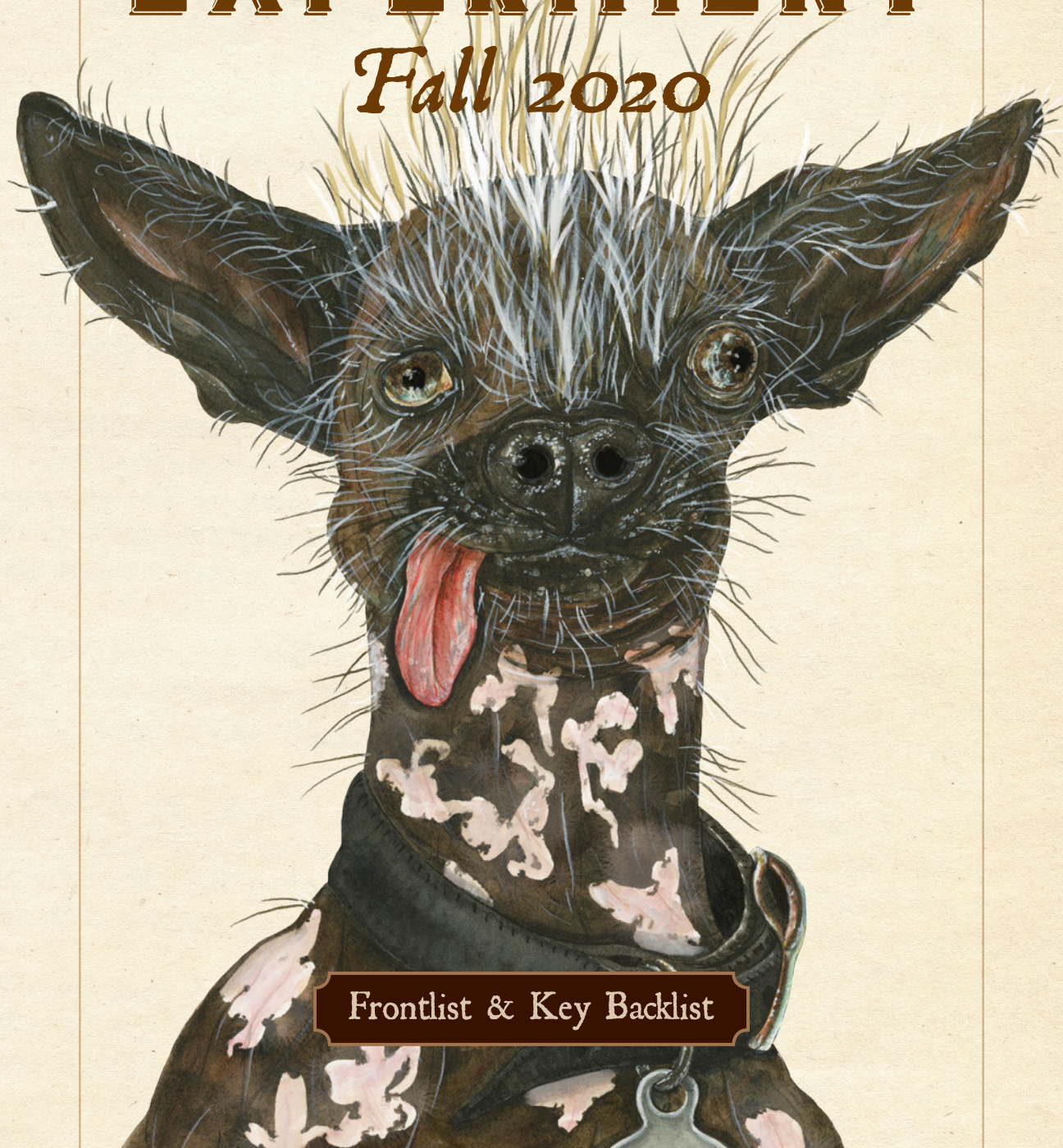


THE EXPERIMENT

Fall 2020



Frontlist & Key Backlist

DISTRIBUTED BY WORKMAN PUBLISHING

NEW RELEASES

<i>The Mindfulness Creativity Coloring Book</i> 1	<i>FODMAP Friendly</i> 14
<i>Immunity</i> 2	<i>Vegan Intermittent Fasting</i> 15
<i>The Good Ancestor</i> 3	<i>The Professional Yoga Teacher's Handbook</i> . 16
<i>Wall Disease</i> 4	<i>Making Space</i> 17
<i>How to Argue With a Racist</i> 5	<i>You Are Positively Awesome</i> 18
<i>Speaking of Race</i> 6	<i>Are You Coming?</i> 19
<i>The Hidden Life of Ice</i> 7	<i>Perilous Problems for Puzzle Lovers</i> 20
<i>A Curious Collection of Peculiar Creatures</i> . . 8	<i>Hello Numbers! What Can You Do?</i> 21
<i>Monarchs of the Sea</i> 9	<i>My Big Wimmelpuzzles</i> 22
<i>The Natural Navigator</i> 10	<i>My Big Wimmelbook®—Christmas Village</i> . . 24
<i>The Tristan Gooley Collection</i> 11	<i>If You Go with Your Goat to Vote</i> 25
<i>Welcome to Wine</i> 12	<i>Veggie from the Start</i> 26
<i>Love Your Gut</i> 13	

KEY BACKLIST

New & Notable 27	Food & Cooking 34
My Big Wimmelbooks® 30	Vegan Cooking 35
Gifts for Grown-Ups 30	Fitness & Health 36
Writing & Creativity 31	Self-Help 36
Puzzles 31	Happiness 37
Science & History 32	Pregnancy & Parenting 38
Nature, Gardening & Outdoors 33	Memoir & Biography 39

INFORMATION

How to Order 40	Photo Credits 41
Contact Us 41	Index 42

BECAUSE EVERY BOOK IS A TEST OF NEW IDEAS

The Mindfulness Creativity Coloring Book

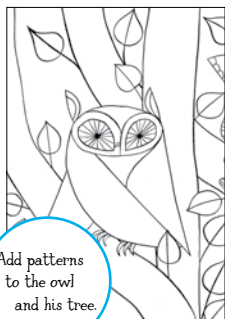
ANTI-STRESS GUIDED ACTIVITIES IN DRAWING, LETTERING, AND PATTERNS

Emma Farrarons

All-new activities from the author of the bestselling Mindfulness Coloring series (1 million in print)!

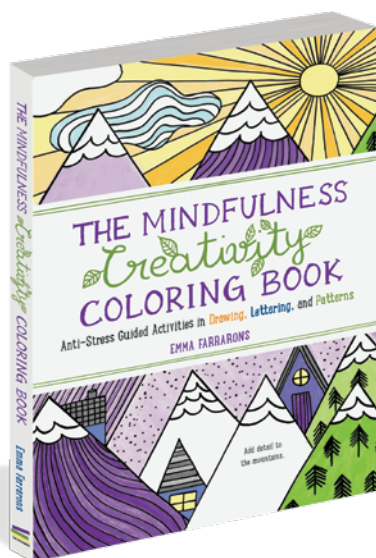
Mindfulness is the antidote to stress—but in stressful times, it can seem *just* out of reach. Enter *The Mindfulness Creativity Coloring Book*, here to soothe your anxiety and help you find “flow” with adult coloring and guided activities.

Internationally celebrated illustrator Emma Farrarons invites you to complete drawings in perfect symmetry, create patterns, practice hand-lettering, and, of course, do *lots* of coloring—from adorable woodland creatures to Scandinavian motifs. Perfectly sized to carry with you, this inspiring little book puts art therapy right in your pocket.



EMMA FARRARONS, an illustrator and graphic designer who lives and works in London, is the author of *The Mindfulness Coloring Book* (two volumes) and *Moments of Mindfulness*. Born in the Philippines, Farrarons grew up in Paris before studying illustration at Edinburgh College of Art and at École Nationale Supérieure des Arts Décoratifs. She also designs children's books.

EmmaFarrarons.com

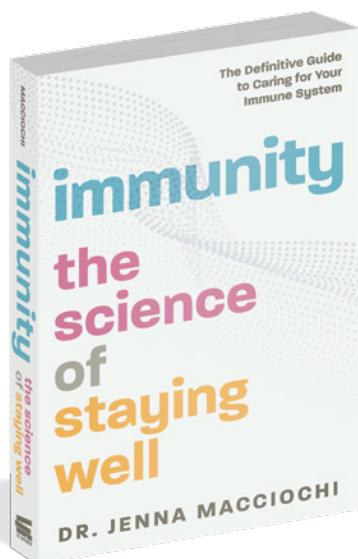


TRADE PAPERBACK ORIGINAL
\$9.95 US | \$12.95 Can. | USC+OM*
5 x 7 | 112 pages | CQ 52
60 B&W drawings to color

Games & Activities/Coloring Books
(GAM019000)

978-1-61519-774-3 | No. 779774
SHIPS JUNE

- ▶ Coloring books have vaulted back to the top of the charts as readers seek relief from stay-at-home stress and ennui
- ▶ Farrarons' first book is a #1 national bestseller and PW bestseller
- » **24-copy series display**
\$238.80 US | \$322.80 Can.
978-1-61519-775-0 | No. 779775
- » **6-copy display**
\$59.70 US | \$77.70 Can.
978-1-61519-776-7 | No. 779776
- » **See also** page 31



Immunity

THE SCIENCE OF STAYING WELL

The Definitive Guide to Caring
for Your Immune System

Dr. Jenna Macciochi

TRADE PAPERBACK ORIGINAL

\$16.95 US | US+OM*

5 1/2 x 8 1/4 | 352 pages

7 B&W charts and illustrations

Health & Fitness/Healthy Living
(HEA010000)

978-1-61519-750-7 | No. 779750

SHIPS AUGUST

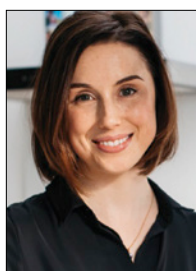
A bold new look at the silent wonder that is the immune system—and what we can do to sustain and improve it

The immune system is our first line of defense against the hordes of microbes that threaten us constantly. Just like our heart and our lungs, it works around the clock to keep us alive—and with the outbreak of coronavirus, no one can take it for granted. *Immunity* answers the question everyone is asking now: *What can I do to strengthen my immune system?* Dr. Jenna Macciochi has studied the interplay of immunity, lifestyle, and health for over twenty years, and her book is filled with authoritative guidance on:

- the best foods to eat to strengthen your immune system
- the importance of movement, and how often to exercise
- the essential link between immunity and sleep
- its surprising connection to your mental health.

Macciochi also debunks common myths, explores why some people never get ill, and explains how germs—those pesky invaders—can actually be good for us. The immune system is the foundation of your health . . . and *Immunity* is your essential handbook to staying well in the modern world.

- ▶ The new science of immunity, written by an expert with over twenty years of experience
- ▶ From cutting-edge cancer treatments to the fight against coronavirus, immunology is changing the face of modern medicine
- ▶ Packed with evidence-based tips readers can use to bolster their immune response
- ▶ Explores the immune system's essential functions *beyond* fighting germs, from detecting rogue cells to healing wounds



DR. JENNA MACCIOCHI, an immunologist, has spent over twenty years researching the impact of lifestyle on the immune system. She is a lecturer at the University of Sussex and a certified fitness instructor. Her writing has been featured in *The Times* (UK), *Women's Health*, *Marie Claire*, *Glamour*, and *Metro*, among other outlets. She lives in Brighton with her husband and their five-year-old twins.

DrJennaMacciochi.com  [Dr_Jenna_Macciochi](https://www.instagram.com/Dr_Jenna_Macciochi)

The Good Ancestor

HOW TO THINK LONG-TERM
IN A SHORT-TERM WORLD

Roman Krznaric

A call to save ourselves and our planet by targeting the root of our inaction: extreme short-sightedness

“The most important question we must ask ourselves is: Are we being good ancestors?” So said Jonas Salk, who cured polio in 1953. Salk saved millions of lives, but he refused to patent his cure or make any money from it. His radical rethinking of what we owe future generations should be an inspiration to us all, but it has hardly taken hold: Businesses can barely see past the next quarter; politicians can’t see past the next election. Markets spike, then they crash in speculative bubbles. We rarely stop to consider whether we’re being good ancestors . . . but the future depends on it.

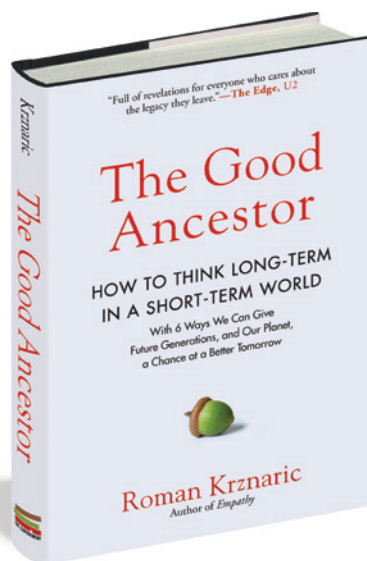
Here, leading public intellectual, philosopher, and bestselling author Roman Krznaric explains six practical ways we can retrain our brains to save our future—such as adopting Deep Time Humility (recognizing our lives as a cosmic eyeblink) and Cathedral Thinking (starting projects that will take more than one lifetime to complete). His aim is to inspire a “time rebellion”—to shift our allegiance from our generation only, to *all* humanity, present and future.

“Full of revelations for everyone who cares about the legacy they leave.”—THE EDGE, U2



ROMAN KRZMARIC is a public philosopher who writes about the power of ideas to change society. His books include *Empathy*, *The Wonderbox*, and *Carpe Diem Regained*, and have been published in more than twenty languages. He studied at the universities of Oxford, London, and Essex, where he received his PhD. He is a founding faculty member of The School of Life.

RomanKrznaric.com  RomanKrznaric



HARDCOVER

\$25.95 US | \$33.95 Can. | USC+OM*

5 1/2 x 8 | 288 pages

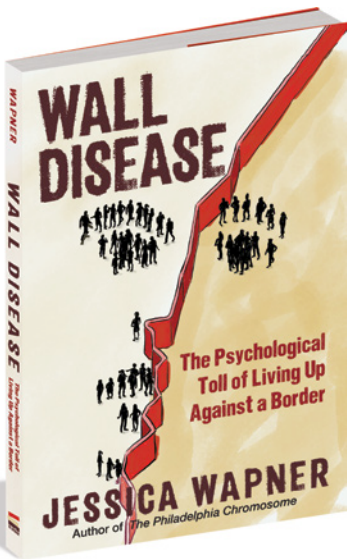
30 B&W illustrations and diagrams

Political Science/Public Policy/
Environmental Policy (POL044000)

978-1-61519-730-9 | No. 779730

SHIPS OCTOBER

- ▶ A radical new approach to protecting our planet: Change our thinking today to save tomorrow
- ▶ Long-term thinking is the cure for “digital distraction” brought on by the daily avalanche of tweets, alerts, stock tickers, and breaking news
- ▶ Thought experiments help readers shift their perspective (How would I want us to act today, if I *didn't* know which generation I'd be born into?)
- ▶ Encourages us to become “time rebels” like climate activist Greta Thunberg



Wall Disease

THE PSYCHOLOGICAL TOLL OF
LIVING UP AGAINST A BORDER

Jessica Wapner

TRADE PAPERBACK ORIGINAL

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

5 x 7 1/2 | 128 pages

French flaps

Social Science/Emigration &
Immigration (SOC007000)

978-1-61519-734-7 | No. 779734

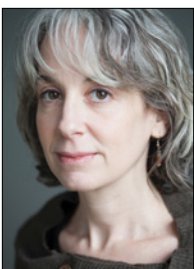
SHIPS AUGUST

A groundbreaking investigation into the hidden mental health effects of border walls, revealing the harm they bring to all who live near them

Today, there are at least seventy border walls: from the US–Mexico border to the seventeen thousand miles of barbed wire that wall off Bangladesh from India, as well as the five-layer fence between Saudi Arabia and Iraq. Border walls protect us, the argument goes, because they keep danger out. But what if the walls *themselves* endanger everyone who lives near them—on both sides?

In this thoroughly reported, eye-opening work, science journalist Jessica Wapner reveals the unforeseen mental health effects of security walls—including depression and anxiety, despondence, excitability, suicidal ideation, paranoia, and more. Doctors first noticed these conditions proliferating among people who lived along the Berlin Wall, and they gave the overarching affliction a name: *wall disease*. Wapner builds on this research, following the trail of psychological harm around the world today. Weaving together interviews with those living up against walls and expert testimonies from psychologists, economists, geographers, and other specialists, Wapner explores the growing epidemic of wall disease—and illuminates how neither those “outside” nor “inside” are immune.

- ▶ Wherever we fall along the political divide, we would do well to understand the psychological toll of living up against a border wall
- ▶ As new security barriers proliferate around the world, and as more are called for, it's urgently necessary that we tune in to this emerging mental health crisis
- ▶ *Wall Disease* expands on Jessica Wapner's *New Yorker* piece on this topic
- » **See also** *The Philadelphia Chromosome*, page 32



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

JessicaWapner.com

How to Argue With a Racist

WHAT OUR GENES DO (AND DON'T) SAY ABOUT HUMAN DIFFERENCE

Adam Rutherford

Race is not a biological reality. Racism thrives on our not knowing this.

Racist pseudoscience is on the rise—fueling hatred, feeding nationalism, and seeping into our discourse on everything from sports to intelligence. Even the well-intentioned repeat stereotypes based on “science,” because cutting-edge genetics are hard to grasp—and all too easy to distort. Paradoxically, these misconceptions are multiplying even as scientists make unprecedented discoveries in human genetics—findings that, when accurately understood, are powerful evidence *against* racism. We’ve never had clearer answers about who we are and where we come from, but this knowledge is sorely needed in our casual conversations about race.

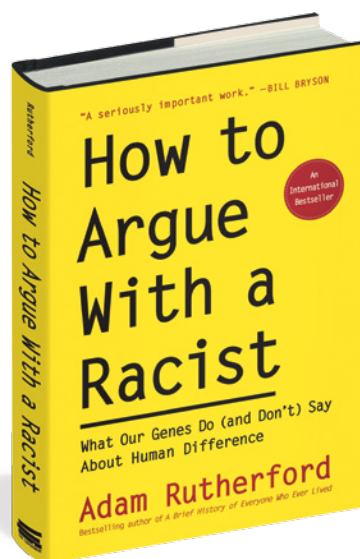
How to Argue With a Racist enables us to have responsible, enlightened discourse by illuminating what modern genetics actually *can* and *can't* tell us about human difference. We know now that the racial categories still vexing society do not align with observable genetic differences. In fact, our differences are so minute that, most of all, they serve as evidence of our shared humanity.

“A seriously important work.”—BILL BRYSON



ADAM RUTHERFORD, PhD, received his doctorate in genetics from University College London. He is also the author of *A Brief History of Everyone Who Ever Lived*, a finalist for the National Book Critics Circle Award, as well as *The Book of Humans* and *Creation*. He has presented many award-winning programs, including *Inside Science* for the BBC. He lives in London.

AdamRutherford.com



HARDCOVER

\$21.95 US | \$28.95 Can. | USC+OM*

5 x 7 1/2 | 240 pages

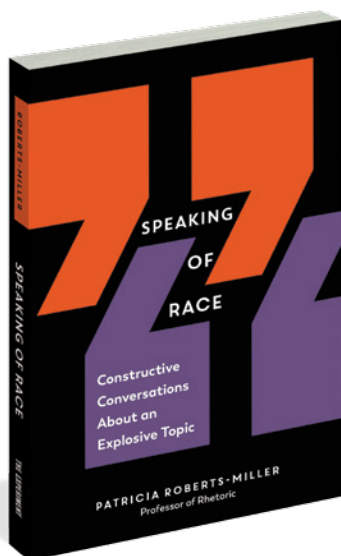
8 B&W photographs

Social Science/Discrimination
(SOC031000)

978-1-61519-671-5 | No. 779671

SHIPS JULY

- ▶ The antidote to widespread confusion about what (if anything) genetics has to do with race
- ▶ Thoroughly debunks racist pseudoscience propagated by the alt-right (and stereotypes repeated by even the well-intentioned)
- ▶ Rutherford—a geneticist at University College London and the son of an Indo-Guyanese mother and British father—is steeped in his subject both personally and professionally
- » **See also** *The Book of Humans*, page 28; and *A Brief History of Everyone Who Ever Lived*, page 32



Speaking of Race

CONSTRUCTIVE CONVERSATIONS
ABOUT AN EXPLOSIVE TOPIC

Patricia Roberts-Miller

TRADE PAPERBACK ORIGINAL

\$7.95 US | \$9.95 Can. | World

4 x 6 | 144 pages

Language Arts & Disciplines/Rhetoric
(LAN015000)

978-1-61519-732-3 | No. 779732

SHIPS SEPTEMBER

From a scholar of communication, a guide to healing our fractured discourse on race and racism by infusing the topic with more constructive and enriching dialogue

It's happened to virtually all of us: Someone calls something "racist," and you're not sure you agree. (Or someone calls *you* racist, and you *definitely* don't agree.) But before you say anything—before the argument escalates, as it almost always does, leaving everyone upset—professor of rhetoric Patricia Roberts-Miller would like to talk to you about *how* we talk about race.

Roberts-Miller believes that these potentially explosive conversations are, in fact, opportunities to bring us together—if we have them constructively. In this concise, pocket-size guide, she explains exactly how to do so: Rather than fall into the all-too-common traps of discussing personal identity, intentions, and emotions, we need to keep focused on *actions*. We can't assume that everyone has the same idea of racism—they don't—and so, Roberts-Miller provides a helpful working definition. In short, *Speaking of Race* teaches us to talk about racism the way an expert of rhetoric does. We may find that it makes our polarized world more eloquent—and less racist.

- ▶ This urgent, persuasive handbook seizes on potentially polarizing moments in order to help bring us together
- ▶ Equips readers with easy-to-follow rules of thumb: Talk about consequences, not intent; focus on actions, not identities
- ▶ PEW Research finds that 65 percent of Americans believe it has become more common to express racist views since 2016, and 45 percent say it's more acceptable—a surge that urgently needs to be stopped
- » See also *Demagoguery and Democracy*, page 28



PATRICIA ROBERTS-MILLER, PhD, is a professor of rhetoric and writing at the University of Texas at Austin, where she has taught the class Rhetoric of Racism since 2013. Her books include *Fanatical Schemes: Proslavery Rhetoric and the Tragedy of Consensus*, *Voices in the Wilderness: Public Discourse and the Paradox of Puritan Rhetoric*, and *Demagoguery and Democracy*.

PatriciaRobertsMiller.com

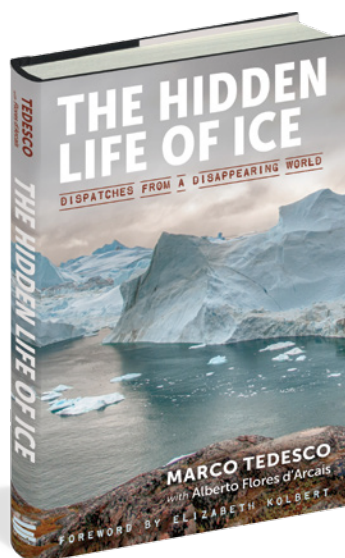
The Hidden Life of Ice

DISPATCHES FROM A
DISAPPEARING WORLD

Marco Tedesco

with Alberto Flores d'Arcais

Foreword by Elizabeth Kolbert



A pioneering researcher's illuminating account of Arctic ice—its secret history and dire future

Barely inhabited, the Arctic is an alien world to most of us. It also holds critical clues about the future of our planet. In *The Hidden Life of Ice*, Marco Tedesco invites us to Greenland, where he and his fellow scientists are doggedly researching the dramatic changes afoot. Following the arc of his typical day at work, Tedesco unearths the secrets in the ice—from evidence of long-extinct “polar camels” to the fantastically weird microorganisms living at freezing temperatures in cryoconite holes.

Tedesco weaves together the bald facts on climate change with poetic reflections on this endangered landscape, the epic deeds of great Arctic explorers, and the legends of the rare local populations. *The Hidden Life of Ice* is more than a diatribe on climate—it's a moving tribute to a beautiful place that may be gone too soon.



MARCO TEDESCO is a research professor at the Lamont-Doherty Earth Observatory of Columbia University and adjunct scientist at the NASA Goddard Institute for Space Studies (GISS). An expert on polar regions, he is frequently quoted in *The New York Times* and other publications. He lives in New York. **ALBERTO FLORES D'ARCAIS** has reported on topics like civil wars, drug trafficking, and the Arab Spring since the 1980s. **ELIZABETH KOLBERT** is the Pulitzer Prize-winning author of *The Sixth Extinction*.

HARDCOVER

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

5 1/2 x 8 1/2 | 160 pages

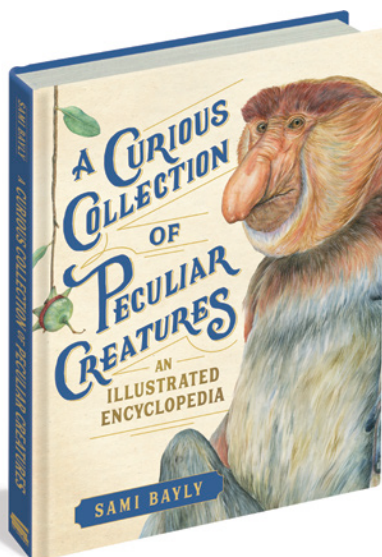
16-page color photo insert

Nature/Ecosystems & Habitats/Polar
Regions (NAT045030)

978-1-61519-699-9 | No. 779699

SHIPS JULY

- ▶ A Main Selection of the Library Science Book Club
- ▶ Each year the Arctic melt season gains more attention as the effects of climate change become more pronounced
- ▶ Concise and captivating at only 160 pages
- ▶ Sixteen pages of color photographs taken by Tedesco capture the otherworldly grandeur of Arctic ice
- ▶ Foreword by Elizabeth Kolbert, author of Pulitzer Prize winner *The Sixth Extinction*



A Curious Collection of Peculiar Creatures

AN ILLUSTRATED ENCYCLOPEDIA

Sami Bayly

PAPER OVER BOARDS

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

7 x 9 | 128 pages

60 color and 175 B&W illustrations

Juvenile Nonfiction/Animals/
Endangered (JNF003270)

978-1-61519-693-7 | No. 779693

SHIPS OCTOBER

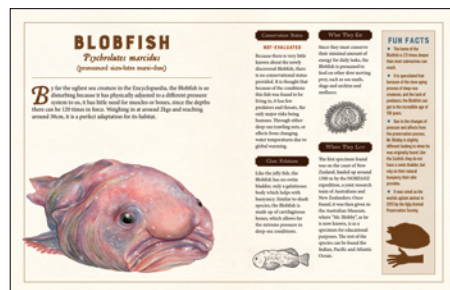
- ▶ Sami Bayly holds a degree from one of the world's only natural history illustration programs
- ▶ A one-of-a-kind gift that stands out (way out) among traditional animal encyclopedias
- ▶ Includes details about each creature's diet, conservation status, habitat, and quirks
- ▶ Celebrates others' differences (even when those differences are bizarre wings or fangs)
- ▶ Accessible text for middle-grade readers on up!

The weirdest (but no less wonderful) creatures in the animal kingdom finally get their turn in the limelight!

Discover the world's wackiest species in *A Curious Collection of Peculiar Creatures*—breathtaking scientific illustrations flaunt their unconventional beauty alongside fascinating facts about each one.

- The **Bornean orangutan**, whose immense cheek pads give it a dinner-plate-like face, is the largest tree-dwelling mammal!
- The **red-lipped batfish**, alas, is a terrible swimmer, with leg-shaped fins better suited to walking along the seafloor.
- The mysterious **goblin shark**, rarely seen by humans, has a long snout and a terrifying flexible jaw to snatch its prey.

These are just a few of the **sixty curious creatures** in this stunning encyclopedia, sure to be treasured by kids and adults alike!



SAMI BAYLY recently completed her degree in natural history illustration at the University of Newcastle. She's drawn to the weird and wonderful—finding the beauty and importance in all living things, regardless of their appearance—and is eager to share her appreciation with others. *A Curious Collection of Peculiar Creatures* is her first book. She lives in Newcastle, Australia.

SamiBayly.com

Monarchs of the Sea

THE EXTRAORDINARY
500-MILLION-YEAR HISTORY
OF CEPHALOPODS

Danna Staaf

An epic and fun history spanning from the mollusks that invented swimming to the octopuses and other intelligent cephalopods of today

Before mammals, there were dinosaurs. And before dinosaurs, there were cephalopods—the ancestors of modern squid, octopuses, and more creatures—Earth's first truly substantial animals. Essentially inventing the act of swimming, cephalopods presided over an undersea empire for millions of years—until fish evolved jaws, and cephalopods had to step up their game or risk being eaten. To keep up, some streamlined their shells and added defensive spines, while others abandoned the shell, opening the gates to a flood of evolutionary innovations: masterful camouflage, fin-supplemented jet propulsion, and intelligence we've yet to fully measure. *Monarchs of the Sea* is an epic, witty history about these bizarre but beautiful creatures that ruled the seas—and still captivate us today.

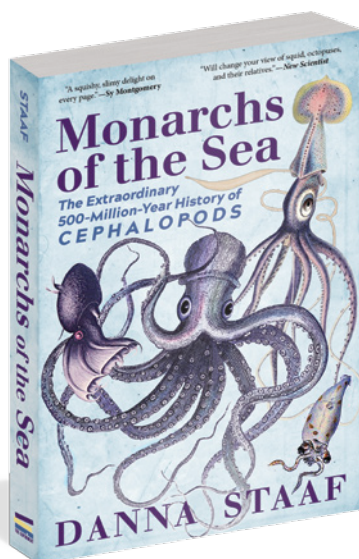
“A squishy, slimy delight on every page.” —SY MONTGOMERY,
bestselling author of *The Soul of an Octopus*

“Will open your world to wider horizons and much deeper times.”
—CARL SAFINA, bestselling author of
Beyond Words: What Animals Think and Feel



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

Cephalopodiatrist.com



TRADE PAPERBACK

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

5 1/2 x 8 1/4 | 256 pages

33 B&W photographs and illustrations

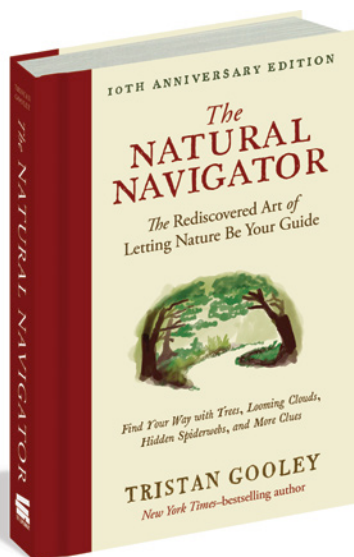
Nature/Animals/Marine Life
(NAT020000)

978-1-61519-740-8 | No. 779740

Prev. ed.: 978-1-61168-923-5

SHIPS AUGUST

- ▶ A family portrait of all cephalopods, for fans of *The Soul of an Octopus*
- ▶ An essential addition to the animal intelligence shelf, for fans of *Beyond Words*
- ▶ Originally published in hardcover as *Squid Empire* (ForeEdge, 2017) to rave reviews from *Nature*, *Science*, and *New Scientist*, among others
- ▶ Biologist Danna Staaf has been researching tentacled sea life for decades



The Natural Navigator

THE REDISCOVERED ART OF
LETTING NATURE BE YOUR GUIDE

10th Anniversary Edition

Tristan Gooley

Celebrating 10 years of natural navigation with Tristan Gooley: an update to the guide that started it all—now with a preface and 20 color photos

PAPER OVER BOARDS

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

5 1/4 x 7 3/8 | 320 pages

8-page color photo insert | 50 B&W illustrations and diagrams

Sports & Recreation/Outdoor Skills
(SPO030000)

978-1-61519-714-9 | No. 779714

Prev. ed.: 978-1-61519-046-1

SHIPS JULY

- ▶ Widely praised upon publication, *The Natural Navigator* established Gooley as an unrivaled expert on this subject
- ▶ An ideal starting point for readers trying to reconnect with nature
- ▶ With a new preface and 8 pages of never-before-seen color photographs
- ▶ Gooley's books include *The Lost Art of Reading Nature's Signs* (200,000 in print) and *How to Read Water* (a *New York Times* bestseller)

Before GPS, before the compass, and even before cartography, humankind was navigating. A windswept tree, the depth of a puddle, or a trill of birdsong could point the way home—and they still do, if you know how to look. Whether exploring in the mountains or on a lunch break, anyone with a curious mind can find their bearings. In *The Natural Navigator*, adventurer and navigation expert Tristan Gooley unlocks the clues hidden all around us: in the sun, moon, stars, clouds, weather patterns, lengthening shadows, changing tides, plant growth, habits of wildlife, and more. This tenth anniversary edition includes a new preface and twenty color photographs from Gooley's archive. A decade later, *The Natural Navigator* continues to remind us that we can locate south by joining the horns of the crescent moon—and find adventure in our own backyards.

“Deeply poetic . . . Gooley provides ample instructions, complete with diagrams of wind patterns and tide heights, for living and traveling like a natural navigator.”

—*The Wall Street Journal*



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 in 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.

NaturalNavigator.com

The Tristan Gooley Collection

In this deluxe set, a *New York Times*–bestselling author makes us apprentices in the forgotten art of examining nature’s patterns

Gooley begins to teach the singular way he senses signs in the wild that most people overlook in *How to Read Nature*. In *The Natural Navigator*, he shows how to find our way by the stars, rivers, clouds, and more. And *New York Times* bestseller *How to Read Water* is Gooley’s deep dive into everything from puddles to the sea, teaching navigators at any experience level to hear the whispers of water. Also included: a pocket field guide to kick-start your own adventures!

“Equal parts alfresco inspiration, interesting factoids, how-to instructions, and self-help advice.”

—*The Wall Street Journal*, on *How to Read Nature*

“This fascinating book is filled with surprising facts.”

—*Washington Post*, on *The Natural Navigator*

“Gooley’s . . . observations are breathtaking as he patiently explains how to see.”—*Forbes*, on *How to Read Water*



BOXED SET

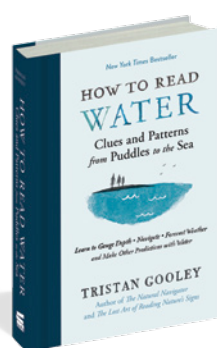
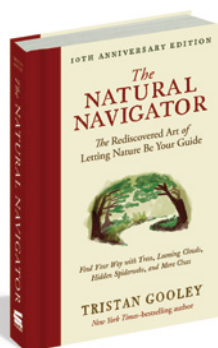
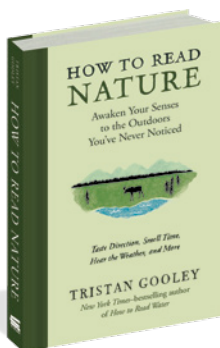
\$52.00 US | \$67.50 Can. | USC

Sports & Recreation/Outdoor Skills
(SPO030000)

978-1-61519-744-6 | No. 779744

SHIPS OCTOBER

- ▶ The perfect gift for nature lovers: three beloved books, plus a limited edition field guide, all in a lovely box!
- ▶ *The Natural Navigator* (see opposite) is handsomely repackaged in paper over boards to match *How to Read Nature* and *How to Read Water*
- ▶ Gooley’s brand of nature observation aligns perfectly with trends like forest bathing, while appealing to the traditional outdoorsperson
- ▶ Combined, Gooley’s books have 340,000 copies in print
- ▶ See also page 33





Welcome to Wine

AN ILLUSTRATED GUIDE TO ALL YOU *REALLY* NEED TO KNOW

Madelyne Meyer

PAPER OVER BOARDS

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

6 1/2 x 9 1/2 | 160 pages

200 color illustrations

Cooking/Beverages/Alcoholic/Wine
(CKB126000)

978-1-61519-702-6 | No. 779702

SHIPS OCTOBER

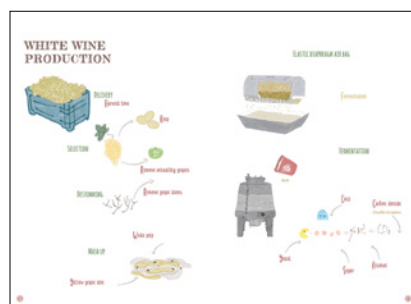
The world of wine is more welcoming than ever in this short but comprehensive guide!

Calling all wine newbies *and* wine nerds: This illustrated guide is refreshing as a rosé and flavorful as a merlot. As Madelyne Meyer would be the first to tell you, you don't *need* a book to enjoy wine . . . but knowing more about your favorite glassful can be a pleasure all its own. In *Welcome to Wine*, Meyer pairs her expert knowledge with 200 witty, whimsical illustrations that make all the essentials crystal clear—so you can get to the good part sooner!

- ▶ At 160 pages, a helpfully brief and highly approachable guide to wine
- ▶ A millennial expert brings a fresh voice to the wine reference shelf
- ▶ 200 color illustrations by the author make learning about wine easy on the eyes—and the brain

- Food pairings and the art of wine tasting
- Serving temperature (without getting hung up on precision!)
- Key wine regions and exactly how wine is made

From choosing wine for a date night to training your nose to pick up “notes,” this is *the* friendliest guide to wine.



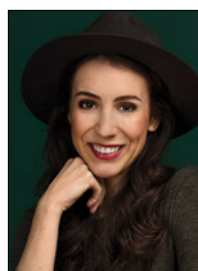
» 6-copy display

\$119.70 US

\$155.70 Can.

978-1-61519-745-3

No. 779745



MADELYNE MEYER is the marketing manager for the Wine Cellars of Aarau in Switzerland—her family’s business for five generations. She trained at wineries in California, where she earned a certified wine specialist degree; and studied wine marketing and management at the INSEEC Wine and Spirits Institute in Bordeaux. She lives in Aarau, Switzerland.

Edvin-Uncorked.com

Love Your Gut

AN EASY-TO-DIGEST GUIDE
TO HEALTH AND HAPPINESS
FROM THE INSIDE OUT

Dr. Megan Rossi

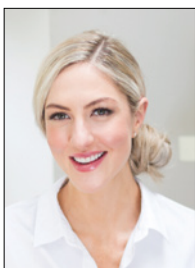
The go-to lifestyle guide for a happy gut, with easy-to-understand assessments and 50 gut-loving recipes

If you ask Dr. Megan Rossi about the best investment you can make in your future, she'll tell you: Look after your gut. Seventy million Americans suffer from gut-related issues, diagnosed or otherwise. But it's not just about gut symptoms: Whatever our wellness goals are—weight management, improved fitness, healthier skin, stronger immunity, or even happiness—gut microbes can be our best allies.

Dr. Rossi opens *Love Your Gut* with easy-to-follow questionnaires that will help readers discern their current health status and craft a personal action plan. She follows with evidence-based strategies on everything from sleep to yoga; expert advice on dealing with IBS, food intolerance, and other challenges; and over fifty delicious meal ideas: from Banana, Fig, and Zucchini Breakfast Loaf to Creamy Pistachio Pesto Pasta. (Did you know your gut microbes crave variety? Ideally 30 different plant-based foods each week!) *Love Your Gut* makes it fun and easy to supercharge your digestive health and transform your well-being—from the inside out.

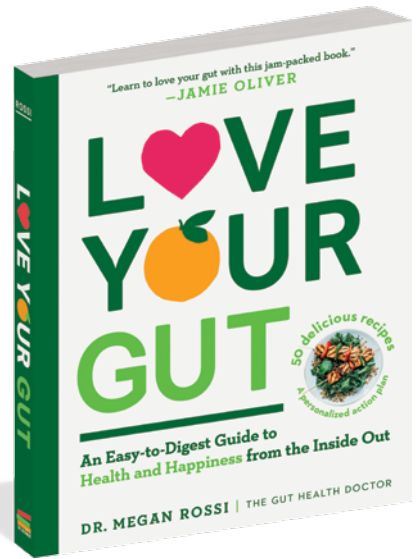
“Learn to love your gut with this jam-packed book.”

—JAMIE OLIVER



MEGAN ROSSI, PhD, RD, aka the Gut Health Doctor, is internationally considered one of the most influential gut health specialists. A practicing dietitian and nutritionist for the last decade and with an award-winning PhD in gut health, Rossi also leads research at King's College London and is the founder of the Gut Health Clinic on Harley Street. She is from Australia and lives in London.

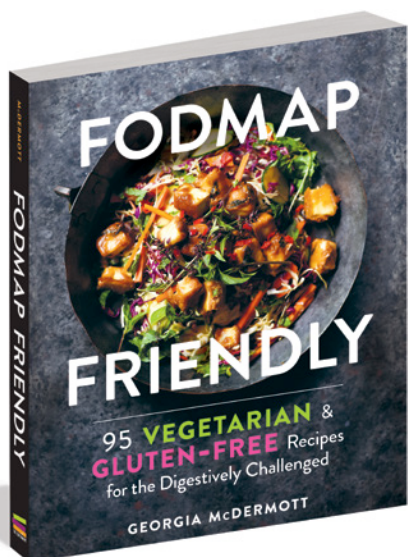
TheGutHealthDoctor.com  [TheGutHealthDoctor](https://www.instagram.com/TheGutHealthDoctor)



TRADE PAPERBACK ORIGINAL
\$19.95 US | \$25.95 Can. | USC+OM*
7 1/2 x 9 3/4 | 304 pages
85 color photographs

Health & Fitness/Diseases/
Gastrointestinal (HEA039010)
978-1-61519-706-4 | No. 779706
SHIPS DECEMBER

- ▶ A comprehensive guidebook with bright graphics and a step-by-step action plan
- ▶ UK edition quickly rose to #1 on Amazon and has been featured everywhere from *The Times* to BBC
- ▶ Glowing endorsements from Jamie Oliver, Deliciously Ella, and others
- ▶ 70 million Americans suffer from digestive issues (heartburn, acid reflux, IBS, indigestion, constipation, diarrhea, and more)



FODMAP Friendly

95 VEGETARIAN AND
GLUTEN-FREE RECIPES FOR THE
DIGESTIVELY CHALLENGED

Georgia McDermott

TRADE PAPERBACK ORIGINAL
\$19.95 US | \$25.95 Can. | USC+OM*
7 1/2 x 9 3/4 | 224 pages
120 color photographs

Health & Fitness/Diseases/
Gastrointestinal (HEA039010)
978-1-61519-704-0 | No. 779704
SHIPS SEPTEMBER

The low-FODMAP cookbook vegetarians have been waiting for, with 95 delicious recipes to help manage IBS and food intolerances

What's a FODMAP? These hard-to-digest carbs lurk in dairy and certain produce, and avoiding them is the only proven way to quell symptoms of irritable bowel syndrome. But vegetarians trying to go low-FODMAP have faced a shelf full of meat-centric cookbooks—until now. Here are ninety-five vegetarian, vegan-friendly, and gluten-free recipes that will settle your gut and satisfy your cravings:

- lighter meals (such as Olive and Parmesan Polenta Squares)
- hearty fare (Pepper, Pesto, and Goat Cheese Galette)
- and desserts (Vanilla Bean Pavlova with Roasted Lemony Strawberries)!

As the mouth-watering photos attest, you *can* feel great without giving up taste. This is low-FODMAP—made friendly!



- ▶ A low-FODMAP diet is the only proven way to manage IBS, which afflicts 45 million Americans
- ▶ A game-changing vegetarian cookbook to shake up this meat-centric genre
- ▶ Georgia McDermott's spectacular food photography has brought her 158,000 Instagram followers
- » **See also** the Low-FODMAP Diet series, page 34



GEORGIA McDERMOTT is a recipe developer, food stylist, food photographer, blogger, content creator, and social media manager. She writes, cooks, and photographs gluten-free, FODMAP-friendly, and pescatarian recipes on her blog. She lives and works in Melbourne, Australia.

Georgeats.com  Georgeats

Vegan Intermittent Fasting

LOSE WEIGHT, REDUCE
INFLAMMATION, AND LIVE LONGER—
THE 16:8 WAY

Petra Bracht, MD, and Mira Flatt

The definitive (and first!) vegan guide to intermittent fasting for weight loss and improved health—with over 80 recipes to keep you fuller longer

Intermittent fasting has emerged as an evidence-based revolution in health and wellness. You can start at any time and lose weight while still eating the foods you love. In the popular 16:8 method, you eat 2 to 3 times over 8 hours, then fast for 16 hours (which, of course, includes time spent asleep). The result: weight loss, a stronger immune system, increased longevity, and so much more.

In *Vegan Intermittent Fasting*, Petra Bracht, MD, and Mira Flatt guide readers through the transition to a fasting lifestyle, with medically supported advice and over 80 satisfying vegan recipes:

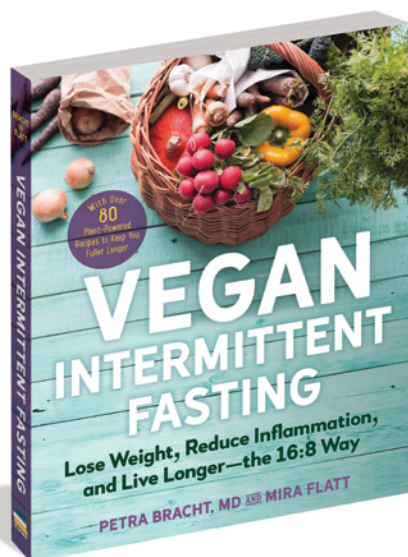
- refreshing breakfasts, including Strawberry Basil Bowls
- satisfying lunches, such as Rainbow Summer Rolls
- protein-packed dinners, like Smoked Tofu Potato Salad and “Chili *sin* Carne”
- healthy desserts; for example, Chocolate Cardamom Truffles.

Live healthier—and longer—with this complete vegan guide to intermittent fasting.



PETRA BRACHT, MD, is a doctor of general medicine and naturopathy, a pain specialist, and a bestselling author. An outspoken advocate for intermittent fasting, she lives in Germany.

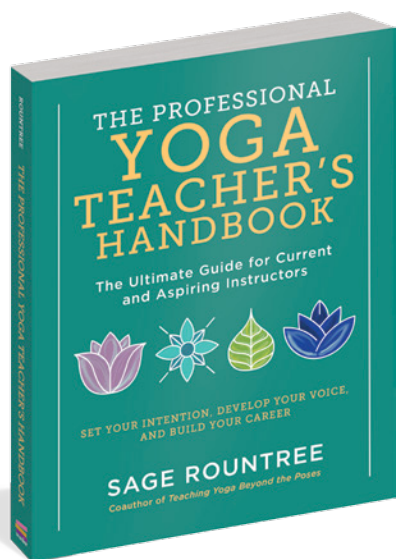
MIRA FLATT, a recipe developer and a passionate vegan, has practiced intermittent fasting for four years. She lives in Germany.



TRADE PAPERBACK ORIGINAL
\$19.95 US | \$25.95 Can. | World
7 1/2 x 9 1/2 | 288 pages
Color photographs throughout

Cooking/Vegan (CKB125000)
978-1-61519-728-6 | No. 779728
SHIPS DECEMBER

- ▶ The first vegan guide to an unstoppable diet trend with outspoken celebrity advocates
- ▶ Combines the best of two companion German bestsellers, with extraordinary sales of 250,000 copies
- ▶ 80 vegan recipes designed to keep hunger at bay
- ▶ Health benefits include stabilized blood-sugar levels; improved stress resistance, brain health, and memory; and decreased inflammation, blood pressure, and cholesterol



The Professional Yoga Teacher's Handbook

THE ULTIMATE GUIDE FOR CURRENT AND ASPIRING INSTRUCTORS

Set Your Intention, Develop Your Voice, and Build Your Career

Sage Rountree

For yoga teachers at every stage of their careers—not a what-to-teach guide but a how-to-teach guide

TRADE PAPERBACK ORIGINAL

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

7 x 9 | 240 pages

Two-color interior

Health & Fitness/Yoga (HEA025000)

978-1-61519-697-5 | No. 779697

SHIPS AUGUST

- ▶ Yoga is a \$16 billion industry in the US, with over 37 million practitioners and 650,000 teachers
- ▶ Many studios offer teacher trainings to their advanced students, but leave them adrift after that
- ▶ By the coauthor of *Teaching Yoga Beyond the Poses* (15,000 copies sold since May 2019)
- ▶ Guidance for every step, from embarking on your career to continuing education
- ▶ Incorporates the Yoga Alliance's 2019 updates to their teacher training standards

There's so much more to teaching yoga than doing yoga—from building a relationship with a studio (or opening your own) to navigating client relationships, publicizing classes, and avoiding burnout. Sage Rountree has been training yoga teachers for over a decade, and she's heard the same concerns over and over: How can I help my students best? How can I keep my teaching fresh? How can I make smart choices around my schedule, my money, and the next steps in my career?

The Professional Yoga Teacher's Handbook speaks directly to these concerns in a warm, friendly voice—boosting teachers' confidence in their ability to construct a heartfelt, balanced class, and to build a career that suits them. Rountree includes stories from her own experience, journal prompts, and thoughtful exercises to help aspiring yoga teachers discern their path, and to provide current yoga teachers with much-desired continuing education. This is *the* book every yoga teacher needs!

"A must-have resource for every yoga teacher and every teacher in training!"

—TIFFANY CRUIKSHANK, founder of Yoga Medicine



SAGE ROUNTREE, PhD, E-RYT 500, is co-owner of the Carolina Yoga Company and director of its teacher trainings. Her nine books include *Everyday Yoga*, *Lifelong Yoga*, and *Teaching Yoga Beyond the Poses*. She teaches nationwide and online at the Kripalu Center, Yoga Vibes, Core Strength for Real People, and Sage Yoga Teacher Training. She lives in North Carolina.

SageRountree.com

Making Space

HOW TO LIVE HAPPIER BY SETTING
BOUNDARIES THAT WORK FOR YOU

Jayne Hardy

Essential advice for anyone who feels put-upon by life, on how to carve out your place in a busy world

Our boundaries—the limits we place on what we will and won't tolerate—establish the dynamics of our parenting, jobs, relationships . . . everything. Healthy boundaries create a space where we feel safe, clear, and confident about who we are and what we want. But drawing those lines is often wrongly criticized as selfish, and *making space* is harder and harder in our ever-encroaching world.

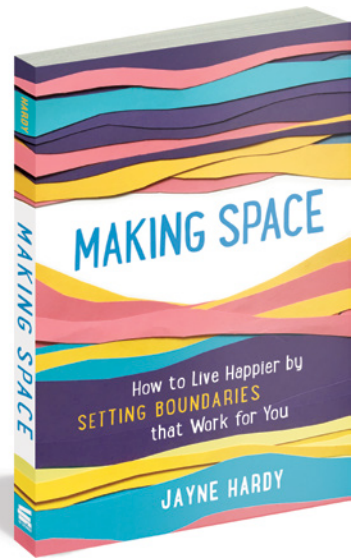
In this practical guide, Jayne Hardy—founder and CEO of The Blurt Foundation—helps us reexamine how our boundaries are working *for* or *against* us, and she guides us to better protect our physical, emotional, and digital spaces. Packed with friendly advice and easy journaling exercises, *Making Space* reminds those of us on the edge of burnout to stop and ask: “Is this kind to me, too?”

“We’re all worthy of boundaries that keep us safe, happy, and healthy. . . . It’s not our role in life to sidestep, duck, move out of the way to make life easier for others. It’s truly not. We’re allowed to take up space, too. We’re allowed to feel joyous, heard, seen, significant, equal, lit up by life, and as though we matter.”—*from the Introduction*



JAYNE HARDY is the founder and CEO of The Blurt Foundation, a social enterprise dedicated to helping those affected by depression. She has spoken and written widely about her own experiences of depression and self-care. In 2016, Jayne led the viral #WhatYouDontSee social media campaign. She lives in Cornwall with her husband, their daughter, and their dog.

BlurtItOut.org  [JayneHardy_](https://www.instagram.com/JayneHardy_)



TRADE PAPERBACK ORIGINAL
\$14.95 US | \$19.95 Can. | USC+OM*
5 x 7 3/4 | 204 pages
10 B&W illustrations

Self-Help/Personal Growth/
Happiness (SELO16000)
978-1-61519-724-8 | No. 779724
SHIPS DECEMBER

- ▶ Making space for your needs and identity is the next frontier of the self-care phenomenon
- ▶ From helicopter parenting to workaholism to codependent relationships, ill-defined boundaries crop up in every realm of modern life
- ▶ A fresh, uplifting addition to a historically serious genre dominated by mainstays like *Codependent No More*



You Are Positively Awesome

GOOD VIBES AND SELF-CARE PROMPTS FOR ALL OF LIFE'S UPS AND DOWNS

Stacie Swift

PAPER OVER BOARDS

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

6 1/2 x 6 1/2 | 144 pages

100 color illustrations

Self-Help/Personal Growth/Self-Esteem (SELO23000)

978-1-61519-726-2 | No. 779726

SHIPS SEPTEMBER

A trending Instagram artist brightens our outlook with sunny artwork—and real-world wisdom

Sometimes it feels as though we're the only ones struggling. We compare our wobbly days to a constant stream of shiny social media photos. *You Are Positively Awesome* is a reminder that we, too, deserve attention and kindness—and that no one has it together all the time. Full of friendly advice, this colorful little book will help you:

- ▶ Swift has 243,000 Instagram followers
- ▶ A gift for millennials, young moms, and anyone who could use a boost
- ▶ Pairs affirmations with awareness that life isn't always sunny—and that's OK
- ▶ Includes prompts for reflection and spaces to write in

- Develop self-compassion (even on stormy days)
- Set boundaries that are kind to yourself and others
- Separate worth from wealth, age, and relationship status
- And shine like the twinkletastic star you are!

» **6-copy display**

\$89.70 US

\$119.70 Can.

978-1-61519-742-2

No. 779742



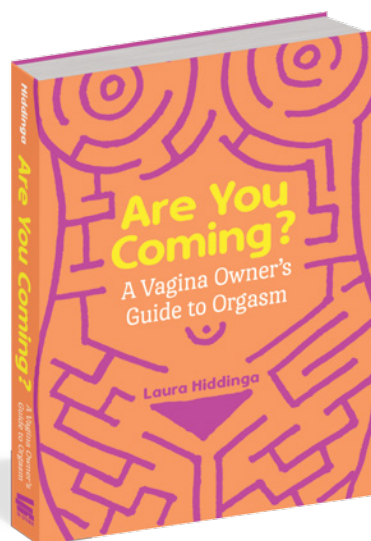
STACIE SWIFT, mom to three children under four, juggles the demands of freelance work and family while aiming to be the positive voice we all need to hear now and then. To deal with the things millions of people battle through each day, she draws and writes about them and shares them online. Her Instagram following continues to grow daily. She lives near Cambridge, UK.

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

Are You Coming?

A VAGINA OWNER'S GUIDE TO ORGASM

Laura Hiddinga



Achieve a better sex life (and that means orgasm!), with friendly advice on everything from anatomy to solo and partnered pleasure

It's time to address the "orgasm gap": Studies show that only 65 percent of straight women reach climax during sex, compared to 95 percent of men. Regardless of orientation, the unfortunate truth is that, for those of us with vaginas, climaxing is anything but guaranteed.

Never fear! *Are You Coming?* is here to help everyone with a vagina, straight or queer, who wants to take their sex life to the next level. Into just 200 pages, it packs everything there is to know:

- anatomy basics
- the thirteen types of orgasm
- how to talk about sex with your partner
- different positions and toys to try—and more!

Plus, the text is sprinkled with "quickie" tips, line drawings, and fun quotes from iconic celebrities and TV shows. We've been told that the art of female orgasm is elusive, but this peppy guide proves that it's easy! Or, at least, it can be. Are *you* coming?



LAURA HIDDINGA is a journalist and writes for *LotteLust*, a Dutch online magazine for women who want to learn about sexuality, have fun, and fantasize. She lives in Amsterdam, in the Netherlands—a country widely regarded as boasting the most progressive sex education and sexual values in the world.

FLEXIBIND

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

5 1/4 x 7 1/4 | 208 pages

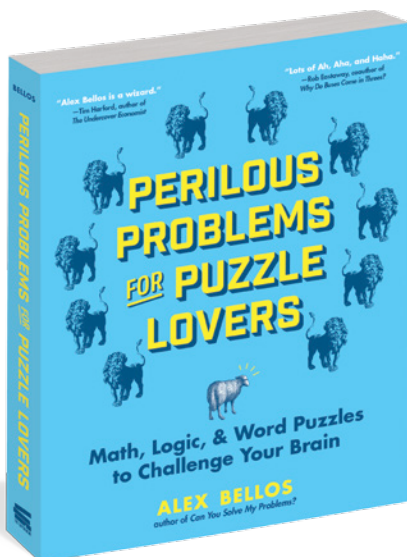
Two-color interior | B&W line drawings

Self-Help/Sexual Instruction
(SELO34000)

978-1-61519-708-8 | No. 779708

SHIPS JANUARY

- ▶ A shorter alternative to *The Come As You Are Workbook*, and with a light, millennial tone that makes the subject totally accessible
- ▶ A fun format for a fun subject—flexibind with two-color interior—makes the perfect bachelorette gift
- ▶ Tackles the next frontier in women's empowerment: the bedroom
- ▶ Inclusive of all gender identities



Perilous Problems for Puzzle Lovers

MATH, LOGIC, AND WORD PUZZLES
TO CHALLENGE YOUR BRAIN

Alex Bellos

TRADE PAPERBACK ORIGINAL
\$15.95 US | \$21.00 Can. | USC+OM*
6 x 7 3/4 | 288 pages
125 B&W illustrations and diagrams

Games & Activities/Puzzles
(GAM007000)
978-1-61519-718-7 | No. 779718
SHIPS OCTOBER

- ▶ 125 brainteasers test readers' logical thinking, spatial reasoning, nose for numbers, and way with words
- ▶ Bellos is a bestselling popular-math author and official math and puzzle blogger for *The Guardian*
- ▶ For fans of *The 125 Best Brain Teasers of All Time* (42,000 sold since 2018)
- ▶ Truly challenging puzzles, great for grown-ups and mathletes, going beyond the standard fare
- » See also *Can You Solve My Problems?* and *Patterns of the Universe*, page 31

These 125 exquisitely agonizing brainteasers put readers' wits—and survival instincts—to the test!

One sheep and ten lions are in a pen. The lions all want to eat the sheep, but any lion who does will fall asleep. Any sleeping lion will be eaten by another lion, who will fall asleep in turn. Assume all ten lions are impeccable logicians and refuse to share. What happens?

In *Perilous Problems for Puzzle Lovers*, Alex Bellos collects 125 ingenious brainteasers that have confounded and intrigued solvers over the last thousand years—many dangerous to your person, and all dangerous to your pride. Friendly hints and fascinating history accompany every fiendish puzzle, so that—as you wrestle with wordplay, grapple with geometry, and scrabble for survival—you'll meet whip-smart thinkers of yore, eccentric novelists, and a poodle with allegedly supernatural powers. Will you make it out with your puzzling pride intact? *And what about the sheep?*

“Think of the best storyteller you know and the coolest teacher you ever had, and now you’ve got some idea of what Alex Bellos is like.”

—STEVEN STROGATZ, author of *The Joy of x*



ALEX BELLOS holds a degree in math and philosophy from Oxford. He is the author of bestsellers *Here's Looking at Euclid* and *The Grapes of Math* and puzzle books *Can You Solve My Problems?* and *Puzzle Ninja*, as well as coauthor of coloring books *Patterns of the Universe* and *Visions of the Universe*. He blogs regularly for *The Guardian*, and he lives in London.

AlexBellos.com  AlexBellos

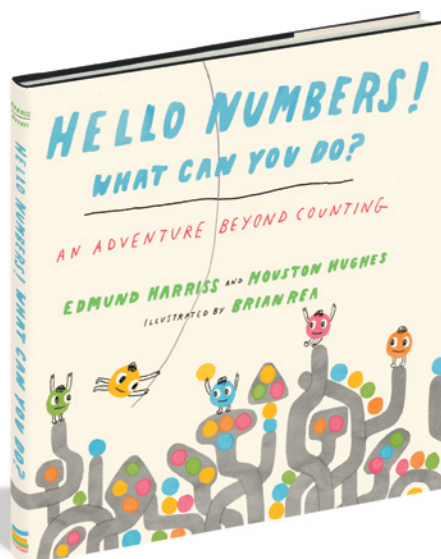
Hello Numbers! What Can You Do?

AN ADVENTURE BEYOND COUNTING

Edmund Harriss
and Houston Hughes
Illustrated by Brian Rea

**Hello new One, and how do you do?
I'll call you Two if that's all right
with you!**

Hello Numbers! What Can You Do? begins with nothing and then adds One . . . again, and again, and again! Soon, lonely number One meets Two, Three, Four, and Five—all eager to show off what they can do. Three can make a line, or a triangle. Four can make a square, or a pyramid! Written by a math professor and a poet, this is the perfect “next step up” from basic learn-to-count books. Come play with shapes and numbers—in vivid color and Seussian rhyme!



HARDCOVER

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

9 1/4 x 10 1/2 | 32 pages

30 color illustrations

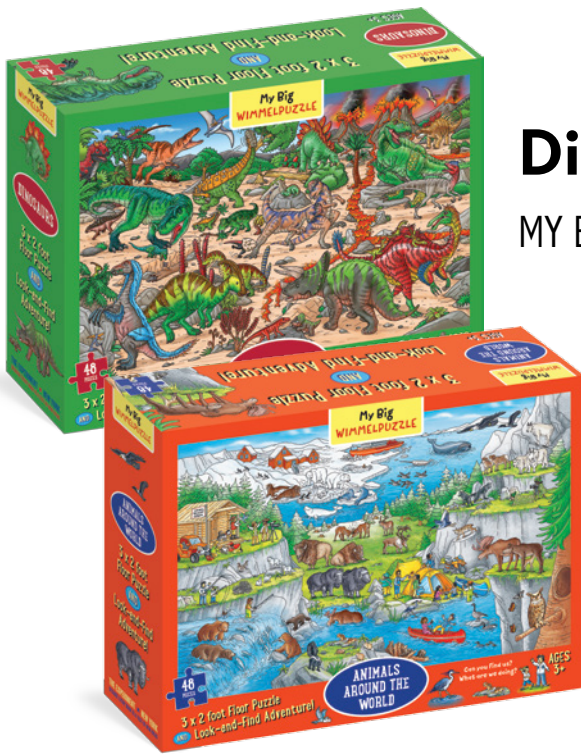
Juvenile Nonfiction/Concepts/
Counting & Numbers (JNF013030)

978-1-61519-684-5 | No. 779684

SHIPS OCTOBER

- ▶ Understanding that you can find the next number by adding One is a key concept in early math literacy
- ▶ Dramatic pauses in the rhyming text prompt little ones to anticipate the next number and likely shout it out!
- ▶ For kids ages 2 to 5 who can recite the numbers but are still learning how to use them (for example, to describe something's position in a line or the size of a group)
- ▶ Each number adds a new color to Brian Rea's playful illustrations

EDMUND HARRISS is a math professor at the University of Arkansas. He invented the building toy Curvahedra and coauthored the coloring books *Patterns of the Universe* and *Visions of the Universe*. **HOUSTON HUGHES** is an Individual World Poetry Slam competition finalist; he produced the acclaimed album *Growing Up, Not Old*, and he performs all across the US. Both authors live in Arkansas. **BRIAN REA** illustrates the “Modern Love” column in *The New York Times*, teaches at the ArtCenter College of Design, and has exhibited in Paris, New York, and Barcelona. He lives in Los Angeles.



Dinosaurs

MY BIG WIMMELPUZZLE

Animals Around the World

MY BIG WIMMELPUZZLE

FLOOR PUZZLES

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

3 x 2 feet | 48 pieces

Box: 11 3/4 x 9 x 3 inches

SHIPS SEPTEMBER

Dinosaurs

978-1-61519-772-9 | No. 779772

Animals Around the World

978-1-61519-773-6 | No. 779773

- ▶ For kids ages 3 and up
 - ▶ Featuring the artwork that has made My Big Wimmelbooks® a hit: eye-catching landscapes bustling with action
 - ▶ Look-and-find learning *plus* literacy building: Find the characters and imagine what they're up to!
 - ▶ Grasp-able pieces have safe, rounded corners and an easy-clean surface
- » See also pages 24 and 29–30

MyBigWimmelbooks.com

Kids can spend hours exploring these panoramic puzzles packed with look-and-find learning and fun

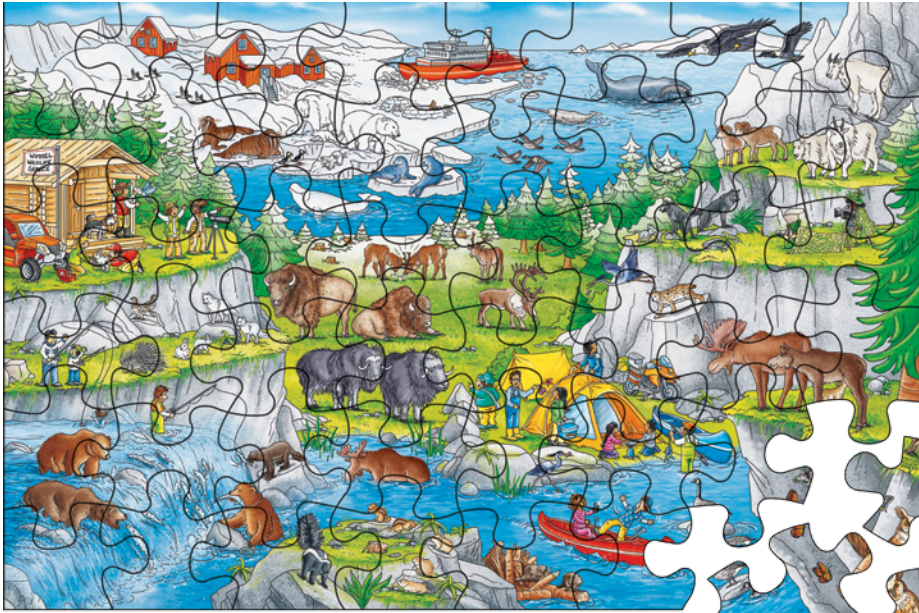
Based on our popular My Big Wimmelbook® series, here are My Big Wimmelpuzzles! Fully 3 x 2 feet wide when assembled, these action-packed floor puzzles will keep little ones captivated as they seek out the critters and characters featured on the box.

Just like their oversize board-book counterparts, My Big Wimmelpuzzles encourage early learners to use their imaginations to describe what's happening in every scene—from the hapless vacationers about to tip their canoe in *Animals Around the World*, to the baby ankylosaurus learning how to knock down a tree in *Dinosaurs*. It's an effortless introduction to literacy, and an adventure in hands-on learning. In Wimmelworld, kids are the storytellers!

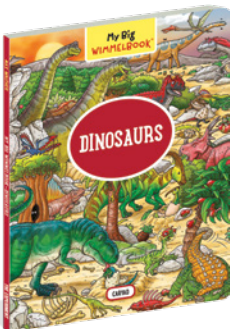




48-PIECE
PUZZLES!



See all our Wimmelbooks on pages 29 to 30!



Dinosaurs

Max Walther

BOARD BOOK

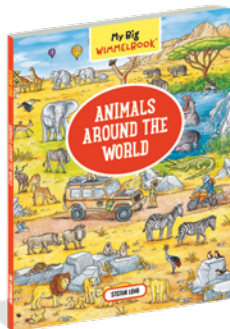
\$12.95 US | \$16.95 Can. | World

8 7/8 x 11 3/4 | 16 pages | CQ 36

Rounded corners | 6 color, full-spread scenes to explore

Juvenile Fiction/Animals/Dinosaurs & Prehistoric Creatures (JUV002060)

978-1-61519-665-4 | No. 779665



Animals Around the World

Stefan Lohr

BOARD BOOK

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

8 7/8 x 11 3/4 | 16 pages | CQ 36

Rounded corners | 6 color, full-spread scenes to explore

Juvenile Fiction/Animals/General (JUV002000)

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



My Big Wimmelbook®— Christmas Village

Monika Parciak

BOARD BOOK

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

8 7/8 x 11 3/4 | 14 pages

Rounded corners | Sparkle cover | 5 color, full-spread scenes to explore

Juvenile Fiction/Holidays & Celebrations/Christmas & Advent (JUV017010)

978-1-61519-762-0 | No. 779762

SHIPS OCTOBER

- ▶ Originally from Germany, wimmelbooks are a phenomenon, with millions sold worldwide!
- ▶ *Where's Waldo*-like fun for young learners ages 2 to 5
- ▶ Toddler-proof board-book format
- » See also pages 29–30

It's Christmas time in Wimmelworld. Fa la la la la, follow along!

Nearly wordless, *My Big Wimmelbooks* invite children to explore vibrant, full-spread illustrations of everyday scenes. Little ones enjoy pointing out familiar things (a puppy, an airplane), while older kids can seek out the recurring star characters (introduced on page one) and imagine their unfolding storylines!

The busy citizens of *Christmas Village* are having a magical Christmas Eve—from the outdoor ice rink to the bustling holiday market. But will the little boy get what he wants for Christmas? *And where is Santa?* Promising hours of imaginative fun for kids, wimmelbooks are a blast—and an excellent introduction to literacy.

“Richard Scarryesque, diorama-like spreads . . . 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*



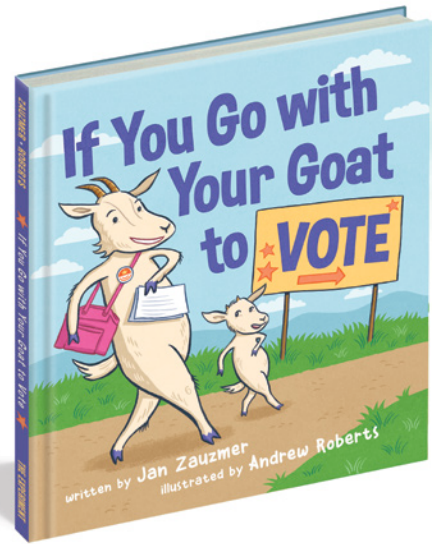
MONIKA PARCIAK worked as a graphic designer in advertising agencies before she graduated in design at the University of Applied Sciences Düsseldorf. Since then she has worked as a freelance illustrator and graphic designer. She lives and draws in Neuss and is always looking forward to Christmas.

MyBigWimmelbooks.com

If You Go with Your Goat to Vote

Jan Zauzmer

Illustrated by Andrew Roberts



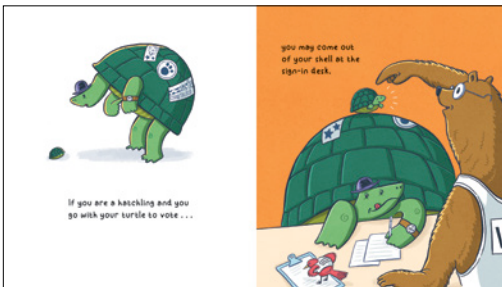
An adorable menagerie of animals bring their little ones along to the polls—showing young readers what to expect on Election Day

Voting is serious business . . . for grown-ups. But for kids, it can be an exciting neighborhood activity (where you get a sticker)! Take it from these fourteen irresistible animal families who are thrilled to go vote (and sure to inspire adults to be model voters):

If you are a hatchling and you go with your turtle to vote . . . you may come out of your shell at the sign-in desk.

If you are a joey and you go with your kangaroo to vote . . . you may jump for joy when it's your turn to enter the booth.

If you are a kid and you go with your grown-up to vote, you will grow up to vote yourself, no kidding!



JAN ZAUZMER, a graduate of Princeton and Stanford Law School, has published civic opinion pieces in *The Philadelphia Inquirer*, *Baltimore Sun*, and the *Memphis Commercial Appeal*, among other outlets. She lives near Philadelphia.

ANDREW ROBERTS holds an MFA from the School of Visual Arts in New York City. A professional illustrator and animator, he lives in Portland, OR. AndrewDraws.com

PAPER OVER BOARDS

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

8 1/4 x 9 1/4 | 32 pages

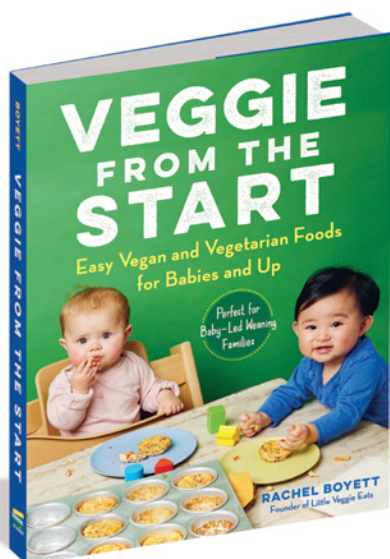
16 stickers | 25 color illustrations

Juvenile Fiction/Politics & Government (JUV061000)

978-1-61519-746-0 | No. 779746

SHIPS SEPTEMBER

- ▶ A nonpartisan reminder to *go vote*, ideal for reading aloud while in line
- ▶ Proclaim “I Voted” or support your favorite animal candidate with 16 included stickers!
- ▶ A focus on the experience (not the history) of voting makes this a lighthearted addition to the shelf
- ▶ Loveable big-and-little animal pairs (bullfrog and tadpole, platypus and puggle) transcend the need for specific labels like “mom” or “dad”
- ▶ For readers ages 2 to 5, the group most likely to tag along to the polls with their parents



TRADE PAPERBACK ORIGINAL
\$18.95 US | \$24.95 Can. | USC+OM*
 6 3/4 x 9 | 192 pages
 French flaps | 77 color photographs

Cooking/Baby Food (CKB107000)
978-1-61519-691-3 | No. 779691
SHIPS SEPTEMBER

- ▶ The first book to combine two major health trends: plant-based eating and baby-led weaning
- ▶ 70 easy vegetarian recipes that babies and toddlers will find irresistible
- ▶ Includes adaptation guidelines to make every recipe vegan, nut-free, gluten-free, egg-free, and/or dairy-free
- ▶ Busts myths about plant-based nutrition for young children
- ▶ One meal can feed the whole family!

Veggie from the Start

EASY VEGAN AND VEGETARIAN
 FOODS FOR BABIES AND UP

Rachel Boyett

These 70 nutritious, plant-based recipes give little ones the best possible start on solid foods

More and more families are cooking vegetarian meals to nourish their children—and help save the planet. But when first introducing solid foods, many parents worry about providing adequate nutrition without meat. *Veggie from the Start* assuages these fears with wholesome recipes rooted in the ethos of baby-led weaning (BLW).

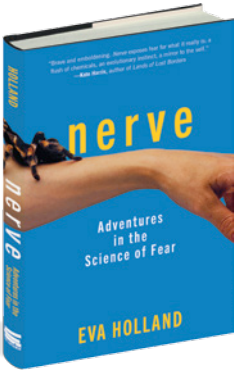
- Breakfasts and brunch: Rainbow Pancakes, Green Eggs (or Tofu) No Ham, and Breakfast Sushi
- Snacks and staples: Graham Crackers, Beet Hummus, and Veggie-Loaded Tomato Sauce
- Dinner and dessert: Sweet Potato Tostadas, Magic Curry, and Nice Cream

From vegetarian families to families who simply seek to eat *more* veggies, and from BLW converts to the BLW-curious, all will find this an essential resource.



RACHEL BOYETT is a mother of three and lifelong vegetarian. She posts her family's veggie and vegan weaning trials on her popular Instagram. Her style of cooking and creating recipes has evolved as her family has grown, and now she's a firm believer in one meal for all in the family. She lives in London.

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



Nerve

Eva Holland

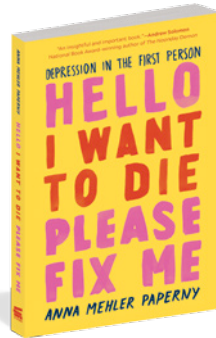
HARDCOVER

\$24.95 US | US+OM*

5 1/2 x 8 1/4 | 256 pages

Psychology/Emotions (PSY013000)

978-1-61519-600-5 | No. 779600



Hello I Want to Die Please Fix Me

Anna Mehler Paperny

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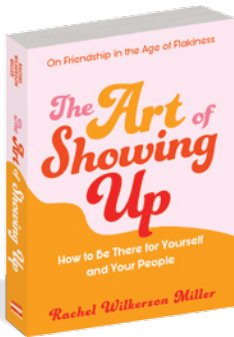
\$16.95 US | US+OM*

6 x 9 | 352 pages | CQ 28

French flaps

Psychology/Psychopathology/
Depression (PSY049000)

978-1-61519-492-6 | No. 779492



The Art of Showing Up

Rachel Wilkerson Miller

TRADE PAPERBACK

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6 x 8 | 304 pages

Two-color interior

Family & Relationships/
Friendship (FAM021000)

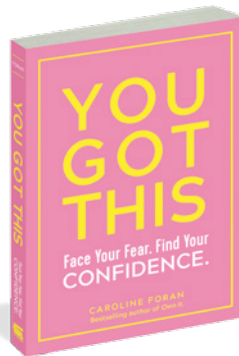
978-1-61519-661-6 | No. 779661

» 5-copy display

978-1-61519-688-3

\$84.75 US | \$109.75 Can.

» See also *Dot Journaling*, page 31



You Got This

Caroline Foran

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5 x 7 | 288 pages | CQ 36

Self-Help/Personal Growth/
Success (SELO27000)

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» 6-copy display

978-1-61519-687-6

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» See also *Own It.*, page 37



Kaizen

Sarah Harvey

PAPER OVER BOARDS

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5 1/4 x 7 1/4 | 272 pages | CQ 32

99 color photographs and illustrations

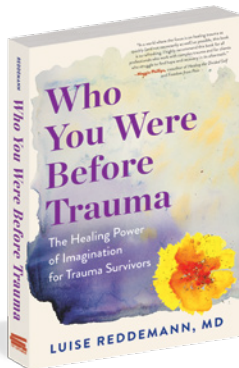
Self-Help/Personal Growth/
Success (SELO27000)

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978-1-61519-683-8

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Who You Were Before Trauma

Luise Reddemann, MD

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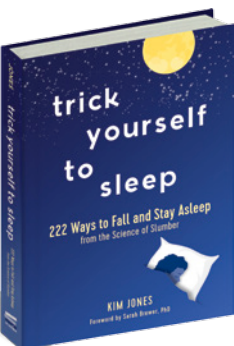
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8-page color photo insert

Psychology/Psychopathology/
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(PTSD) (PSY022040)

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Trick Yourself to Sleep

Kim Jones

Foreword by Sarah Brewer, PhD

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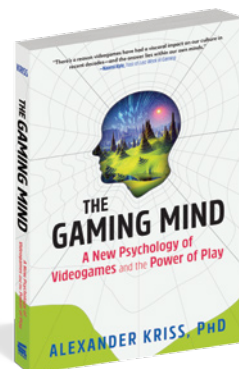
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5 1/2 x 7 1/2 | 240 pages

One-color blue interior | 36 line drawings

Health & Fitness/Sleep (HEA043000)

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The Gaming Mind

Alexander Kriss, PhD

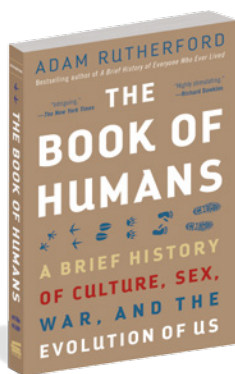
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6 x 9 | 272 pages | CQ 40

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The Book of Humans

Adam Rutherford

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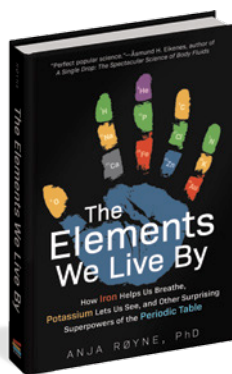
5 1/2 x 8 1/4 | 256 pages

9 B&W illustrations

Science/Life Sciences/Genetics
& Genomics (SClo29000)

978-1-61519-590-9 | No. 779590

» See also *A Brief History of Everyone Who Ever Lived*, page 32



The Elements We Live By

Anja Røyne, PhD

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5 1/2 x 8 1/2 | 224 pages

B&W illustrations

Science/Chemistry/
General (SClo13000)

978-1-61519-645-6 | No. 779645



The Tinned Fish Cookbook

Bart van Olphen

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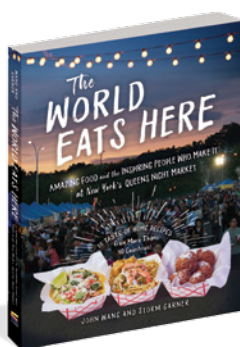
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6 x 9 | 144 pages

68 color photographs and illustrations

Cooking/Specific Ingredients/
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The World Eats Here

John Wang
and Storm Garner

FLEXIBIND

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270 color photographs and
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Fresh from Poland

Michał Korkosz

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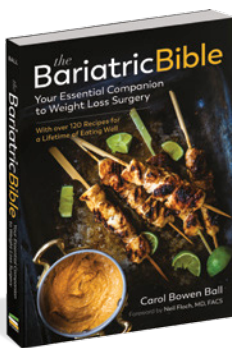
\$19.95 US | \$25.95 Can. | World

7 1/2 x 9 3/4 | 240 pages | CQ 20

French flaps | 172 color photographs

Cooking/Regional & Ethnic/
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The Bariatric Bible

Carol Bowen Ball

Foreword by Neil Floch, MD, FACS

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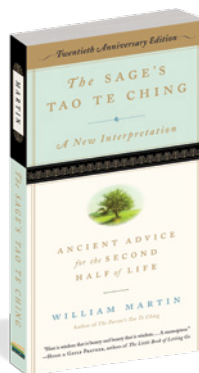
\$21.95 US | \$28.95 Can. | USC+OM*

6 3/4 x 9 1/2 | 304 pages | CQ 20

115 color photographs and illustrations

Cooking/Health & Healing/
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William Martin

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Demagoguery and Democracy

Patricia Roberts-Miller

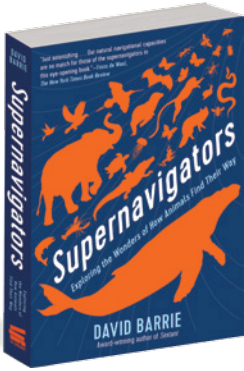
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David Barrie

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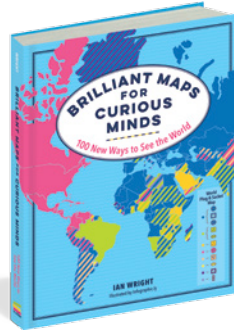
\$16.95 US | \$21.95 Can. | USC+OM*

5 1/2 x 8 1/4 | 320 pages

15 B&W illustrations

Science/Life Sciences/
Zoology/Ethology (Animal
Behavior) (SC1070060)

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Brilliant Maps for Curious Minds

Ian Wright

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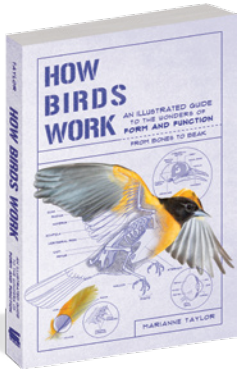
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100 color maps

Reference/Atlases, Gazetteers
& Maps (REF002000)

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How Birds Work

Marianne Taylor

FLEXIBIND

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5 1/2 x 8 1/4 | 224 pages | CQ 32

300 color photographs and
illustrations

Nature/Animals/Birds (NAT043000)

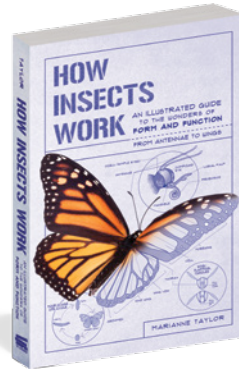
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How Insects Work

Marianne Taylor

FLEXIBIND

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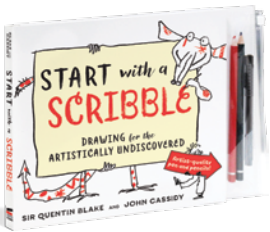
5 1/2 x 8 1/4 | 224 pages

325 color photographs and
illustrations

Nature/Animals/Insects &

Spiders (NAT017000)

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Sir Quentin Blake
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CONCEALED WIRE-O

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Two-color drawings throughout |
Includes drawing pen and pencils

Art/Techniques/Drawing
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» See also *Paint This Book!*, page 31



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Kim Long

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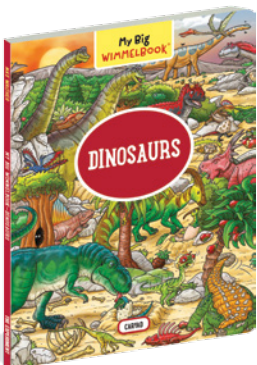
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Max Walther

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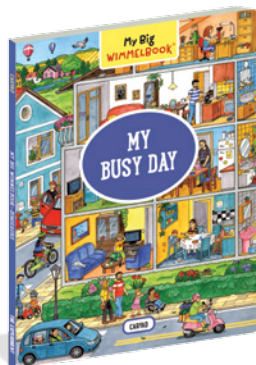
8 7/8 x 11 3/4 | 16 pages | CQ 36

Rounded corners | 6 full-color spreads
to explore

Juvenile Fiction/Animals/Dinosaurs &
Prehistoric Creatures (JUV002060)

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» See also page 30



My Big Wimmelbook®— My Busy Day

Caryad

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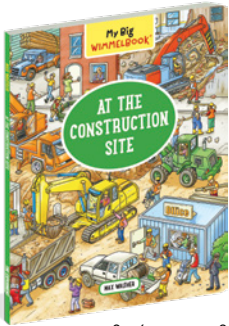
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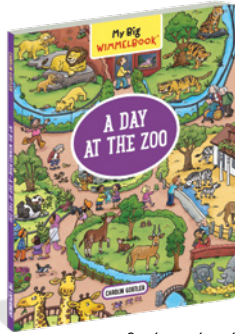
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to explore

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Living/Daily Activities (JUV015010)

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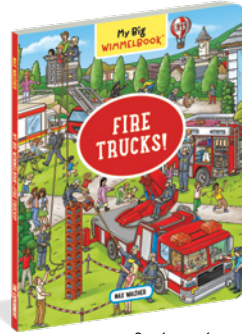
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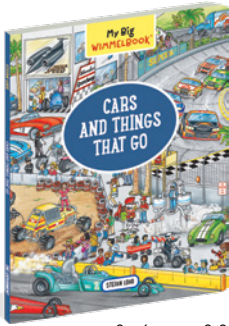
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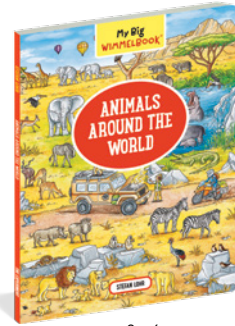
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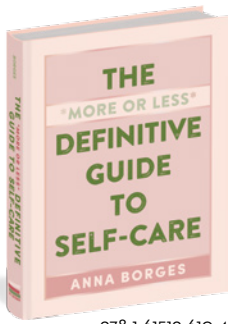
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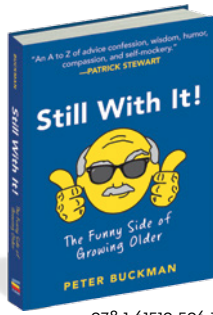
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Includes all titles on this page, *Dinosaurs* and *My Busy Day* (see page 29), 1 bonus book, and a poster!



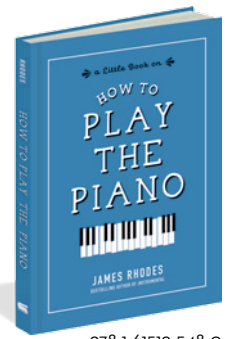
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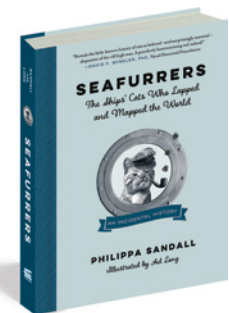
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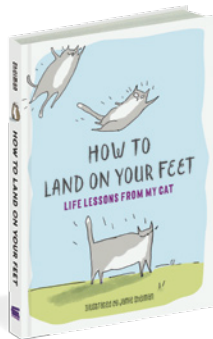
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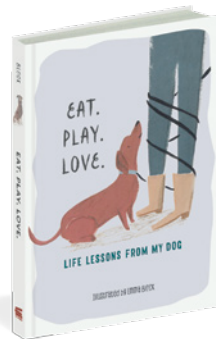
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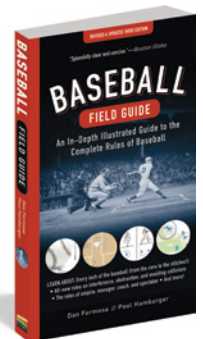
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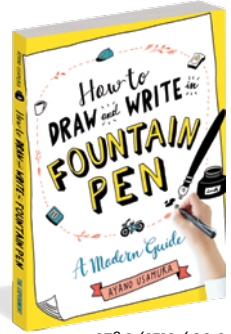
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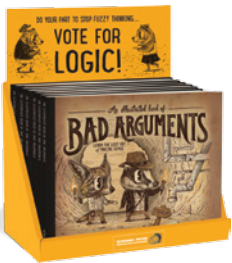
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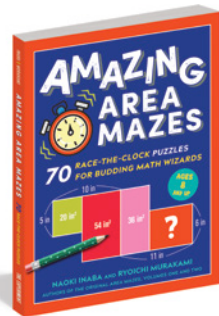


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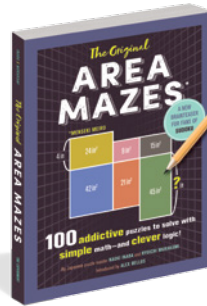


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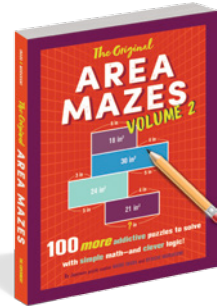
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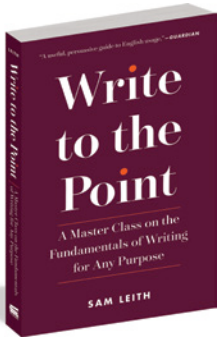
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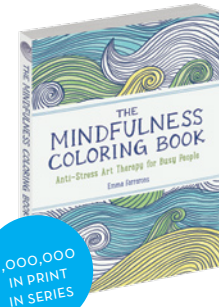
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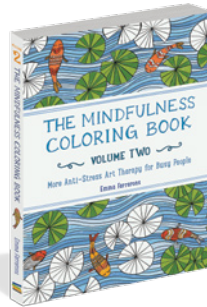


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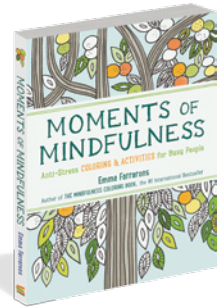


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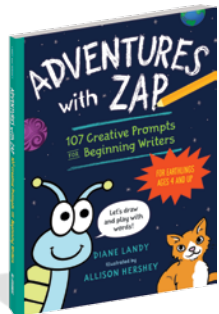
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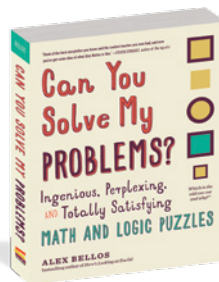
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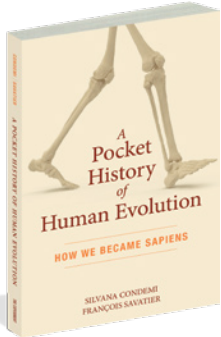


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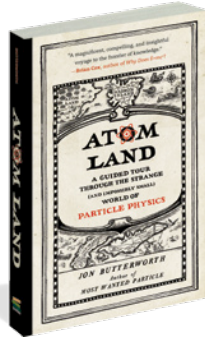


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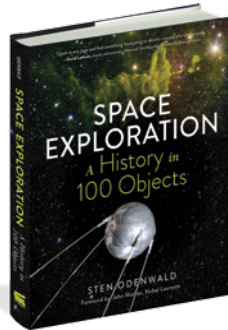
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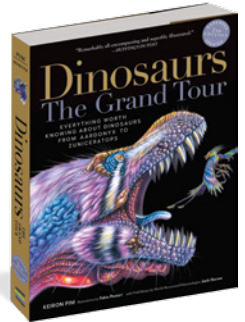
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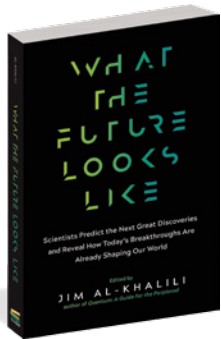
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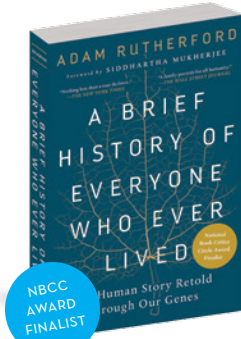
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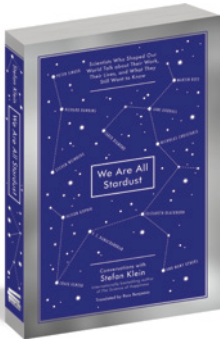
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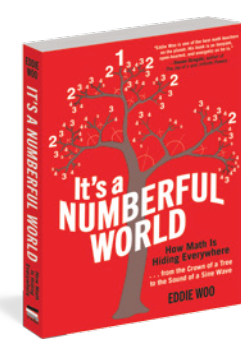
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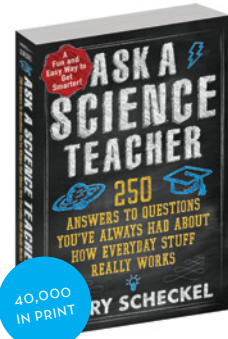
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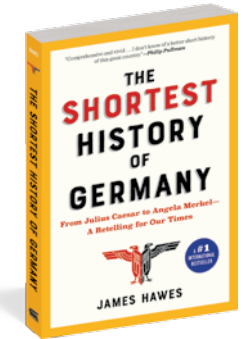


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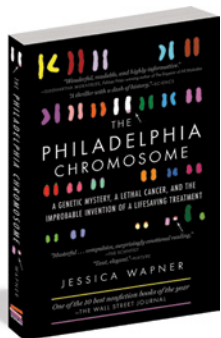


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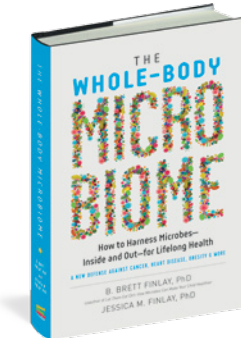
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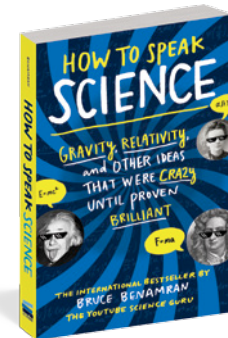
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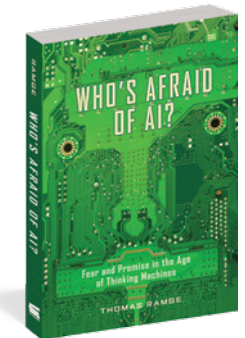
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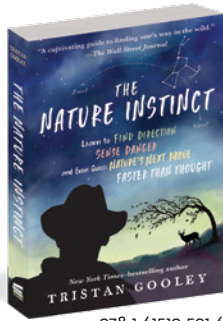


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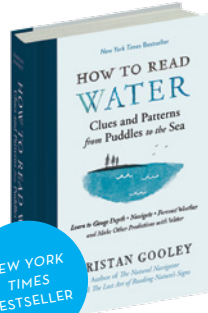


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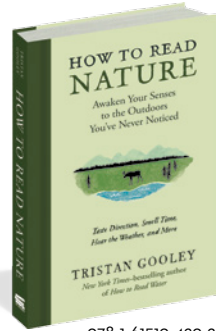


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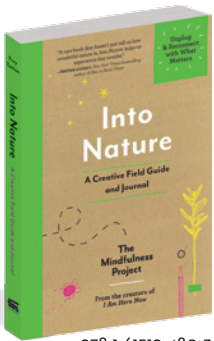


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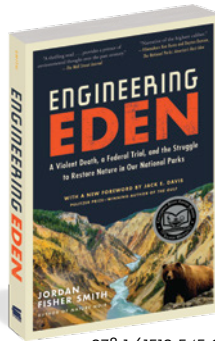
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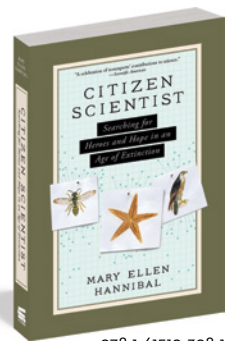
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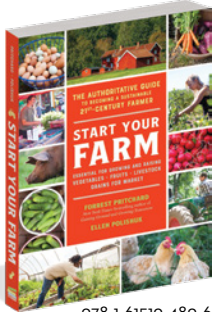
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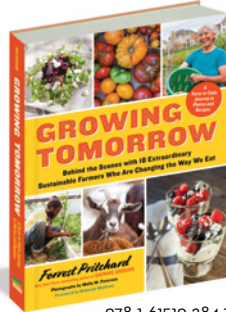
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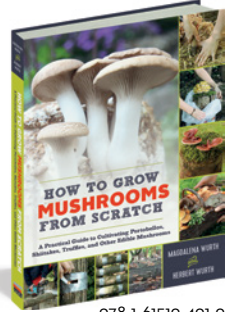
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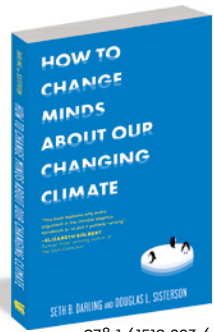
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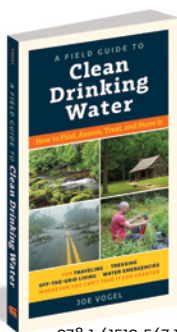
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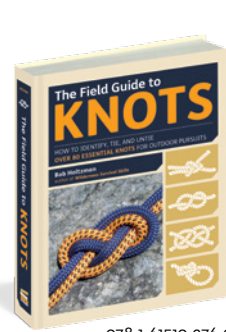
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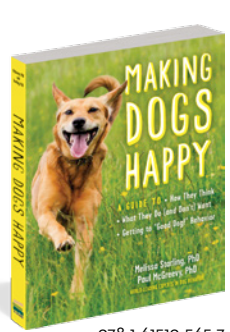
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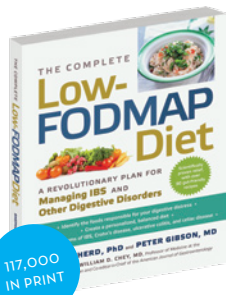
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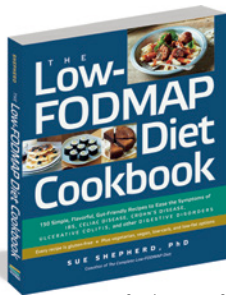


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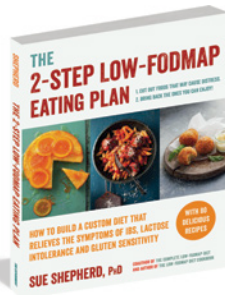


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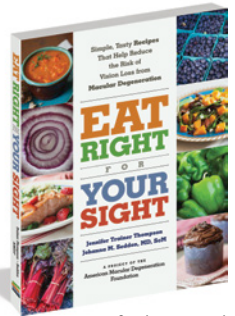
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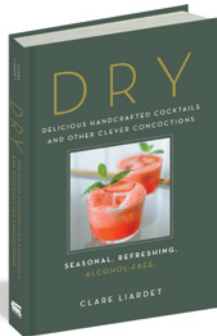
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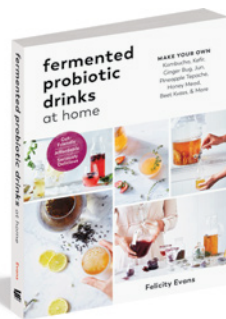
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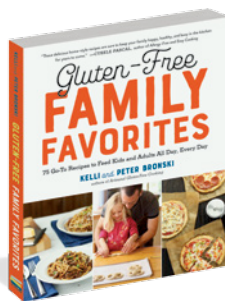
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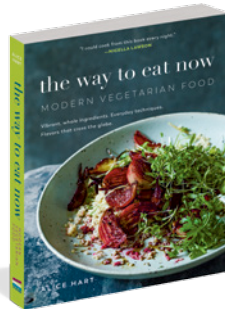
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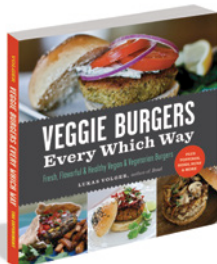


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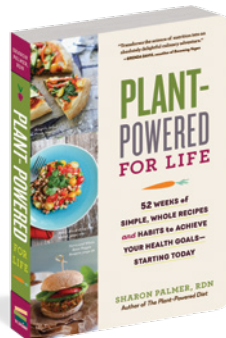


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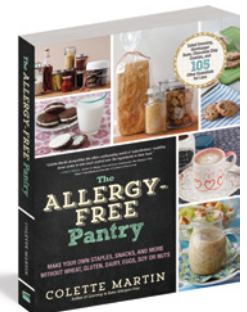
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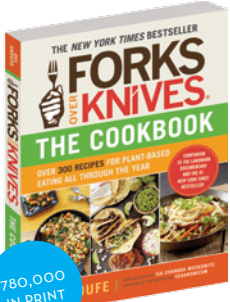
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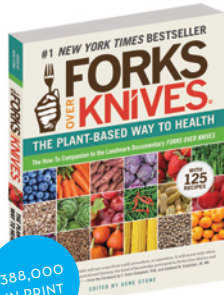


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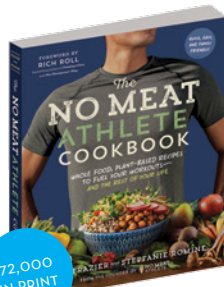
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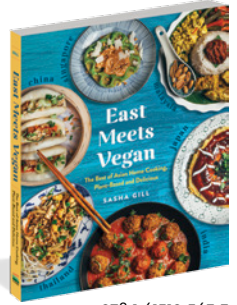
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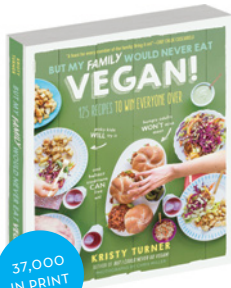


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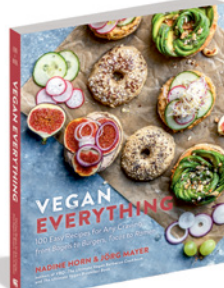
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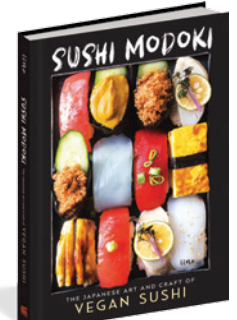


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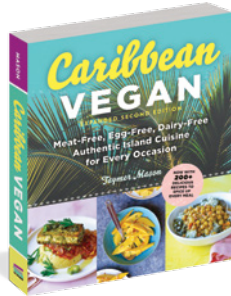
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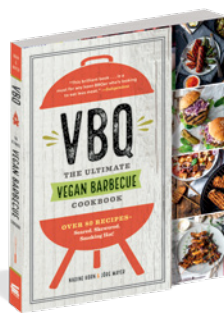
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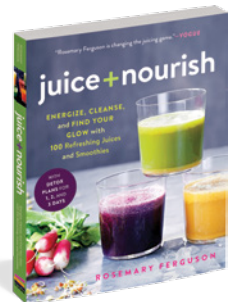
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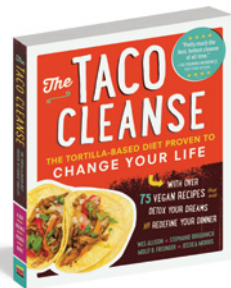
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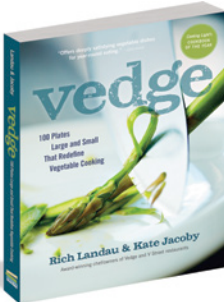
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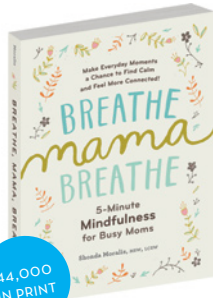
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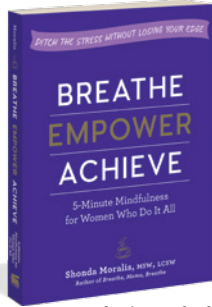


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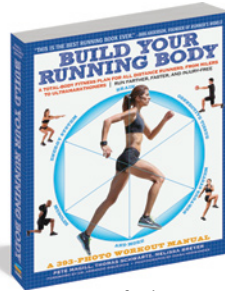


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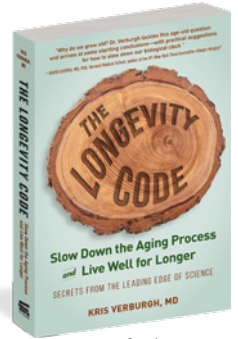
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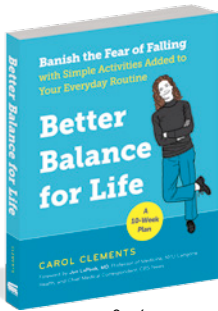
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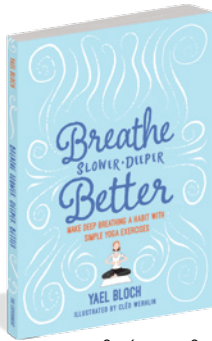
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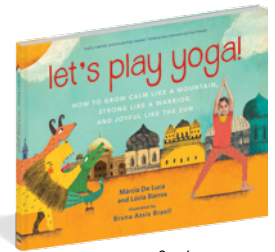
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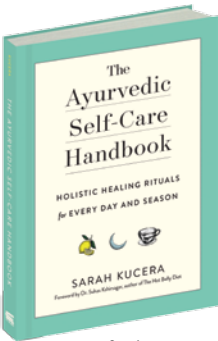
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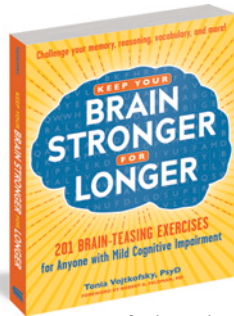
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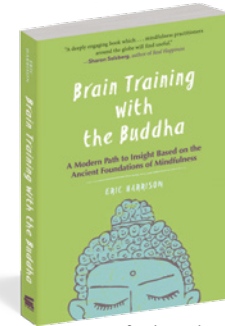
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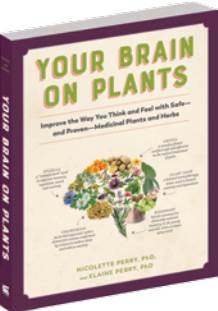
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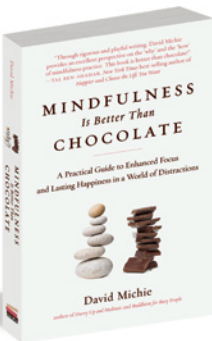
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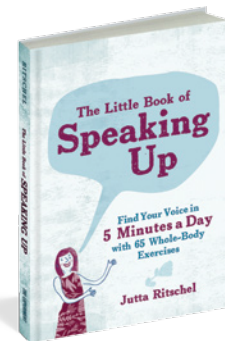
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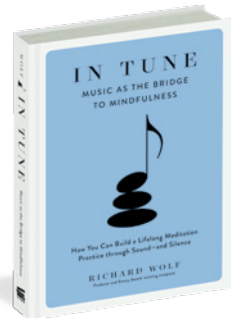
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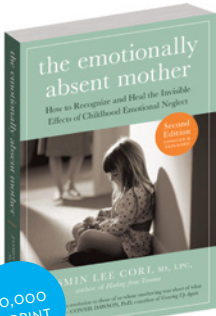
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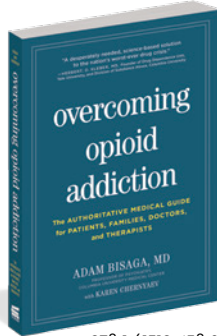


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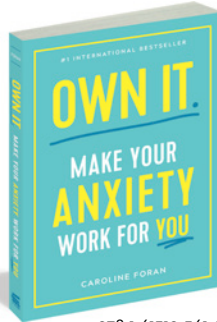


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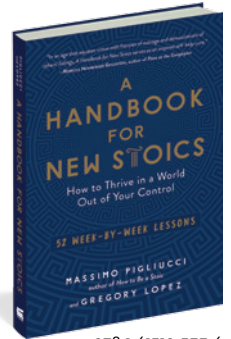
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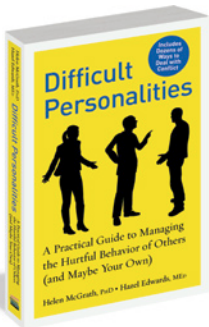
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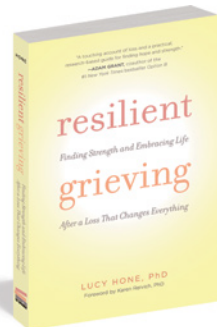
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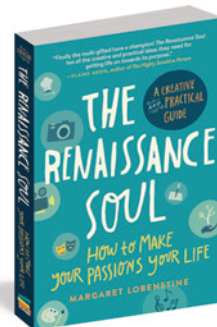
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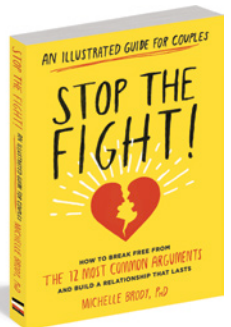
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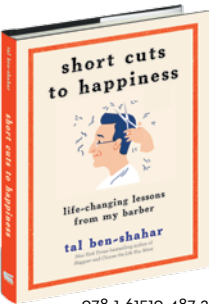
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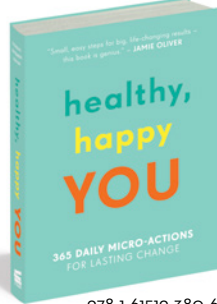
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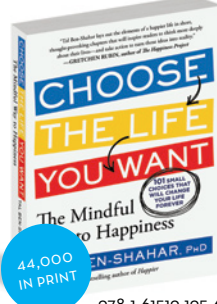
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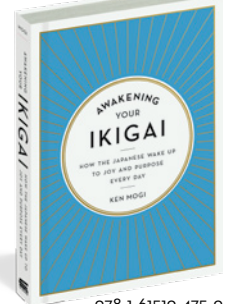


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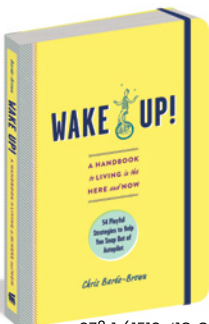


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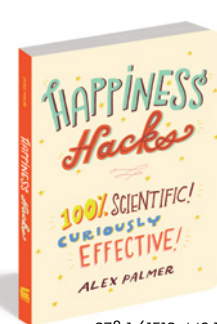
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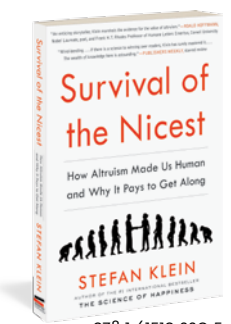
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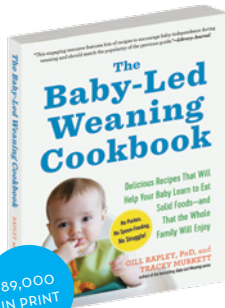
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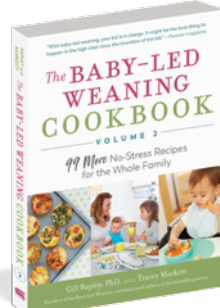
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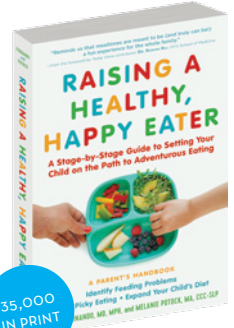


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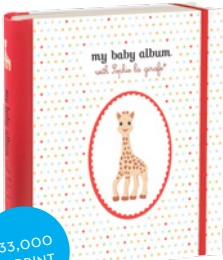


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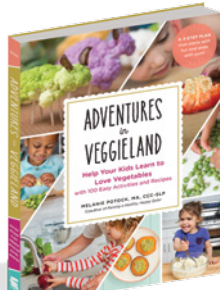
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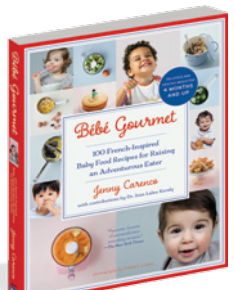


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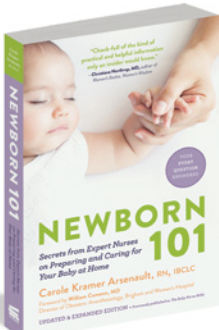
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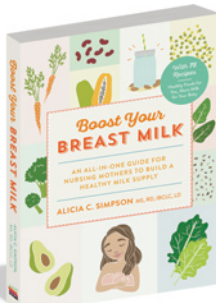
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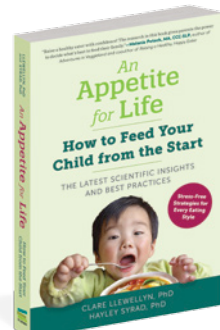
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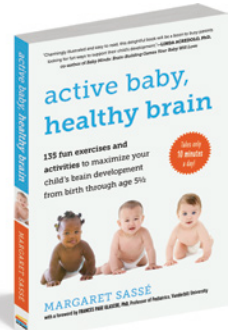
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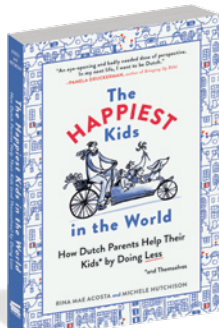
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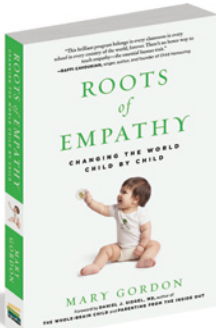
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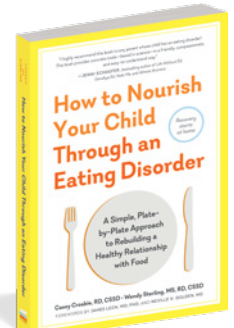
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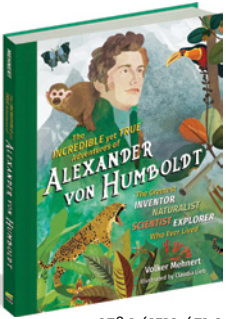
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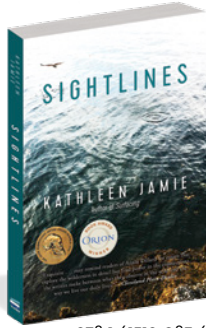
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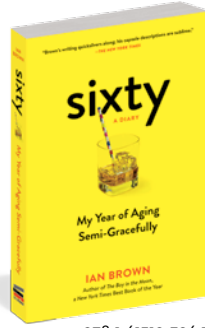
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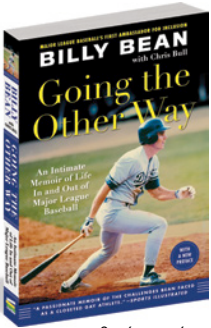


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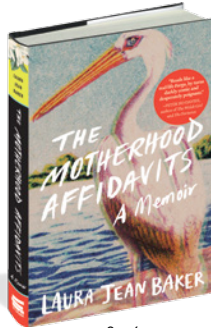


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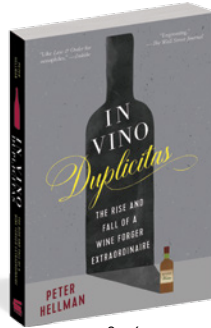
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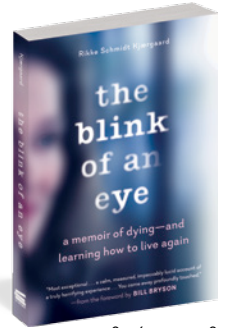
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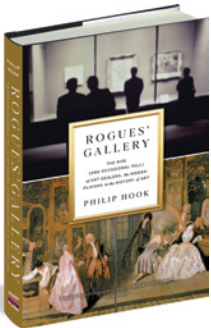
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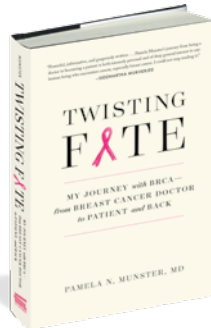
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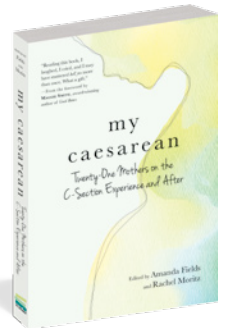
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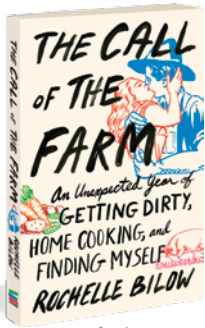
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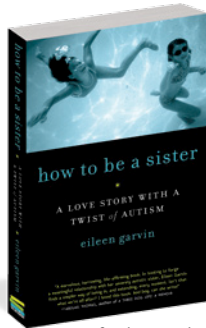
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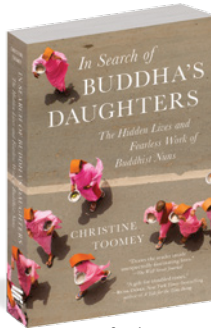
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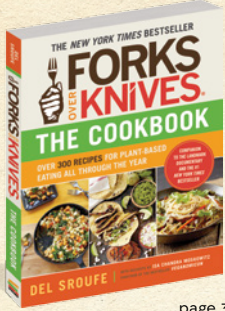
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TITLE INDEX

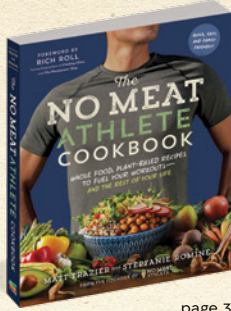
- 2-Step Low-FODMAP Eating Plan 34
 2021 Moon Calendar Card 29
- Active Baby, Healthy Brain 38
 Adventures in Veggieland 38
 Adventures with Zap 31
 All I Know Now 37
 Allergy-Free Pantry 34
 Amazing Area Mazes 31
 Animals Around the World 22, 30
 Appetite for Life 38
 Are You Coming? 19
 Art of Showing Up 27
 Artisanal Gluten-Free Cooking 34
 Ask a Science Teacher 32
 At the Construction Site 30
 Atom Land 32
 Awakening Your Ikigai 37
 Ayurvedic Self-Care Handbook 36
- Baby-Led Weaning 38
 Baby-Led Weaning Cookbook 38
 Baby-Led Weaning Cookbook—
 Volume 2 38
 Bariatric Bible 28
 Baseball Field Guide 30
 Bébé Gourmet 38
 Better Balance for Life 36
 Blink of an Eye 39
 Book of Humans 28
 Boost Your Breast Milk 38
 Brain Training with the Buddha 36
 Breathe Slower, Deeper, Better 36
 Breathe, Empower, Achieve 36
 Breathe, Mama, Breathe 36
 Brief History of Everyone Who
 Ever Lived 32
 Brilliant Maps for Curious Minds 29
 Build Your Running Body 36
 But I Could Never Go Vegan! 35
 But My Family Would Never
 Eat Vegan! 35
- Call of the Farm 39
 Can You Solve My Problems? 31
 Caribbean Vegan 35
 Cars and Things That Go 30
 Chickpea Flour Does It All 34
 Choose the Life You Want 37
 Christmas Village 24
 Citizen Scientist 33
 Complete Low-FODMAP Diet 34
 Curious Collection of Peculiar
 Creatures 8
- Day at the Zoo 30
 Demagoguery and Democracy 28
 Difficult Personalities 37
 Dinosaurs (Wimmelbook) 22, 29
 Dinosaurs—The Grand Tour 32
 Dot Journaling 31
 Dot Journaling—The Set 31
 Dry 34
- East Meets Vegan 35
 Eat Right for Your Sight 34
- Eat. Play. Love 30
 Elements We Live By 28
 Emotionally Absent Mother 37
 Engineering Eden 33
- Fermented Probiotic Drinks at
 Home 34
 Field Guide to Clean Drinking
 Water 33
 Field Guide to Knots 33
 Fire Making 33
 Fire Trucks! 30
 FODMAP Friendly 14
 Forks Over Knives 35
 Forks Over Knives—The
 Cookbook 35
 Fresh from Poland 28
- Gaming Mind 27
 Gender Creative Child 38
 Global Economy as You've
 Never Seen It 32
 Gluten-Free Family Favorites 34
 Going the Other Way 39
 Good Ancestor 3
 Growing Tomorrow 33
- Handbook for New Stoics 37
 Happiest Kids in the World 38
 Happiness Hacks 37
 Healthy, Happy You 37
 Hello I Want to Die Please
 Fix Me 27
 Hello Numbers! What Can
 You Do? 21
 Hidden Life of Ice 7
 Home Barista 34
 How Birds Work 29
 How Insects Work 29
 How to Argue With a Racist 5
 How to Be a Sister 39
 How to Change Minds about
 Our Changing Climate 33
 How to Draw and Write in
 Fountain Pen 31
 How to Grow Mushrooms from
 Scratch 33
 How to Land a Plane 30
 How to Land on Your Feet 30
 How to Love the Universe 32
 How to Nourish Your Child
 Through an Eating Disorder 38
 How to Play the Piano 30
 How to Read Nature 11, 33
 How to Read Water 11, 33
 How to Speak Science 32
- If You Go with Your Goat to Vote 25
 Illustrated Book of Bad
 Arguments 31
 Immunity 2
 In Search of Buddha's
 Daughters 39
 In Tune 36
 In Vino Duplicitas 39
 Incredible yet True Adventures of
 Alexander von Humboldt 39
- Into Nature 33
 It's a Numberful World 32
- Juice + Nourish 35
- Kaizen 27
 Keep Your Brain Stronger for
 Longer 36
- Let's Play Yoga! 36
 Little Book of Speaking Up 36
 Longevity Code 36
 Lost Art of Reading Nature's
 Signs 33
 Love Your Gut 13
 Low-FODMAP Diet Cookbook 34
- Making Dogs Happy 33
 Making Space 17
 Mindfulness Coloring Book 31
 Mindfulness Coloring Book—
 Volume Two 31
 Mindfulness Creativity Coloring
 Book 1
 Mindfulness Is Better Than
 Chocolate 36
 Moments of Mindfulness 31
 Monarchs of the Sea 9
 More or Less Definitive Guide
 to Self-Care 30
 Motherhood Affidavits 39
 My Baby Album with Sophie
 la girafe 38
 My Big Wimmelbooks
 23, 24, 29, 30
 My Big Wimmelpuzzles 22
 My Busy Day 29
 My Caesarean 39
 My Grandfather Would Have
 Shot Me 39
 My Pregnancy Journal with
 Sophie la girafe 38
- Natural Navigator 10, 11
 Nature Instinct 33
 Nerve 27
 Newborn 101 38
 No Gluten, No Problem Pizza 34
 No Meat Athlete Cookbook 35
- Ocean Greens 35
 On the Farm 30
 One Magic Square Vegetable
 Gardening 33
 Original Area Mazes 31
 Original Area Mazes—
 Volume Two 31
 Overcoming Opioid Addiction 37
 Own It 37
- Paint This Book! 31
 Patterns of the Universe 31
 Perilous Problems for Puzzle
 Lovers 20
 Philadelphia Chromosome 32
 Plant-Powered Diet 34
 Plant-Powered for Life 34
- Pocket History of Human
 Evolution 32
 Professional Yoga Teacher's
 Handbook 16
- Quick and Easy Vegan Comfort
 Food 35
- Raising a Healthy, Happy Eater 38
 Renaissance Soul 37
 Resilient Grieving 37
 Rogues' Gallery 39
 Roots of Empathy 38
 Running Is My Therapy 36
- Sage's Tao Te Ching 28
 Seafurrrers 30
 Second Suns 39
 Short Cuts to Happiness 37
 Shortest History of Germany 32
 Sightlines 39
 Sixty 39
 Space Exploration—A History
 in 100 Objects 32
 Speaking of Race 6
 Stack Your Bones 36
 Start with a Scribble 29
 Start Your Farm 33
 Still With It! 30
 Stop the Fight! 37
 Supernavigators 29
 Survival of the Nicest 37
 Sushi Modoki 35
- Taco Cleanse 35
 Tinned Fish Cookbook 28
 Trick Yourself to Sleep 27
 Tristan Gooley Collection 11
 Twisting Fate 39
- Ultimate Vegan Breakfast Book 35
- VBQ—The Ultimate Vegan
 Barbecue Cookbook 35
 Vegde 35
 Vegan Everything 35
 Vegan Intermittent Fasting 15
 Veggie Burgers Every Which
 Way 34
 Veggie from the Start 26
- Wake Up! 37
 Wall Disease 4
 Way to Eat Now 34
 We Are All Stardust 32
 Welcome to Wine 12
 What the Future Looks Like 32
 Who You Were Before Trauma 27
 Who's Afraid of AI? 32
 Whole-Body Microbiome 32
 Woman on the Edge of Time 39
 World Eats Here 28
 Write to the Point 31
- You Are Positively Awesome 18
 You Got This 27
 Your Brain on Plants 36

Acosta, Rina Mae	38	Fields, Amanda	39	Kucera, Sarah	36	Rhodes, James	30
al-Khalili, Jim	32	Finlay, B. Brett	32	Lahteenmaki, Nelli	37	Ritschel, Jutta	36
Allison, Wes	35	Finlay, Jessica M.	32	Landau, Rich	35	Roberts-Miller, Patricia	6, 28
Almossawi, Ali	31	Flatt, Mira	15	Landy, Diane	31	Roberts, Andrew	25
Arsenault, Carole Kramer	38	Fletcher, Carrie Hope	37	LaPook, Jon	36	Romine, Stephanie	35
Baker, Laura Jean	39	Floch, Neil	28	Lee, Cyndi	36	Rosendahl, Nora	37
Baréz-Brown, Chris	37	Foran, Caroline	27, 37	Leith, Sam	31	Rossi, Megan	13
Barrie, David	29	Formosa, Dan	30	Liarbet, Clare	34	Rountree, Sage	16
Barros, Lúcia	36	Frasier, Ruthie	36	Lieb, Claudia	39	Røyne, Anja	28
Bayly, Sami	8	Frazier, Matt	35	Llewellyn, Clare	38	Rutherford, Adam	5, 28, 32
Bean, Billy	39	Frey, Alexandra	33	Lobenstine, Margaret	37	Sandall, Philippa	30
Bellos, Alex	20, 31	Frisinger, Molly R.	35	Lock, James	38	Sassé, Margaret	38
Ben-Shahar, Tal	37	Garcia-Landa, Adrian	32	Lohr, Stefan	22, 23, 30	Savatiér, François	32
Benamran, Bruce	32	Garner, Storm	28	Long, Ad	30	Scheckel, Larry	32
Benjamin, Ross	32	Garvin, Eileen	39	Long, Kim	29	Schuttelaar, Marcel	35
Bilow, Rochelle	39	Gavron, Jeremy	39	Lopez, Gregory	37	Schwartz, Thomas	36
Bisaga, Adam	37	Gibson, Peter	34	Love, Lindsey S.	34	Schwochow, Jan	32
Blake, Quentin	29	Gill, Sasha	35	Macciochi, Jenna	2	Seddon, Johanna M.	34
Bloch, Yael	36	Glascoe, Frances Page	38	Madison, Deborah	33	Sellmair, Nikola	39
Blogk, Emma	30	Golden, Neville H.	38	Magill, Pete	36	Shelman, Jamie	30
Bogdanich, Stephanie	35	Gooley, Tristan	10, 11, 33	Martin, Colette	34	Shepherd, Sue	34
Borges, Anna	30	Gordon, Mary	38	Martin, William	28	Siegel, Daniel J.	38
Bowen Ball, Carol	28	Görtler, Carolin	30	Mason, Taymer	35	Simpson, Alicia C.	35, 38
Boyett, Rachel	26	Hamburger, Paul	30	Mather, John	32	Siqueiros, Armando	36
Bracht, Petra	15	Hannibal, Mary Ellen	33	Mayer, Jörg	35	Sisterson, Douglas L.	33
Brasil, Bruna Assis	36	Hardy, Jayne	17	McDermott, Georgia	14	Smith, Jordan Fisher	33
Brewer, Sarah	27	Harrison, Eric	36	McGrath, Helen	37	Spack, Norman	38
Breyer, Melissa	36	Harriss, Edmund	21, 31	McGreevy, Paul	33	Sroufe, Del	35
Brody, Michelle	37	Hart, Alice	34	Mehnert, Volker	39	Stauf, Danna	9
Bronski, Kelli and Peter	34	Harvey, Sarah	27	Meyer, Madelyne	12	Starling, Melissa	33
Brown, Ian	39	Hawes, James	32	Michie, David	36	Sterling, Wendy	38
Bryson, Bill	39	Hellman, Peter	39	Miller, Rachel Wilkerson	27, 31	Stone, Gene	35
Buckman, Peter	30	Hernandez, Diana	36	Mogi, Ken	37	Swift, Stacie	18
Bull, Chris	39	Hershey, Allison	31	Moralis, Shonda	36	Syrad, Hayley	38
Butterworth, Jon	32	Hiddinga, Laura	19	Moritz, Rachel	39	Tabin, Geoffrey	39
Camann, William	38	Hoffman, Aleksi	37	Morris, Jessica	35	Taylor, Marianne	29
Campbell, T. Colin	35	Holland, Eva	27	Moskowitz, Isa Chandra	35	Tedesco, Marco	7
Carenco, Jenny	38	Holtzman, Bob	33	Mukherjee, Siddhartha	32	Teege, Jennifer	39
Caryad	29	Hone, Lucy	37	Munster, Pamela N.	39	Thompson, Jennifer Trainer	34
Cassidy, John	29	Hook, Philip	39	Murakami, Ryoichi	31	Toomey, Christine	39
Cassidy, John	31	Horn, Nadine	35	Murkett, Tracey	38	Totten, Autumn	33
Chernyae, Karen	37	Horner, Jack	32	Odenwald, Sten	32	Turner, Kristy	35
Clements, Carol	36	Houbein, Lolo	33	Orr, Ruby Ashby	34	Usamura, Ayano	31
Condemi, Silvana	32	Hughes, Houston	21	Palmer, Alex	37	van Olphen, Bart	28
Cori, Jasmin Lee	37	Hume, Daniel	33	Palmer, Sharon	34	Vanhoenacker, Mark	30
Crosbie, Casey	38	Hurd, Thacher	31	Paperny, Anna Mehler	27	Verburgh, Kris	36
d'Arcais, Alberto Flores	7	Hutchison, Michele	38	Parciak, Monika	24	Vogel, Joe	33
Darling, Seth B.	33	iina	35	Pastori, Fabio	32	Vojtkofsky, Tonia	36
Davis, Jack E.	33	Inaba, Naoki	31	Perry, Elaine	36	Volger, Lukas	34
De Luca, Márcia	36	Jacoby, Kate	35	Perry, Nicolette	36	Walther, Max	22, 23, 29, 30
Désir, Alison Mariella	36	Jamie, Kathleen	39	Peterson, Molly M.	33	Wang, John	28
Douglas, Scott	36	Jones, Kim	27	Pigliucci, Massimo	37	Wapner, Jessica	4, 32
Edwards, Hazel	37	Katz, David L.	34	Pim, Keiron	32	Werhlin, Cléo	36
Egger, Simone	34	Keraly, Jean Lalau	38	Polshuk, Ellen	33	Wolf, Richard	36
Ehrensaff, Diane	38	Kjærgaard, Rikke Schmidt	39	Potock, Melanie	38	Woo, Eddie	32
Esselstyn, Caldwell B.	35	Klein, Stefan	32, 37	Pritchard, Forrest	33	Wright, Ian	29
Evans, Felicity	34	Kolbert, Elizabeth	7	Ramge, Thomas	32	Wurth, Herbert	33
Farmer, Paul	39	Korkosz, Michał	28	Rapley, Gill	38	Wurth, Magdalena	33
Farrarons, Emma	1, 31	Kreischer, Lisette	35	Rea, Brian	21	Zauzmer, Jan	25
Feldman, Robert G.	36	Kriss, Alexander	27	Reddemann, Luise	27		
Ferguson, Rosemary	35	Krznicar, Roman	3	Reivich, Karen	37		
Fernando, Nimali	38	Kshirsagar, Suhas	36	Relin, David Oliver	39		

Backlist Highlights



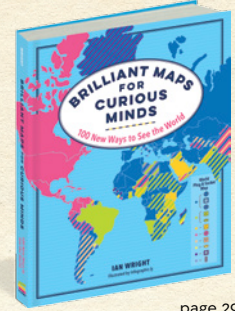
page 35
978-1-61519-061-4



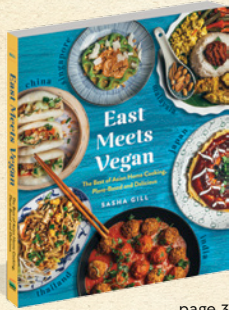
page 35
978-1-61519-266-3



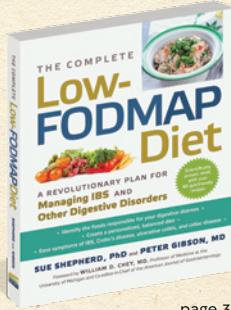
page 33
978-1-61519-241-0



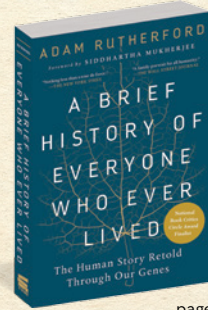
page 29
978-1-61519-625-8



page 35
978-1-61519-563-3



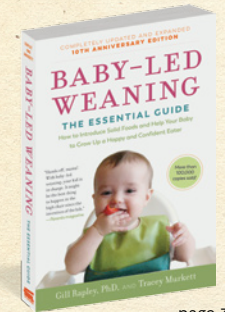
page 34
978-1-61519-191-8



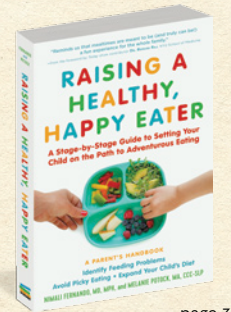
page 32
978-1-61519-494-0



page 31
978-1-61519-225-0



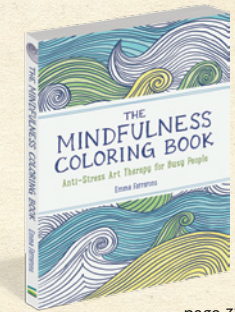
page 38
978-1-61519-558-9



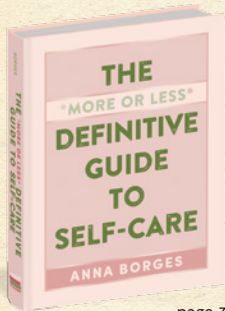
page 38
978-1-61519-268-7



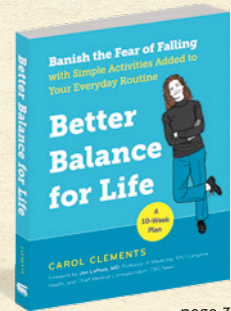
page 31
978-1-61519-409-4



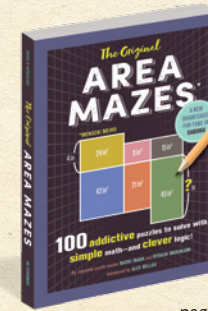
page 31
978-1-61519-282-3



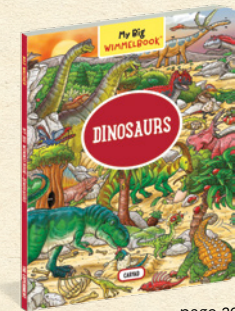
page 30
978-1-61519-610-4



page 36
978-1-61519-415-5



page 31
978-1-61519-421-6



page 29
978-1-61519-665-4