

**THE**  
**EXPERIMENT**  
*Spring 2020*  
FRONTLIST & KEY BACKLIST



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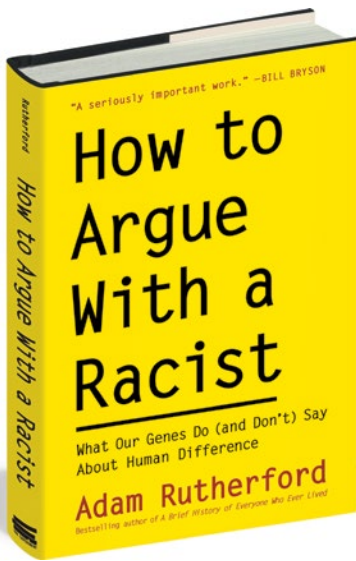
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BECAUSE EVERY BOOK IS A TEST OF NEW IDEAS

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

5 x 7 1/2 | 224 pages

Social Science/Discrimination and  
Race Relations (SOC031000)**978-1-61519-671-5 | No. 779671****SHIPS APRIL**

- ▶ The antidote to widespread confusion about what (if anything) genetics has to do with race
- ▶ Thoroughly debunks racist pseudoscience propagated by neo-Nazis (and stereotypes repeated even by the well-intentioned)
- ▶ Rutherford—a University College London geneticist 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 12

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

[AdamRutherford.com](http://AdamRutherford.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. The author of *A Brief History of Everyone Who Ever Lived* explains why.**

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. But science, accurately understood, is our best ally *against* racism. In this penetrating guide, Adam Rutherford brings us up to speed on what our genes really have to say: Namely, that the racial categories still vexing our societies do not align *at all* with observable genetic differences—and that our differences are so minute, they serve instead as evidence of our commonality. This is essential reading for enlightened citizens.

“A seriously important work.”—**BILL BRYSON**

“As timely as it is invigorating and important.”

—**PETER FRANKOPAN**, Oxford professor of global history

“A fascinating and timely refutation of the casual racism on the rise around the world. The ultimate anti-racism guide.”

—**CAROLINE CRIADO-PEREZ**, author of *Invisible Women*

# Nerve

ADVENTURES IN THE  
SCIENCE OF FEAR

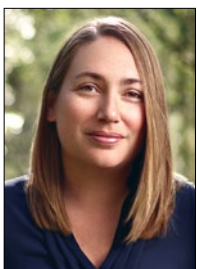
Eva Holland

**A stunning work of experiential reportage illuminating what fear does to us and how it's key to both staying and feeling alive**

We're all afraid of something. For award-winning long-form journalist Eva Holland, two debilitating fears had long defined her life: the thought of losing her mother and acrophobia—the fear of heights. When the worst happens—her mother suddenly and unexpectedly passes away—she embarks on a quest to renegotiate her inhibiting relationship with fear.

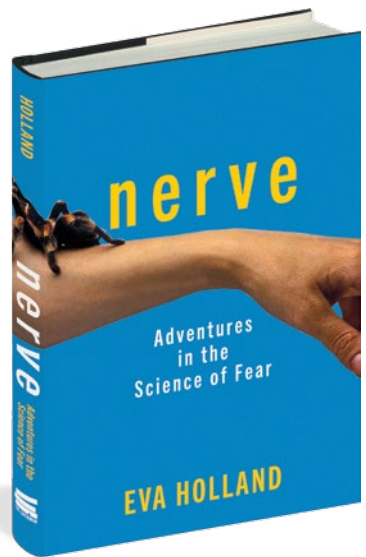
In the vein of Mary Roach, Holland thrusts herself onto the front lines of daring adventure and cutting-edge research to explore universal human questions: *How do we feel fear? And why?* By jumping out of an airplane, learning to rock climb, speaking with leading scientists, and subjecting herself to the latest pharmacological and exposure therapies, she comes ever-closer to knowing: *Is there a better way to feel afraid?*

By building up the nerve to face down her phobias, Holland shows us not only how to thoughtfully grapple with (and even perhaps overcome) our fears—but also how to live happier and feel more alive—by embracing them.



**EVA HOLLAND** is a correspondent for *Outside* magazine and a former editor at *Up Here*, Canada's far north magazine. Her work has appeared in *Esquire*, *Wired*, *Bloomberg*, *Pacific Standard*, *AFAR*, *Smithsonian*, and *National Geographic News*; as well as the anthologies *The Best Women's Travel Writing* and *The Best Canadian Sports Writing*. She lives in Canada's Yukon Territory.

[EvaHolland.com](http://EvaHolland.com)  [EvaHolland](https://twitter.com/EvaHolland)



**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**

**SHIPS MARCH**

- ▶ For readers who prize literary storytelling paired with cutting-edge science journalism (think Mary Roach), and the 19 million Americans deeply afflicted by phobias
- ▶ Debut book by an award-winning long-form journalist whose work has appeared twice in *The Best American Science and Nature Writing* (2018 and 2019)
- ▶ A personal investigation into universal fears, filled with notable expert perspectives and thrilling adventure
- ▶ Multicity US author tour



# Kaizen

## THE JAPANESE SECRET TO LASTING CHANGE

Small Steps to Big Goals

Sarah Harvey

### PAPER OVER BOARDS

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

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

Color photographs and illustrations throughout

Self-Help/Personal Growth/Success (SEL027000)

978-1-61519-657-9 | No. 779657

SHIPS DECEMBER

- ▶ Fills the ever-growing demand for Eastern lifestyle inspiration
- ▶ A tried-and-true philosophy makes the jump from business to self-help
- ▶ Small-format book with color photographs makes a stunning gift

### » 5-copy display

\$94.75 US

\$124.75 Can.

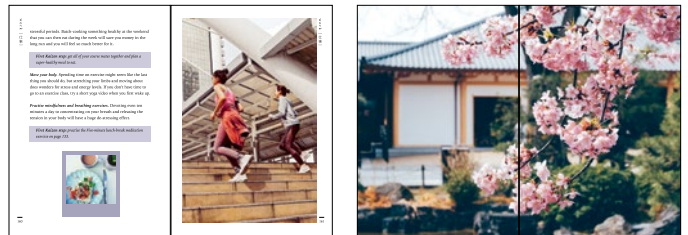
978-1-61519-683-8



## Experience the magic of *kaizen*—the Japanese way to create lasting change—in this gorgeously photographed guide

Lifestyle changes can be overwhelming: It's hard to take on major goals without falling prey to self-doubt. But with *kaizen*, big goals become small, approachable steps. This Japanese method first made waves in the business world by launching Toyota to success; it also adds magic to Marie Kondo's life-changing method of tidying up. As Kondo puts it: "You can take the first small step toward your dream today, and keep taking small steps to grow your passions."

Now, Sarah Harvey unlocks *kaizen*'s amazing potential to enhance our everyday lives. Even the boldest intention (*I should run a marathon someday*) begins with the simplest step (*Today, I'll research local running groups*). *Kaizen* is the key to improving our health, work, finances, relationships, habits, and—yes—homes!

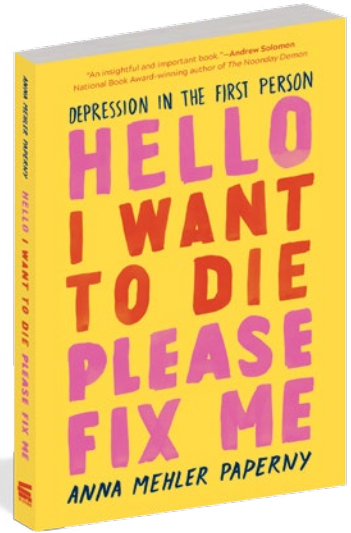


**SARAH HARVEY** was living in Tokyo working as a freelance book scout and publishing consultant when she fell in love with Japanese culture and was introduced to *kaizen*. After a life-changing time away, Sarah now lives in London, where she works for a literary agency and spends a not-insignificant portion of her time searching for a Japanese-standard bowl of *tonkotsu* ramen.

# Hello I Want to Die Please Fix Me

DEPRESSION IN THE FIRST PERSON

Anna Mehler Paperny



**An engrossing memoir-meets-investigative report that takes a fresh, frank look at how we treat depression**

In her early twenties, investigative journalist Anna Mehler Paperny had already landed her dream job. On the surface, her life was great. Nevertheless, she spiraled out, attempted suicide (the first of more attempts to follow), and landed in the ICU and then in a psych ward before setting out to tackle her recovery.

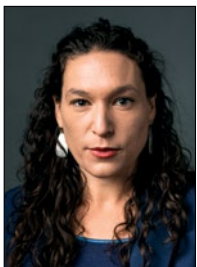
In *Hello I Want to Die Please Fix Me*, Mehler Paperny turns her journalist's eye on her own experience and others'—in the ward; as an outpatient; facing family, friends, and coworkers; finding the right meds; trying to stay insured and employed. She interviews psychiatrists and other experts to reveal how primitive our methods of healing the brain still are—and provides an invaluable guide to a system struggling, and often failing, to help those in need. At once heartrending and humorous, outraging and serious, this is essential reading for anyone touched by depression—and that's everyone.

“An insightful and important book.”

—ANDREW SOLOMON, author of *The Noonday Demon*

“Engaging, well-researched, [and] courageous.”

—MARK LUKACH, author of *My Lovely Wife in the Psych Ward*



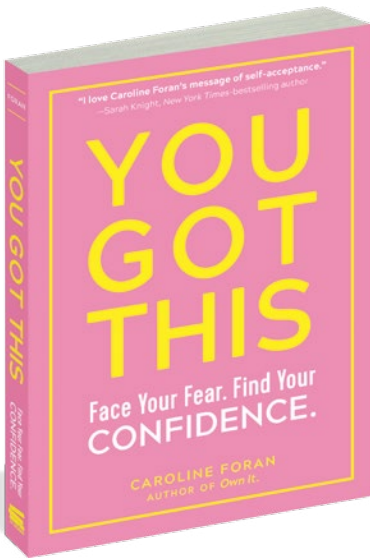
**ANNA MEHLER PAPERNY** is a Toronto-based reporter for Reuters. She's chased down stories ranging from the opioid crisis to migration, from post-quake Haiti to Guantanamo Bay. She has also been a staff reporter at *The Globe and Mail* and a reporter-editor for Global News. Her work on Canadian prison deaths won the RTDNA Dan McArthur Award for investigative journalism.

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

**TRADE PAPERBACK ORIGINAL**  
**\$16.95 US | US+OM\***  
6 x 9 | 352 pages

Psychology/Psychopathology/  
Depression (PSY049000)  
**978-1-61519-492-6 | No. 779492**  
**SHIPS MARCH**

- ▶ An international bestseller hailed by *The Globe and Mail* as “a must-read”
- ▶ An urgent topic: In the US, someone dies of suicide every 13 minutes, and major depression affects more than 16.1 million adults
- ▶ A 21st-century *Girl, Interrupted* meets *The Noonday Demon*, with the wit of *Furiously Happy*
- ▶ Multicity US author tour



# You Got This

FACE YOUR FEAR.  
FIND YOUR CONFIDENCE.

**Caroline Foran**

**TRADE PAPERBACK ORIGINAL**  
\$15.95 US | \$21.00 Can. | USC+OM\*  
5 x 7 | 304 pages

Self-Help/Personal Growth/Success  
(SEL027000)

978-1-61519-653-1 | No. 779653  
**SHIPS MARCH**

- ▶ From the author of anti-anxiety guide *Own It.*, a #1 international bestseller
- ▶ Full of quick exercises to combat fear, perfect for time-strapped millennials
- ▶ For readers who drove the success of *Girl*, *Wash Your Face* and *You Are a Badass*
- » **See also** *Own It.*, page 33

- » **6-copy display**  
\$95.70 US  
\$126.00 Can.  
978-1-61519-687-6



**Become your most confident self by working with your fear—not against it—with this practical guide from the bestselling author of *Own It.***

Journalist and author Caroline Foran's first book, *Own It.*, was a godsend for her fellow anxiety sufferers. Now, she returns with *You Got This*, a guide for *anyone* who's ever let inner fears hold them back from pursuing their goals—or asking for what they want in life.

In her unique, down-to-earth style, Foran explains what fear is and how it works in our brains. Then, she explores common roadblocks to confidence (including impostor syndrome and perfectionism—a major culprit), and arms readers with an accessible, interactive confidence toolkit packed with strategies from “fear hacking” to “sidestepping.”

Foran has her finger on the pulse of how millennials grapple with self-image today. Readers on the cusp of *any* new venture—at work, in love, or in life—will relish the chance to take a first step by tackling Foran's many helpful exercises: from listing what can and can't be controlled to defining success as what matters to *them*.

“A 300-page pocket rocket of a self-help guide, packed with refreshingly candid takes.”—*Sunday Business Post*



**CAROLINE FORAN** is the author of *Own It.* as well as a freelance lifestyle journalist and the cofounder of the digital publishing and interior design company GAFF Interiors. Prior to her career in media, she obtained a degree in communications and a master's degree in film and TV, both from Dublin City University. She lives in Dublin, Ireland.

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

# The Art of Showing Up

HOW TO BE THERE FOR  
YOURSELF AND YOUR PEOPLE

On Friendship in the Age of Flakiness

**Rachel Wilkerson Miller**

## A revolutionary guide to friendship and self-care for those who feel alone

When it comes to adult friendships, we're woefully inept: We barely manage to show up for our own commitments, let alone maintain our relationships. What's more, we're living in an uncharted social landscape with new conventions on *how* to relate—one where actual phone calls are reserved for Mom (if anyone), "dropping in" is unheard-of, and "flaking out" is routine.

*The Art of Showing Up* offers a roadmap through this morass to true connection with your friends, your family, and yourself. Author Rachel Wilkerson Miller teaches that "showing up" means connecting with others in a way that makes them feel seen and supported. And *that* begins with showing up for yourself: recognizing your needs, understanding your physical and mental health, and practicing self-compassion. Only then can you better support other people; witness their joy, pain, and true selves; validate their experiences; and help ease their burden.

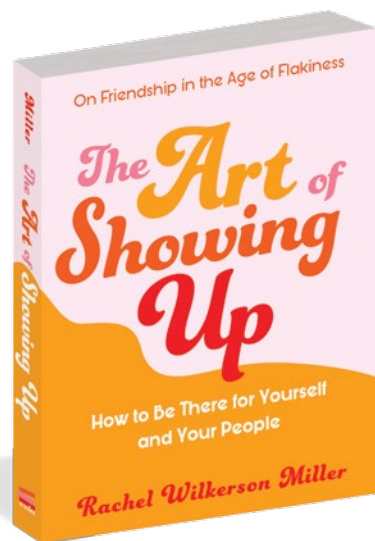
When "showing up" for others, it's not the grandest gesture that matters most—it's how close you come to meeting your loved ones where they really are.

» See also: *Dot Journaling—A Practical Guide*, page 27



**RACHEL WILKERSON MILLER**, author of *Dot Journaling—A Practical Guide*, was most recently a senior lifestyle editor at BuzzFeed. After graduating from Michigan State University with a journalism degree, she worked at *ELLE*. Her writing has appeared on the Hairpin, Huffington Post, the Knot, and in *SELF*, and she's been a guest on *TODAY* and *Good Morning America*. She lives in Brooklyn.

RachelWMiller.com  the\_rewm

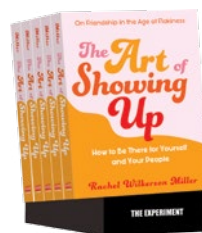


**TRADE PAPERBACK ORIGINAL**  
\$16.95 US | \$21.95 Can. | World  
6 x 8 | 288 pages  
Two-color interior

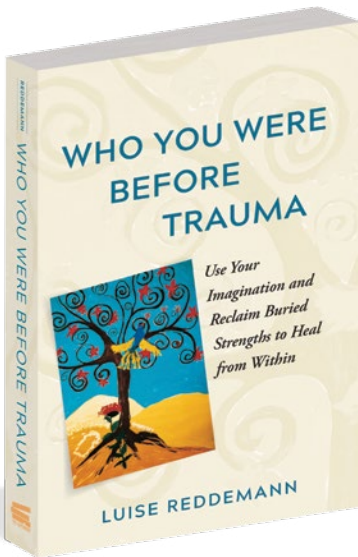
Family & Relationships/Friendship  
(FAM021000)  
**978-1-61519-661-6 | No. 779661**  
**SHIPS MAY**

- ▶ A timely manifesto on friendship and self-care, combating problems such as "flaking out" and "ghosting"
- ▶ A balm for millennials, identified in the media as "the loneliest generation"
- ▶ For readers of *A Tribe Called Bliss*

» **5-copy display**  
\$84.75 US  
\$109.75 Can.  
978-1-61519-688-3







# Who You Were Before Trauma

USE YOUR IMAGINATION AND RECLAIM BURIED STRENGTHS TO HEAL FROM WITHIN

**Luise Reddemann, PhD**

**TRADE PAPERBACK ORIGINAL**  
**\$16.95 US | \$21.95 Can. | World**  
 6 x 9 | 256 pages  
 Color photo insert

Psychology/Psychopathology/Post-Traumatic Stress Disorder (PTSD) (PSY022040)  
**978-1-61519-616-6 | No. 779616**  
**SHIPS MAY**

- ▶ A distinctive addition to a perennially strong category, for readers of *New York Times* bestseller *The Body Keeps the Score*
- ▶ First English-language edition of a German book that's sold over 100,000 copies and been translated into numerous languages
- ▶ An innovative, positive therapeutic model that emphasizes self-compassion, imagination, and patient autonomy

**A proven, pioneering program that uses imagination work to treat PTSD—developed in Germany and now in English for the first time**

A key objective of treatment for complex PTSD is to confront the traumatic experience. But survivors still reeling from trauma can find this confrontation traumatic. Thirty years of pioneering work with trauma patients made leading German psychotherapist Luise Reddemann realize: It's immensely beneficial to rebuild survivors' sense of self *before* trauma confrontation.

Reddemann incorporates imagination work at every stage of the three-phase treatment model supported by the International Society for Traumatic Stress Studies—before, during, and after confrontation. First, the patient reimagines their past self, tapping into forgotten sources of strength. Then, they create a mental cache of personal, positive images for warding off flashbacks and negative thinking. Ultimately, they build an “internal counterweight” to their trauma—a new identity equipped with self-compassion.

Reddemann's approach avoids the counterproductive dynamic where the therapist becomes the patient's only source of comfort. This definitive resource for therapists and patients empowers trauma survivors to be the coauthors of their *own* recovery narrative.



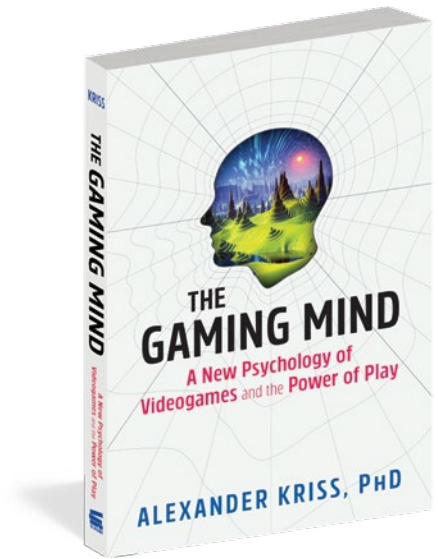
**LUISE REDDEMANN, PhD**, is a leading psychotherapist in Germany with over three decades of trauma therapy experience. For nearly twenty years, she led the Clinic for Psychotherapeutic and Psychosomatic Medicine in Bielefeld, where she developed Psychodynamic Imaginative Trauma Therapy (PITT). She holds an honorary professorship at the University of Klagenfurt.

[Luise-Reddemann.de/home/english-version](http://Luise-Reddemann.de/home/english-version)

# The Gaming Mind

A NEW PSYCHOLOGY OF VIDEOGAMES  
AND THE POWER OF PLAY

Alexander Kriss, PhD



**A therapist reveals the role of videogames in the lives of his patients, writing in the tradition of Oliver Sacks**

Society has come to malign videogames and their players, suggesting that videogames promote violence or indulge antisocial behavior. *The Gaming Mind* is the antidote to this rhetoric.

Drawing us into his therapy office, clinical psychologist Alexander Kriss explores the positive impact of playing videogames and how they connect us with our humanity. Kriss sees videogames as a window into the mind, and he weaves together case studies, professional insight, and his personal history in a gripping narrative that disrupts our assumptions about gaming and “gamers.” We meet his patients: Jack struggles to decode emotions yet relishes the relationship-building dynamics of *Mass Effect*; while Patricia, a former aspiring model, finds solace in the wake of trauma by crafting a hideous avatar, “Pat.” Kriss also recounts how even he experienced *Silent Hill 2* as a virtual landscape, in which to process the death of a friend.

Without shying away from potentially risky subjects like addiction and online harassment, Kriss advances a balanced, scientifically supported view of videogames. Sometimes the way we play reveals who we are—and what we want from our lives.



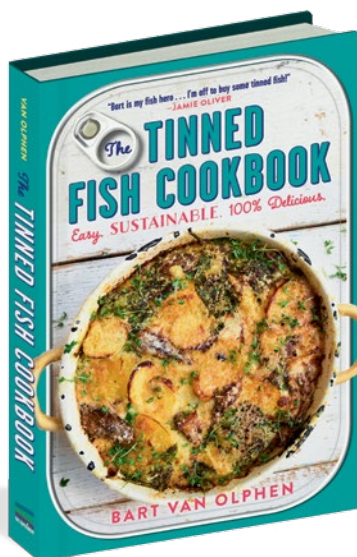
**ALEXANDER KRISS, PhD**, runs a psychotherapy practice in New York City, where he treats patients with anxiety, depression, and videogame “addiction” (a term he disputes). He has a psychology degree from The New School and a playwriting BFA from NYU. Kriss’s writing on mental health and technology has appeared in *Logic*, *Kill Screen*, and numerous academic publications.

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

TRADE PAPERBACK ORIGINAL  
\$15.95 US | \$21.00 Can. | USC+OM\*  
6 x 9 | 288 pages

Psychology/Social Psychology  
(PSY031000)  
978-1-61519-681-4 | No. 779681  
SHIPS MARCH

- ▶ 211 million Americans play videogames
- ▶ In the vein of Oliver Sacks, the book humanizes an often-maligned aspect of everyday experience
- ▶ Examines the media hype around videogames, violence, and addiction—and counters anti-“gamer” stigma with actual evidence
- ▶ From a psychotherapist, game developer, and vivid writer
- ▶ For videogame players, parents, and clinicians



# The Tinned Fish Cookbook

EASY. SUSTAINABLE. 100% DELICIOUS.

**Bart van Olphen**

## PAPER OVER BOARDS

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

6 x 9 | 144 pages

Color photographs and illustrations throughout

Cooking/Specific Ingredients/Seafood  
(CKB076000)

978-1-61519-674-6 | No. 779674

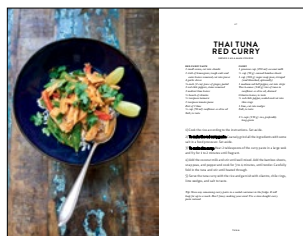
SHIPS APRIL

**Here are 45 scrumptious recipes for tuna, mackerel, herring, and more—so tasty you won't believe it's canned!**

Quick: What ingredient is delicious, sustainable, easy to store, and adds protein and healthy fats to any dish? Why, it's tinned fish, of course! Jamie Oliver has called Bart van Olphen his “fish hero.” In *The Tinned Fish Cookbook*, Bart shines a light on the superstar potential of canned tuna, salmon, anchovies, and beyond. Forty-five recipes whet the appetite, such as Watercress Salad with Crab and Fennel; Quinoa Tabbouleh with Sardines; and Potato Frittata with Mackerel. Dazzling photos by David Loftus drive the point home!

What's more, *The Tinned Fish Cookbook* dives into the wonders of modern, sustainable fishing and tinning, showing readers how to recognize eco-friendly fish. This book proves there's so much *more* to fish in a can than tuna salad (and that tuna salad is delicious, too)!

- ▶ Tinned fish is the next big thing: The market will reach \$36.7 billion worldwide by 2021
- ▶ An essential single-ingredient cookbook, à la *The Sriracha Cookbook* and *Simply Ramen*
- ▶ Creative, internationally inspired recipes
- ▶ Vibrant photos by David Loftus, Jamie Oliver's long-time photographer



**BART VAN OLPHEN** is the cofounder of Fish Tales—brand tinned fish, sold in the Netherlands, Germany, and the UK. He was named “world's most sustainable seafood entrepreneur” in 2008, and his book *Fish Tales* won the 2011 Gourmand World Cookbook Award for “best sustainable cookbook.” Find his cooking show on Instagram and YouTube (featured on Jamie Oliver's FoodTube Network).

Fish-Tales.com   BartsFishTales

# The World Eats Here

AMAZING FOOD AND THE INSPIRING  
PEOPLE WHO MAKE IT AT NEW YORK'S  
QUEENS NIGHT MARKET

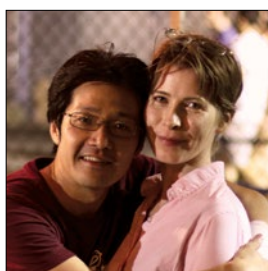
88 Taste-of-Home Recipes from  
More Than 40 Countries!

**John Wang and Storm Garner**

**Savor 88 recipes—and remarkable stories—from the immigrant vendor-chefs of NYC's premiere night market**

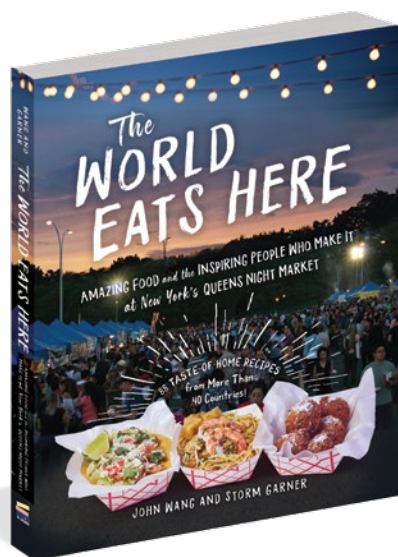
On summer Saturday nights in Queens, scents from Mauritius to Mexico whet families' appetites as they feast on food from over 90 countries. Welcome to the Queens Night Market. It's had well over a million visitors since 2015, and there's little wonder why: The food is delicious, the energy infectious—and the \$6 price cap, irresistible.

Most of the cooks are first- and second-generation immigrants. In *The World Eats Here*, they share their prized recipes and tales of home. Wanda Chiu's pan-fried noodles remind her of chilly mornings in Hong Kong, and Liia Minnebaeva's Bashkir Farm Cheese Donuts evoke her childhood in western Russia. From Guyanese pine tarts to Tibetan momos, these dizzyingly diverse recipes can *only* be found all together at the Queens Night Market—and in this cookbook!



**JOHN WANG** is a graduate of Yale's law and business school. He quit his high-paying attorney job to create the Queens Night Market, which has welcomed over a million visitors since 2015. **STORM GARNER** is an artist—writer, filmmaker, designer, musician—currently pursuing a master's degree in oral history at Columbia. They married in March 2019.

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



**FLEXIBIND**

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

7 x 9 | 256 pages

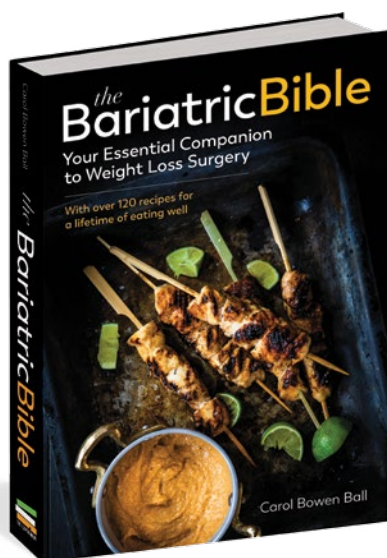
Color photographs and illustrations  
throughout

Cooking/Regional & Ethnic/General  
(CKB031000)

**978-1-61519-663-0 | No. 779663**

**SHIPS APRIL**

- ▶ A timely celebration of how immigrants enrich the American experience—think *Humans of New York*, with recipes!
- ▶ From a major NYC foodie destination that showcases the incredible diversity of Queens—and the US at large
- ▶ Affordable, easy recipes that do not require any special equipment
- ▶ Color photographs and illustrations capture the delicious dishes and joie de vivre of the night market!



# The Bariatric Bible

## YOUR ESSENTIAL COMPANION TO WEIGHT LOSS SURGERY

With over 120 Recipes for a  
Lifetime of Eating Well

**Carol Bowen Ball**

**TRADE PAPERBACK ORIGINAL**  
\$19.95 US | \$25.95 Can. | USC+OM\*  
6 3/4 x 9 1/2 | 304 pages  
Color photographs and illustrations  
throughout

Cooking/Health & Healing/Weight  
Control (CKB026000)

978-1-61519-651-7 | No. 779651  
**SHIPS MARCH**

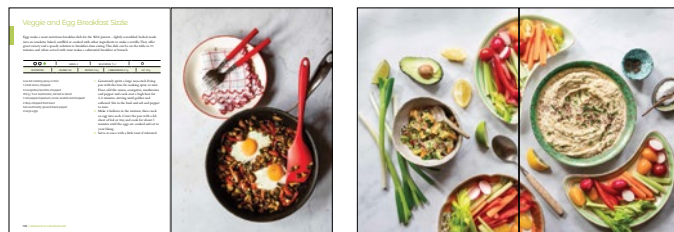
### The go-to handbook for bariatric surgery—packed with pre- and post-op advice, plus 120 high-protein recipes

Over 200,000 Americans undergo weight loss surgery (WLS) every year, but no single book has included everything they need to know—until now. At last, *The Bariatric Bible* is your comprehensive guide!

Post-op, WLS patients ease back into eating (first liquids, then soft foods) before transitioning to a lifelong high-protein diet. For quick reference, Carol Bowen Ball has color-coded her 120 delicious recipes according to these three stages—plus, every one includes a nutritional breakdown of calories, protein, carbohydrates, and fat.

But the bariatric lifestyle is about more than just cooking—it requires new, healthier habits around exercise, relationships, and eating out. Ball, a WLS patient herself, explains all this and more to help readers secure the best possible outcome: lifelong health.

- ▶ The most comprehensive weight loss surgery book on the market
- ▶ 120 beautifully photographed recipes for breakfasts, snacks, meals for one, and desserts—*The Joy of Cooking* for the WLS patient
- ▶ Pre- and post-op advice, from the type of surgery that's best for you to how to shop for clothes as your body changes
- ▶ From an author who's followed the post-WLS lifestyle for over 10 years



**CAROL BOWEN BALL**, the UK's first bariatric cook, is dedicated to helping those who have had or are considering weight loss surgery to achieve lasting success. She has written over 90 cookbooks, and her groundbreaking book *Versatile Vegetables* won the UK's Cookery Book of the Year Award. She is a former household and cookery editor for *Homes & Gardens*.

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

# Fresh from Poland

NEW VEGETARIAN COOKING  
FROM THE OLD COUNTRY

Michał Korkosz

**The first—and definitive—Polish vegetarian cookbook, with over 80 recipes from a *Saveur* award winner**

Most people associate Polish cuisine with rich, heavy meats such as kielbasa. But in *Fresh from Poland*, Michał Korkosz reveals a whole new side of his beloved culinary heritage—showcasing beautiful fruits, vegetables, grains, and herbs while still evoking the traditional food of his mother and grandmother.

Korkosz's passion for food shines through in his award-winning photographs. Here is vegetable-forward comfort food for every occasion: Brown Butter Scrambled Eggs; Buckwheat Blini with Sour Cream; Sourdough Rye with Cultured Kefir Butter; Chilled Beet Soup with Cucumber, Radish, and Dill; Polish Cheesecake, and (of course) sweet *and* savory pierogi of every kind. Polish cuisine has never been more vibrant—or delicious.



**MICHAŁ KORKOSZ** is a 21-year-old food enthusiast, cake lover, croissant gourmand, and food journalist. He was born and raised in Poland. He cooks with passion every day for his family. On his blog, he connects this love of cooking with another hobby—food photography that captures the essence of his delicious masterpieces.

[Rozkoszny.pl/en](http://Rozkoszny.pl/en)

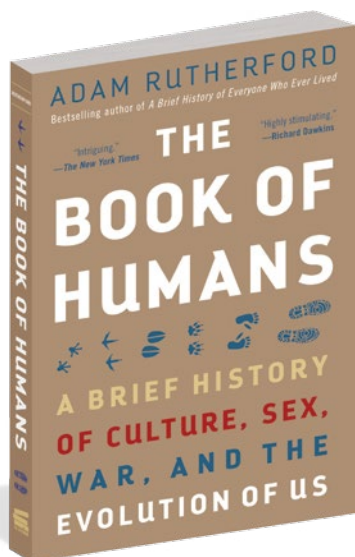


**TRADE PAPERBACK ORIGINAL**  
**\$19.95 US | \$25.95 Can. | World**  
7 1/2 x 9 3/4 | 240 pages  
*Color photographs throughout*

Cooking/Regional & Ethnic/Polish  
(CKB065000)

**978-1-61519-655-5 | No. 779655**  
**SHIPS MARCH**

- ▶ One of a kind: There are few Polish cookbooks on the market, and *no* competing Polish vegetarian cookbooks
- ▶ Author won two 2017 *Saveur* Blog Awards for best photography (Readers' Choice and Editors' Choice) when he was only 19
- ▶ Korkosz runs the popular Polish food blog Rozkoszny ("delightful"); his growing platform includes 26,000 Instagram followers



# The Book of Humans

A BRIEF HISTORY OF CULTURE, SEX,  
WAR, AND THE EVOLUTION OF US

Adam Rutherford

## TRADE PAPERBACK

\$15.95 US | \$21.00 Can. | USC+OM\*

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

9 B&W illustrations

Science/Life Sciences/Genetics &  
Genomics (SC1029000)

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

Previous ed.: 978-1-61519-531-2

SHIPS APRIL

**Now in paperback: An exploration of our dual identity as members of the animal kingdom—yet distinct from all other animals**

Evolutionary theory has long established that humans are animals, and yet we think of ourselves as exceptional. *Are we?* In this entertaining tour of life on Earth, Adam Rutherford synthesizes the latest research on genetics, sex, migration, and more to explain the paradox of the “human animal.” *The Book of Humans* reveals what unequivocally makes us animals—and why we’re truly extraordinary.

“Intriguing.”—*The New York Times Book Review*

“Smooth, expert, and often startling.”—*Kirkus Reviews*

“Refreshing and perspective-altering.”—*Publishers Weekly*

“Thoroughly recommended.”—RICHARD DAWKINS

“I loved this book.”—HENRY MARSH, author of *Do No Harm*

“Delightful.”—ED YONG, author of *I Contain Multitudes*

“A master storyteller.”—HANNAH FRY, author of *Hello World*

- ▶ Previously published in hardcover as *Humanimal*
- ▶ By a finalist for the National Book Critics Circle Award
- ▶ New insight from genetics into an age-old question: What makes us human?
- ▶ Rich with examples of animals who exhibit “human” behavior, from chimps who “accessorize” with blades of grass to raptors who start fires to smoke out prey
- » **See also** *A Brief History of Everyone Who Ever Lived*, page 26



**ADAM RUTHERFORD, PhD**, is a science writer and broadcaster who received his doctorate in genetics from University College London. The author of *A Brief History of Everyone Who Ever Lived*, *How to Argue With a Racist*, and *Creation*, he was a finalist for the National Book Critics Circle Award. He has presented many award-winning programs, including *Inside Science* for the BBC. He lives in London.

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

# The Elements We Live By

HOW IRON HELPS US BREATHE,  
POTASSIUM LETS US SEE, AND  
OTHER SURPRISING SUPERPOWERS  
OF THE PERIODIC TABLE

Anja Røyne, PhD

**An around-the-world journey to discover where in the wild we can find the elements of life and the surprising ways they're essential to our survival**

We all know that we depend on elements for survival—from the oxygen in the air we breathe to the carbon in the molecular structures of all living things. But we don't often stop to appreciate how, say, phosphorus holds our DNA together or how potassium powers our optic nerves so that we can see.

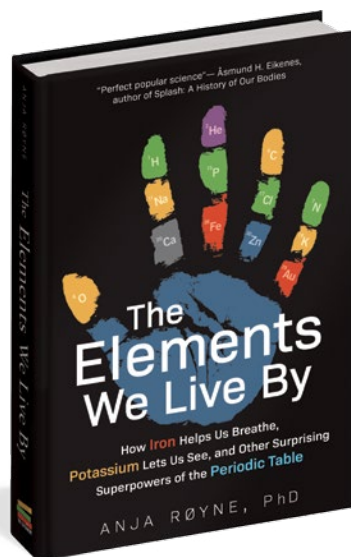
In *The Elements We Live By*, physicist and award-winning author Anja Røyne takes us on an astonishing journey through chemistry and physics, introducing the building blocks from which we humans—and the world—are made. Not only does Røyne explain why our bodies need iron, phosphorus, silicon, potassium, and many more elements in just the right amounts in order to function, she also leads us around the world to where these precious elements are found (some of them in ever-shrinking quantities).

You'll understand how precariously balanced our lives—and ways of life—really are, and you'll see these unsung heroes of the periodic table in an entirely new light.



**ANJA RØYNE, PhD**, is a scientist and lecturer at the University of Oslo Department of Physics. A physicist with a background in solar energy, Røyne has also researched geological and geochemical processes and is now working on creating materials with biotechnology. In addition, she runs her own science blog and often contributes to popular science radio programs and newspaper columns.

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



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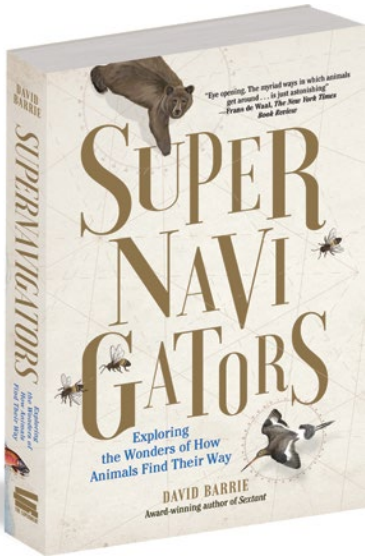
B&W illustrations

Science/Chemistry/General  
(SC1013000)

**978-1-61519-645-6 | No. 779645**  
**SHIPS MAY**

- ▶ A guide to the superpowers of the periodic table—and the surprising elements our lives depend on
- ▶ Takes chemistry out of the lab and into destinations around the world
- ▶ Winner of the Brage Prize for nonfiction—Norway's equivalent to the Pulitzer Prize
- ▶ A new and urgent call to protect our planet





# Supernavigators

EXPLORING THE WONDERS OF  
HOW ANIMALS FIND THEIR WAY

David Barrie

**TRADE PAPERBACK**  
\$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)  
**978-1-61519-669-2 | No. 779669**  
Previous ed.: 978-1-61519-537-4  
**SHIPS MAY**

- ▶ Helps us appreciate animals, in the vein of Frans de Waal's *Mama's Last Hug*, Sy Montgomery's *The Soul of an Octopus*, and Jennifer Ackerman's *The Genius of Birds*
- ▶ By an award-winning author with extensive experience as a practical navigator
- ▶ Reveals as much about us humans as about other animals

**Now in paperback: An “exhilarating” (*Nature*) and “astounding” (*Science*) investigation of animals’ navigational superpowers—by land, sea, and sky**

Animals plainly know where they're going, but *how* they get there has remained stubbornly mysterious—until now. Here are astounding animals of every stripe, from dung beetles that steer by the Milky Way to sea turtles that follow Earth's magnetic field. David Barrie unpacks the latest science to reveal these wonders as never before.

“Just astonishing . . . Our natural navigational capacities are no match for the supernavigators in this eye-opening book.”—FRANS DE WAAL, *The New York Times Book Review*

“We meet some animals that use sense of smell, others that navigate based on polarized light. . . . It seems that there are as many ways to find your way as there are species [Barrie writes] about.”—ARI SHAPIRO, *All Things Considered*

“Thank you, David Barrie, for taking us along on these riveting voyages by sail and wing, hoof and flipper. We arrive surprised, delighted, and awed.”

—SY MONTGOMERY, author of *The Soul of an Octopus*



**DAVID BARRIE**, a Fellow of the Royal Institute of Navigation, has sailed all over the world and made many long passages. After serving in the British Diplomatic Service, Barrie worked in the arts and as a law-reform campaigner. His book *Sextant* was short-listed for the Mountbatten Literary Award and received the Royal Institute of Navigation's Certificate of Achievement.

@BarrieAuthor

# How Insects Work

An Illustrated Guide to the  
Wonders of Form and Function—  
from Antenna to Wings

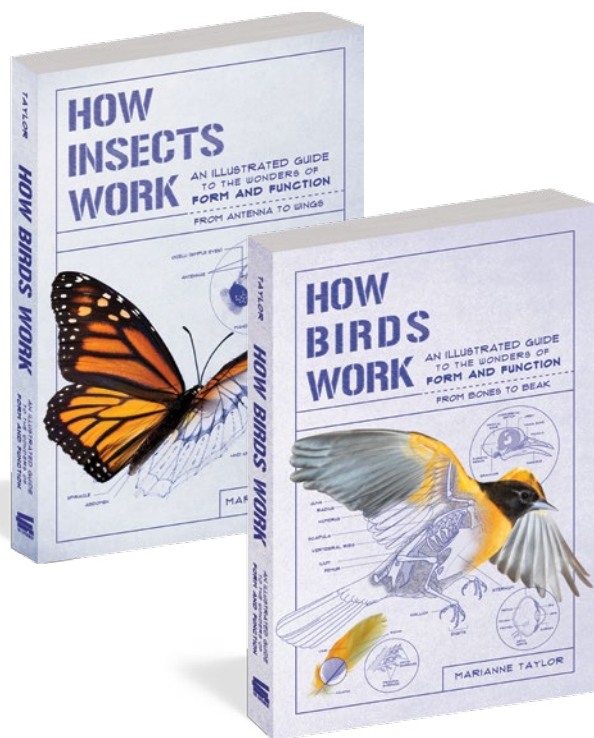
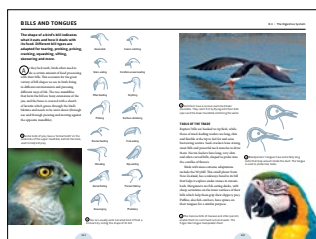
# How Birds Work

An Illustrated Guide to the  
Wonders of Form and Function—  
from Bones to Beak

**Marianne Taylor**

**Beautiful, intricate illustrations  
abound in these in-depth guides to the  
inner workings of birds and bugs**

From parrots to penguins and from butterflies to honeybees, we might be able to *identify* these exquisite creatures—but do we know *why* they have the traits they do? These artfully designed guides (sold separately) examine anatomy and more—from beaks and wings, antennae and exoskeletons, to behavior, movement, and color—to reveal how these fascinating animals are engineered by evolution to thrive in the wild.



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

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throughout*

**SHIPS APRIL**

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Nature/Animals/Birds (NAT043000)

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▶ Perfect gift books for naturalists,  
environmentalists, hikers, birders, and  
nature artists

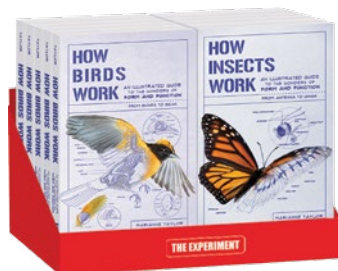
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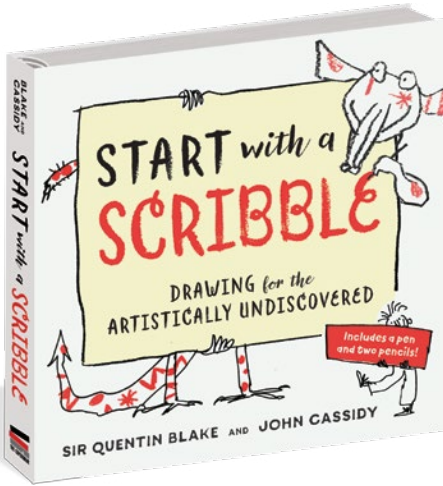
**\$169.50 US | \$219.50 Can.**

**978-1-61519-686-9**

**MARIANNE TAYLOR** is a writer, illustrator, and wildlife photographer. She's written more than twenty nature books for adults and children, many illustrated with her own artwork or photographs. She also writes for *Birdwatch*, the *Independent*, *BBC Wildlife*, *Country Life*, *Nature's Home*, and *The Lady*.

@WildsideMazza





# Start with a Scribble

DRAWING FOR THE ARTISTICALLY UNDISCOVERED

Sir Quentin Blake  
and John Cassidy

## CONCEALED WIRE-O

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

9 x 9 | 106 pages

Two-color drawings throughout |  
Includes drawing pen and pencils

Art/Techniques/Drawing  
(ART010000)

978-1-61519-400-1 | No. 779400

Previous ed.: 978-1-57054-320-3

SHIPS MAY

- ▶ A new edition of the classic Klutz book *Drawing for the Artistically Undiscovered* (266,000 copies sold)
- ▶ Includes an artist-quality black pen, plus red and black pencils you can smudge with water
- ▶ From the beloved illustrator who brought Roald Dahl's stories to life
- ▶ Whimsical exercises pair with insightful text in an ideal book for kids *and* adults. Ages 8 and up . . . all the way up!
- » See also *Paint This Book!*, page 27

## Learn to draw the *spirit* of things from Roald Dahl's celebrated illustrator

Want to be an artist? Here's the secret: You already are! *Start with a Scribble* is packed full of encouragement to banish your inner critic and jump-start your inner artist—from: "This is the pointy end of the pencil," to: "Don't worry too much yet about ankles." Printed on heavy paper, this sketchbook with training wheels includes prompts to follow (*emotional rabbits*), doodles to finish (*Mrs. Thudkins takes her floppaterasis for a walk*), and wide-open spaces to play in. The most important lesson? Let go, and give in to your own creative spirit!

National Parenting Publications Award Winner, Gold (1999)  
Parents' Choice Award Winner, Gold (1999)

"Filled with fun, light illustrations . . . room for artistic imagination . . . [and] ideas of perspective, line quality, and other helpful tools for beginning artists."—WIRED.com

"Children's imaginations will soar."

—Parents' Choice Foundation



**SIR QUENTIN BLAKE'S** drawings have graced more than 200 books. He was appointed Children's Laureate of Great Britain in 1999. **JOHN CASSIDY** is the cofounder of Klutz and a recipient of the Legacy for Children Award. He is also the coauthor of *Paint This Book!* He lives in California.

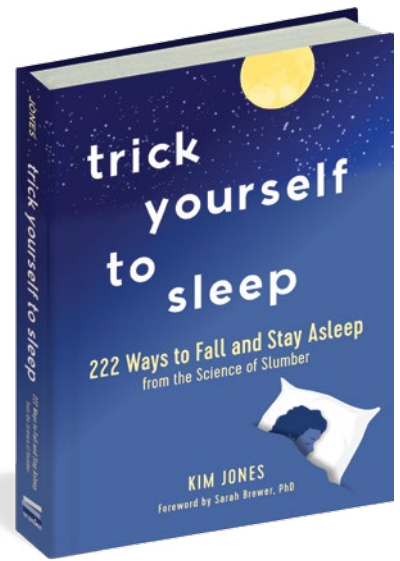
[QuentinBlake.com](http://QuentinBlake.com)

# Trick Yourself to Sleep

222 WAYS TO FALL AND STAY ASLEEP  
FROM THE SCIENCE OF SLUMBER

**Kim Jones**

Foreword by Sarah Brewer, PhD

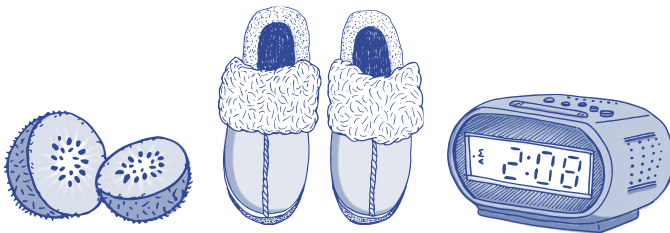


## Discover 222 scientific strategies for better nights—and brighter mornings!

Poor sleep can wreak havoc on our waking lives, leaving us irritable and unwell. But in that moment when staring at the ceiling, counting sheep, worried that sleep may never come . . . what can we do? Packed with simple-to-follow tips and creative tricks for falling and staying asleep, this book is sure to help anyone sleep soundly:

- Cover up clocks (stop stressing over every restless minute)
- Eat two kiwi fruits (their folates and antioxidants aid sleep)
- Stick out your tongue (this releases tension in the jaw)
- Make a list (and then set those to-dos aside until tomorrow)!

“A great book for the sleep-deprived.”—[The Sleep Council](#)



**KIM JONES** is a London-based journalist with over 25 years of experience writing for national newspapers and magazines. She specializes in health and wellness. Kim lives in Cardiff with her partner, their two sons, a cat, and a cocker spaniel.

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

### PAPER OVER BOARDS

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

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

36 line drawings | blue one-color interior

Health & Fitness/Sleep (HEA043000)

**978-1-61519-659-3 | No. 779659**

**SHIPS APRIL**

- ▶ A science-based addition to a hot health topic
- ▶ A small-format book that's right at home on the bedside table, with 36 charming illustrations
- ▶ From *Life Hacks* to *Happiness Hacks*, wellness tips and tricks are on trend!
- ▶ Sleep tips are for everyone: 300 million Americans report at least one sleepless night each month

# My Big WIMMEL BOOKS™

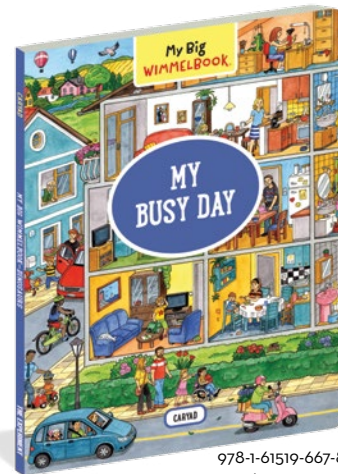


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978-1-61519-690-6  
\$207.20 US | \$271.20 Can.  
Includes 16 assorted wimmelbooks,  
1 bonus display book, and a poster!
- » **More wimmelbooks**, page 25

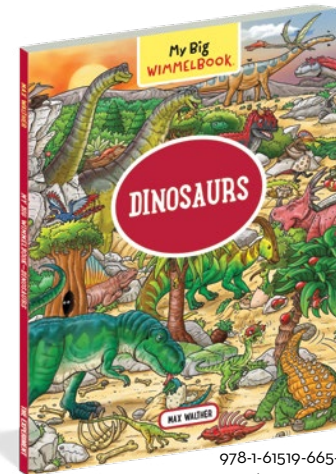
## BOARD BOOKS

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8 7/8 x 11 3/4 | 16 pages  
Rounded corners | 6 full-color  
spreads to explore  
**SHIPS APRIL**

- ▶ Originally from Germany, wimmelbooks are a global phenomenon—millions have been sold worldwide!
- ▶ Look-and-find fun like *Where's Waldo* but for younger children
- ▶ Toddler-proof board books
- ▶ Grows with the reader! Kids love My Big Wimmelbooks™ well into their kindergarten years



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978-1-61519-665-4  
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## Two new wimmelbooks—a day in the life of a kid, and a blast from the Mesozoic past!

Nearly wordless, My Big Wimmelbooks™ encourage children to invent their own stories with vibrant, full-spread illustrations. Little ones will enjoy pointing out what they can find (like a puppy . . . or a *T. rex*!), while older kids can follow the star characters' storylines from page to page as their day unfolds.

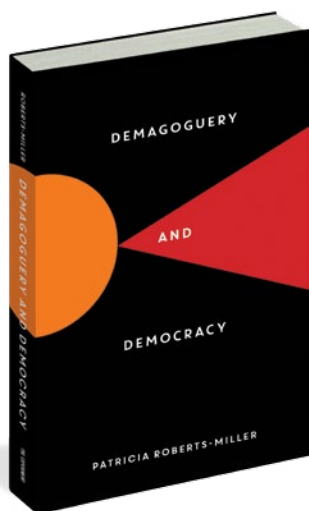
*My Busy Day* invites kids into action-packed daily scenes at school, the park, the mall, and other familiar haunts, while *Dinosaurs* offers an adventurous romp through the Mesozoic Era with an unforgettable cast of creatures. Promising hours of imaginative fun for kids who delight in make-believe, wimmelbooks are a blast—and an excellent introduction to literacy!

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

—*The New York Times Book Review*

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

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



# Demagoguery and Democracy

Patricia Roberts-Miller

**Now in paperback, and more urgent than ever: A clear-eyed guide to demagoguery—and how to defeat it**

Demagoguery is democracy's greatest threat. It erodes rational debate so that intelligent policy-making grinds to a halt. Between today's rising nationalism and ever-more-partisan politics and media, it's essential to understand what demagoguery is (it reduces *right versus wrong* to *us versus them*) . . . and how it ensnares *all* of us.

"An important book . . . It has the potential to make our democracy (and maybe any democracy?) stronger and deliberatively healthier."—*H-Rhetor*

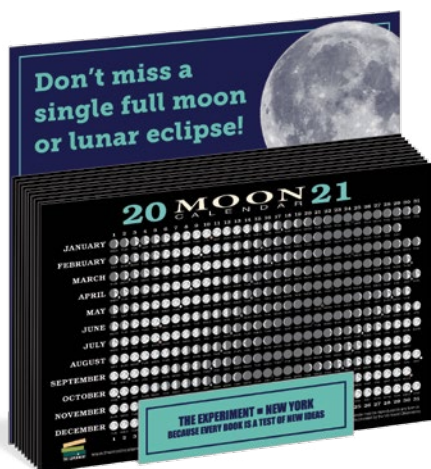
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4 x 6 | 144 pages

Political Science/Political Ideologies/  
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(POL042030)

**978-1-61519-676-0 | No. 779676**  
Previous ed.: 978-1-61519-408-7

**SHIPS MARCH**



# 2021 Moon Calendar Card

Kim Long

**The classic calendar with lifetime sales of more than 500,000 copies!**

Loved by fans since 1982, this appealing calendar combines attractive, photorealistic moons on the front with at-a-glance lunar data on the back. The *Moon Calendar* fits in just about anywhere—especially stores serving educators, science buffs, stargazers, gardeners, or fishers and hunters (who gauge high tides and bright nights by the moon). Kids love it, too!

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**SHIPS JUNE**

# The Sage's Tao Te Ching

ANCIENT ADVICE FOR THE  
SECOND HALF OF LIFE

20th Anniversary Edition

**William Martin**

Illustrated by Hank Tusinski

**Now in a 20th anniversary edition,  
this modern-day classic captures the  
perennial wisdom of the *Tao Te Ching*  
for the sages among us**

Lao Tzu's *Tao Te Ching* is one of the world's most widely read books of wisdom—the cornerstone of Taoism, a pillar of Eastern philosophy, and a reminder to readers of *any* faith-tradition that they can always choose to live with more awareness and compassion.

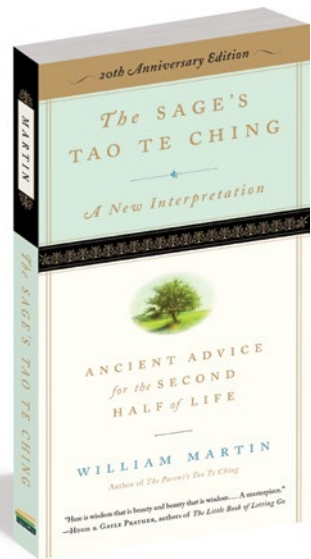
William Martin, who studied and taught the Tao for over forty years, has found that each new decade of life has brought him greater understanding of this ancient “Way of Integrity”—and greater freedom to live out Lao Tzu’s vision of selflessness and giving back to society. In this free-verse interpretation of the *Tao Te Ching*, Martin powerfully captures the complex emotions of growing older, and encourages today’s sages to recognize their worth in a youth-obsessed world that often goes astray.

“A masterpiece . . . Illuminates all the unexplored potentials inherent in the second half of life and eases the mind into each one. Powerful, lyrical, and insightful.”

—HUGH AND GAYLE PRATHER, authors of  
*The Little Book of Letting Go*



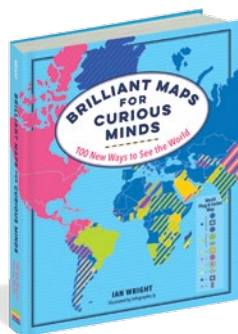
**WILLIAM MARTIN**, a graduate of the University of California, Berkeley, and Western Theological Seminary, has studied the Tao for over forty years. After retiring from teaching tai chi, Zen, and meditation at the Still Point Zen Center in Chico, California, he and his wife Nancy spent their sage years on the road. They are currently settled in the Northern California mountains. Illustrator **HANK TUSINSKI** lives in Tucson, Arizona.



**TRADE PAPERBACK ORIGINAL**  
**\$14.95 US | \$19.95 Can. | World**  
4 1/2 x 8 1/4 | 144 pages  
45 B&W illustrations

Philosophy/Taoist (PHI023000)  
**978-1-61519-643-2 | No. 779643**  
Previous ed.: 978-1-61519-024-9  
**SHIPS MARCH**

- ▶ The *Tao Te Ching* is as timeless as ever—readers continue to flock to its direct translations as well as bestselling “offshoots” such as *The Tao of Pooh* and *The Tao of Physics*
- ▶ An excellent gift for “just-minted” sages and anyone interested in Eastern philosophy
- ▶ The third book in William Martin’s lauded series, following *The Parent’s Tao Te Ching*, which Oprah “gives to all her friends”

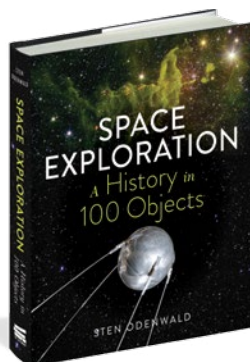


## Brilliant Maps for Curious Minds

Ian Wright

**PAPER OVER BOARDS**  
\$19.95 US | \$25.95 Can. | USC+OM\*  
7 x 9 | 208 pages  
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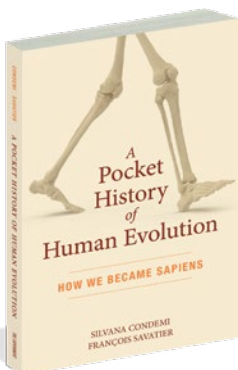


## Space Exploration—A History in 100 Objects

Sten Odenwald  
Foreword by John Mather

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7 3/4 x 9 1/2 | 224 pages | CQ 16  
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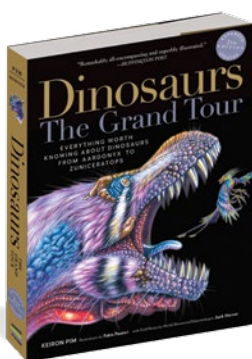


## A Pocket History of Human Evolution

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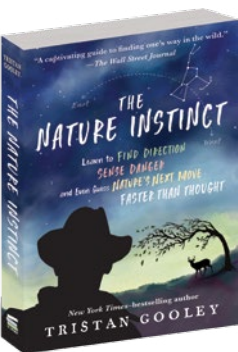


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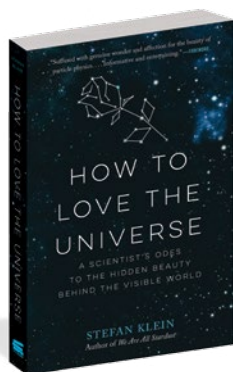


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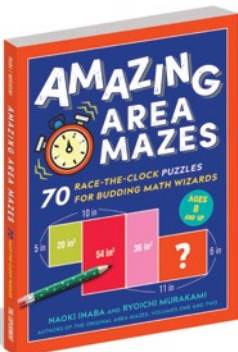


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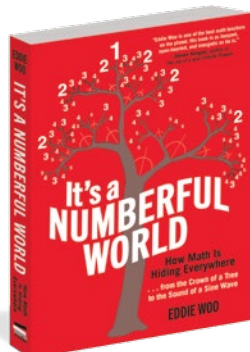


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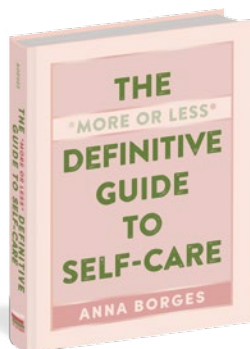
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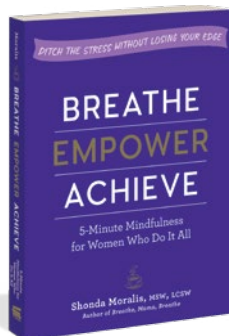


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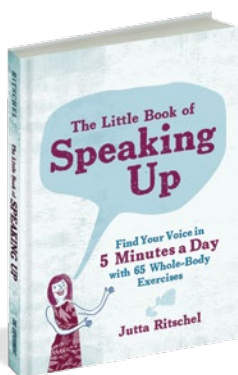


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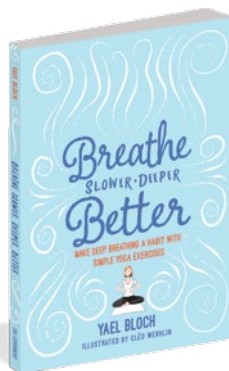


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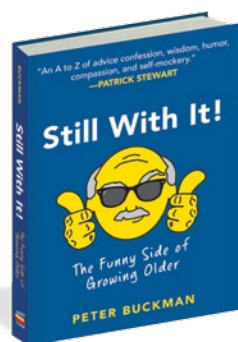
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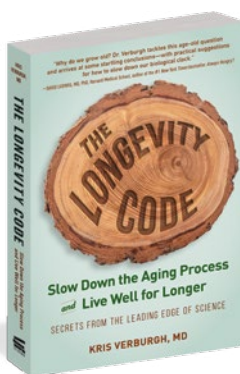


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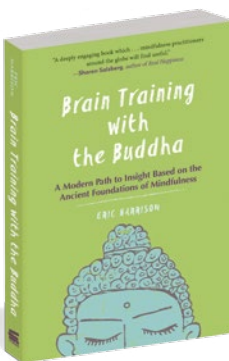


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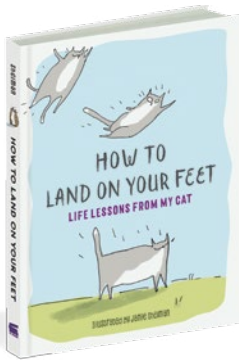


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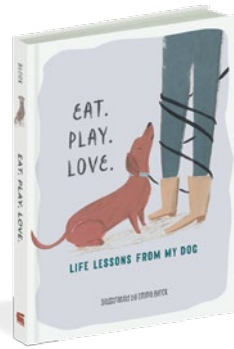
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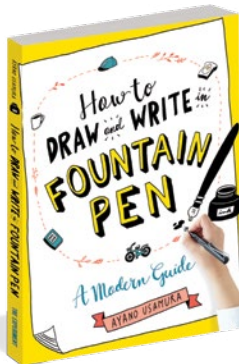
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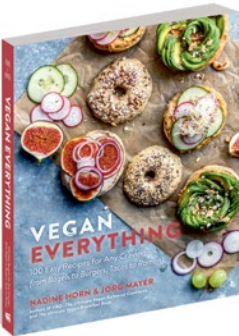


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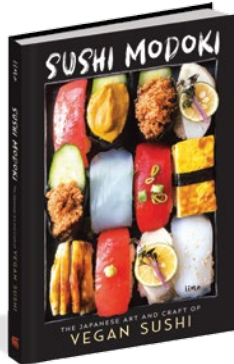
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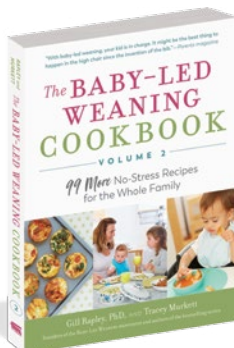
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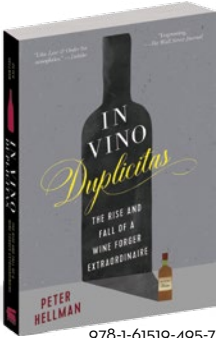
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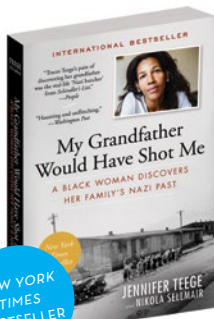
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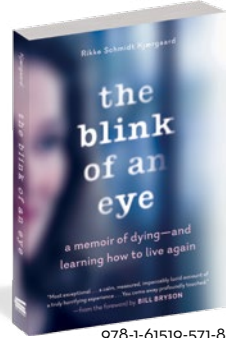


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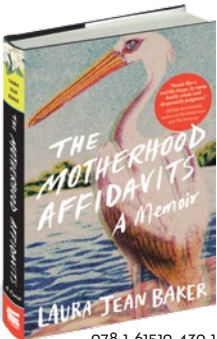
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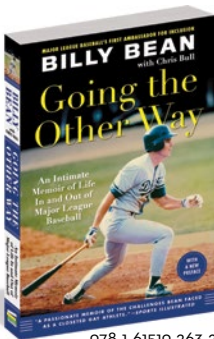
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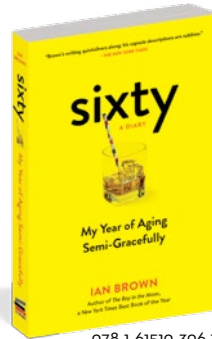
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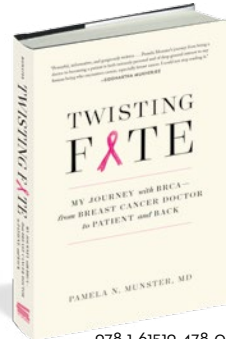
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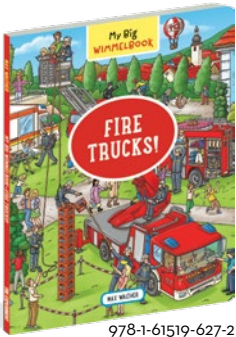
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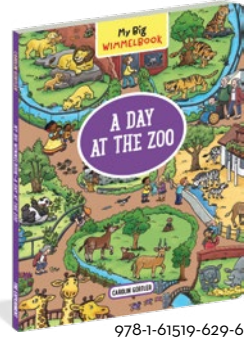
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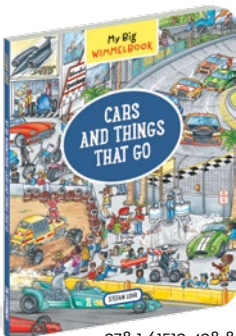
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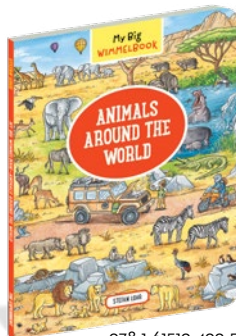
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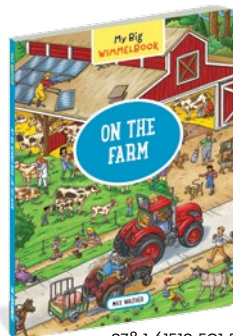
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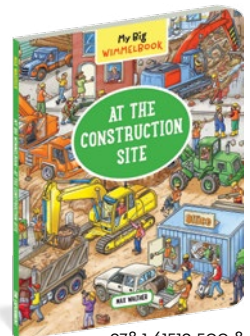
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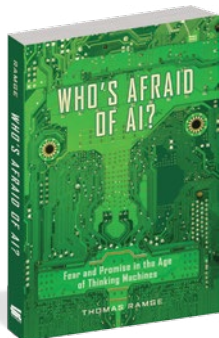
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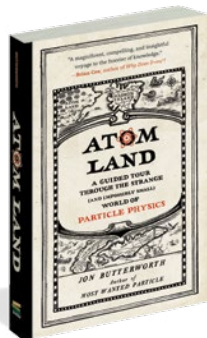
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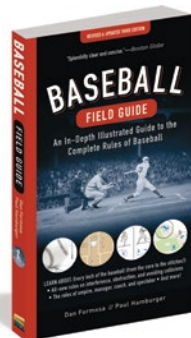
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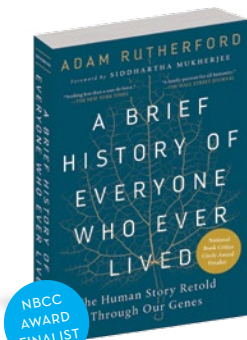
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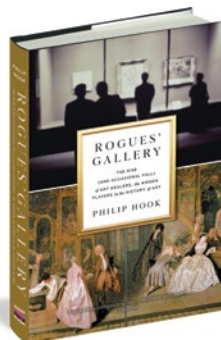


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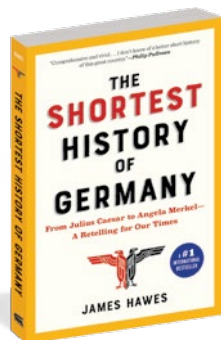


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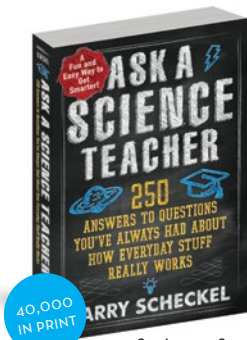
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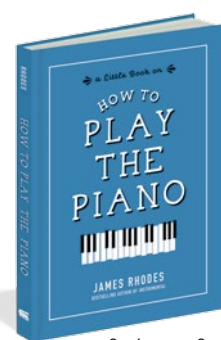


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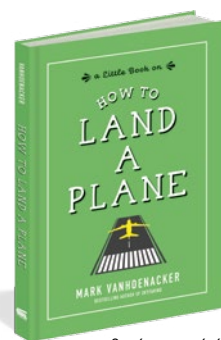


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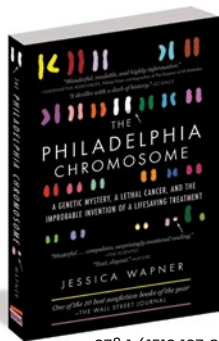
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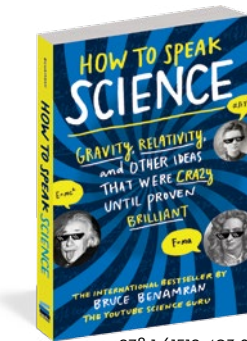
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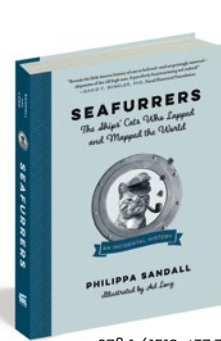
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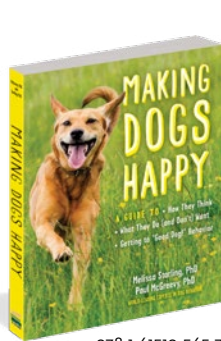
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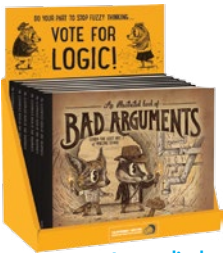
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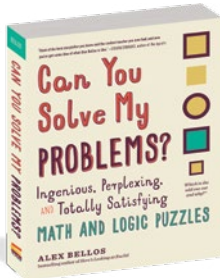


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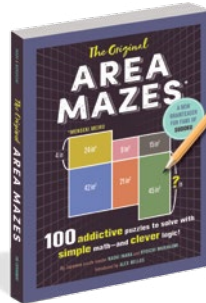


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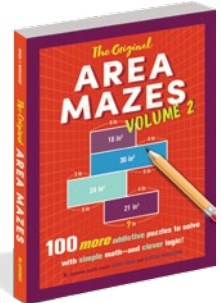
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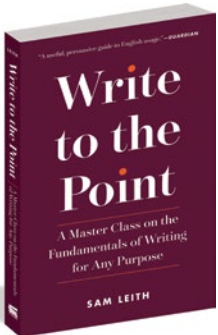
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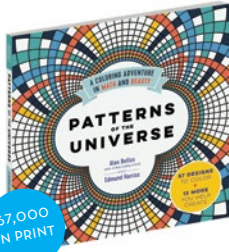
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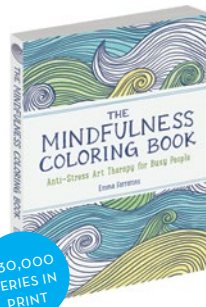


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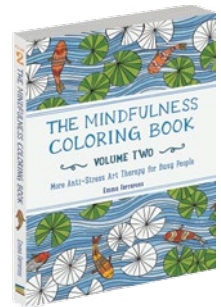
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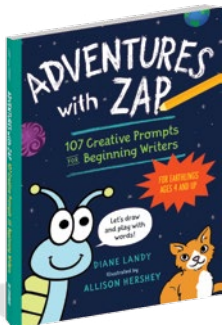


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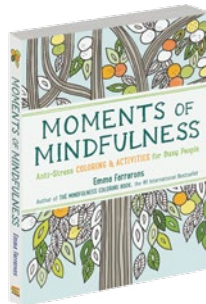
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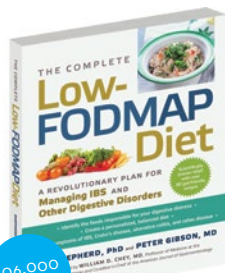
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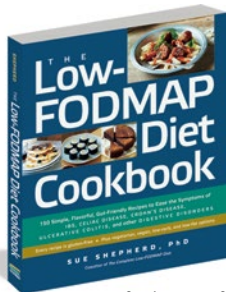


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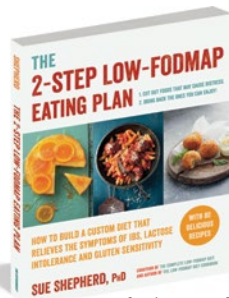


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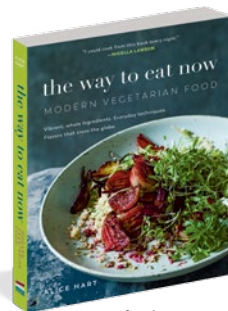
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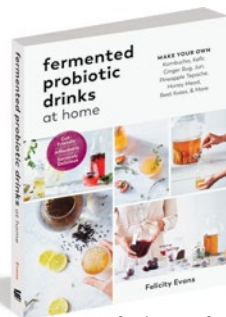
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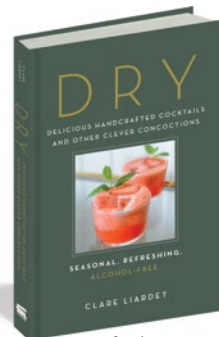
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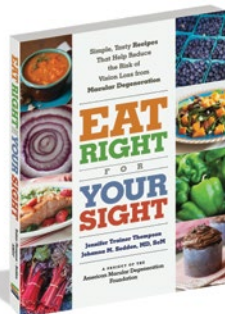
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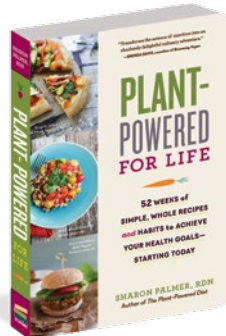
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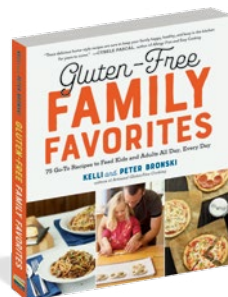
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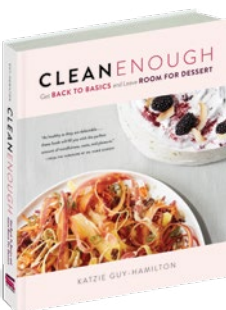


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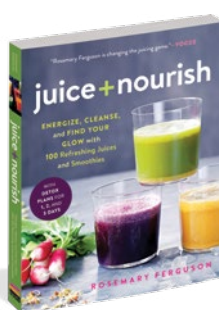
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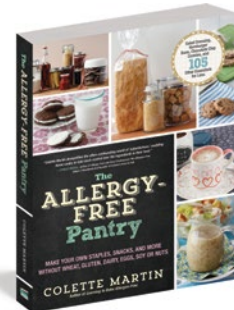
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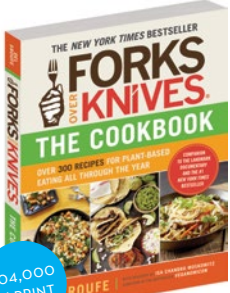
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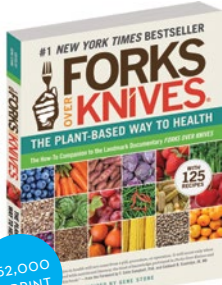


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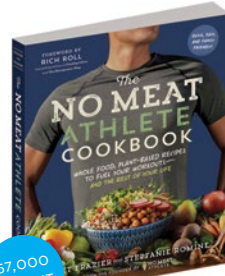
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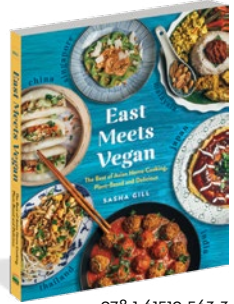
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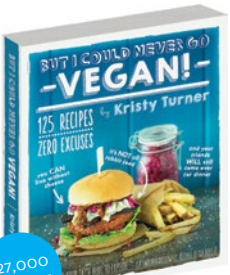


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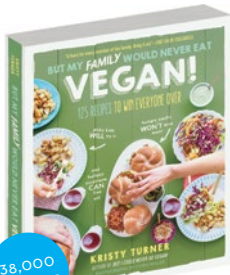


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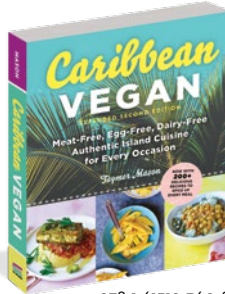
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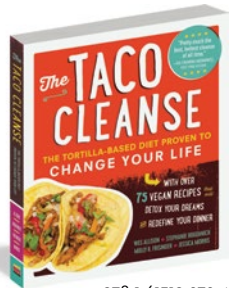


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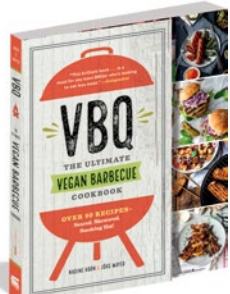
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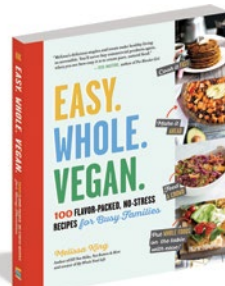
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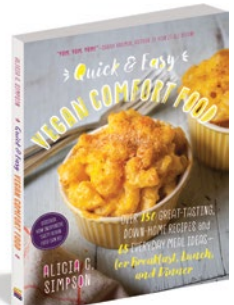
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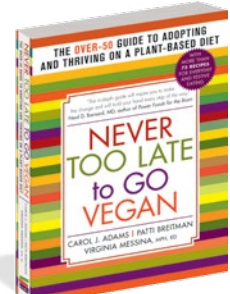
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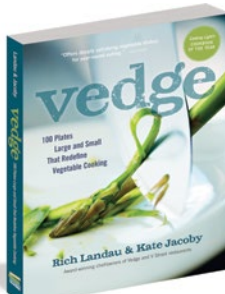
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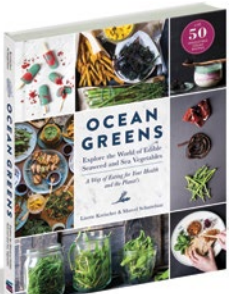
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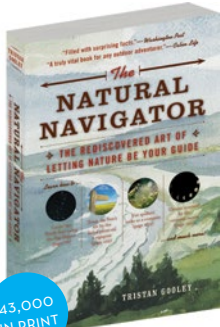
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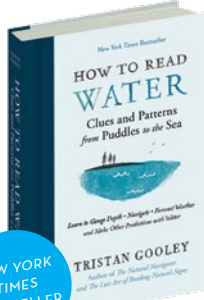
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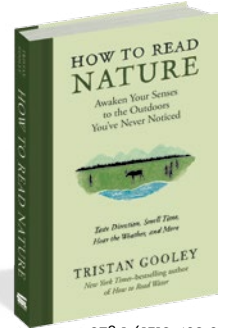
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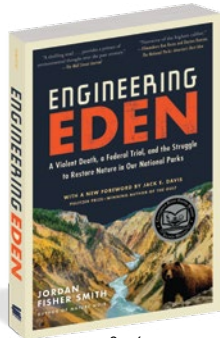


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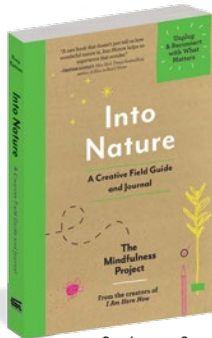
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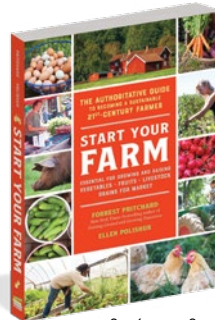
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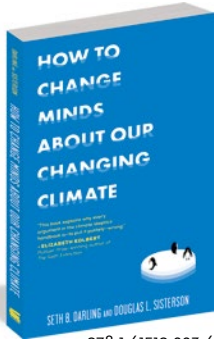
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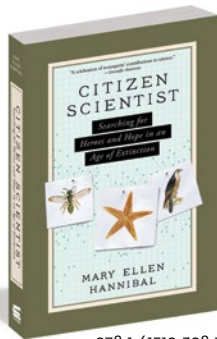
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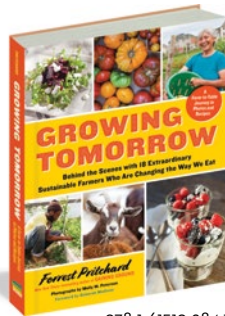
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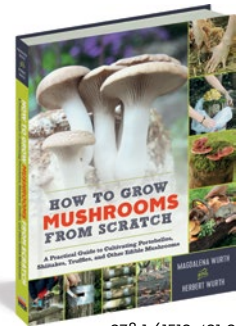
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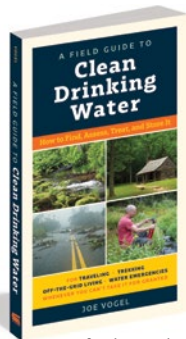
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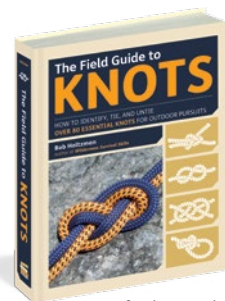
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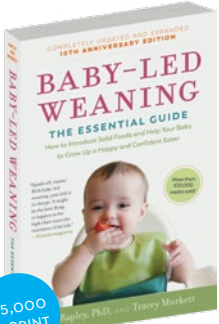


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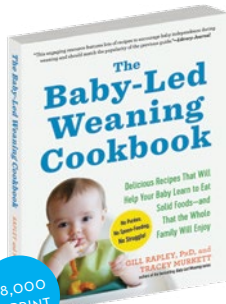
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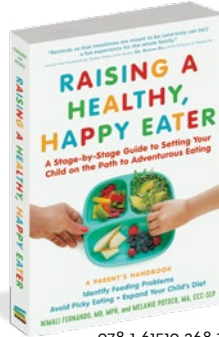
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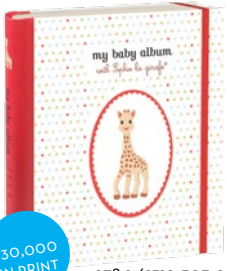
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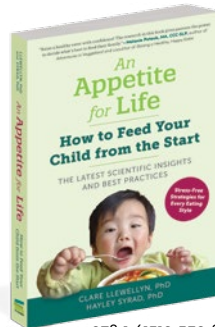
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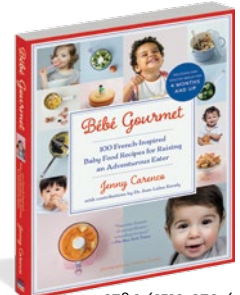


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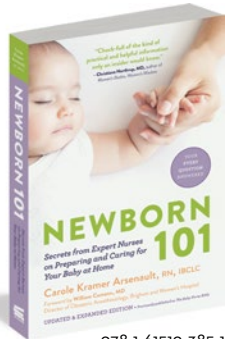
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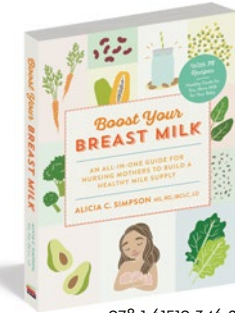
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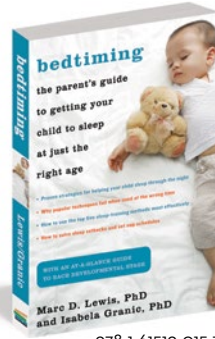
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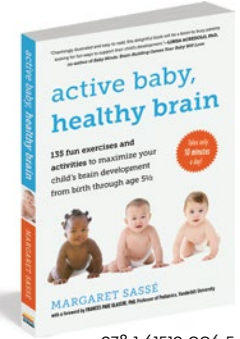
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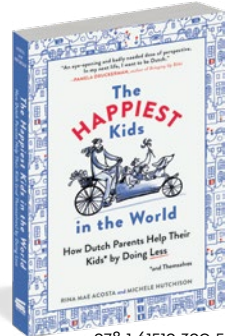
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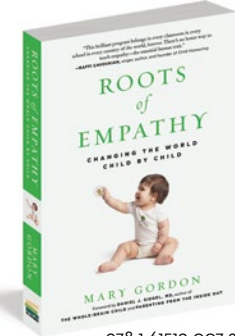
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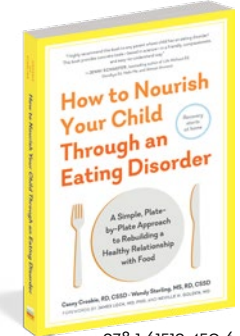
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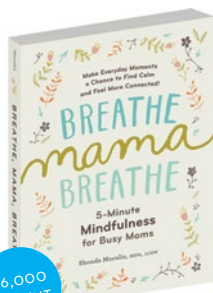
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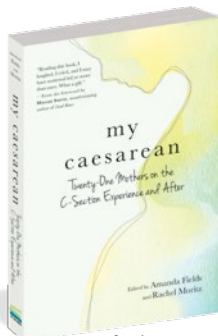


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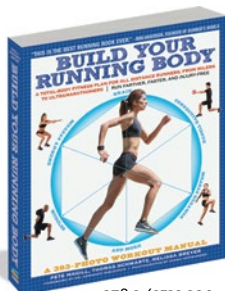


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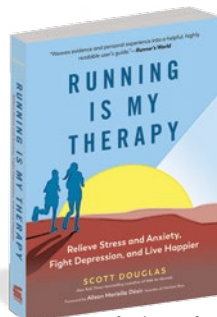
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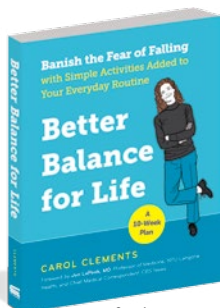
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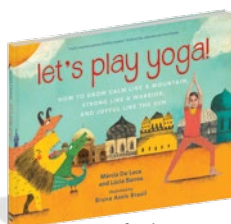
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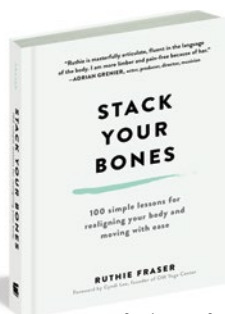
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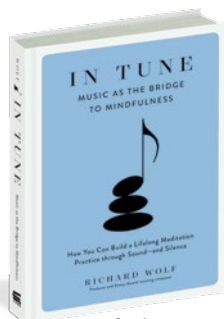
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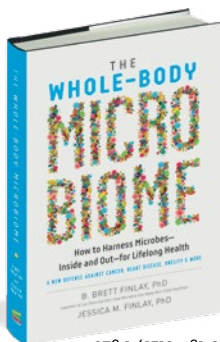
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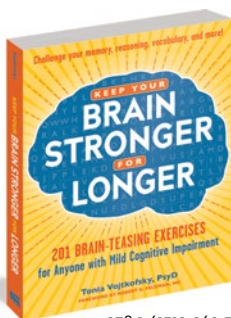
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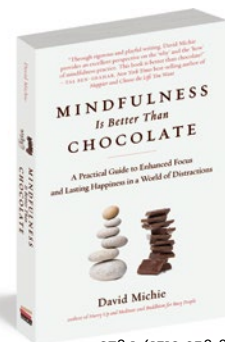
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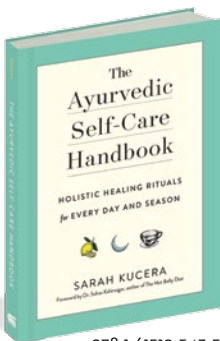
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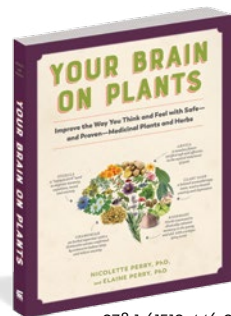
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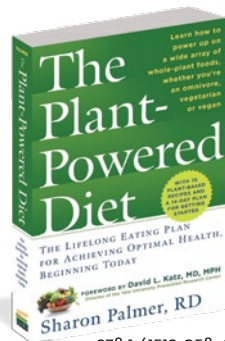
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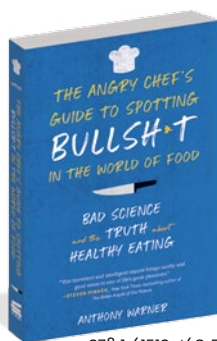
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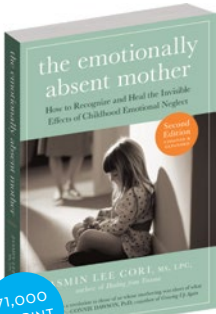
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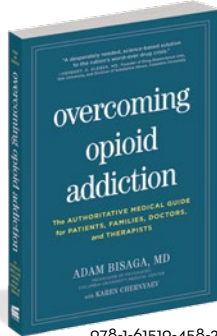


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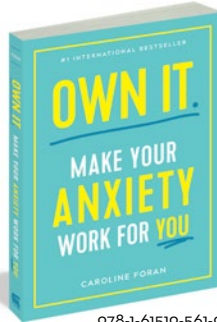


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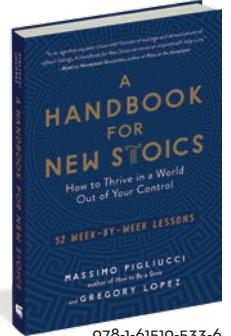
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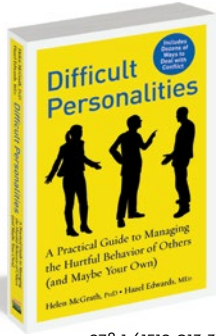
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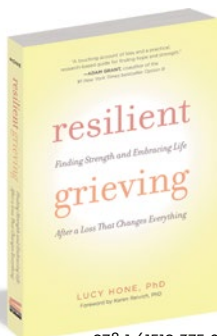
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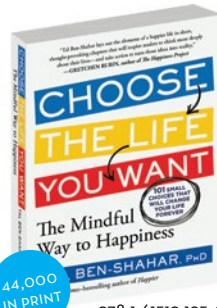
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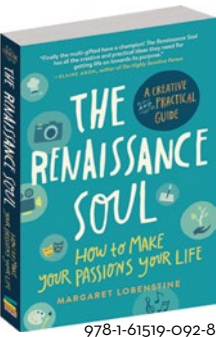


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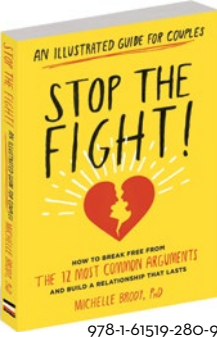
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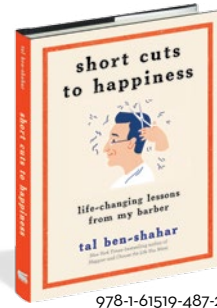
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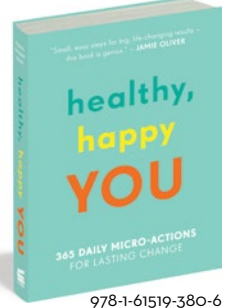
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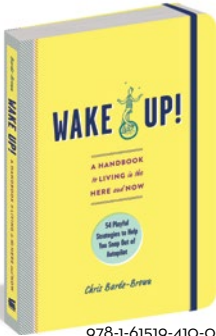
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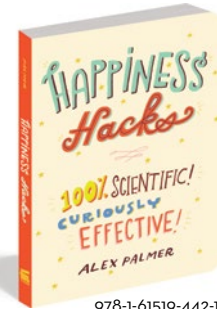
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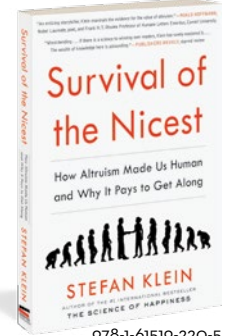
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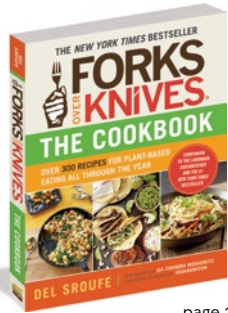
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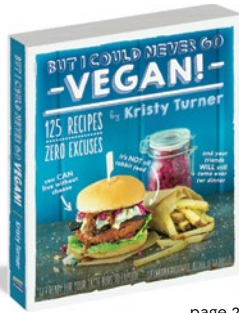

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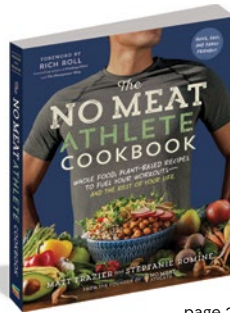
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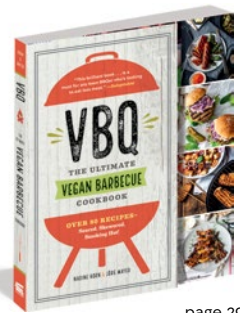
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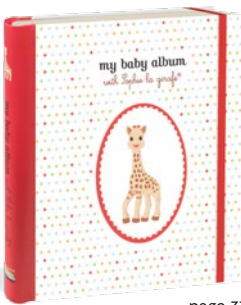
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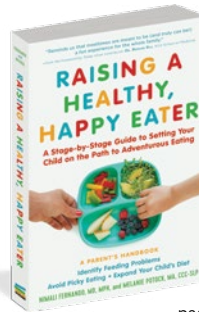
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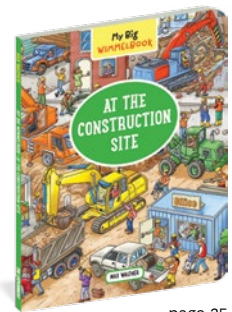
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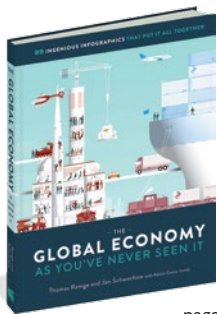
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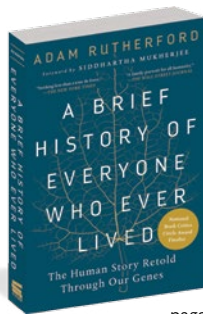
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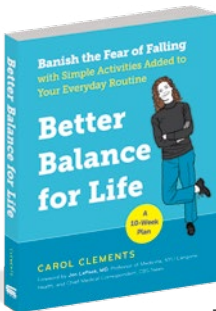
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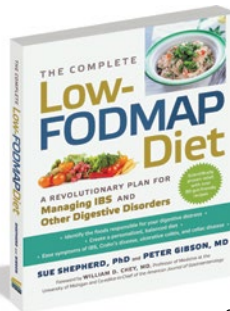
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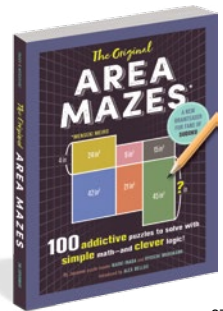
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