzzles to Solve with Simple Math—and Clever Logic!

Naoki Inaba and Ryoichi Murakami

The addictive series of pocket-sized logic puzzles continues in *Volume Two!*

Area mazes (*menseki meiro*) have taken Japan by storm, and it's easy to see why. Prolific puzzle inventor Naoki Inaba has created a worthy successor to Sudoku: The rules are simple—but getting the answer can take all your creativity! Just remember:

- Area = length × width
- Use spatial reasoning to find helpful relationships
- Whole numbers are all you need. You can *always* get the answer without using fractions!

Can you find the missing value in the puzzle at right?

“Naoki Inaba has invented the perfect puzzle.”

—ALEX BELLOS, author of *Can You Solve My Problems?*

» **8-copy display** | No. 779523
\$71.60 US | \$95.60 Can.

» **Series display** | No. 779524
8 copies of each volume
\$143.20 US | \$191.20 Can.

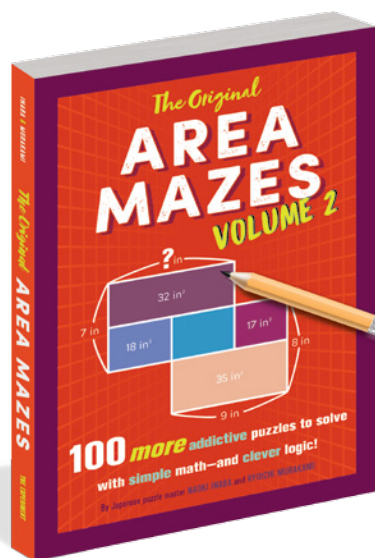


Solution: 36 in²



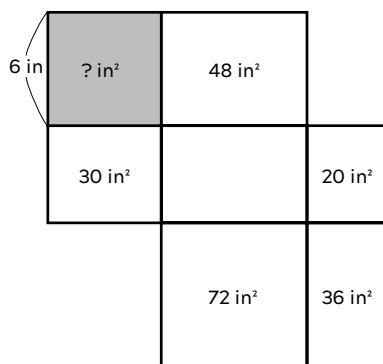
NAOKI INABA has invented over 400 new types of puzzle, and also writes Sudoku and other popular puzzles for magazines in Japan, where he has published several books of area mazes for children and adults. **RYOICHI MURAKAMI** is

the director of El Camino, an esteemed “cram school” for gifted elementary school students in Japan.



- ▶ Elementary-level math combines with challenging logic to make the perfect brain teaser
- ▶ 100 puzzles in five levels of difficulty
- ▶ A bestselling series in Japan with over 173,000 books in print
- ▶ The perfect holiday stocking stuffer!
- » **See also** *The Original Area Mazes*, page 26

■ Holiday gift guide outreach

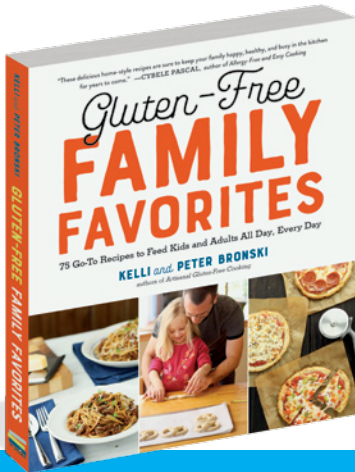


TRADE PAPERBACK ORIGINAL
\$8.95 US | \$11.95 Can. | World
5 x 7 | 160 pages
100 B&W puzzles

Games & Activities/Logic & Brain Teasers (GAM005000)
978-1-61519-522-0 | No. 779522
SHIPS AUGUST

AVAILABLE NOW

The Experiment
NEW RELEASES



Gluten-Free Family Favorites

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

Kelli and Peter Bronski

75 kid-pleasing gluten-free recipes—now redesigned inside and out!

From breakfasts (French Toast Sticks) to scrumptious snacks (Cashew Coconut Chia Squares), to balanced dinners (Pumpkin Gnocchi Nuggets), *Gluten-Free Family Favorites* has it covered. Each recipe includes “Kids Can” tips to get kids cooking, plus allergy-free, vegan, and vegetarian options.

» See also *Artisanal Gluten-Free Cooking*, page 30

TRADE PAPERBACK ORIGINAL

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

7 1/2 x 9 1/4 | 240 pages | CQ 26

75 color photographs

Cooking/Health & Healing/Gluten-Free (CKB11000)

Previous ed.: 978-1-61519-100-0

978-1-61519-504-6 | No. 779504

AVAILABLE NOW

The Experiment
NEW RELEASES



How to Change Minds About Our Changing Climate

Seth B. Darling and Douglas L. Sisterson

Now with a new cover! The essential book that puts all the most convincing climate science at one's fingertips

Here is an essential climate-change handbook for anyone confronted by doubts—whether their own or a skeptic's—that explains the irrefutable science supporting human-caused climate change as well as how best to persuade those who remain unconvinced.

Books for a Better Life Award—Green category finalist

TRADE PAPERBACK ORIGINAL

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

5 x 7 3/4 | 224 pages

18 B&W in-text illustrations

Science/Global Warming & Climate Change (SCI092000)

978-1-61519-223-6 | No. 779223

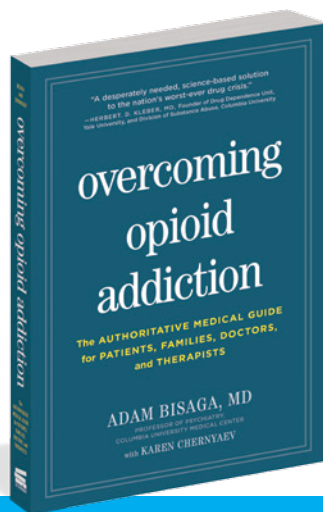
Overcoming Opioid Addiction

The Authoritative Medical Guide for Patients,
Families, Doctors, and Therapists

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

**Expertly presented information and
guidance for everyone contending with
opioid abuse**

“A desperately needed, science-based solution to the
nation’s worst-ever drug crisis.” —HERBERT D. KLEBER, MD,
founder of the Drug Dependence Unit, Yale University,
and the Division of Substance Abuse, Columbia University



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6 x 9 | 304 pages | CQ 36

Self-Help/Substance Abuse &
Addictions/Drugs (SEL013000)
978-1-61519-458-2 | No. 779458

The Motherhood Affidavits

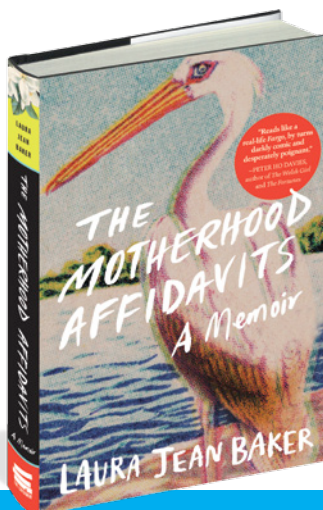
Laura Jean Baker

**“A beautiful and brave memoir of
motherhood and its discontents.”**
—Joyce Carol Oates

“*Better Call Saul* meets La Leche League in this creative . . .
harrowing account . . . which readers may find themselves
unable to put down or soon forget.”—*Kirkus*

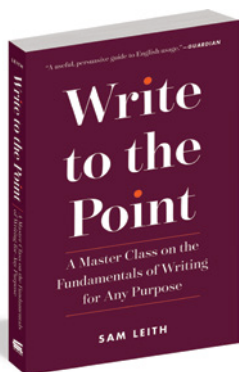
“Like a real-life *Fargo*, by turns darkly comic and desperately
poignant.”—PETER HO DAVIES, author of *The Welsh Girl*

“Ambitious in its scope . . . and dazzling in its execution.”
—SHELLY PUHAK, author of *Guinevere in Baltimore*



HARDCOVER
\$24.95 US | \$32.95 Can. | USC+OM*
5 1/2 x 8 1/4 | 288 pages | CQ 27
Deckled edge

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Personal Memoirs (BIO026000)
978-1-61519-439-1 | No. 779439



Write to the Point

Sam Leith

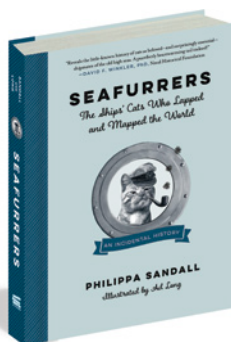
TRADE PAPERBACK

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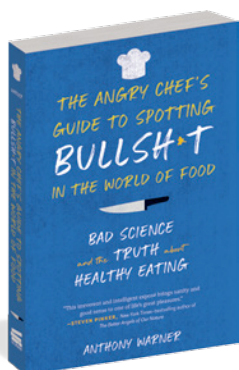
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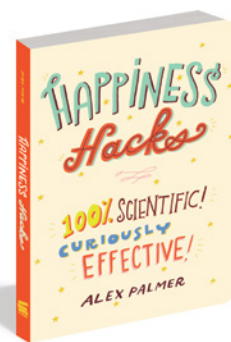
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Foreword by Alison Désir

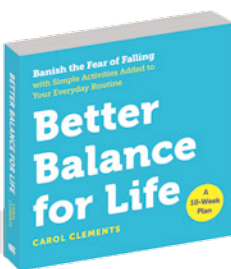
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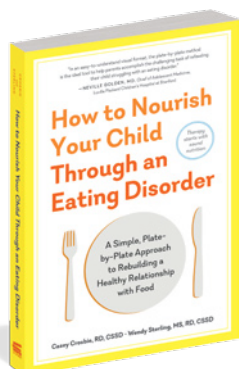
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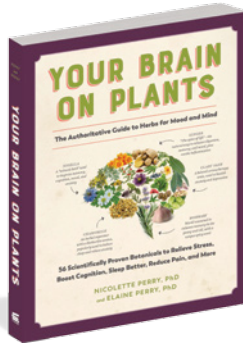
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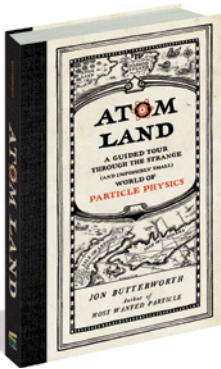
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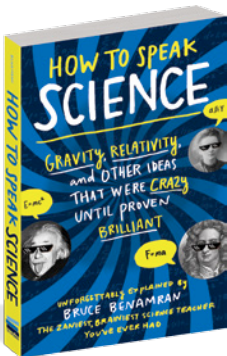


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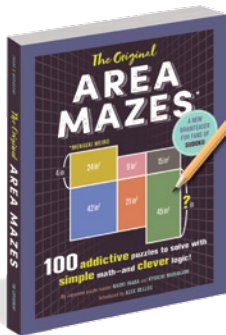
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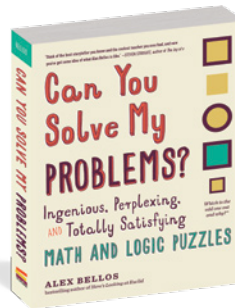
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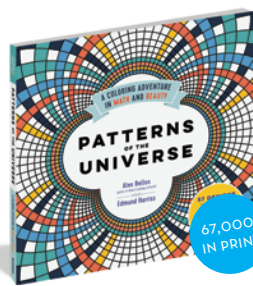
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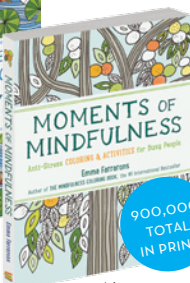
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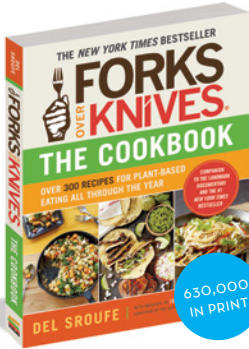
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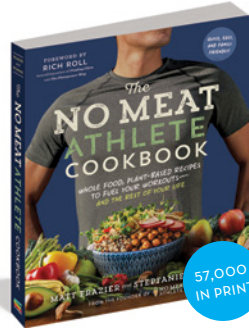


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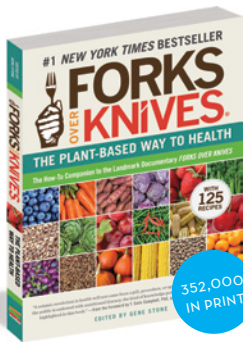


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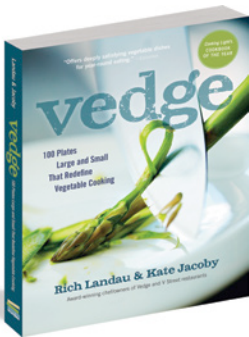


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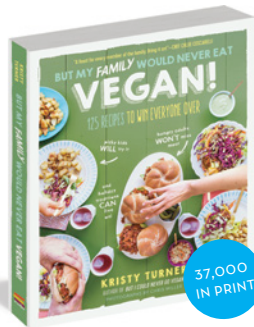


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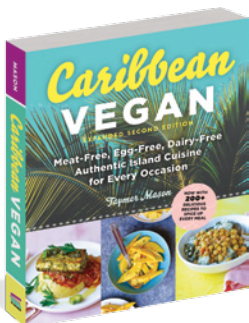


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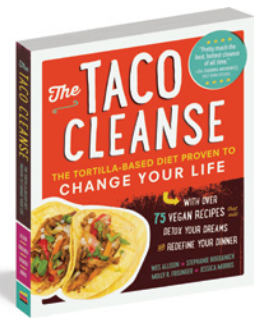


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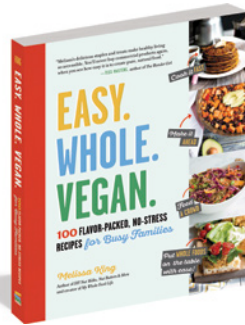


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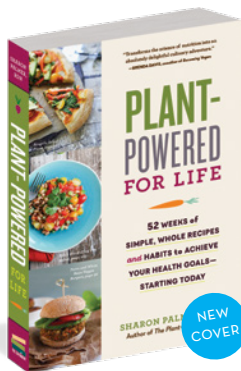
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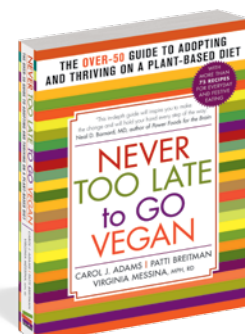


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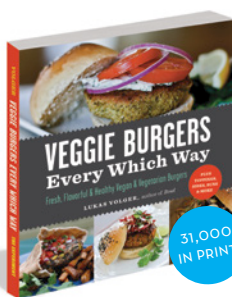
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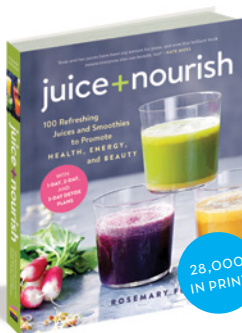
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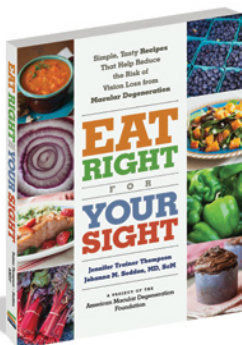


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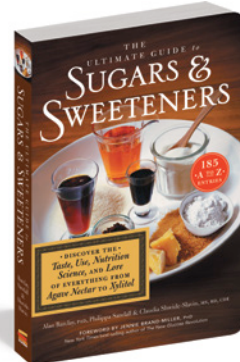
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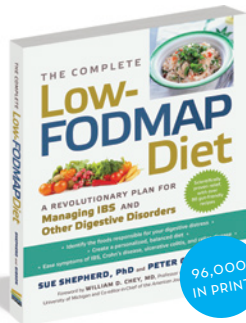
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Foreword by
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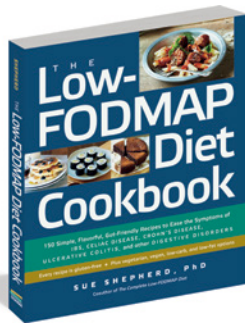
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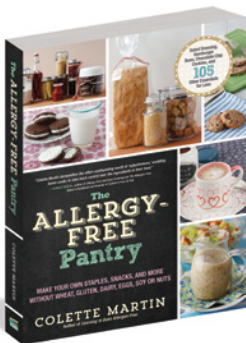


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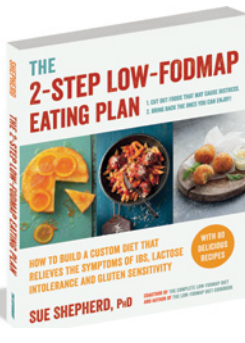
The Allergy-Free Pantry

Colette Martin

TRADE PAPERBACK
\$19.95 US | \$29.95 Can. | World
7 x 9 | 328 pages | CQ 18
127 color photographs

Cooking/Health & Healing/
Allergy (CKB106000)
978-1-61519-208-3 | No. 779208

» Also available: *Learning to Bake Allergen-Free* | No. 779053



The 2-Step Low-FODMAP Eating Plan

Sue Shepherd, PhD

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Gastrointestinal (HEAO39010)
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Artisanal Gluten-Free Cooking

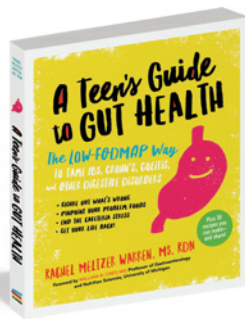
Kelli and Peter Bronski

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Cooking/Health & Healing/
Gluten-Free (CKB110000)
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» Also available: *Artisanal Gluten-Free Cupcakes* | No. 779036

\$9,000
IN PRINT



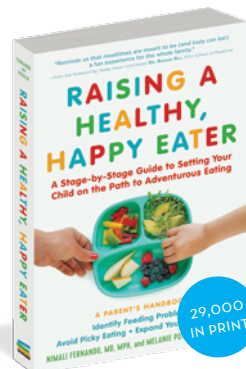
A Teen's Guide to Gut Health

Rachel Meltzer Warren, MS,
RDN

Foreword by William D. Chey, MD

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\$15.95 US | \$23.95 Can. | World
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Two-color interior

Health & Fitness/Diseases/
Gastrointestinal (HEAO39010)
978-1-61519-354-7 | No. 779354



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

Nimali Fernando, MD, MPH,
and Melanie Potock, MA,
CCC-SLP

Foreword by Dr. Roshini Raj

TRADE PAPERBACK
\$15.95 US | \$23.95 Can. | World
6 x 9 | 288 pages | CQ 36
Two-color interior | 35 illustrations

Family & Relationships/Parenting/
General (FAM034000)
978-1-61519-268-7 | No. 779268

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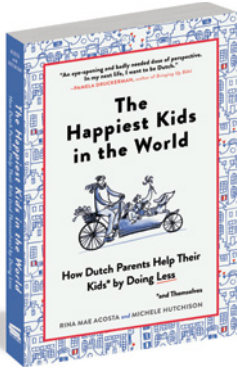


Adventures in Veggieland

Melanie Potock, MA,
CCC-SLP

FLEXIBIND
\$19.95 US | \$29.95 Can. | World
7 x 9 | 288 pages | CQ 14
50 color photographs

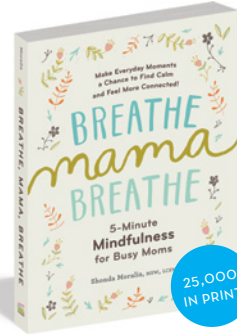
Cooking/Cooking for
Kids (CKB19000)
978-1-61519-406-3 | No. 779406



The Happiest Kids in the World

Rina Mae Acosta
and Michele Hutchison

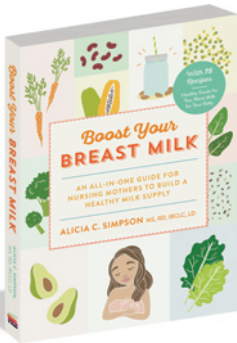
TRADE PAPERBACK
\$15.95 US | \$23.95 Can. | USC+OM*
5 1/2 x 8 1/4 | 256 pages | CQ 52
Family & Relationships/Parenting/
Motherhood (FAM032000)
978-1-61519-390-5 | No. 779390



Breathe, Mama, Breathe

Shonda Moralis, MSW,
LCSW

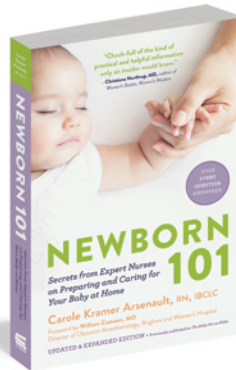
TRADE PAPERBACK
\$14.95 US | \$22.95 Can. | World
5 1/2 x 7 1/2 | 288 pages | CQ 44
Two-color interior
Body, Mind & Spirit/Mindfulness
& Meditation (OCC010000)
978-1-61519-356-1 | No. 779356
» 6-copy display | No. 779371
\$89.70 US | \$137.70 Can.



Boost Your Breast Milk

Alicia C. Simpson, MS, RD,
IBCLC, LD

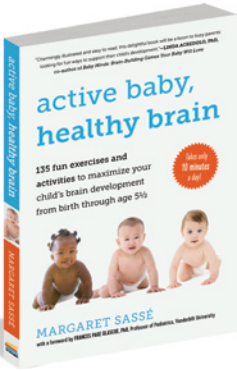
TRADE PAPERBACK
\$18.95 US | \$28.95 Can. | World
6 1/4 x 8 1/2 | 256 pages | CQ 40
Two-color interior | 45 illustrations
Health & Fitness/Breastfeeding
(HEA044000)
978-1-61519-346-2 | No. 779346



Newborn 101

Carole Kramer Arsenault,
RN, IBCLC

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30 B&W illustrations
Health & Fitness/Pregnancy
& Childbirth (HEA041000)
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Active Baby, Healthy Brain

Margaret Sassé
Foreword by
Frances Page Glascoe, PhD

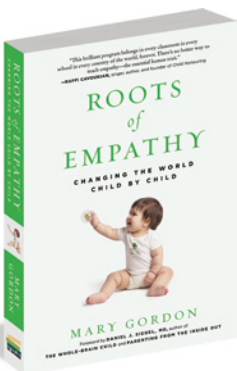
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More than 250 B&W illustrations
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Infants & Toddlers (FAM025000)
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Bedtime

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

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Family & Relationships/Parenting/
General (FAM034000)
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Roots of Empathy

Mary Gordon
Foreword by Daniel J. Siegel, MD

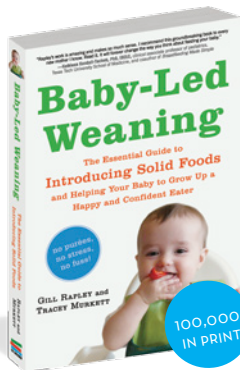
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8-page color insert
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General (FAM034000)
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Diane Ehrensaft, PhD
Foreword by Norman Spack, MD

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» Also available: Gender Born,
Gender Made | No. 779060



Baby-Led Weaning

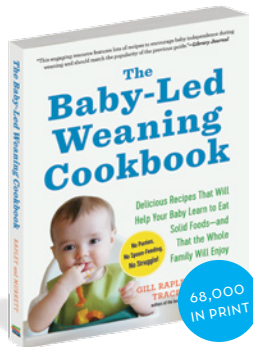
Gill Rapley, PhD,
and Tracey Murkett

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\$14.95 US | \$22.95 Can. | USC+OM*
5 1/2 x 8 1/4 | 264 pages | CQ 44
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Family & Relationships/Life Stages/
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978-1-61519-021-8 | No. 779021
» Also available: *Baby-Led
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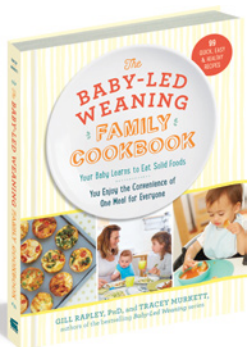
The Baby-Led Weaning Cookbook

Gill Rapley, PhD,
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73 color illustrations

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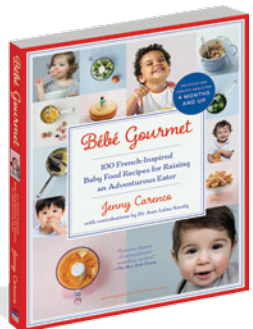
The Baby-Led Weaning Family Cookbook

Gill Rapley, PhD,
and Tracey Murkett

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46 color photographs

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Jenny Carenco
Contributions by
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Recipes for Play

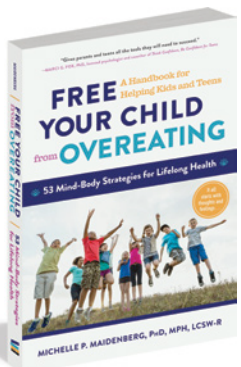
Rachel Sumner
and Ruth Mitchener

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Free Your Child from Overeating

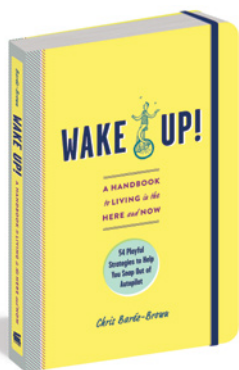
Michelle P. Maidenberg,
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Wake Up!

Chris Baréz-Brown

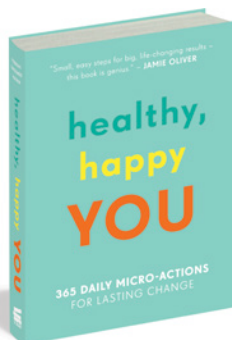
FLEXIBIND

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5 1/2 x 8 1/4 | 304 pages | CQ 32
Rounded corners, elastic band | 98
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Healthy, Happy You

Nora Rosendahl,
Nelli Lahteenmaki,
and Aleksii Hoffman

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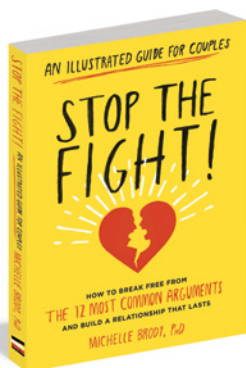
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100 color photographs

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Stop the Fight! An Illustrated Guide for Couples

Michelle Brody, PhD

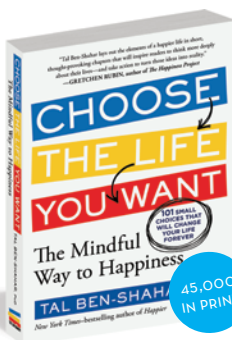
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6 1/4 x 9 | 304 pages | CQ 36
More than 300 B&W illustrations

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Choose the Life You Want

Tal Ben-Shahar, PhD

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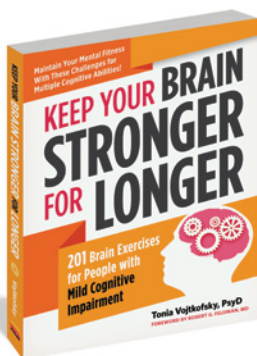
\$14.95 US | \$22.95 Can.

World excluding India

5 1/2 x 7 1/2 | 304 pages | CQ 48

Self-Help/Personal Growth/
Happiness (SELo16000)

978-1-61519-195-6 | No. 779195



Keep Your Brain Stronger for Longer

Tonia Vojtkofsky, Psy.D
Foreword by Robert G. Feldman, MD

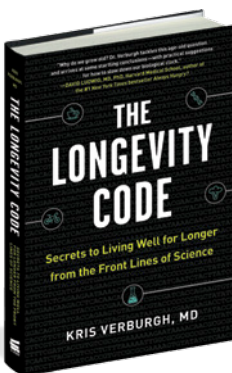
TRADE PAPERBACK

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7 3/4 x 10 | 304 pages | CQ 18

Self-Help/Personal Growth/Memory
Improvement (SELo30000)

978-1-61519-262-5 | No. 779262



The Longevity Code

Kris Verburgh

HARDCOVER

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6 x 9 | 320 pages | CQ 24
39 B&W photographs, illustrations,
and charts

Health & Fitness/Longevity
(HEAo49000)

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Build Your Running Body

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

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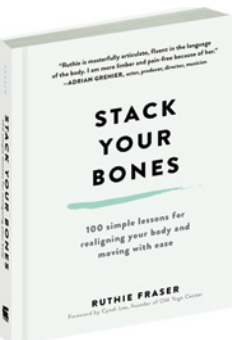
\$22.95 US | \$34.95 Can.

USC+ANZ+OM*

7 1/2 x 9 | 448 pages | CQ 16
Two-color interior | 393 B&W photos

Sports & Recreation/Running
& Jogging (SPOo35000)

978-1-61519-102-4 | No. 779102



Stack Your Bones

Ruthie Fraser
Foreword by Cyndi Lee

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The Emotionally Absent Mother

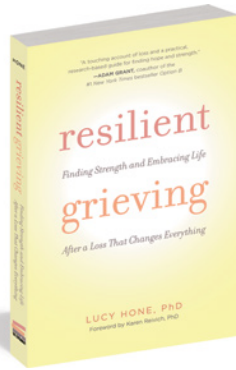
Jasmin Lee Cori, MS, LPC

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5 1/2 x 8 1/4 | 304 pages | CQ 30

Family & Relationships/Dysfunctional Families (FAM052000)

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Resilient Grieving

Lucy Hone, PhD

Foreword by Karen Reivich, PhD

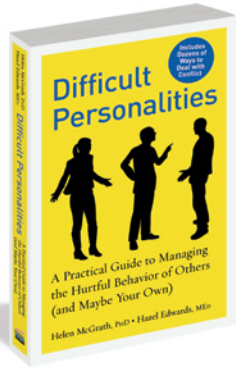
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Europe/South America

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One photo and two diagrams

Self-Help/Death, Grief,
Bereavement (SELO10000)

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Difficult Personalities

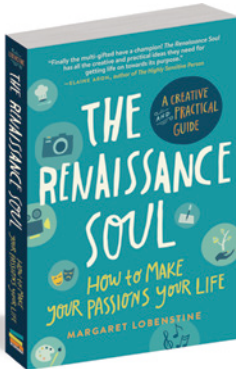
Helen McGrath, PhD,
and Hazel Edwards, MEd

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5 x 7 3/4 | 304 pages | CQ 48

Self-Help/Communication &
Social Skills (SELO40000)

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The Renaissance Soul

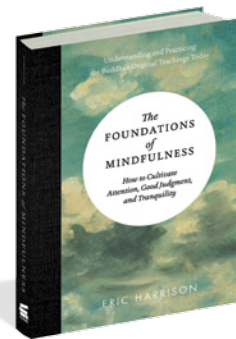
Margaret Lobenstine

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Self-Help/Personal Growth/
Success (SELO27000)

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The Foundations of Mindfulness

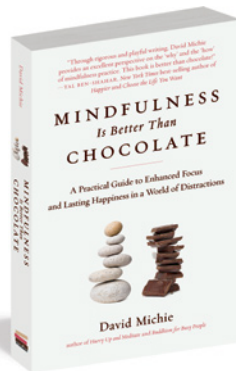
Eric Harrison

PAPER OVER BOARDS

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5 1/4 x 7 3/8 | 336 pages | CQ 36

Body, Mind & Spirit/Mindfulness
& Meditation (OCC010000)

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Mindfulness Is Better Than Chocolate

David Michie

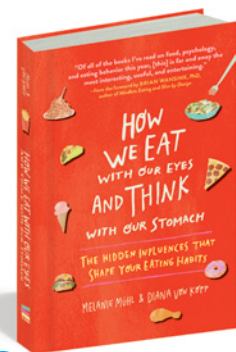
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& Meditation (OCC010000)

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How We Eat with Our Eyes and Think with Our Stomach

Melanie Mühl
and Diana von Kopp

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4 1/2 x 7 | 272 pages | CQ 24

Health & Fitness/Diet & Nutrition/
Nutrition (HEA017000)

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\$101.70 US | \$155.70 Can.



The Sage's Tao Te Ching

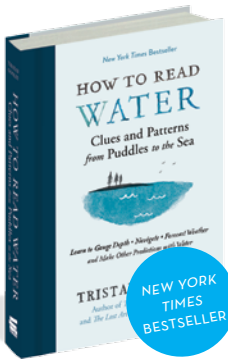
William Martin

Foreword by Chungliang Ai Huang
Illustrated by Hank Tusinski

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\$14.95 US | \$19.95 Can. | USC
4 1/2 x 8 1/4 | 144 pages | CQ 60
45 B&W illustrations

Philosophy/Taoist (PHI023000)
978-1-61519-024-9 | No. 779024



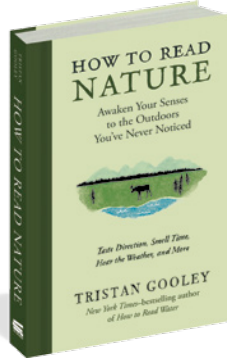
How to Read Water

Tristan Gooley

PAPER OVER BOARDS
\$19.95 US | \$29.95 Can. | USC
 5 1/4 x 7 3/8 | 400 pages | CQ 32
 8-page color photo insert | 46 B&W
 in-text illustrations

Nature/Ecosystems & Habitats/
 Oceans & Seas (NAT025000)
978-1-61519-358-5 | No. 779358

» **5-copy display** | No. 779372
 \$99.75 US | \$149.75 Can.



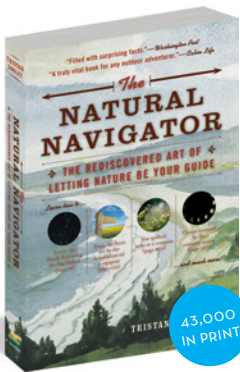
How to Read Nature

Tristan Gooley

PAPER OVER BOARDS
\$16.95 US | \$25.95 Can. | USC+OM*
 5 1/4 x 7 3/8 | 176 pages | CQ 46
 16 B&W photos and illustrations

Sports & Recreation/
 Walking (SPO050000)
978-1-61519-429-2 | No. 779429

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The Natural Navigator

Tristan Gooley

TRADE PAPERBACK
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 5 1/2 x 8 1/4 | 320 pages | CQ 44
 50 B&W illustrations

Nature/Sky Observation
 (NAT033000)
978-1-61519-046-1 | No. 779046

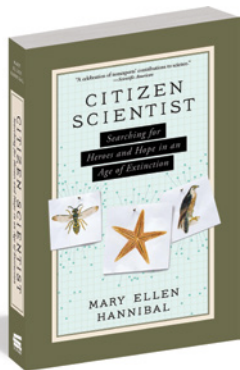


The Lost Art of Reading Nature's Signs

Tristan Gooley

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 5 1/2 x 8 1/4 | 416 pages | CQ 24
 77 B&W in-text illustrations

Sports & Recreation/Outdoor
 Skills (SPO030000)
978-1-61519-241-0 | No. 779241

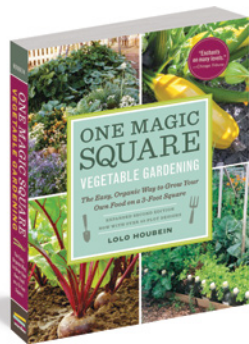


Citizen Scientist

Mary Ellen Hannibal

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 5 1/2 x 8 1/4 | 432 pages | CQ 24

Science/Environmental
 Science (see also Chemistry/
 Environmental) (SCL026000)
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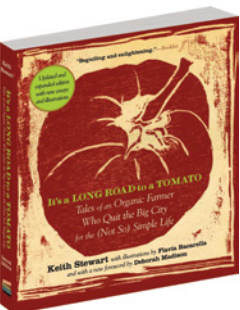


One Magic Square Vegetable Gardening

Lolo Houbein

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 7 x 9 | 352 pages | CQ 18
 84 color photographs and illustrations

Gardening/Vegetables (GAR025000)
978-1-61519-325-7 | No. 779325



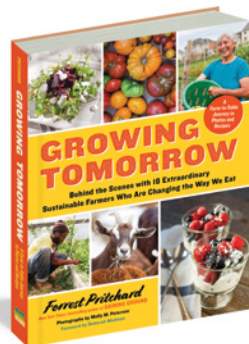
It's a Long Road to a Tomato

Keith Stewart

Illustrations by Flavia Bacarella
 Foreword by Deborah Madison

TRADE PAPERBACK
\$18.95 US | \$28.95 Can. | World
 7 x 8 | 344 pages | CQ 20
 49 B&W woodcut illustrations

Gardening/Essays &
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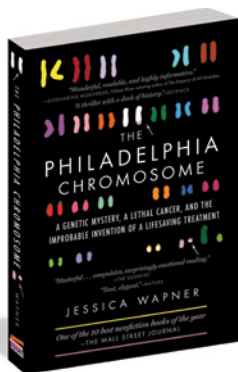
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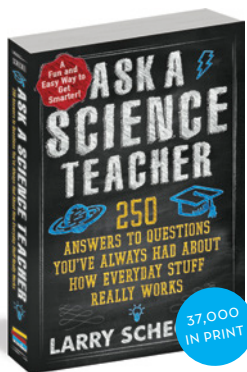
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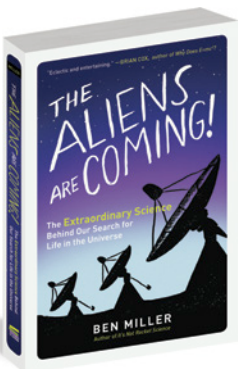
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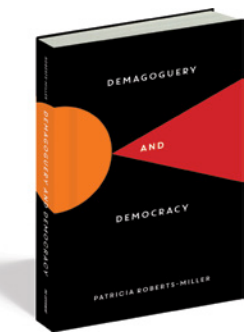
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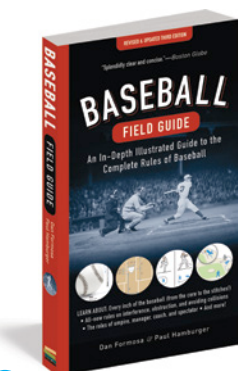
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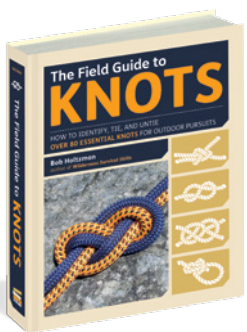
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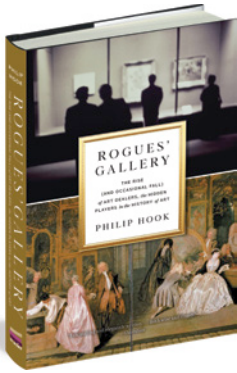
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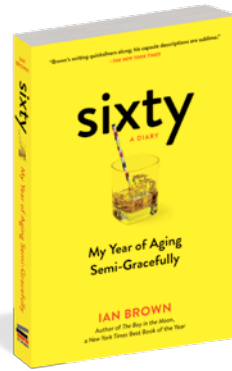
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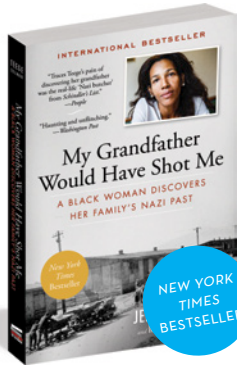
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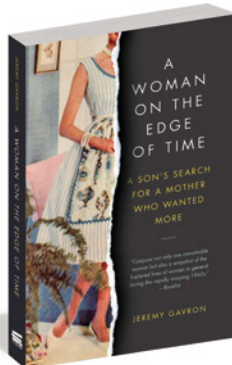
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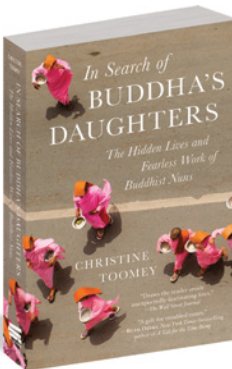
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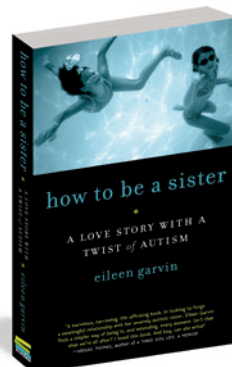
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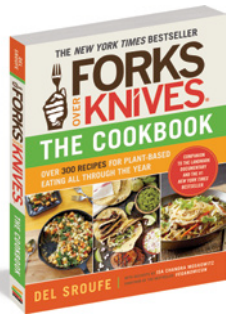
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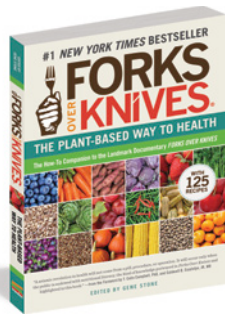
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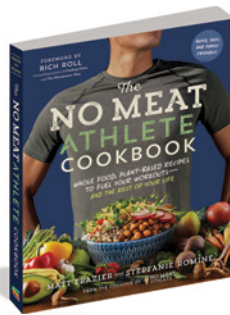
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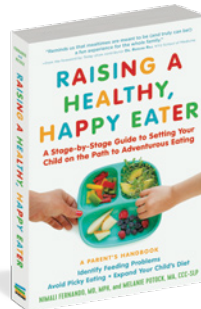
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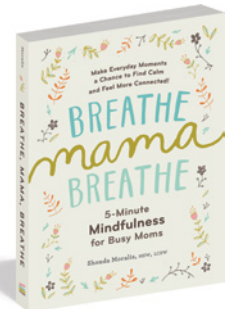
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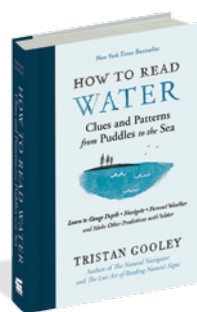
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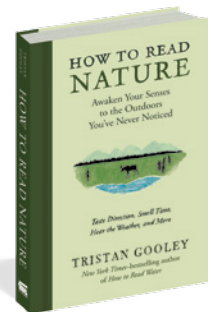
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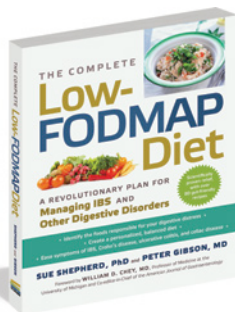
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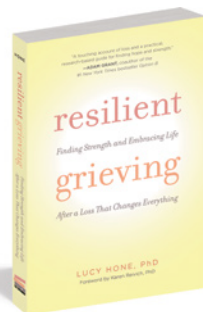
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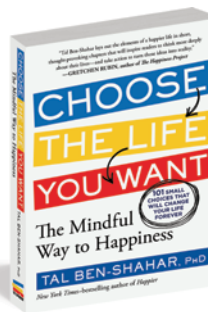
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