

# THE EXPERIMENT

## FALL 2019

FRONTLIST & KEY BACKLIST



DISTRIBUTED BY WORKMAN PUBLISHING

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BECAUSE EVERY BOOK IS A TEST OF NEW IDEAS

# Brilliant Maps for Curious Minds

100 NEW WAYS TO SEE THE WORLD

Ian Wright

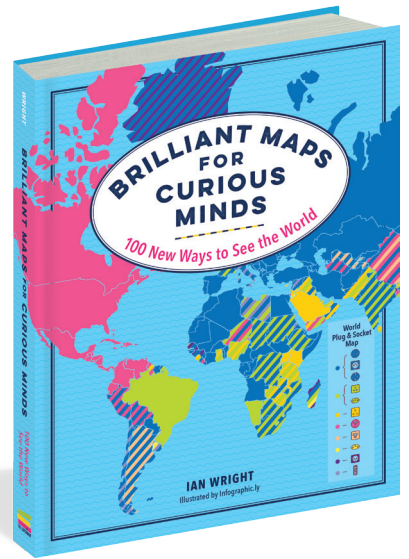
**A singular atlas of 100 maps, each one revealing something about the world that you've never thought of before**

Which nations have North Korean embassies? How many countries have bigger economies than California? Who drives on the “wrong” side of the road? And where can you find lions in the wild? In *Brilliant Maps for Curious Minds*, you'll learn all this and much more. One hundred visually arresting maps strike a balance between sobering analysis (number of executions by state) and whimsical insight (the countries of the world where there aren't any McDonald's).

Thought-provoking and flat-out fun, this one-of-a-kind atlas—compiled by the editor of the popular Brilliant Maps website—makes surprising connections that illuminate the contours of culture, history, and politics. *Brilliant Maps for Curious Minds* will change the way you see the world—and your place in it.



**IAN WRIGHT** runs Brilliant Maps, one of the most popular cartographic sites on the internet. In addition to being a cartophile, he's also a keen walker. In 2015, he combined these two passions to become the first person to walk all of the new expanded London Tube map. Originally from Canada, he now lives in the UK.



- ▶ Formaplovers, designenthusiasts, and Wikipedia readers
- ▶ Fun, humorous, and educational
- ▶ AuthorandcartographerIanWright has more than 85,000 followers at his constantly updated blog and Twitter account

- Coverage in travel, history, and general interest publications
- Blog tour outreach and giveaway campaign
- Holiday Gift Guide outreach

[BrilliantMaps.com](http://BrilliantMaps.com)

[@BrilliantMaps](https://twitter.com/BrilliantMaps)

◀ *The largest source of imports by country (detail)*

## PAPER OVER BOARDS

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

7 x 9 | 208 pages

100 color maps

Reference/Atlases, Gazetteers & Maps (REF002000)

978-1-61519-625-8 | No. 779625

SHIPS OCTOBER



# The Incredible yet True Adventures of Alexander von Humboldt

THE GREATEST INVENTOR-NATURALIST-SCIENTIST-EXPLORER WHO EVER LIVED

**Volker Mehnert**

Illustrated by Claudia Lieb

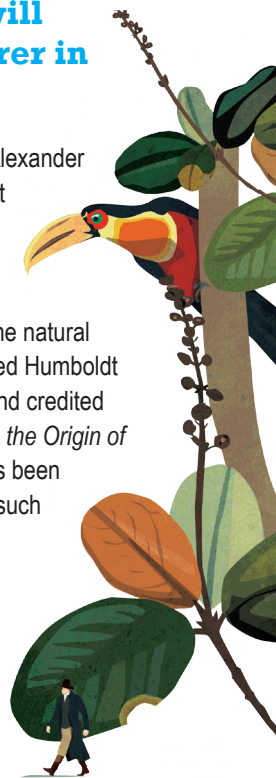
- ▶ Alexander von Humboldt, subject of the *New York Times* bestseller *The Invention of Nature*, merits rediscovery
- ▶ September 14, 2019 marks Humboldt's 250th birthday
- ▶ Shows middle-grade readers that science can be an adventure
- ▶ Lush illustrations of flora and fauna bring the story vividly to life

- Coverage in science, historical, and parenting publications
- Blog tour, social media, and giveaway campaign
- Holiday Gift Guide outreach

**This beautifully illustrated biography of a pivotal early scientist will captivate the inner adventurer in children and adults alike**

Explorer. Scientist. Polymath. Hero. In his day, Alexander von Humboldt (1769–1859) was among the most renowned scholars of the Enlightenment. He led pioneering expeditions in Central and South America (including the Amazon rainforest) as well as in Siberia, and he arguably founded the natural sciences as we know them. Charles Darwin called Humboldt “the greatest scientific traveler who ever lived,” and credited him with inspiring the journey that resulted in *On the Origin of Species*. And yet, in history books, Humboldt has been eclipsed by his intellectual heirs and admirers—such as Darwin himself, John Muir, and Henry David Thoreau—until now.

This captivating, richly illustrated narrative biography for kids will whisk away readers young and old, and inspire them to see the world through the eyes of one of the greatest early scientists.



## PAPER OVER BOARDS

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

8 1/2 x 10 1/2 | 112 pages

75 color illustrations

Juvenile Nonfiction/Biography  
& Autobiography/Historical  
(JNF007020)

978-1-61519-631-9 | No. 779631

SHIPS AUGUST



Following in Humboldt's footsteps, **VOLKER MEHNERT** spent many years in Latin America, Eastern Europe, and the US as a freelance travel writer and author.

**CLAUDIA LIEB** studied communication design in Münster and at Hamburg University of Applied Sciences. She lives in Munich, where she works as an illustrator and graphic artist in a studio community.

# Space Exploration

A HISTORY IN 100 OBJECTS

Sten Odenwald



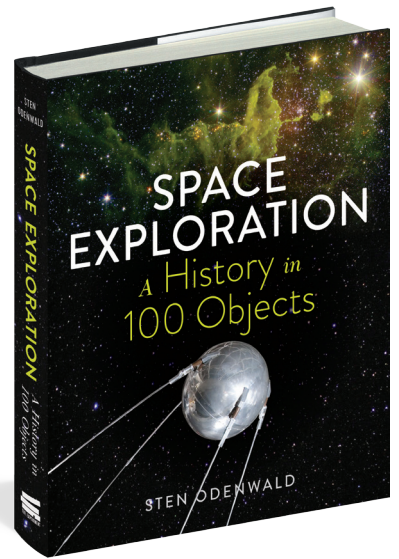
## From Galileo's telescope to the International Space Station—a photo-filled tour through the milestones of space exploration

This eclectic pop history of space exploration, by scientist-educator Sten Odenwald at NASA, examines 100 objects—all stunningly photographed—and their effect on what we know and how we think about space. Whimsical and uniquely clarifying, *Space Exploration—A History in 100 Objects* covers the iconic, from Sputnik to Skylab, as well as the lesser-known but utterly important:

- The ancient Greek Antikythera mechanism, the first known analog computer, which predicted astronomical movement.
- Luna 3, the first satellite to glimpse the far side of the moon.
- The O-ring; the humble, rubber part that doomed the Space Shuttle Challenger.
- Syncom 2, the first geosynchronous satellite, which made international TV possible.
- The V-2 rocket, the first artificial object to cross the threshold of space—and many more!



**DR. STEN ODENWALD** is an award-winning astrophysicist and prolific science popularizer, who has been involved with science education for the COBE, IMAGE, Hinode, and InSight missions, as well as NASA's Sun-Earth Connection Education Forum. He is currently the director of citizen science for the NASA Space Science Education Consortium at the NASA Goddard Space Flight Center.



- ◀ The book's jacket unfolds to reveal a poster of the 100 objects on the reverse!
- ▶ From a devoted science educator at NASA
- ▶ A fun, one-of-a-kind, photographic pop history—in the vein of the bestseller *A History of the World in 100 Objects*

- National coverage in science, popular science, and general interest publications
- Holiday Gift Guide outreach

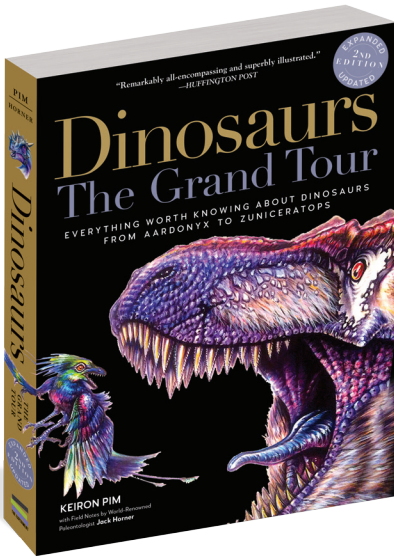
[Sten.AstronomyCafe.net  
/the-astronomy-cafe](http://Sten.AstronomyCafe.net/the-astronomy-cafe)

- ◀ The astrarium of Giovanni Dondi dell'Orologio, mid-1300s

### HARDCOVER

**\$25.00 US | \$33.00 Can. | World**  
7 3/4 x 9 1/2 | 256 pages  
Jacket converts to poster | 100 color photographs

Science/Astronomy (SC1004000)  
978-1-61519-614-2 | No. 779614  
**SHIPS OCTOBER**



- ▶ 40,000 in print of the first edition
- ▶ Illustrations bring these prehistoric creatures to life on virtually every page
- ▶ Combines illustrations and research like no other book—a great, big dinosaur guide for all ages
- ▶ With field notes by Jack Horner, world-renowned paleontologist and technical adviser to the *Jurassic Park* series

- Blog tour and giveaway campaign
- Holiday Gift Guide outreach

[KeironPim.co.uk](http://KeironPim.co.uk)

**TRADE PAPERBACK**  
\$19.95 US | \$25.95 Can. | USC+OM\*  
7 1/2 x 10 | 368 pages  
French flaps | Color illustrations  
throughout

Nature/Animals/Dinosaurs  
& Prehistoric Creatures  
(NAT007000)

978-1-61519-519-0 | No. 779519  
Previous ed.: 978-1-61519-274-8

**SHIPS SEPTEMBER**

# Dinosaurs— The Grand Tour

SECOND EDITION

Everything Worth Knowing About Dinosaurs  
from Aardonyx to Zuniceratops

**Keiron Pim**

Field Notes by Jack Horner

**Now completely revised and updated:  
A visual trove of more than 300  
dinosaurs, with key anatomy, geology,  
and history at a glance**

We not only know more *about* dinosaurs than ever before (for starters, they were feathered, and furrer than we'd thought); we also know about more *dinosaurs* than ever before (on average, we discover one new species per week). You'll find all the latest updates in this second edition of *Dinosaurs—The Grand Tour*, including:

- *Patagotitan mayorum*—an Argentine titanosaur and the new “biggest dinosaur ever known.”
- *Nanuqsaurus hoglundi*—an Alaskan species whose name means “polar bear lizard.”
- Evidence that, contrary to *Jurassic Park*, *T. rex* couldn't run!

A Main Selection of the *Scientific American* Book Club

“Presents the latest perspectives on dinosaur lore, feathers and all.”—*NBC Science News*

“Remarkably all-encompassing and superbly illustrated . . . will appeal to children and adults.”—*Huffington Post*



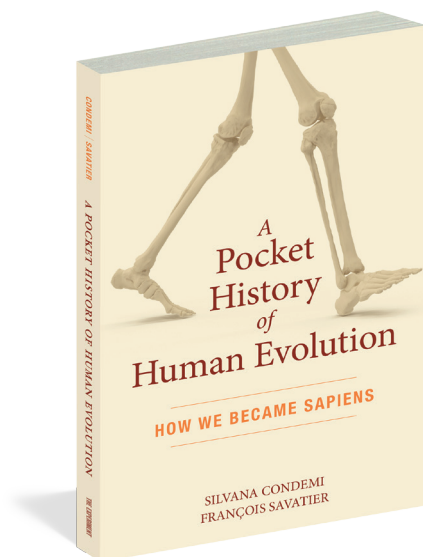
**KEIRON PIM**, married with three young daughters, is a journalist based in Norfolk, England. He has twice been named the UK's Feature Writer of the Year. This is his first book.

World-class paleontologist **JACK HORNER** served as a technical adviser 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.

# A Pocket History of Human Evolution

HOW WE BECAME SAPIENS

Silvana Condemi  
and François Savatier



**A concise, illustrated update on our earliest ancestors, the first sapiens—and on how (and when) we distinguished ourselves**

Prehistory is changing quickly: Thanks to progress in genetics and dating methods, we now know more than ever about our ancient relatives. *A Pocket History of Human Evolution* will bring us up to date on the exploits of *Homo erectus* and *ergaster*, the Neanderthals, Denisovans, and others. (Hint: There was a *lot* more crossbreeding than previously supposed.)

These latest discoveries have only spurred more questions. Lauded paleoanthropologist Silvana Condemi and science journalist François Savatier consider: What accelerated *Homo sapiens*' evolution—and left us the sole surviving species among many ancient bipedal “humans”? Was it tools, our “large” brain, language, or empathy? Their conclusions are likely to startle (and inspire a new appreciation for the human foot).

Condemi and Savatier also look to the future of our strange species—migratory, social animals with a rapidly expanding population, who have transformed our world forever. By taking stock of our ancestors, we can better understand ourselves.



**SILVANA CONDEMI**, a paleoanthropologist, is the research director of CNRS, the largest French public scientific research organization, at Aix-Marseille University.

**FRANÇOIS SAVATIER** is a journalist for the magazine *Pour la Science* (the

French edition of *Scientific American*), where he focuses on the science of the past. Their previous book is the award-winning *Neanderthal, My Brother*.

- ▶ New research is rapidly overturning long-accepted ideas about human evolution
- ▶ For fans of the #1 *New York Times* bestseller *Sapiens* by Yuval Noah Harari
- ▶ Complete with two-color maps and illustrations

- National coverage in science, history, anthropology, and archaeology publications
- National radio tour
- Blog tour featuring a giveaway campaign

**TRADE PAPERBACK ORIGINAL**

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

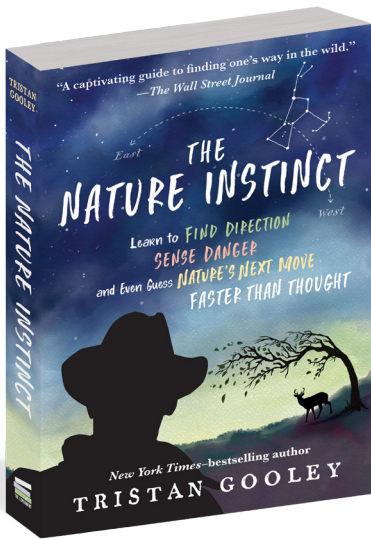
4 3/4 x 7 1/4 | 160 pages

French flaps | 18 two-color diagrams

Science/Life Sciences/Evolution  
(SC1027000)

**978-1-61519-604-3 | No. 779604**

**SHIPS OCTOBER**



- ▶ A must for Tristan Gooley fans: If you've learned how to “read” nature, take the next step and learn how to *intuit*
- ▶ Teaches readers not only to be mindful in nature—but also to read nature’s mind
- ▶ Gooley’s books have a combined 250,000 copies in print
- » **See also** *The Lost Art of Reading Nature’s Signs*, *The Natural Navigator*, *How to Read Water*, and *How to Read Nature*, page 33

[NaturalNavigator.com](http://NaturalNavigator.com)

**TRADE PAPERBACK**  
\$16.95 US | \$21.95 Can. | USC

5 3/4 x 8 | 384 pages  
28 B&W photographs and  
illustrations

Nature/Sky Observation  
(NAT033000)

978-1-61519-591-6 | No. 779591

Previous ed.: 978-1-61519-479-7

**SHIPS JULY**

# The Nature Instinct

LEARN TO FIND DIRECTION, SENSE DANGER, AND EVEN GUESS NATURE’S NEXT MOVE—FASTER THAN THOUGHT

**Tristan Gooley**

**Now in paperback: The New York Times–bestselling author of *How to Read Water* explores our intuition for nature—and how to hone it**

Readers of “natural navigator” Tristan Gooley have learned that the world is filled with clues: We can use the Big Dipper to tell time, and a budding flower to find south. But what about the conclusions that master outdoorsmen and -women somehow *intuit*—such as, which way leads out of the woods? In *The Nature Instinct*, Gooley teaches us how to cultivate this intuition—and make it second nature.

“A captivating guide to finding one’s way in the wild.”

—*The Wall Street Journal*

“[A] beautifully written almanac of tricks and tips that we’ve lost along the way.”—*Guardian*

“An imperative book for outdoors enthusiasts.”—*Foreword*

“A paean to . . . the nature we overlook.”—*Spectator*

“Offers the reader a chance to recover the outdoorsman’s natural sense.”—*Field magazine*



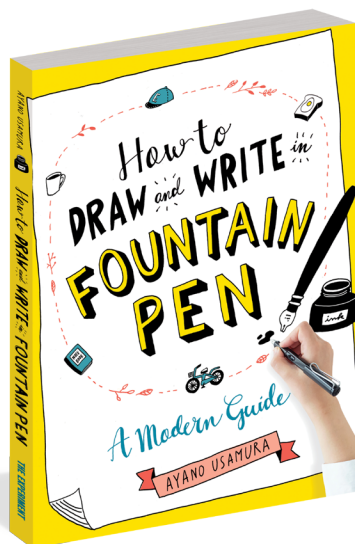
**TRISTAN GOOLEY**, a *New York Times*–bestselling author, is a leading expert on natural navigation. He has led expeditions in five continents, climbed mountains in three, sailed boats across oceans, and piloted small aircrafts to Africa and the Arctic. He is the only living person to have both flown solo and sailed single-handedly across the Atlantic. He is a Fellow of the Royal Institute of Navigation and the Royal Geographical Society.



# How to Draw and Write in Fountain Pen

A MODERN GUIDE

Ayano Usamura

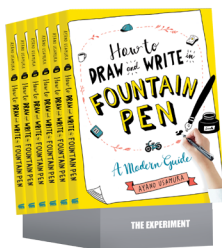


**Just in time for the fountain pen craze—a quick-start guide to drawing objects, letters, decorations, and more**

For pro illustrator Ayano Usamura, nothing beats a fountain pen. The easy flow of the ink spurs creativity and adds character to every line—bringing even the simplest doodles to life. In this modern guide to all things pen-and-ink, aficionados and first-timers alike will find:

- A dive-right-in introduction to choosing, filling, and cleaning your fountain pen.
- Adorable step-by-step drawing instructions for everything from fried eggs to fedoras.
- Eight modern, handwritten fonts to copy and customize.
- Decorative borders and frames (perfect for scrapbooks and bullet journals).
- And seven fun project ideas: wedding placards, labels, birthday cards, and more!

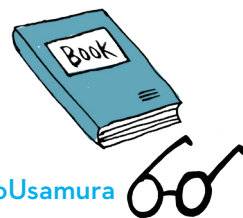
» **6-copy display** | No. 779633  
\$89.70 US | \$119.70 Can.



**AYANO USAMURA** is a Japanese illustrator. She began her career as a freelance illustrator at age 17, specializing in simple lifestyle drawing. Usamura's career took off when her illustrations using LAMY Safari pens were featured in the company's Japanese-language newsletter, *LAMY Sketch*. She runs a graphic design studio with her husband and works as an art director, advising clients on visuals for social media and promotional campaigns.

- ▶ Hand lettering is hotter than ever
- ▶ *The New York Times* reports that “fountainpengeeks” are on the rise
- ▶ For anyone needing labels or logos—from wedding planners to Etsy artists
- ▶ Includes drawing paper and a booklet of designs to trace

- National coverage in lifestyle, women's, and DIY publications
- Blog tour outreach and giveaway campaign with #HowToFountainPen
- Holiday Gift Guide outreach

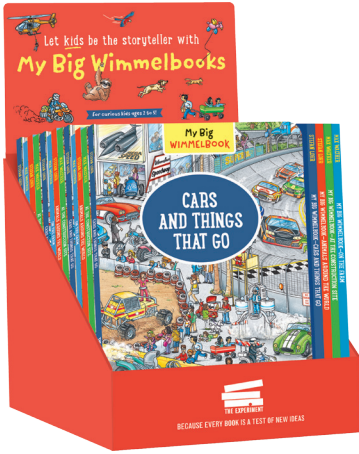


 [AyanoUsamura](#)

**TRADE PAPERBACK ORIGINAL**  
\$14.95 US | \$19.95 Can. | World  
6 x 8 1/2 | 112 pages  
French flaps | Includes drawing paper and tracing booklet | Color illustrations throughout

Art/Techniques/Pen & Ink Drawing  
(ART033000)  
978-1-61519-602-9 | No. 779602  
**SHIPS AUGUST**

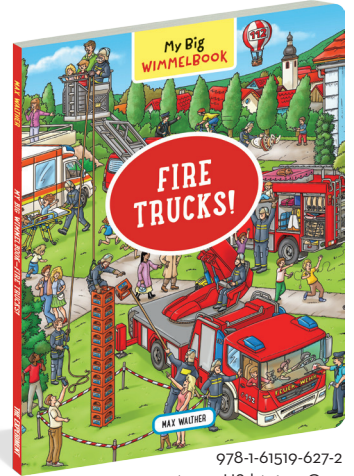
# My WIMMEL



- » **Series display** | No. 779482  
\$207.20 US | \$271.20 Can.  
Includes 16 assorted wimmelbooks,  
1 bonus display book, and a poster!
- » **More wimmelbooks**, page 31
- 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 to 9)—but designed  
for younger children, ages 2 to 5
- Durable and toddler-proof board  
book format
- Grows with the reader! Kids love *My  
Big Wimmelbooks™* well into their  
kindergarten years

[MyBigWimmelbooks.com](http://MyBigWimmelbooks.com)

**BOARD BOOKS**  
\$12.95 US | \$16.95 Can. | World  
8 7/8 x 11 3/4 | 16 pages  
Rounded corners | 6 color,  
full-spread scenes to explore  
**SHIPS OCTOBER**

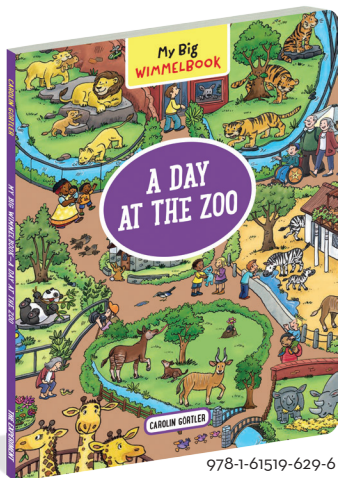


978-1-61519-627-2  
\$12.95 US | \$16.95 Can.



# Big Books™

NOVEMBER | The Experiment  
NEW RELEASES



978-1-61519-629-6  
\$12.95 US | \$16.95 Can.

## Two new adventures in Wimmelworld for kids ages 2 to 5—bustling scenes of fire trucks and zoo animals galore!

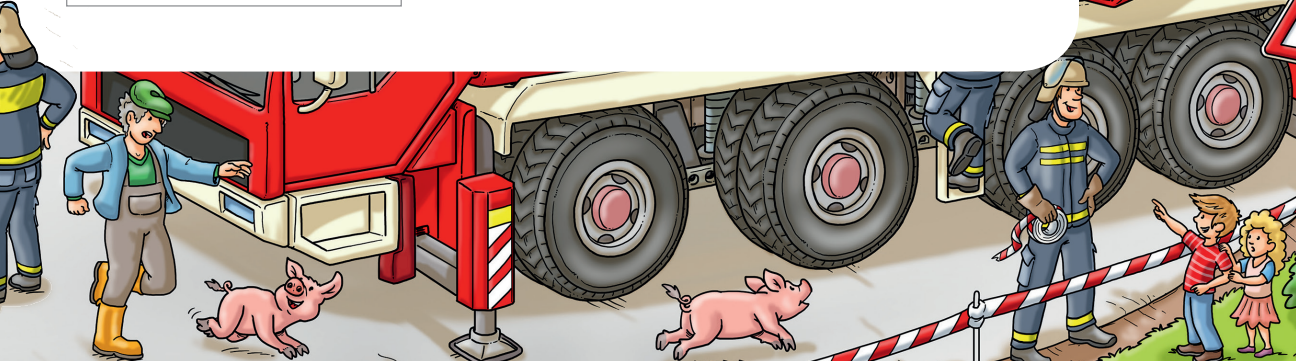
Nearly wordless, *My Big Wimmelbooks™* encourage children to invent their own stories with vibrant, full-spread illustrations of everyday scenes. Little ones will enjoy seeking out familiar things (a tricycle, a puppy), while older kids can follow the characters from page to page as their day unfolds. These new additions to the series treat kids to *A Day at the Zoo*, and then let them ride along with firefighters and other first responders in *Fire Trucks!* Hours of imaginative fun for kids who delight in make-believe, *My Big Wimmelbooks™* are a blast—and an excellent introduction to literacy.

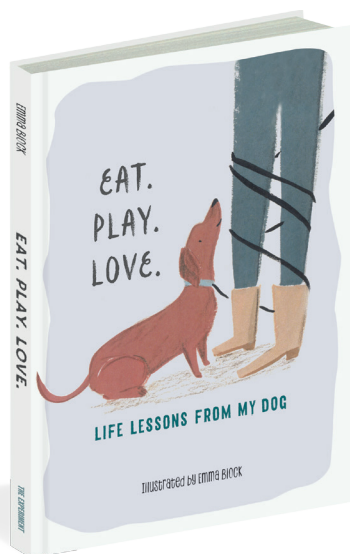
“Richard Scarryesque, diorama-like spreads with a hint of *Where’s Waldo* junior detective . . . should encourage long contemplative sit-downs that will make any parent’s heart sing.”

—*The New York Times Book Review*

“Full of lively, crowded tableaux . . . that abound with witty details.”—*The Wall Street Journal*

◀ Meet the star characters on the first page of each book, then find them in every scene that follows!





# Eat. Play. Love.

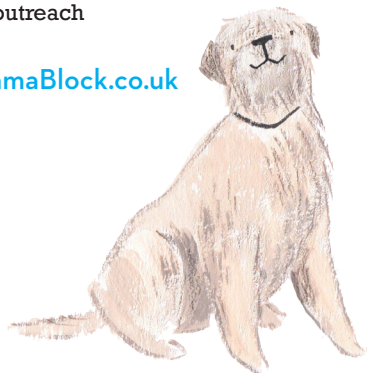
LIFE LESSONS FROM MY DOG

Illustrated by Emma Block

- ▶ Life advice from the happiest species known to man
- ▶ Illustrated by Instagram-famous watercolorist Emma Block
- ▶ A great gift: 40 percent of American households include a dog
- ▶ Doubles as a who's-who of beloved breeds—plus some memorable mutts!

- Blog tour outreach and social media campaign featuring giveaways
- Holiday Gift Guide outreach

[EmmaBlock.co.uk](http://EmmaBlock.co.uk)



**A treat for dog lovers: 100 sweetly illustrated pups deliver pithy life advice—sure to inspire optimism (and giggles)**

You can't teach an old dog new tricks . . . but dogs can sure teach us a thing or two! Artist Emma Block's adorable canines share 100 "woofs of wisdom"—on friendship, romance, work, and more:

- You are never too old to play.
- Don't be afraid to get messy.
- Overcome fear with love.
- Try anything once!

From the value of unconditional love to the importance of living in the moment, dogs remind us that the good life is in paw's reach . . . if we just *Eat. Play. Love!*

» **5-copy displays**

*Eat. Play. Love.* | No. 779637

*How to Land on Your Feet* | No. 779636

\$64.75 US | \$84.75 Can.



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

5 1/4 x 7 1/4 | 128 pages  
100 color illustrations

Pets/Dogs/General (PET004000)  
978-1-61519-594-7 | No. 779594  
**SHIPS OCTOBER**

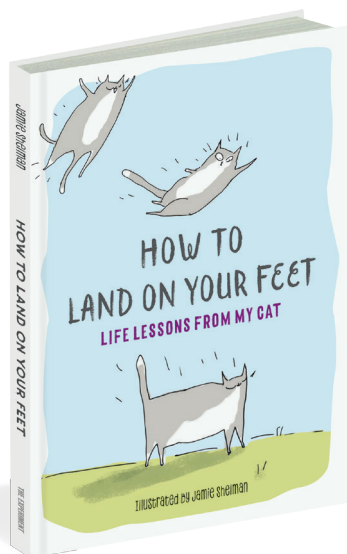


**EMMA BLOCK** is a multidisciplinary illustrator, working across editorial illustration, publishing, packaging, and branding. She teaches sold-out watercolor, gouache, and brush-lettering workshops, and provides live illustration and bespoke workshops at corporate events and parties. Her illustrations of "Untranslatable Love Words" (for diamond company Vashi) went viral in 2015. She is also the author of *The Joy of Watercolor*. She lives in London.

# How to Land on Your Feet

LIFE LESSONS FROM MY CAT

Illustrated by Jamie Shelman



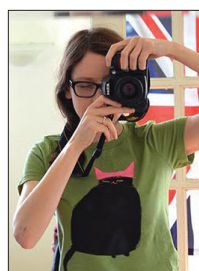
**Catnip for cat lovers: 100 wryly cartooned felines dispense—and demonstrate—tips on success, self-love, and more**

Is *Homo sapiens* really smarter than *Felis catus*? Well . . . have you ever seen a cat wait for approval, neglect self-care, or decline a compliment? In *How to Land on Your Feet*, cartoonist Jamie Shelman's furry, fat, and oh-so-alert cats share 100 indispensable “purrs of wisdom”:

- Be especially attentive to the one person who doesn't like you.
- Get away with murder by looking cute.
- Stay at least ten feet away from your loved one at all times.
- The best solution to a problem is a nap.

So put down your self-help book and pick up your cat. It's time for a cuddle with the life guru you never knew you had.

» **Series display** | No. 779638  
\$129.50 US | \$169.50 Can.  
5 copies of each book



Artist and illustrator **JAMIE SHELMAN** holds a degree in painting from the Rhode Island School of Design (RISD). She runs The Dancing Cat, an online stationery and print shop, and is also a popular Etsy seller. Her muse (the neighbor's cat) waits at the window every morning to be let in, and then out, and then back in. She lives in Baltimore.

- ▶ Learn contentment from cats—the original experts
- ▶ Illustrated by Jamie Shelman of the beloved online printshop (and Etsy storefront) The Dancing Cat
- ▶ For fans of *Really Important Stuff My Cat Has Taught Me* and *I Could Pee on This*

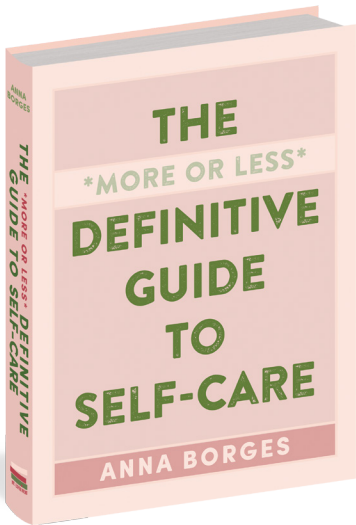
- Blog tour outreach and social media campaign featuring giveaways
- Holiday Gift Guide outreach

[JamieShelman.com](http://JamieShelman.com)



**PAPER OVER BOARDS**  
\$12.95 US | \$16.95 Can. | USC+OM\*  
5 1/4 x 7 1/4 | 128 pages  
100 color illustrations

Pets/Cats/General (PET003000)  
978-1-61519-592-3 | No. 779592  
**SHIPS AUGUST**



# The More or Less Definitive Guide to Self-Care

Anna Borges

- ▶ Self-care is the self-help trend for millennials that keeps on growing
- ▶ For fans of *The Spirit Almanac*, but with a broader, more scientific focus
- ▶ Dynamic layout with color illustrations

- Coverage in health and wellness, lifestyle, and women's publications
- National TV and radio tour
- Blog tour and social media campaign
- Interviews in women's and lifestyle publications
- Holiday Gift Guide outreach

@AnnaBorges

AnnaBorges

## PAPER OVER BOARDS

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

6 x 8 | 240 pages

Ribbon | Color illustrations  
throughout

Self-Help/Self-Management/Stress  
Management (SEL024000)

978-1-61519-610-4 | No. 779610

SHIPS SEPTEMBER

**The go-to guide for self-care—an A to Z, mental health-centric handbook from asking for help to catching some zzz's**

Self-care is everywhere—but sound-bites on this trendy subject tend to focus more on face masks and bubble baths than on its key objective: mental health. Now, top health writer Anna Borges is here to fix that in *The More or Less Definitive Guide to Self-Care*.

Formerly at BuzzFeed, Borges helped popularize the self-care movement in the first place, and her book distills the “self-care internet” into an A to Z list with over 200 entries—from soul-searching prompts to simple pick-me-ups. Readers can tailor their own routines by choosing among Borges’s strategies, which cover four distinctive realms of self-care: physical, mental, social, and spiritual.

Drawing on real-world experience (her own and others’) as well as expert advice, Borges empowers readers to take charge of their well-being. This beautifully illustrated guide is a one-stop shop for mind, body, and soul.

- » **6-copy display** | No. 779635  
\$101.70 US | \$131.70 Can.



**ANNA BORGES** was most recently a senior health and wellness writer at BuzzFeed, where she helped build its mental health platform from the ground up. She lives in Brooklyn and this is her first book.

# Breathe, Empower, Achieve

5-MINUTE MINDFULNESS FOR WOMEN WHO DO IT ALL—DITCH THE STRESS WITHOUT LOSING YOUR EDGE

Shonda Moralis, MSW, LCSW

**Mindfulness for women who don't have time for mindfulness—reset, refocus, and find your work-life balance**

The modern woman is more overwhelmed than ever. Between pursuing a career, maintaining a personal life, and curating the perfect image, she finds herself asking: *What work-life balance?* But we can find balance—by building simple mindfulness techniques right into our hectic schedules. Now, psychotherapist Shonda Moralis coaches readers through her five-minute “mindful breaks”—each prompted by an everyday situation—and shares how to:

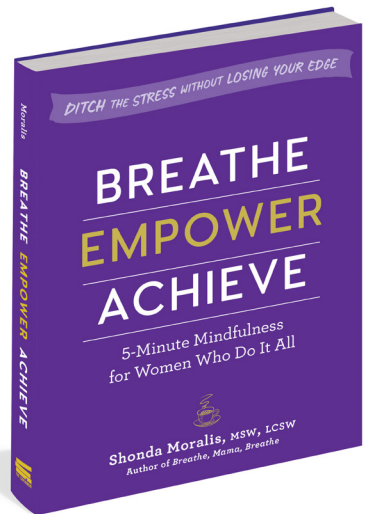
- *Breathe* to promote calm and awareness with meditation.
- *Empower* yourself with assertiveness and self-confidence.
- *Achieve* your dreams by setting—and conquering—goals.

Armed with these fifty mindfulness techniques, plus advice from original interviews with empowered women, *anyone* can achieve balance in just five minutes a day!

» **6-copy display** | No. 779634  
\$89.70 US | \$119.70 Can.



**SHONDA MORALIS, MSW, LCSW**, is a psychotherapist in private practice specializing in stress-related disorders and mindfulness-based therapy. She writes the *Psychology Today* blog *Breathe, Mama, Breathe*, and also blogs at her website. Shonda has developed and taught mindfulness courses and workshops for children and adults. She is also the author of *Breathe, Mama, Breathe*. She lives in Pennsylvania.



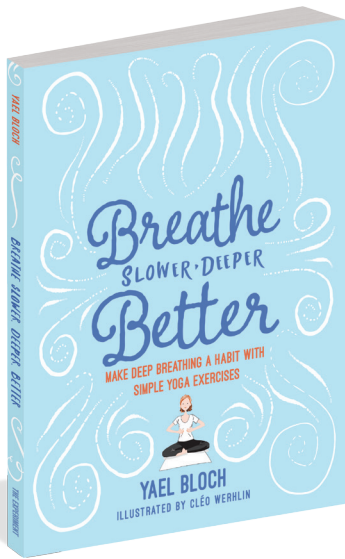
- ▶ Three steps to women's empowerment—right on trend
- ▶ Perfectly flexible for a hectic schedule
- ▶ Fifty mindful breaks take five minutes each
- » **See also** *Breathe, Mama, Breathe*, page 36

- Coverage in health and wellness, women's, and general interest publications
- National TV and radio tour
- Blogtour and social media outreach
- Interviews in women's and lifestyle publications
- Holiday Gift Guide outreach

[ShondaMoralis.net](http://ShondaMoralis.net)

**TRADE PAPERBACK ORIGINAL**  
**\$14.95 US | \$19.95 Can.** | World  
5 1/2 x 7 1/2 | 288 pages  
*Two-color interior*

Body, Mind & Spirit/Mindfulness & Meditation (OCC010000)  
**978-1-61519-584-8 | No. 779584**  
**SHIPS SEPTEMBER**



# Breathe Slower, Deeper, Better

MAKE DEEP BREATHING A HABIT WITH SIMPLE YOGA EXERCISES

**Yael Bloch**

Illustrated by Cléo Werhlin

- ▶ For yoga, mindfulness, and wellness readers
- ▶ More than twenty simple, illustrated exercises to improve breathing
- ▶ For the millions who download breathing apps such as Calm

- Coverage in health and wellness, lifestyle, yoga, and women's publications
- Interviews in women's, yoga, and lifestyle publications
- Blog tour and giveaway campaign

[Yoga Avec Yael.com](http://Yoga Avec Yael.com)

**TRADE PAPERBACK ORIGINAL**

\$12.95 US | \$16.95 Can. | World

6 3/8 x 8 3/4 | 72 pages

French flaps | 29 two-color illustrations

Health & Fitness/Yoga  
(HEA025000)

978-1-61519-598-5 | No. 779598

**SHIPS SEPTEMBER**

## Unlock the physical and mental benefits of deep, restorative breathing with entry-level yoga anyone can do

The phrase “take a breather” is more than a figure of speech: It hints at a truth about the human body. When we’re stressed, overtired, or overwhelmed with emotion, truly *focused* breathing recharges both body and mind. That’s why conscious breathing is a cornerstone of both yoga and mindfulness—and a growing health practice in its own right.

*Breathe Slower, Deeper, Better* is an illustrated, quick-start guide to this essential skill. First, yoga instructor Yael Bloch helps readers evaluate their breathing patterns and provides a grounding in basic anatomy. Then, she explains how to build better daily habits for improved health and quality of life. Her twenty-plus illustrated exercises, inspired by principles of yoga and meditation, will help readers boost their overall health, as well as address specific concerns such as digestive issues, insomnia, and anxiety.

Invest just a few minutes a day—and make deep breathing a *habit* that helps you all the time!



**Yael Bloch** initially discovered yoga seeking relief from back pain. She began training as a yoga teacher in New York in 2001 and completed her training at the École Française de Yoga (EFY) in Paris. In 2005, she joined the Research Group on Yoga for Children at EFY. She has three children and lives in Bucharest, where she works as a children’s yoga instructor. This is her first book to be published in English.



# The Little Book of Speaking Up

FIND YOUR VOICE IN 5  
MINUTES A DAY—WITH 65  
WHOLE-BODY EXERCISES

**Jutta Ritschel**

**A charming, down-to-earth compendium of easy vocal exercises to help us listen deeply and develop a better sense of self**

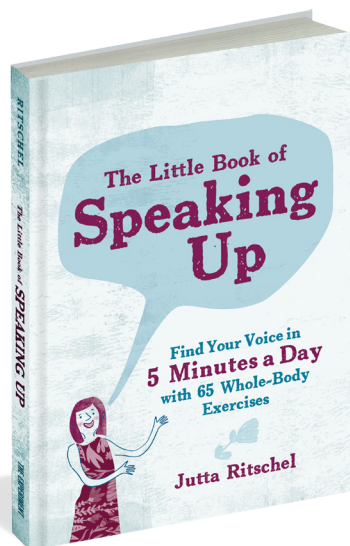
Just like a musical instrument, our bodies can go out of tune. When our inner harmony is blocked by stress or insecurity, it can affect one of the most essential parts of who we are: our voice. In *The Little Book of Speaking Up*, music teacher and breath therapist Jutta Ritschel builds on years of experience to teach readers how to relax their bodies and support their breathing, helping their voice become livelier and more resilient. With fifty-plus five-minute exercises—such as tongue twisters and even singing—this book asks and answers questions that include:

- How do we use our voice in everyday situations?
- Can a healthy voice improve our mood?
- How do we maintain clarity and confidence when we're tired or burned out?
- In what ways can we improve our voice under pressure?

These simple daily exercises will help anyone develop better resonance, tone, clarity—and confidence!



**JUTTA RITSCHEL** is a music teacher and breath therapist. She teaches private lessons and speaks widely at workshops and seminars. Ritschel has studied music education and piano and draws on the wealth of artistic and educational experience she has gained in many years of working in private practice. She lives in Germany.



- ▶ For anyone who relies on their voice—from performers and teachers to occasional public speakers
- ▶ A unique take on the perennial confidence trend
- ▶ Petite size makes this a charming gift (or impulse buy, for someone facing a one-time speaking commitment!)
- ▶ Attractive two-color design is unique among the competition

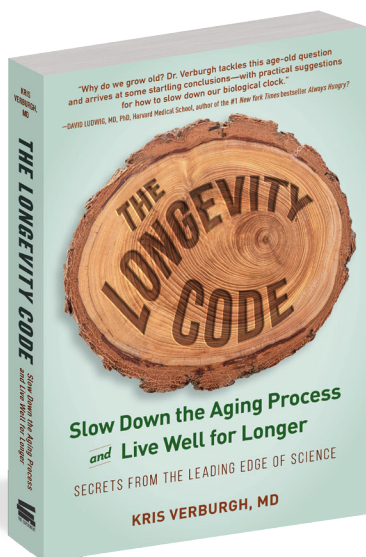
- Coverage in health and wellness, women's, and general interest publications
- Interviews and tips in women's and health and wellness publications
- Blog tour and social media campaign

[JuttaRitschel.de/english](http://JuttaRitschel.de/english)

## PAPER OVER BOARDS

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

Self-Help/Personal Growth/Self-Esteem (SELO23000)  
**978-1-61519-606-7 | No. 779606**  
**SHIPS AUGUST**



# The Longevity Code

SLOW DOWN THE AGING PROCESS  
AND LIVE WELL FOR LONGER

Secrets from the Leading Edge of Science

**Kris Verburgh, MD**

- ▶ Explores all the factors that contribute to aging—especially nutrition
- ▶ In the vein of bestselling authors Dr. Andrew Weil and Gary Taubes
- ▶ Unpacks the aging process at the cellular level, with illustrations that clarify the science
- ▶ Includes tips—and recipes—designed to enhance longevity

**Now in paperback: Self-help meets the latest science on aging—at the vista where researchers dare to ask, “Is aging inevitable?”**

Why do we age? How does aging change our bodies at the cellular level? And what can we learn from other species who age *better* than we do? These are the questions tackled by bestselling author and medical doctor Kris Verburgh in this comprehensive study of aging.

Dr. Verburgh catches readers up with the fast-developing science of longevity, explaining exactly how aging happens (for example, the role of our mitochondria) and how advances in biotechnology are poised to reverse it. Plus, Verburgh’s “longevity staircase” lays out a step-by-step, nutrition-based method to combat age-related diseases from heart attacks to diabetes and more. This is the definitive guide to living well for longer—no matter your age.

“Why do we grow old? In *The Longevity Code*, Kris Verburgh tackles this age-old question and arrives at some startling conclusions—with practical suggestions for how to slow down our biological clock.”

—DAVID LUDWIG, MD, PHD, Harvard Medical School, author of the #1 *New York Times* bestseller *Always Hungry?*

[KrisVerburgh.com](http://KrisVerburgh.com)

**TRADE PAPERBACK**

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

6 x 9 | 320 pages

39 B&W illustrations

Health & Fitness/Longevity  
(HEA049000)

**978-1-61519-497-1 | No. 779497**

Previous ed.: 978-1-61519-413-1

**SHIPS DECEMBER**

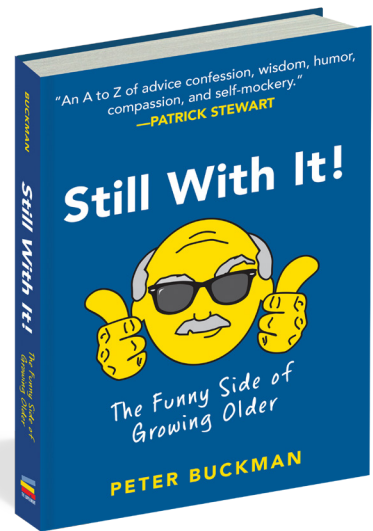


**KRIS VERBURGH, MD**, is a researcher at the Center Leo Apostel for Interdisciplinary Studies at the Free University Brussels and is on the faculty of Singularity University, a Silicon Valley think tank devoted to tackling our biggest challenges with technology. He has established a new discipline, nutrigerontology, which researches the impact of diet on aging. Dr. Verburgh speaks at venues around the world about new developments in medicine.

# Still With It!

THE FUNNY SIDE OF GROWING OLDER

Peter Buckman



**Heartfelt and humorous: An A to Z companion to growing older, filled with the unfiltered opinions and preoccupations of seniors today**

When do we become “senior”? At age sixty? At retirement? Or, the moment we can’t do something that was previously simple? While there are endless books on “staying young,” there are precious few on embracing your age. Enter brilliant new aphorist Peter Buckman!

In this appealing guide, Buckman distills over 200 A-to-Z topics into sage wisdom, such as: “*Secrets* are not all that safe when we grow forgetful about who we’re not supposed to share them with.” And, “*Respect* should be accorded us for our sheer survival, if not for our achievements!”

Wry and revealing, *Still With It!* thoroughly examines the preoccupations of today’s seniors, and encourages readers of all ages to view elders in a brighter light: not just older, but also most certainly wiser.

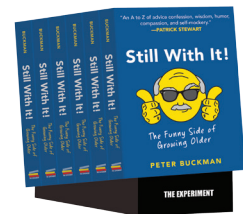
“An A to Z of advice, confession, wisdom, humor, compassion, and self-mockery. Keep it bedside and read its contents in the mornings before facing yet another day of aging.”—PATRICK STEWART



**PETER BUCKMAN** is a writer and literary agent. He has been involved in the publishing industry for many years; he was on the editorial board of Penguin Books, and a commissioning editor for the New American Library in New York City. He currently runs The Ampersand Agency. He lives in Oxfordshire, UK. *Still With It!* is his eighth book.

- ▶ The perfect gift for anyone senior, or soon to be!
- ▶ Hot takes on emotions, family, activities, and more
- ▶ Two-color spot art throughout adds whimsy and appeal
- ▶ Buckman, still working at the age of seventy-eight, truly speaks to and for his audience

- Coverage in general interest and mature lifestyle publications
- Holiday Gift Guide outreach
- » **6-copy display** | No. 779639  
\$89.70 US | \$119.70 Can.



## PAPER OVER BOARDS

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

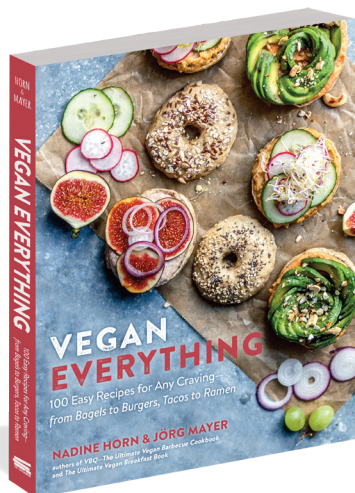
5 x 7 | 224 pages

*Two-color illustrations throughout*

Humor/Topic/Men, Women & Relationships (HUM012000)

978-1-61519-596-1 | No. 779596

**SHIPS AUGUST**



# Vegan Everything

100 EASY RECIPES FOR ANY CRAVING—FROM BAGELS TO BURGERS, TACOS TO RAMEN

Nadine Horn and Jörg Mayer

- ▶ Uncomplicates plant-based eating with succinct ingredients and methods
- ▶ Covers every conceivable craving for any meal of the day
- ▶ An ideal cookbook for beginning vegans, and anyone seeking an all-in-one cookbook
- ▶ Helpful shopping and ingredient tips
- ▶ Mouthwatering global flavors
- » See also *VBQ* and *The Ultimate Vegan Breakfast Book*, page 34

- Coverage in food, health and wellness, and lifestyle publications
- Coverage in vegan and vegetarian publications
- Blog tour featuring promotional recipes and giveaways

 [EatThisOrg](https://www.eatthis.org)

TRADE PAPERBACK ORIGINAL  
\$19.95 US | \$25.95 Can. | World  
7 1/2 x 9 5/8 | 224 pages  
109 color photographs

Cooking/Vegan (CKB125000)  
978-1-61519-588-6 | No. 779588  
SHIPS OCTOBER

## An all-purpose vegan cookbook: 100 gorgeously photographed, accessible recipes for every meal!

Think eating vegan is difficult or limiting? Think again! *Vegan Everything* is the ultimate *uncomplicated* cookbook for everyone interested in plant-based foods. No matter what your skill level in the kitchen, these meals come together quickly, easily, and inexpensively.

Here are recipes for pizza, falafel, burgers, banh mi, quesadillas, curry, ramen, jambalaya . . . in short, vegan versions of every dish you're likely to look for. Plus, the recipes are sorted into chapters such as One Pot Wonders, Dinner for Two, and Party Hits, pointing the way toward a meal for every need.

And how could we claim that everything can be vegan *without* a tempting array of breakfasts, snacks, and desserts? From bagels and frittata to brownies and ice cream sandwiches, veteran vegan authors Nadine Horn and Jörg Mayer have got readers covered. These 100 recipes can feed you *all day, every day*. Take it from the title of Horn and Mayer's popular blog: "Eat This!"



### NADINE HORN AND JÖRG MAYER

are the cocreators of EatThis!, the popular vegan blog and Instagram account, and coauthors of *VBQ: The Ultimate Vegan Barbecue Cookbook* and *The Ultimate Vegan Breakfast Book*. Nadine is also an avid pottery geek, while Jörg is a photography and design geek (and hot sauce addict). They live in Germany.

# Sushi Modoki

THE JAPANESE ART AND  
CRAFT OF VEGAN SUSHI

iina

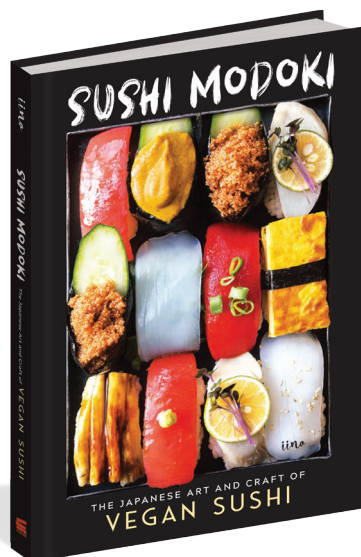
**Enjoy authentic, delicious, vegan sushi that tastes and looks like the real thing—with over 50 recipes to make at home**

Once they've had their fill of avocado rolls, what's a vegan sushi-lover to do? Enter *Sushi Modoki*—a cookbook filled with amazing, all-vegan re-creations of classic rolls that mimic the flavor and texture of fish. At the hands of vegan innovator iina, a cooking instructor in her native Japan, tomatoes transform into “tuna” and carrots into “salmon”—with mind-boggling results showcased in over 100 color photographs.

With clear step-by-step instructions for assembling elegant plates bursting with color and crunch—plus the full range of traditional sides including salads, soups, pickled veggies, and hot and cold drinks—*Sushi Modoki* is ultimate guide to becoming a vegan sushi master. And you won't have to think twice about “raw fish”!



**iina** is an independent vegan and vegetarian chef and food creator. She values the color, shape, and textures of plant-based foods as they come from nature, and focuses on sustainable cooking techniques free of chemicals and refined sugar. In 2010, she founded a vegan café, Vegegeek, and began hosting vegan cooking classes at a culinary school in Tokyo. She is the author of three vegan cookbooks in Japan.



- ▶ The first all-vegan sushi cookbook
- ▶ *Modoki* means “to mimic” (often—as here—“to an astonishing degree”)
- ▶ Gorgeous photographs, indistinguishable from fish-based sushi, whet the appetite and boggle the mind
- ▶ Also for vegetarians, the shellfish-allergic, and anyone concerned about overfishing
- ▶ Includes classic sides and condiments

- Coverage in vegan publications
- Coverage in food, health and wellness, lifestyle, and veg-focused publications
- Blog tour featuring promotional recipes and giveaway campaign

[iina-veganfoodcreator.tumblr.com](http://iina-veganfoodcreator.tumblr.com)

## PAPER OVER BOARDS

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

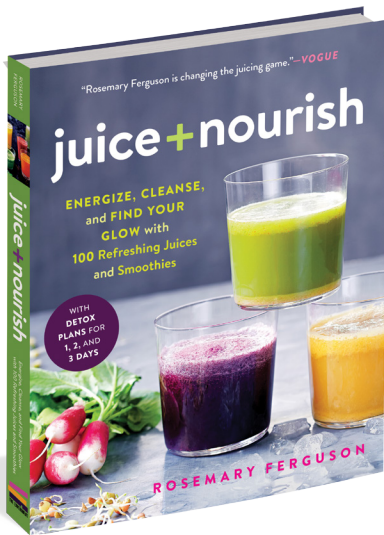
6 1/4 x 9 | 128 pages

132 color photographs

Cooking/Vegan (CKB125000)

978-1-61519-608-1 | No. 779608

SHIPS OCTOBER



- ▶ One hundred simple recipes perfect for a busy lifestyle
- ▶ Sophisticated design with thirty-five gorgeous photographs
- ▶ Each chapter addresses a specific concern: fatigue, gut health, unhappy skin, and more
- ▶ Includes one-, two-, and three-day detox plans

- Health and food blog campaign with promotional recipes and giveaways

[RosemaryFerguson.co.uk](http://RosemaryFerguson.co.uk)

#### TRADE PAPERBACK

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

6 1/2 x 8 1/4 | 192 pages

35 color photographs

Cooking/Beverages/Juices & Smoothies (CKB118000)

978-1-61519-620-3 | No. 779620

Previous ed.: 978-1-61519-288-5

SHIPS AUGUST

## Juice + Nourish

ENERGIZE, CLEANSE, AND FIND YOUR GLOW WITH 100 REFRESHING JUICES AND SMOOTHIES

Rosemary Ferguson

**Now in paperback: 100 powerful juices and smoothies designed to revitalize you—from the inside out**

*Juice + Nourish* is the ultimate introduction to juicing for health, with simple recipes that promise to enhance physical and mental well-being. Rosemary Ferguson, a professional model turned naturopath and nutritionist, shares her healthy tips, tricks, and recipes—from “Asparagus SOS” (her hangover cure) to “Berry Boost” (an antioxidant powerhouse) and “Radish Aid” (her go-to cold remedy). With easy-to-follow, quick detox plans and a detailed glossary of healthy ingredients and their benefits, *Juice + Nourish* will satisfy beginners and experienced juicers alike.

An Amazon Best Book of the Month in Cookbooks, Food & Wine

“Drink up and feel better.”—*Redbook*

“Ferguson is changing the juicing game.”—*Vogue.com*

“Her juices have been my saviors for years.”—KATE MOSS

“Rose’s health always shines from the inside out.”

—STELLA MCCARTNEY



Former model **ROSEMARY FERGUSON** is a qualified naturopath who runs her own clinic on London’s Harley Street. She also writes for publications such as *Harper’s Bazaar* and *Women’s Health*. Ferguson is one of the new breed of health-food champions who believe that what we put into our body should be both delicious and packed with goodness. She lives in the UK with her husband and three daughters.

# No Gluten, No Problem Pizza

75+ RECIPES FOR EVERY CRAVING—  
FROM THIN CRUST TO DEEP  
DISH, NEW YORK TO NAPLES

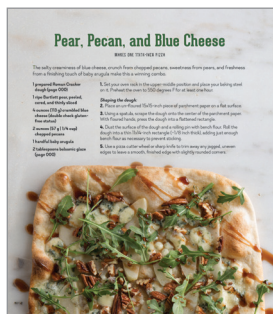
**Kelli and Peter Bronski**



**The Bronskis are back with the definitive guide to pizzas that are authentic and gluten-free (finally!)**

It's no secret that gluten-free pizza often fails to deliver a springy, doughy crust equal to that of its wheat-based counterpart. But after Peter Bronski was diagnosed with celiac disease, he and his wife Kelli resolved never to settle for second-class fare. Now the authors of the category-leading *Artisanal Gluten-Free Cooking* put an end to lackluster pies and slices with *No Gluten, No Problem Pizza!*

Here are tried-and-tested gluten-free recipes for more than sixty pizza creations made from fifteen kinds of dough—from American pies (à la New York, Detroit, and Chicago) to the Italian originals (Roman, Sicilian, Neapolitan). The novice and seasoned chef alike will find inventive toppings (pepperoni and sausage; Brussels sprouts and pancetta; pear, pecan, and blue cheese—you name it), exciting spins on classic recipes (Thai Chicken Pizza, anyone?), and all the flavor and texture you could want—with none of the gluten!



**KELLI AND PETER BRONSKI** are cofounders of the acclaimed blog No Gluten, No Problem and coauthors of *Artisanal Gluten-Free Cooking*, *Artisanal Gluten-Free Cupcakes*, and *Gluten-Free Family Favorites*. Kelli is a graduate of Cornell University's School of Hotel Administration. Peter is a celiac community advocate and athlete. They live in Colorado.

- ▶ Kelli and Peter Bronski traveled to Italy in search of the perfect slice
- ▶ More than 90,000 copies in print of the Bronskis' previous cookbooks
- ▶ 50+ mouthwatering photographs
- ▶ The first book of its kind for gluten-free pizza-lovers
- ▶ Complete with a guide to specialty pizza tools
- ▶ With modifications for common allergens and for vegetarian and vegan dining
- » See also page 35

- Coverage in food, health, and lifestyle publications
- Interviews in food, health, gluten-free, and lifestyle publications
- Blog tour featuring promotional recipes and giveaway campaign

[NoGluten-NoProblem.com](http://NoGluten-NoProblem.com)

**PAPER OVER BOARDS**

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

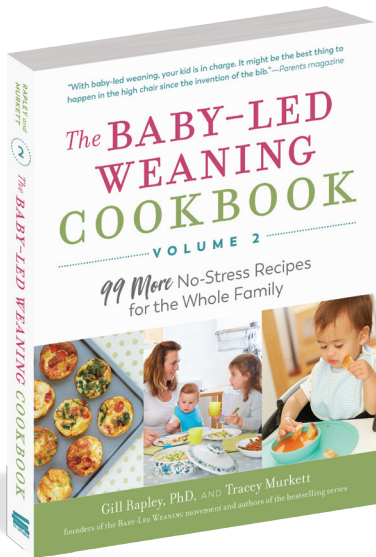
8 x 9 | 240 pages

Color photographs throughout

Cooking/Health & Healing/Gluten-Free (CKB110000)

978-1-61519-541-1 | No. 779541

**SHIPS OCTOBER**



# The Baby-Led Weaning Cookbook—Volume 2

99 MORE NO-STRESS RECIPES  
FOR THE WHOLE FAMILY

Gill Rapley, PhD, and Tracey Murkett

- ▶ The first book in the series to include color photographs throughout
- ▶ Over 250,000 copies in print of the Baby-Led series
- ▶ Originally published in hardcover as *The Baby-Led Weaning Family Cookbook*
- » See also *Baby-Led Weaning*, page 30; and *The Baby-Led Weaning Cookbook*, page 36

- Blog tour campaign featuring promotional recipes and giveaways

[RapleyWeaning.com](http://RapleyWeaning.com)

**Now in paperback with an all-new package: 99 more recipes for baby-led weaning!**

From the creators of the baby-led weaning movement, here are 99 all-new recipes parents can add to their repertoire of meals that the whole family will enjoy—including Baby, who’s just getting started on solid foods! Plus, authors Gill Rapley and Tracey Murkett review all the benefits of BLW:

- It’s convenient: The whole family eats the same meal— together.
- It helps Baby learn: BLW builds motor skills, coordination, and confidence.
- It cuts down on stress and struggle: Say goodbye to spoon-feeding purées!
- It promotes lifelong health: By teaching Baby to love a variety of foods and to gauge fullness, BLW helps prevent picky eating and overeating later on!

A National Parenting Product Award (NAPPA) Winner

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



**GILL RAPLEY, PHD**, the pioneering champion of baby-led weaning, has studied infant feeding and development for many years. She lives in Kent, England, with her husband and has three grown-up children.

**TRACEY MURKETT** is a freelance writer and journalist and a volunteer breastfeeding helper. She lives in London with her partner and their daughter.

**TRADE PAPERBACK**  
\$16.95 US | \$21.95 Can. | USC+OM\*  
7 x 9 1/4 | 192 pages  
46 color photographs

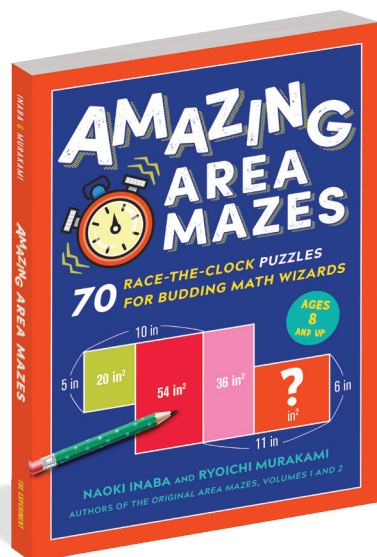
Cooking/Baby Food (CKB107000)  
978-1-61519-621-0 | No. 779621  
Previous ed.: 978-1-61519-399-8  
**SHIPS SEPTEMBER**



# Amazing Area Mazes

70 RACE-THE-CLOCK PUZZLES  
FOR BUDDING MATH WIZARDS

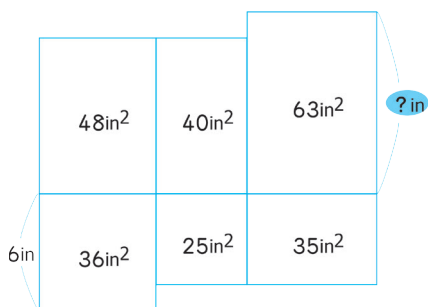
Naoki Inaba and Ryoichi Murakami



**The first book of area mazes for kids: Race the clock to solve 70 fun puzzles with grade-school arithmetic—and genius logic!**

Welcome, brave math wizard, to the world of area mazes. These clever arrangements of squares and rectangles are more than what meets the eye. Can you find your way from the given values to the missing one—using *only* whole numbers and your powers to add, subtract, multiply, and divide? Absolutely no fractions or equations are required (or allowed)!

Too easy? Race the clock! Puzzle master Naoki Inaba has included “good,” “great,” and “amazing” time targets for every puzzle. Just be warned . . . the puzzles get harder and harder as you go!



**NAOKI INABA** has invented over 400 new types of puzzles and has written several books of area mazes for children and adults, originally published in Japan.

**RYOICHI MURAKAMI** is the founder and CEO of El Camino, a premier cram

school in Tokyo. Many of his students go on to compete in the International Mathematical Olympiad. Both authors live in Japan.

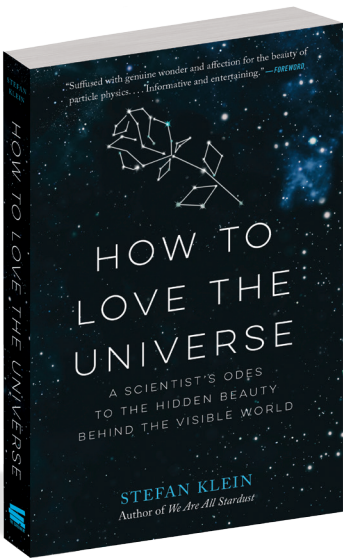
- ▶ For kids ages 8 and up
- ▶ 70 puzzles gradually increase in difficulty
- ▶ “Race the clock” time targets provide an extra challenge
- ▶ Builds fluency with area, perimeter, and more Common Core concepts (typically introduced in third through fifth grade)
- » See also *The Original Area Mazes* and *Volume Two*, page 32

- Coverage in math, popular science, kids, and puzzle publications
- Blog tour, social media outreach and giveaway campaign
- Holiday Gift Guide outreach
- Printable classroom packet available for teachers

◀ Answer on page 41

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- » See also *We Are All Stardust*, page 33
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SHIPS OCTOBER

NOVEMBER | The Experiment  
NEW RELEASES

# How to Love the Universe

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Stefan Klein

**Now in paperback: An eye-opening tour of the science all around us—as everyday objects springboard discussions of space, time, and more**

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“Suffused with genuine wonder and affection for the beauty of particle physics.”—*Foreword*

“Encourages readers to think, consider, and give in to scientific fascination.”—*Publishers Weekly*

“Brings a poetic and distinctive perspective to some fascinating fundamental questions.”—*MARTIN REES*



**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 Deutscher Lesepreis 2016.

# It's a Numberful World

HOW MATH IS HIDING EVERYWHERE

. . . from the Crown of a Tree to  
the Sound of a Sine Wave

**Eddie Woo**

**Eddie Woo, one of the world's top ten teachers and a YouTube phenom, delivers a rollicking pop-math read brimming with visuals (and heart)!**

- Why is a rainbow curved?
- Why aren't left-handers extinct?
- How is a sunflower like a synchronized swimmer?
- What makes 2.718 a magic number?

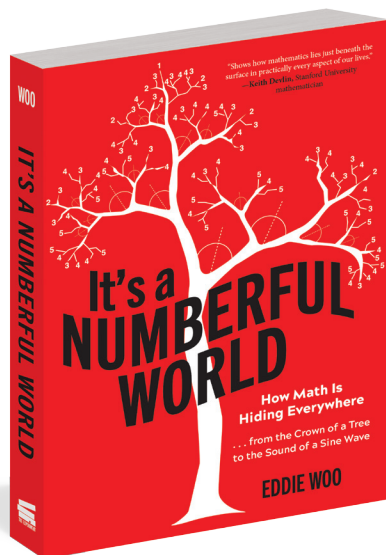
These may not *look* like math questions—but they are, because they all have to do with *patterns*. And mathematics, at heart, is the study of patterns—from familiar shapes and symmetries, to the golden ratio and other mysterious values that seem to crop up wherever you look. Here are twenty-six bite-size chapters on Eddie Woo's favorite mathematical marvels—from the sine waves we hear as “music” to the immense prime numbers that are essential to data encryption. We are all born mathematicians—and *It's a Numberful World!*

“Mr. Woo shows how mathematics lies just beneath the surface in practically every aspect of our lives. . . . His engaging personality shines through on every page.”

—KEITH DEVLIN, Stanford University mathematician



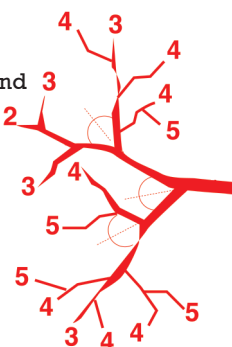
**EDDIE WOO** is the head mathematics teacher at Cherrybrook Technology High School in Australia. In 2012, he started uploading his lessons to YouTube, creating “Wootube.” Today, he has more than 500,000 subscribers and 27 million views. In 2018, Eddie was named Australia's Local Hero of the Year and short-listed as one of the top ten teachers in the world. He lives in Sydney.



- ▶ A “highlights tour” of fascinating math in twenty-six short chapters
- ▶ Eye-popping two-color design
- ▶ On trend with *Math with Bad Drawings* and other visual STEM books
- ▶ YouTube star Eddie Woo has 500,000+ subscribers
- ▶ NPR featured Woo's TEDx talk on their TED Radio Hour episode “Don't Fear Math”
- ▶ Crossover appeal for upper YA

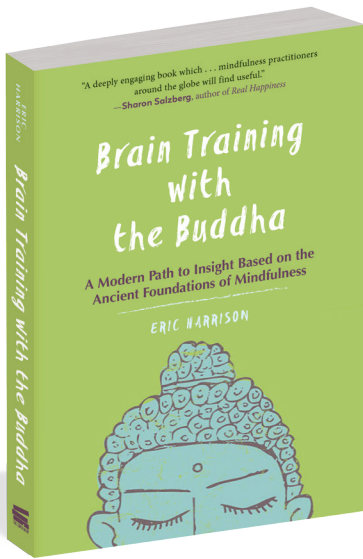
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SHIPS DECEMBER

# Brain Training with the Buddha

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Eric Harrison is not a Buddhist—nor is he even religious. But his lifelong mindfulness practice is rooted in the *Satipatthana Sutta*—the Buddha's original text on how to meditate. Harrison realized that the clearly defined steps in the sutta, even without their spiritual context, amount to a brain-training program *anyone* can follow. As the Buddha puts it: "The systematic four-stage training of attention is the only way to Enlightenment."

Now—informed by a lifetime spent teaching tens of thousands to meditate—Harrison offers an updated, modern English translation of the sutta and lucid guidance on how to apply it. This accessible work is for anyone interested in their mind, body, and life overall—no background in Buddhism required.

"A deeply engaging book which . . . mindfulness practitioners around the globe will find useful."—**SHARON SALZBERG**, author of *Lovingkindness* and *Real Happiness*

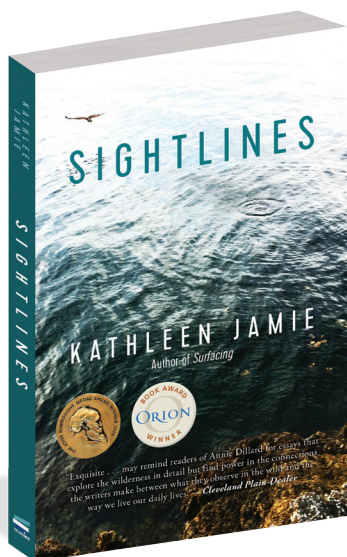
"Brings clear thinking, practical wisdom, and welcome rigor to the . . . concept of mindfulness."—*Publishers Weekly*



**ERIC HARRISON** is the author of seven books on meditation and mindfulness that have been translated into thirteen languages and published in fifteen countries. He began teaching meditation as a secular, science-based therapy decades ago—long before the modern mindfulness movement began. He lives in Perth, Australia.

# Sightlines

Kathleen Jamie



**Now with a new cover: Enthralling essays written with a poet's eye and a naturalist's affinity for the wild**

In *Sightlines*, Kathleen Jamie reports from the field—from her native Scottish “byways and hills” to the frigid Arctic. She dissects whatever her gaze falls upon—vistas of cells beneath a hospital microscope, orcas rounding a headland, the aurora borealis lighting up the frozen sea. In so doing, she questions what, exactly, constitutes “nature,” and upends the idea that it is *always* picturesque. *Sightlines* urges the reader: “Keep looking, even when there’s nothing much to see.”

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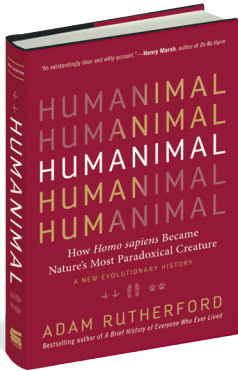
**KATHLEEN JAMIE** is one of the UK’s foremost poets. Her awards for writing and poetry include the Royal Geographical Society’s Ness Award, the Costa Book Award, the Somerset Maugham Award, the Forward Prize for Poetry, and the Geoffrey Faber Memorial Prize (twice). A professor of creative writing at the University of Stirling, she lives with her family in Fife, Scotland. Her new essay collection, *Surfacing*, is forthcoming.

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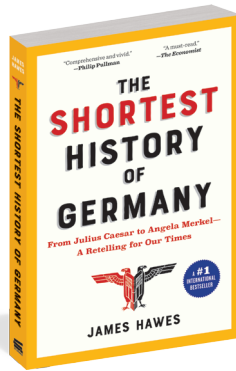
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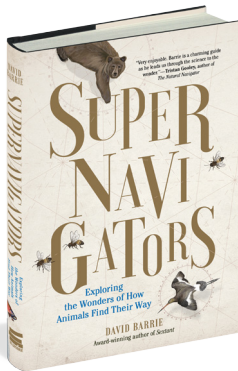
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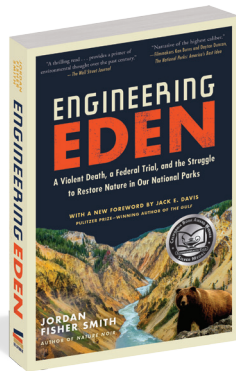
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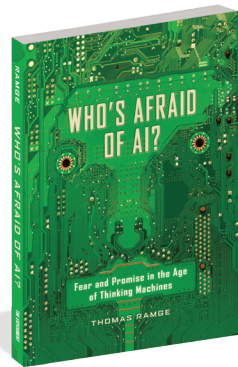
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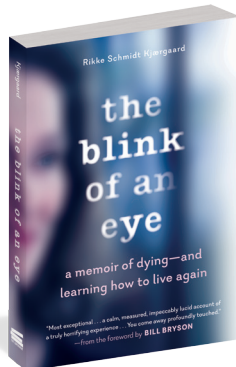
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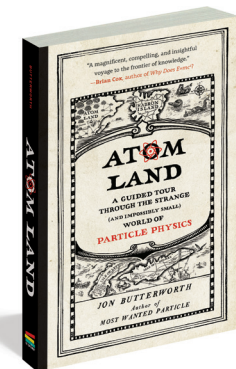
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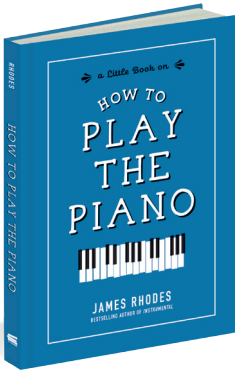
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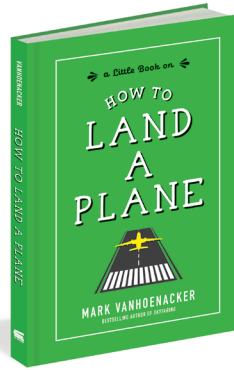
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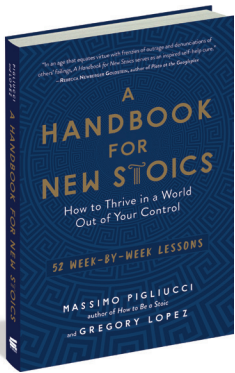
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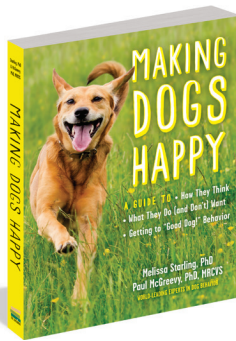


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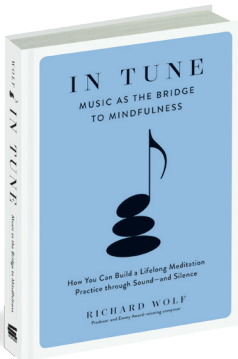


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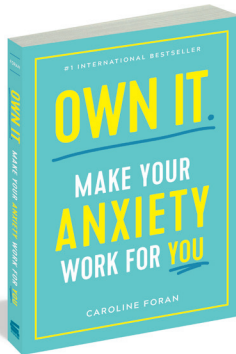
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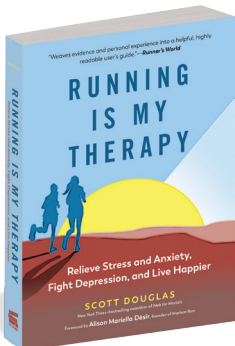


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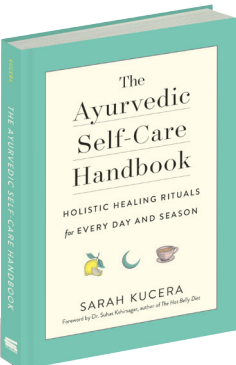


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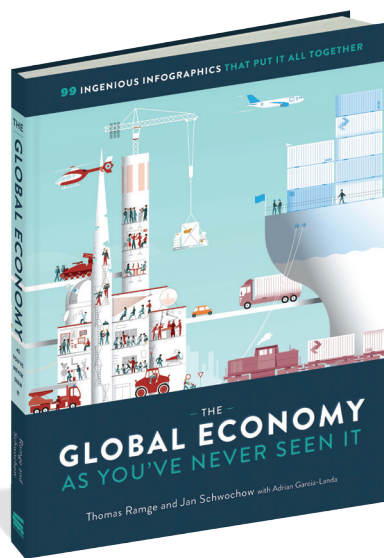


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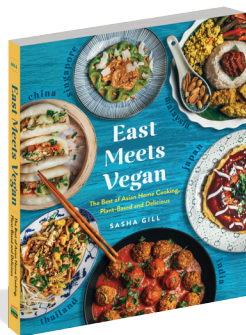
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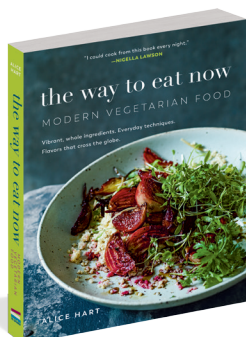


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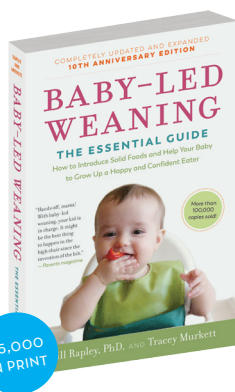


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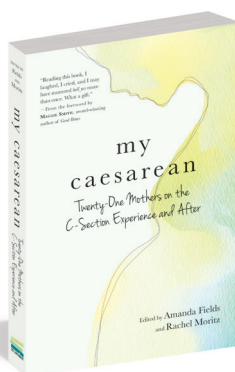


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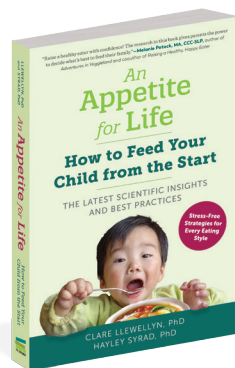


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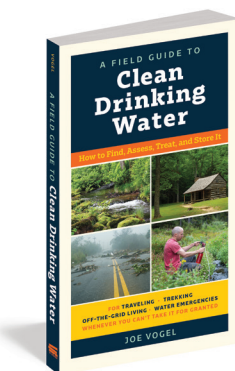


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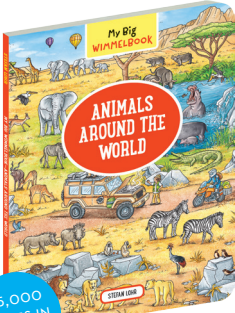
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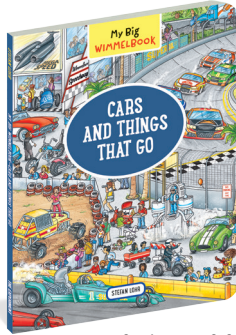
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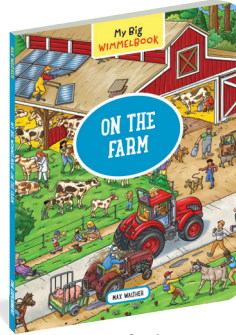


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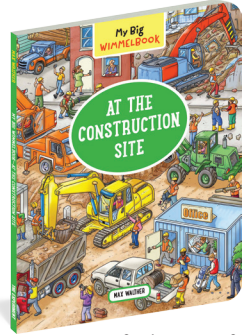
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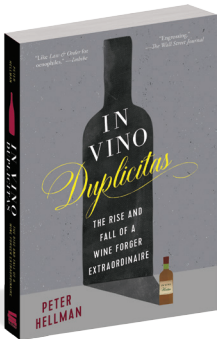
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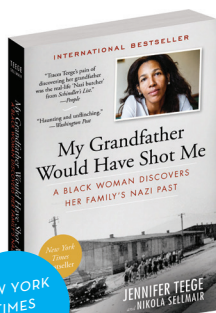
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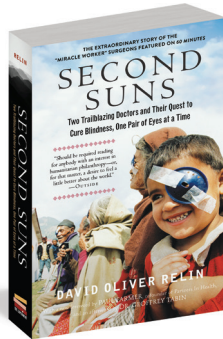


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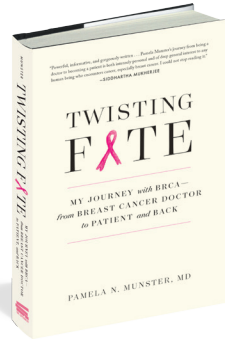


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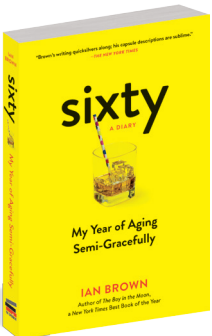
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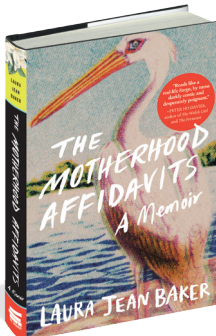
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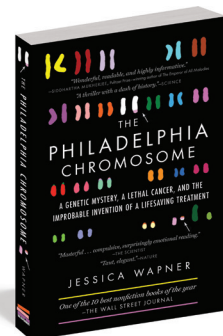
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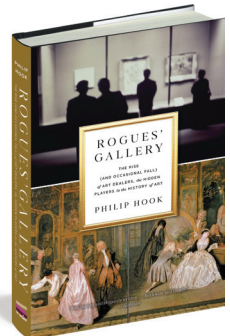
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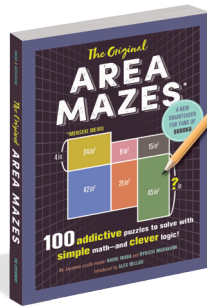
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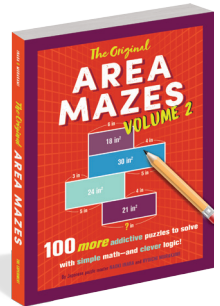
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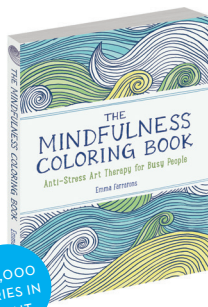
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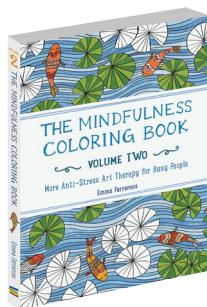


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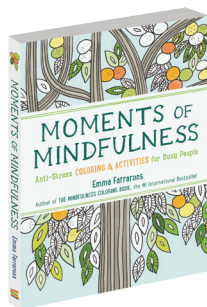


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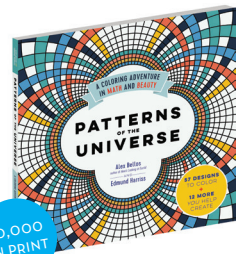
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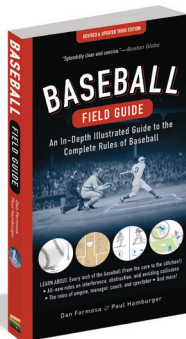


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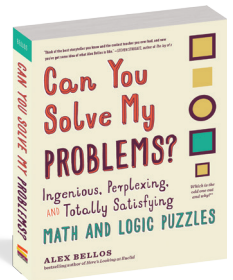


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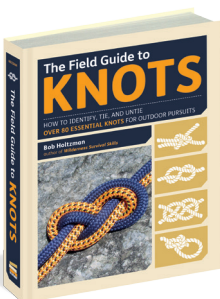


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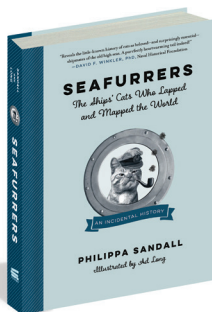
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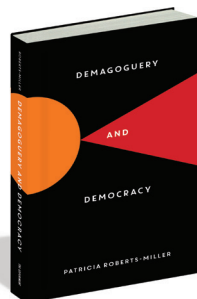
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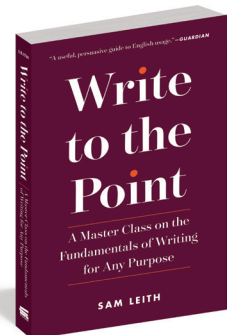
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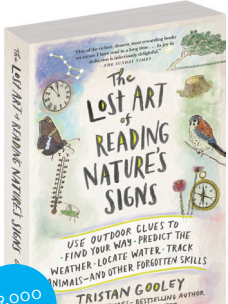
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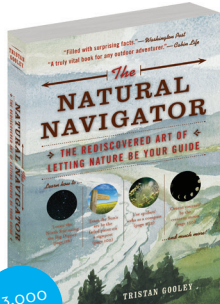


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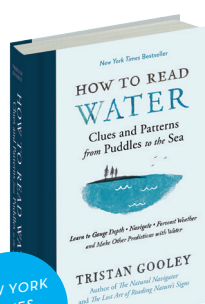
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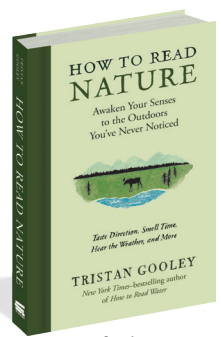
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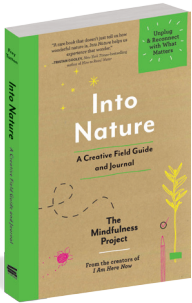


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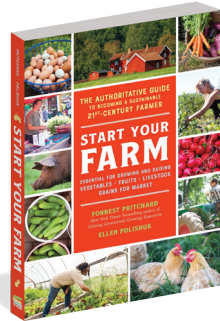
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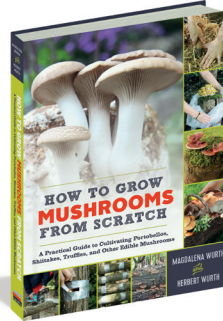
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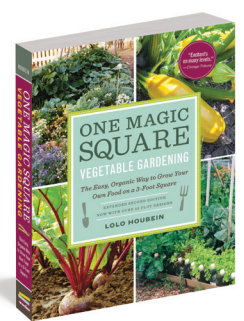
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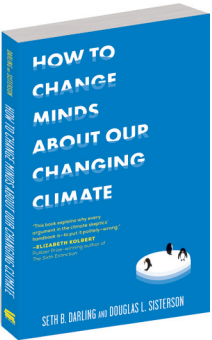
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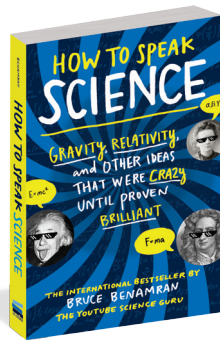
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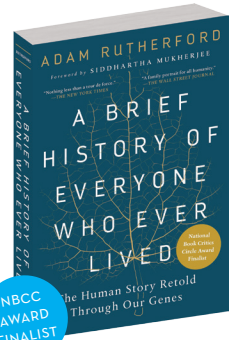
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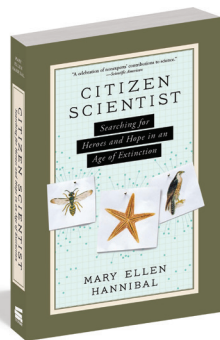


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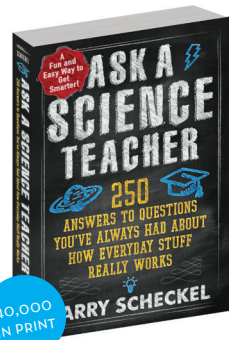
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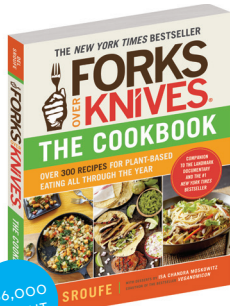


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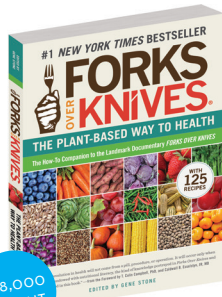
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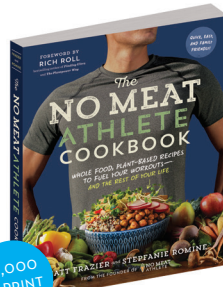
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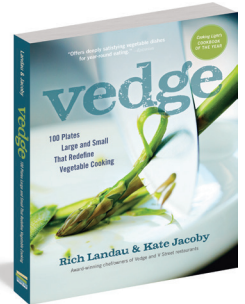
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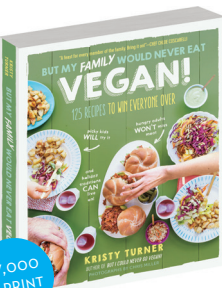


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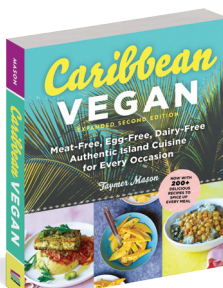
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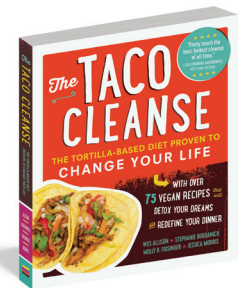


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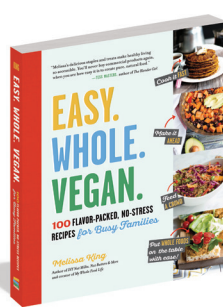
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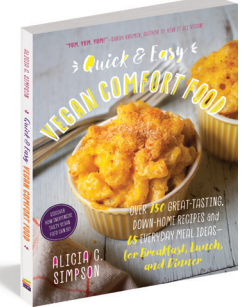
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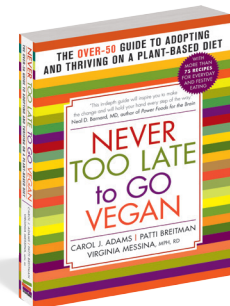
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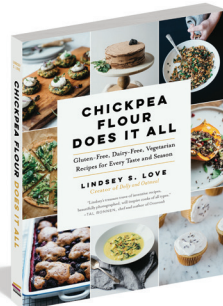
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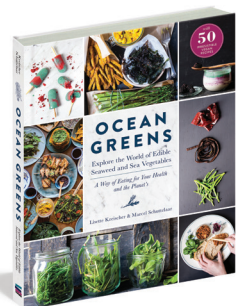
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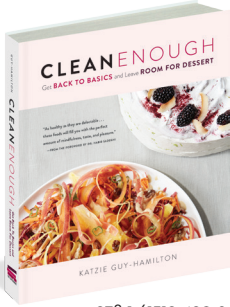
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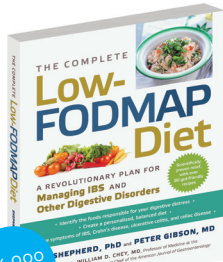
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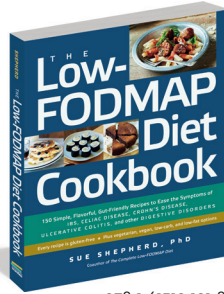


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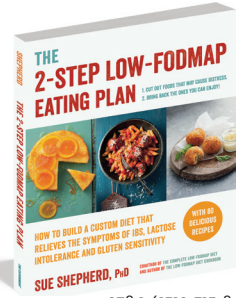


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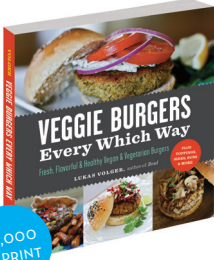
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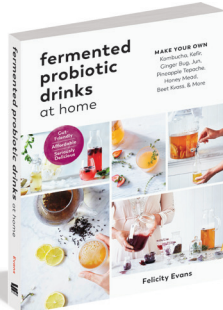


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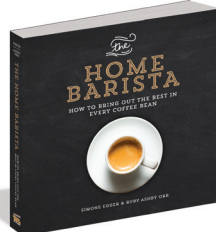


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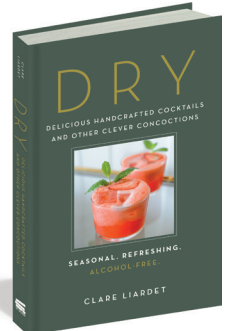
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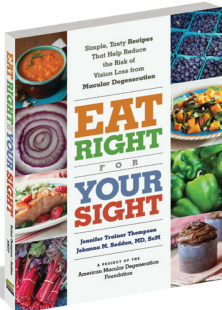
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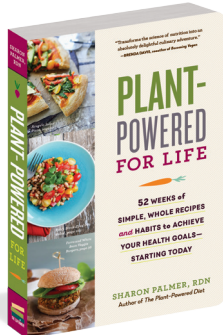
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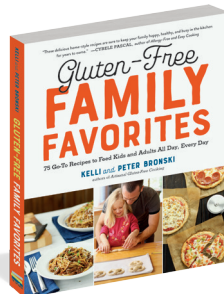
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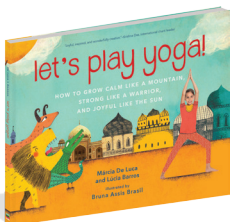


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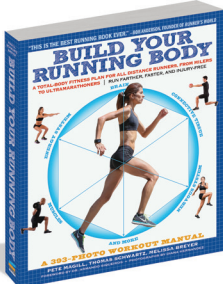


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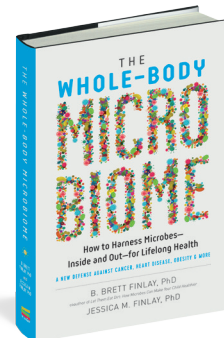
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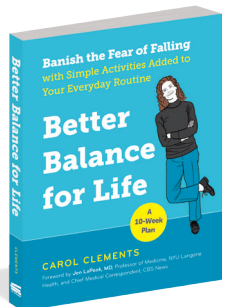
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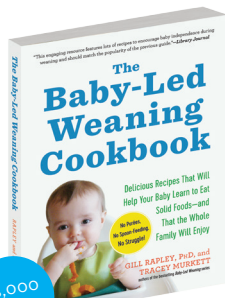
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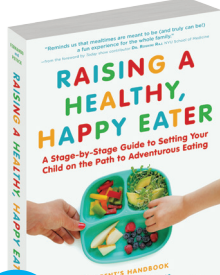


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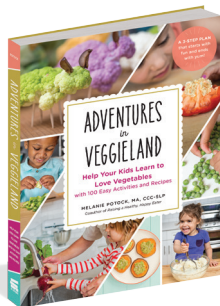
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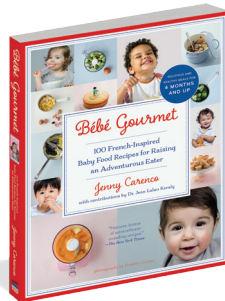


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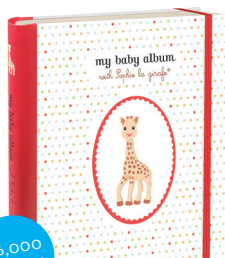
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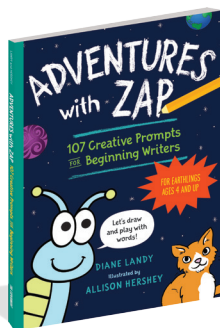
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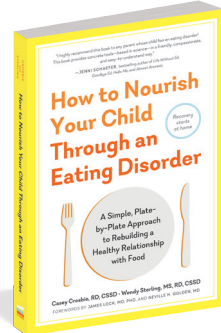


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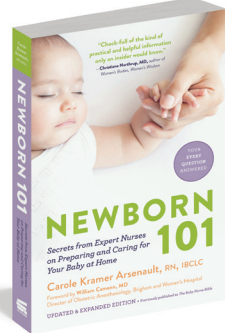
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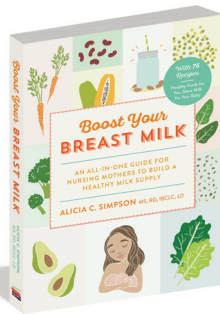
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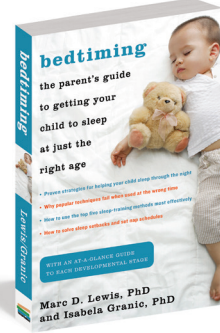
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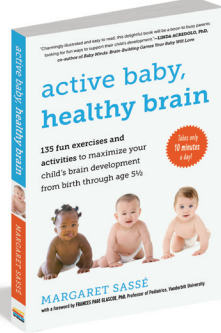
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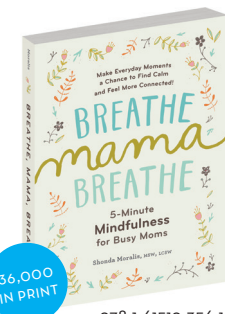
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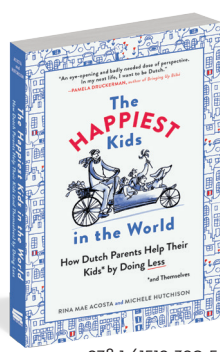


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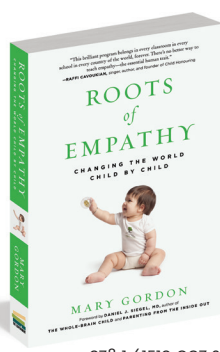


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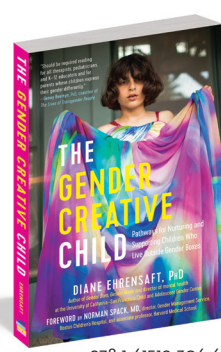
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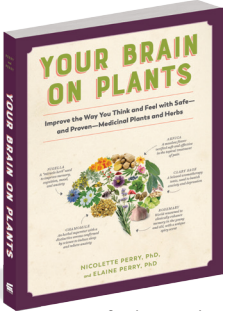
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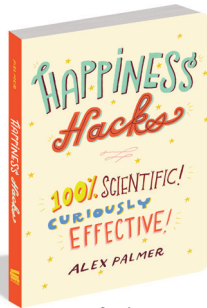
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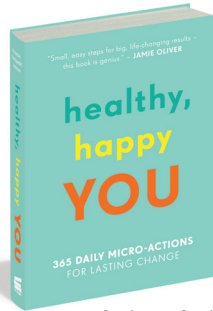
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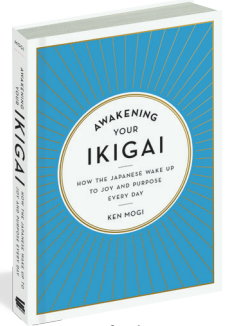
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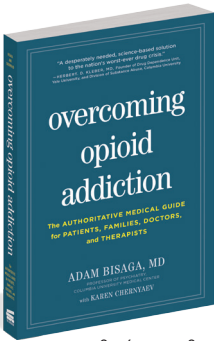
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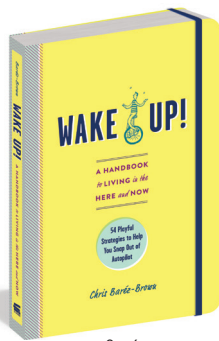
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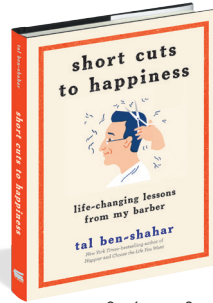
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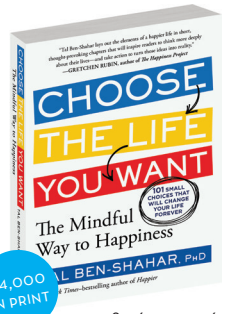
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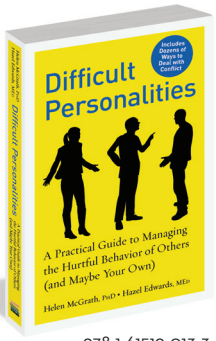


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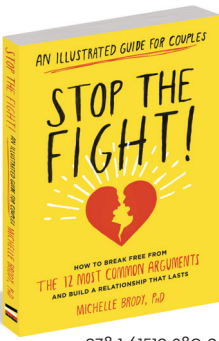


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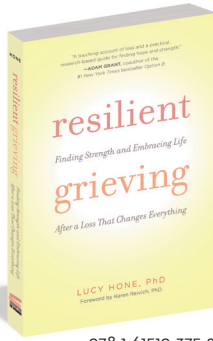
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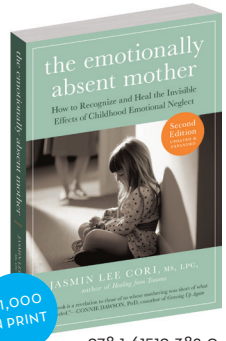
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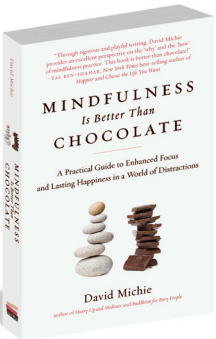


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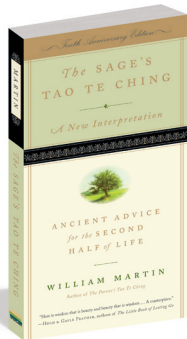


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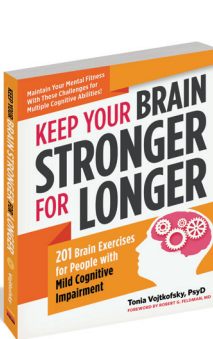
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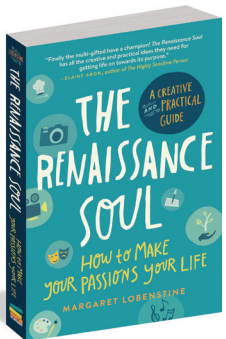
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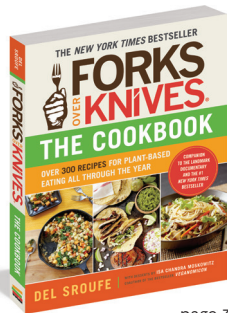
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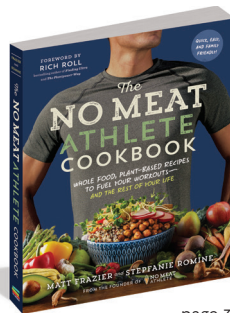
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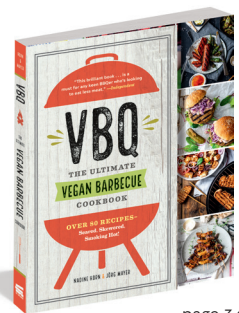
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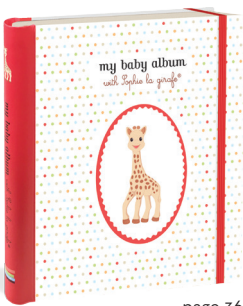
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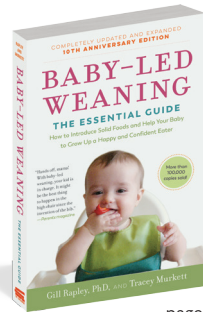
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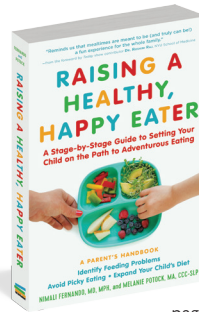
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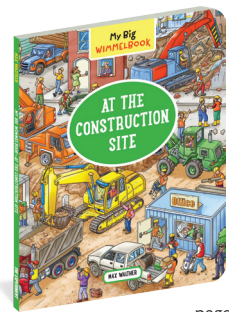
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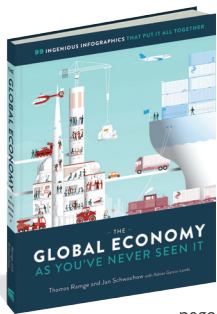
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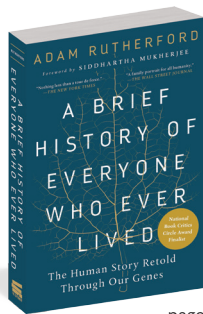
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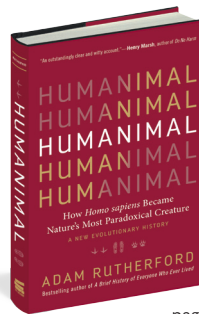
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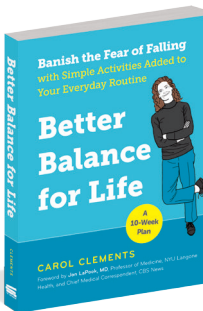
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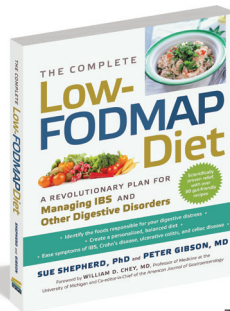
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