



# The EXPERIMENT

*Spring 2021*

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DISTRIBUTED BY WORKMAN PUBLISHING

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BECAUSE EVERY BOOK IS A TEST OF NEW IDEAS

# The Secret World of Weather

HOW TO READ SIGNS IN EVERY CLOUD, BREEZE, HILL, STREET, PLANT, ANIMAL, AND DEWDROP

Tristan Gooley

**A landmark work by New York Times–bestselling author Tristan Gooley reveals the hidden wonders of his most universal subject yet**

Every cloud, every drop in temperature, every sunbeam conveys a secret message . . . if you know what to look for. In *The Secret World of Weather*, groundbreaking natural navigator Tristan Gooley turns his signature brand of close observation to the weather—the ever-shifting alchemy of heat, water, and air.

Gooley goes beyond the forecast to change our very idea of what weather *is*. The weather doesn't just blanket an area; it changes as you walk through the woods or turn down a street. You'll discover distinct microclimates on opposite sides of a tree—and even beneath a blade of grass! By reading the weather, we begin to understand how it shapes our cities, woods, and hills. You'll never see your surroundings the same way again.

“Gooley interprets clues like a private investigator of the wilds. . . . For those inclined to solve mysteries written into the landscape, this author's lead is one they'll want to follow.”—*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 lives in the UK.

[NaturalNavigator.com](http://NaturalNavigator.com)  [NaturalNav](https://twitter.com/NaturalNav)



**PAPER OVER BOARDS**

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

5 1/2 x 8 1/4 | 408 pages

8-page color photo insert | B&W illustrations

Nature/Weather (NAT036000)

**978-1-61519-754-5 | No. 779754  
SHIPS APRIL**

- ▶ Gooley brings his trademark blend of whimsy and knowledge to a new realm of nature
  - ▶ Everyone talks about the weather—with this book, you'll bring expert knowledge to the conversation
  - ▶ A great Father's Day gift for outdoorsy dads
  - ▶ Filled with interesting tidbits: Did you know blackberries grow more segments where the windspeed is faster?
- » **See also** pages 24 and 30



# The Lost Art of Doing Nothing

HOW THE DUTCH UNWIND WITH *NIKSEN*

Maartje Willems and Lona Aalders

## PAPER OVER BOARDS

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

5 1/4 x 7 | 160 pages

Color illustrations throughout

Self-Help/Personal Growth/  
Happiness (SEL016000)

978-1-61519-764-4 | No. 779764  
SHIPS MARCH

## Slow down for self-care with *niksen*, the Dutch secret to rest and relaxation!

Literally doing nothing *sounds* effortless—but in our fast-paced world, it's anything but. Even when staying home to “slow the spread,” we’re more likely to be scrolling through our news feeds than staring out our windows . . . or lying in the grass . . . or listening to music . . . *ahhhhhhh*.

The Dutch have a word for this kind of active rest: *niksen*, which closely translates to “doing nothing.” Where other self-help philosophies push us to do *more*, *niksen* invites us to do *less* and reap the benefits—such as lower stress, better health, and creative inspiration. Beautifully illustrated throughout, *The Lost Art of Doing Nothing* will help readers take more breaks, resist social pressure to be always “busy,” and embrace the slow life!

- ▶ *Niksen* is the next international self-help phenomenon, following *hygge*, *kaizen*, and *ikigai*
- ▶ Self-care for a socially distanced world: Make the most of unstructured time, and relax without leaving home!

- ▶ A gorgeous gift, filled with hand-drawn, color illustrations

- » **6-copy display**  
\$101.70 US | \$131.70 Can.  
978-1-61519-790-3  
No. 779790



**MAARTJE WILLEMS** is a Dutch journalist and writer. **LONA AALDERS**, a photographer and illustrator, sees slow living as her personal religion. Both live in the Netherlands.

[MaartjeWillems.nl](http://MaartjeWillems.nl)  
[Lona-Aalders.com](http://Lona-Aalders.com)



# Good Thinking

WHY FLAWED LOGIC PUTS US  
ALL AT RISK AND HOW CRITICAL  
THINKING CAN SAVE THE WORLD

David Robert Grimes

**Good Thinking is our best defense  
against anti-vaccine paranoia, climate  
denial, and other dire threats of today**

In a world where cries of “fake news” and mistrust of experts often hold sway, we can be misled all too easily. Consider: *Wi-Fi is radiation. Some cancers are caused by radiation. Thus, Wi-Fi causes cancer.* Sound convincing?

In *Good Thinking*, David Robert Grimes helps us identify seductive and destructive bad logic. Take the “fallacy of the undistributed middle”: *The ancient Greek philosophers are dead. Jimi Hendrix is dead. Thus, Jimi Hendrix was a Greek philosopher.* In closing such logical loopholes, Grimes dismantles dangerous conspiracy theories and common misconceptions. (Wi-Fi does not cause cancer, and Hendrix did not jam with Socrates.)

Packed with fascinating characters—from a murderous pope to a superstitious pigeon—*Good Thinking* can help us fight willful ignorance and plain old irrationality in all its forms.

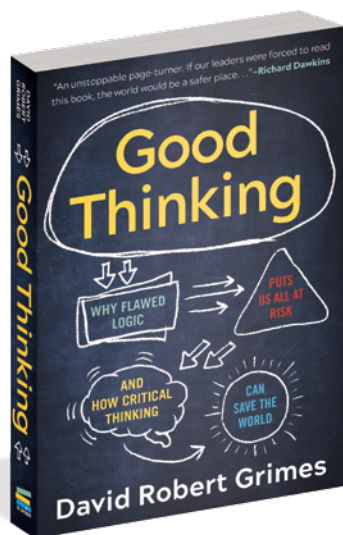
“An unstoppable page-turner. If our leaders were forced to read this book, the world would be a safer place.”

—RICHARD DAWKINS



**DAVID ROBERT GRIMES, PhD**, is a physicist, cancer researcher, and science writer based in Dublin. He is affiliated with the University of Oxford, and he contributes to the BBC, PBS, and *The Guardian*. His work countering conspiracy theories has been covered by *The New York Times*, *Newsweek*, and *Last Week Tonight with John Oliver*.

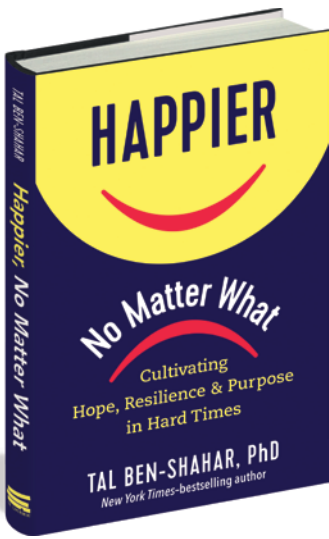
[DavidRobertGrimes.com](http://DavidRobertGrimes.com)



TRADE PAPERBACK ORIGINAL  
\$15.95 US | \$21.00 Can. | USC+OM\*  
5 1/2 x 8 | 400 pages

Philosophy/Logic (PHI101000)  
978-1-61519-793-4 | No. 779793  
SHIPS MARCH

- ▶ At a time when 1 in 3 Americans believes in a conspiracy about the novel coronavirus, critical thinking is urgently needed
- ▶ For readers of the cognitive-science bestseller *The Art of Thinking Clearly*, a fresh take based in logic
- ▶ Grimes—a physicist, researcher, and science writer—has years of experience going head-to-head with bad thinking
- » See also *An Illustrated Book of Bad Arguments*, page 32

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

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

Self-Help/Personal Growth/  
Happiness (SEL016000)**978-1-61519-791-0 | No. 779791****SHIPS APRIL**

- ▶ Essential insights for a time when finding happiness is tougher than ever
- ▶ Ben-Shahar's previous books have over 200,000 copies in print
- ▶ Research-based strategies to boost happiness
- » **See also** *Choose the Life You Want* and *Short Cuts to Happiness*, page 37

# Happier, No Matter What

CULTIVATING HOPE, RESILIENCE,  
AND PURPOSE IN HARD TIMES

**Tal Ben-Shahar, PhD**

## A *New York Times*–bestselling author's timely guide to happiness in adversity

When the world is upside down and the future uncertain, is it possible to find happiness? Happiness expert Tal Ben-Shahar unequivocally says yes! In *Happier, No Matter What*, he gives readers a toolbox for finding hope and purpose—the SPIRE method. This nuanced approach has five key realms:

- Spiritual: Are we living mindfully?
- Physical: Do we take care of our bodies?
- Intellectual: Are we challenged and curious?
- Relational: Do we nurture connections that nurture us?
- Emotional: Are our feelings both honored and balanced?

By assessing each area, we gain insight into our “baseline happiness”—and about how to build the resilience necessary to weather all of life's ups and downs, no matter what.

“With his customary insight, Tal Ben-Shahar lays out the elements to a happier life.”

—GRETCHEN RUBIN, on *Choose the Life You Want*



**TAL BEN-SHAHAR, PhD**, has written six books, including the *New York Times* bestseller *Happier* and his latest, *Short Cuts to Happiness*. He holds a BA and PhD from Harvard, has formerly taught at Harvard, and now teaches at Columbia. His new online course, Wholebeing Happiness, is based in the SPIRE method. He lives in New Jersey.

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

# What to Do with Everything You Own to Leave the Legacy You Want

Marni Jameson

**A book to encourage, inspire, and guide you through turning your material assets into a meaningful legacy**

Getting your affairs in order doesn't *sound* like fun . . . but with bestselling author Marni Jameson as your guide, you might be surprised. In helping readers leave behind a blessing rather than a burden, Jameson focuses on what's important: taking care of loved ones and causes dear to you—and making a thoughtful plan instead of a mess. Whether you are in the prime of life or your later years; are single or married; have kids or not; are well-off or just getting by, *What to Do with Everything* can help you:

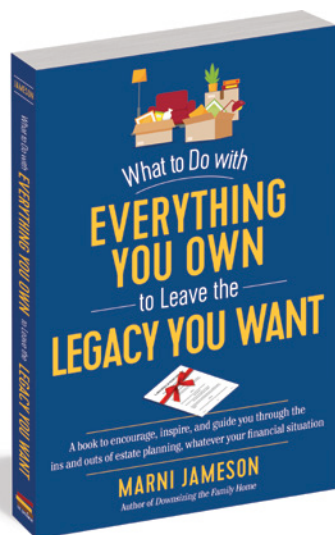
- Identify what kind of legacy you want to leave
- Understand wills, trusts, and other agreements
- Head off potential family conflict
- Decide which possessions to donate, sell, or auction.

As Jameson helps you shape your legacy, you'll enjoy peace of mind, comfort, and even a few laughs. And you'll rest assured: It's not so much *what* you leave but *how* you leave it that matters.



**MARNI JAMESON** is the author of five bestselling books, including *Downsizing the Family Home* and *Downsizing the Blended Home*. Her syndicated column, *At Home with Marni Jameson*, appears weekly in more than twenty newspapers nationwide. A mom and stepmom to five grown children, she lives in Florida with her husband and three dogs.

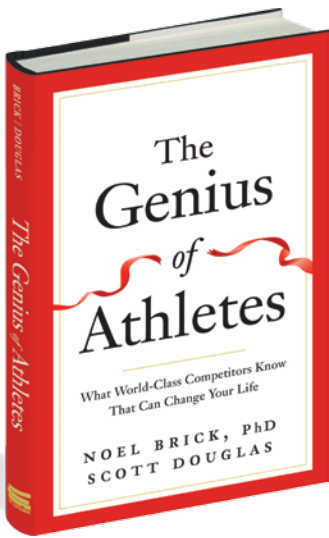
[MarniJameson.com](http://MarniJameson.com)



**TRADE PAPERBACK ORIGINAL**  
\$16.95 US | \$21.95 Can. | World  
5 1/4 x 8 | 272 pages

Self-Help/Aging (SEL005000)  
978-1-61519-786-6 | No. 779786  
**SHIPS MARCH**

- ▶ By the author of the bestselling *Downsizing* series (more than 125,000 books in print)
- ▶ Jameson's down-to-earth, humorous voice makes this tough subject more approachable than ever
- ▶ Estate planning can offer readers and their loved ones peace of mind—especially in the time of COVID-19
- ▶ Jameson's DIY approach helps readers prepare *before* sitting down with an attorney—saving time and money!



# The Genius of Athletes

WHAT WORLD-CLASS COMPETITORS  
KNOW THAT CAN CHANGE YOUR LIFE

Noel Brick, PhD, and Scott Douglas

## HARDCOVER

\$24.95 US | \$32.95 Can. | World  
5 1/2 x 8 1/2 | 288 pages

Self-Help/Personal Growth/Success  
(SELO27000)

978-1-61519-641-8 | No. 779641  
SHIPS MARCH

- ▶ For go-getters of all kinds: proven methods from sports psychology, backed by research
- ▶ Interviews with champion marathoner Meb Keflezighi, rower Brianna Stubbs, and more luminaries
- ▶ Popularizes the unique outlook of elite athletes, just as *Make Your Bed* did for Navy SEALs
- ▶ In time for the planned 2021 Summer Olympics
- » See also *Running Is My Therapy*, page 35

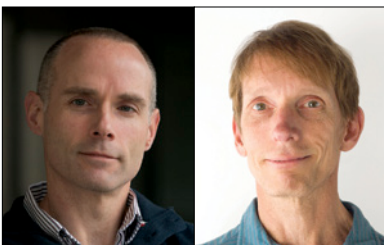
## Elite endurance athletes share their life-changing cognitive strategies for success in any big endeavor

Along the path to any goal—completing a marathon or a thesis paper, winning a medal or a contract—familiar mental hurdles arise: We may fixate on the odds of failure or find our interest flags two thirds of the way through. That's when elite endurance athletes—top performers in running, cycling, and swimming—turn to their rich arsenal of cognitive strategies to overcome self-doubt and unlock peak performance.

*The Genius of Athletes* combines cutting-edge science with illustrative interviews to show how we, too, can find success in any realm with proven methods from sports psychology:

- setting process goals
- breaking tasks into smaller objectives
- if-then planning, and more techniques.

Taking pointers from athletes like Olympian Meb Keflezighi? That's sure to be a winning strategy.



**NOEL BRICK, PhD**, researches the psychology of endurance at Ulster University. He has completed more than 30 marathons and lives in Ireland. **SCOTT DOUGLAS**, a contributing writer for *Runner's World*, has authored or coauthored several books. He lives in Maine.

# Blue

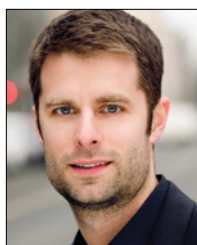
IN SEARCH OF NATURE'S RAREST COLOR

Kai Kupferschmidt

**A globe-trotting quest to find blue in the natural world—and to understand our collective obsession with this bewitching color**

Blue is a rare color—natural blue, that is. From morpho butterflies in the rain forest to the blue jay flitting past your window, vanishingly few living things are blue—and most that *appear* so are doing sleight of hand with physics or complex chemistry. Flowers modify the red pigment anthocyanin to achieve their blue hue. Even the blue sky above us is a trick of the light.

Yet this hard-to-spot accent color in our surroundings looms large in our affections. Science journalist Kai Kupferschmidt has been fascinated by blue since childhood. His quest to find and understand his favorite color and its hallowed place in our culture takes him to a gene-splicing laboratory in Japan, a volcanic lake in Oregon, and to Brandenburg, Germany—home of the last Spix's macaws. From deep underground where blue minerals grow into crystals to miles away in space where satellites gaze down at our “blue marble” planet, wherever we *do* find blue, it always has a story to tell.



**KAI KUPFERSCHMIDT** studied molecular biomedicine and works as a science writer. He contributes to *Science* as well as the German newspapers *Frankfurter Allgemeine Zeitung* and *Die Zeit*. When not doing those things, he is usually thinking about the color blue. He lives in Berlin.

[KaiKupferschmidt.de](http://KaiKupferschmidt.de)  [kakape](https://twitter.com/kakape)



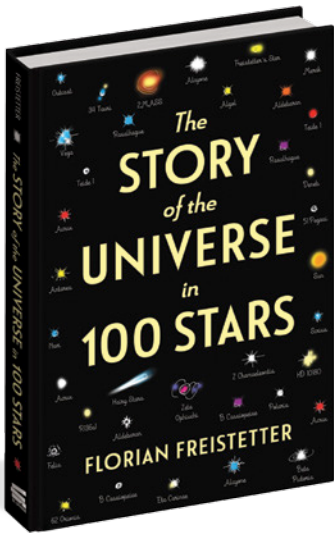
**HARDCOVER**

**\$24.95 US | \$32.95 Can. | World**  
5 1/4 x 8 1/4 | 224 pages  
Blue-edged pages | 50 color  
illustrations

Science/Physics/Optics & Light  
(SC1053000)  
**978-1-61519-752-1 | No. 779752**  
**SHIPS APRIL**

- ▶ The world's favorite color: A recent YouGov survey reveals that blue is the most popular pick across countries and continents
- ▶ A science-filled adventure story that blends biology, physics, and chemistry
- ▶ Explores blue's outside historical impact on our culture, language, fashion, and art
- ▶ From a rising science writer whose coverage of COVID-19 earned international attention





# The Story of the Universe in 100 Stars

Florian Freistetter

## PAPER OVER BOARDS

\$19.95 US | \$25.95 Can. | USC+OM\*  
5 1/2 x 8 1/4 | 264 pages  
8-page color photo insert

Science/Cosmology (SC1015000)  
978-1-61519-736-1 | No. 779736  
SHIPS APRIL

See the universe like never before, through brief portraits of 100 stars with incredible stories and science to share

The story of the universe is also a story about humans—from mythology to science fiction, the star of Bethlehem to the Gaia space mission. Astronomer Florian Freistetter explores it all in *The Story of the Universe in 100 Stars*. His handpicked group of celestial bodies are the guests you'd want most at a "dinner with the stars"! Short, easy-to-read chapters introduce:

- ▶ Out of *all* the stars in the universe—an estimated 1,000,000,000,000,000,000,000—here are 100 standouts
- ▶ Bite-size science perfect for fans of *Astrophysics for People in a Hurry*
- ▶ Read about key scientific concepts, landmark moments in the history of astronomy, and famous astronomers

- stellar explosion GRB 080319B, the farthest object ever observed with the naked eye
- Algol, called the "Demon Star" for its mysterious blinking
- Delta Cephei, whose clocklike changes helped astronomer Henrietta Swan Leavitt measure the universe, and more shining personalities!

Freistetter reveals what stars can tell us about the extinction of the dinosaurs and the search for extraterrestrial life, as he explores how stars influence our culture and thinking. So sit back, relax, and enjoy your journey through the cosmos.



**FLORIAN FREISTETTER, PhD**, is a freelance science journalist and the author of several popular-science books on astronomy. Freistetter has published more than five thousand articles on his blog, *Astrodicticum Simplex*, which is one of the most-read German-language science blogs. He lives in Germany.

[Florian-Freistetter.de](http://Florian-Freistetter.de)  [astrodicticum](https://twitter.com/astrodicticum)

# Empire of Ants

THE HIDDEN WORLD AND EXTRAORDINARY LIVES OF EARTH'S TINY CONQUERORS

Susanne Foitzik and Olaf Fritsche

## A world-leading ant researcher's magisterial tour of ants' superhuman, six-legged civilization

Beneath our feet, a fascinating drama unfolds: Ants are waging war and staging rebellions, growing fungi as crops and raising aphids as livestock, making vaccines and, generally, living lives that—up close—look surprisingly human.

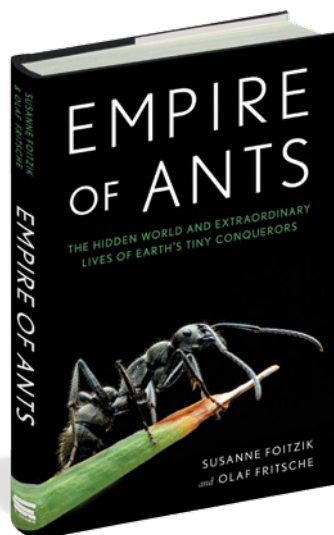
Evolutionary biologist Susanne Foitzik and biophysicist Olaf Fritsche reveal all in *Empire of Ants*, inviting readers to live alongside the workers, soldiers, and conquerors of the insect world—and the researchers who study them. (How do we observe the behavior of ants just a few millimeters in size—or monitor activity in a brain as small as the tip of a needle?)

Ants' global dominance (there are 10 quadrillion ants worldwide) and supreme staying power (they have existed since the dinosaurs) give a sense of scale to our own empire-building and destroying. *Empire of Ants* may leave its human readers asking: Who *really* runs the world?



**SUSANNE FOITZIK, PhD**, is an evolutionary biologist, behavioral scientist, and international authority on ants. She holds a chair at Johannes Gutenberg University of Mainz in Germany.

**OLAF FRITSCHÉ, PhD**, is a science journalist and biophysicist. He lives in Germany.



### HARDCOVER

\$27.95 US | \$36.50 Can. | World

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

64 color photographs and illustrations

Nature/Animals/Insects & Spiders  
(NAT017000)

978-1-61519-712-5 | No. 779712

SHIPS MARCH

- ▶ For fans of E. O. Wilson hungry for the latest scientific discoveries in the ant world
- ▶ Filled with color photos and watercolor illustrations
- ▶ Action-packed narration captures the drama of ant life
- ▶ Readers will travel the world with Foitzik as she studies ants on five continents
- ▶ There are a million ants on Earth for every one human



# Bringing Up Bookmonsters

THE JOYFUL WAY TO TURN YOUR CHILD INTO A FEARLESS, RAVENOUS READER

**Amber Ankowski, PhD  
and Andy Ankowski**

**TRADE PAPERBACK ORIGINAL**  
\$16.95 US | \$21.95 Can. | World  
6 x 8 | 272 pages  
Two-color interior | 7 illustrations

Family & Relationships/Education  
(FAM016000)  
978-1-61519-586-2 | No. 779586  
**SHIPS APRIL**

- ▶ Strategies for kids ages 0 to 8 will suit both get-ahead parents and those seeking help with “reluctant” readers
- ▶ Full of opportunities for at-home learning to make up for disruptions to the school year
- ▶ From a developmental psychologist and a professional writer: science-based, delightfully humorous advice
- ▶ With adorable illustrations of “bookmonsters”

## A playful guide to raising kids who love reading—perfect for parents trying to fill educational gaps at home

How can you turn your distracted, plugged-in child into a voracious reader eager to devour every book in sight? By speaking to their inner bookmonster, of course! In *Bringing Up Bookmonsters*, wife-and-husband team Amber and Andy Ankowski suggest fun strategies rooted in developmental psychology—absolutely *no* flashcards or timers required.

- Talk to your baby bookmonster: Narrate your actions as you do chores and have babble “conversations.” A love of reading starts at birth with a love of language!
- Build a bookmonster habitat: Keep books in the toy box and alphabet magnets on the fridge.
- Turn storytime into playtime: Try making mistakes your bookmonster will catch. (“Let’s read *The Dog in the Hat!*”)

From playing literacy-building games in the car to filling your home library to adapting screen time, raising your bookmonster can be a whole lot of ferocious fun!



**AMBER ANKOWSKI, PhD**, a developmental psychologist, has been published in *Child Development Research*, *Infant and Child Development*, and other journals. She teaches at UCLA. **ANDY ANKOWSKI** is an award-winning copywriter and creative director. They live in Los Angeles with their three kids.

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

# How We Do Family

FROM ADOPTION TO TRANS PREGNANCY,  
WHAT WE LEARNED ABOUT LOVE  
AND LGBTQ PARENTHOOD

Trystan Reese

## An LGBTQ family's inspiring story of building a loving home, with lessons all families can use

When Trystan Reese was just a year into his relationship with Biff (now his husband), the couple learned that Biff's niece and nephew were about to be removed from their home by Child Protective Services. Trystan and Biff immediately took in one-year-old Hailey and three-year-old Lucas, becoming caregivers overnight to two tiny survivors of abuse and neglect.

From this surprising start, Trystan and Biff built a loving marriage and happy home—learning to parent on the fly. They adopted Hailey and Lucas and soon decided to grow their family biologically with a child that Trystan, who is transgender, would carry. Trystan's groundbreaking pregnancy attracted media fanfare, and the family welcomed baby Leo in 2017.

In *How We Do Family*, Trystan shares their unique story and what he's learned about being the best parent, partner, and person he can be. Through crisis, adoption, pregnancy—and all the usual challenges of parenting—Trystan shows that what's more important than getting things right is doing them with love.



**TRYSTAN REESE** was launched into the public eye as “the pregnant man” in 2017, when his family's unique story gained national attention from CNN, NBC, BuzzFeed, and *People*. The founder of Collaborate Consulting, Trystan is an established thought leader, educator, speaker, and transgender activist. He lives in Portland, Oregon.

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



### HARDCOVER

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

5 1/2 x 8 1/2 | 264 pages

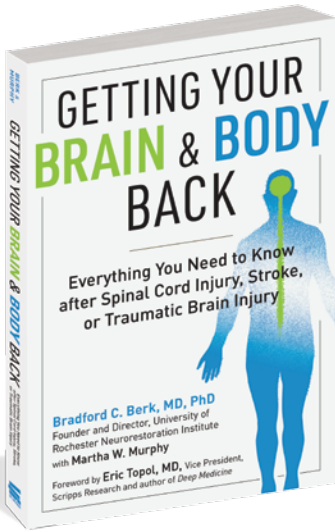
8-page color photo insert

Biography & Autobiography/LGBT  
(BIO031000)

**978-1-61519-756-9 | No. 779756**

**SHIPS MAY**

- ▶ A unique memoir of raising a modern family, with universal insights on parenting
- ▶ A resource for the 77 percent of LGBTQ millennials who either have children or are considering—but do not see their lives reflected in most advice books
- ▶ With tips on classic parenting topics *and* current issues, from tough love to anti-racism
- ▶ Publishes in time for Pride Month



# Getting Your Brain and Body Back

EVERYTHING YOU NEED TO KNOW  
AFTER SPINAL CORD INJURY, STROKE,  
OR TRAUMATIC BRAIN INJURY

**Bradford C. Berk, MD, PhD**  
with **Martha W. Murphy**  
Foreword by **Eric Topol, MD**

**A comprehensive guide to neurological recovery by a doctor and spinal cord-injury survivor**

**TRADE PAPERBACK ORIGINAL**  
**\$19.95 US | \$25.95 Can. | World**  
6 x 9 | 312 pages  
Two-color interior

Health & Fitness/Diseases/Nervous System (incl. Brain) (HEAO39110)  
**978-1-61519-695-1 | No. 779695**  
**SHIPS APRIL**

- ▶ The only book on the market that covers all three types of acute neurological injury
- ▶ 800,000 people survive stroke and 300,000 deal with spinal cord injury each year; 5.3 million Americans live with traumatic brain injury
- ▶ Contains the latest information on medical advances and on-the-horizon therapies

On Memorial Day in 2009, Dr. Bradford Berk injured his spinal cord in a cycling accident and was left permanently paralyzed. But his recovery progressed far beyond doctors' expectations, and it continues to this day. Now, as founder and director of the University of Rochester Neurorestoration Institute, Dr. Berk is on a mission to help others with acute neurological injuries (ANI)—namely spinal cord injury, stroke, and traumatic brain injury.

ANI can affect the whole body—from brain to heart to bladder. In *Getting Your Brain and Body Back*, Dr. Berk covers each system, offering up-to-date guidance on recovery, treatment, and daily living. Survivors and families will learn how to prevent common problems, find (and pay for) life-changing rehab, ward off depression, return to work, and much more. By sharing candid advice from his own experience, plus insights from the brightest minds in the field, Dr. Berk helps others get back to life.



**BRADFORD C. BERK, MD, PhD**, is a professor at the University of Rochester and the founder and director of the University of Rochester Neurorestoration Institute. He lives in New York.

**MARTHA W. MURPHY** is an award-winning writer and health care communications professional. **ERIC TOPOL, MD**, is executive vice president of Scripps Research and author of *Deep Medicine*.



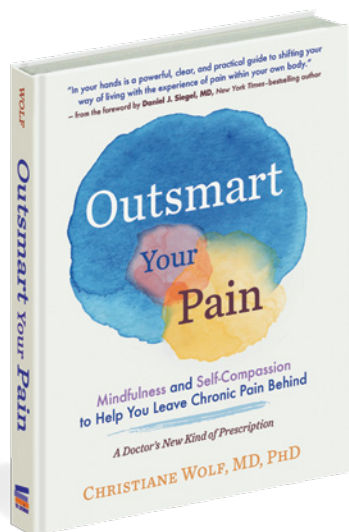
# Outsmart Your Pain

MINDFULNESS AND SELF-COMPASSION TO  
HELP YOU LEAVE CHRONIC PAIN BEHIND

A Doctor's New Kind of Prescription

**Christiane Wolf, MD, PhD**

Foreword by Daniel J. Siegel, MD



## Radically clear, evidence-based mental strategies to relieve chronic pain

Pain can be overwhelming. We tend to lump everything related to it—stressful thoughts, negative emotions, distracting sensations—into one big, unwieldy box that we struggle to carry all day. But what if we could put down this box, unpack it, and tackle the contents one by one? *Outsmart Your Pain* is Dr. Christiane Wolf's transformative guide to finding relief with mindfulness. Easy, guided meditations reinforce each helpful strategy, including:

- rewriting the “pain story” you tell yourself
- practicing loving acceptance of your body as it is
- mindfully working through negative emotions
- strengthening your inner and outer support systems.

By changing our brains little by little, day by day, we can leave behind the burden of our pain—and once we do, we'll live fuller, freer, and more joyful lives.

“A powerful, clear, and practical guide to shifting your way of living.”—*from the foreword*



**CHRISTIANE WOLF, MD, PhD**, is an internationally known, certified mindfulness-based stress reduction (MBSR) trainer and director of the VA's national mindfulness training program for clinicians. Dr. Wolf lives in Los Angeles with her husband and their three children.

**DANIEL J. SIEGEL, MD**, is a *New York Times*–bestselling author.

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

### PAPER OVER BOARDS

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

5 1/2 x 7 | 256 pages

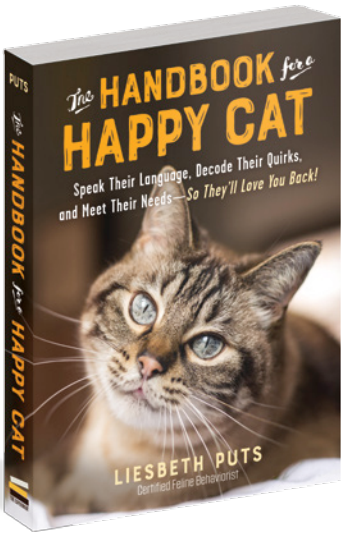
Ribbon | Two-color interior | 15 line drawings

Health & Fitness/Pain Management  
(HEA036000)

**978-1-61519-721-7 | No. 779721**

**SHIPS APRIL**

- ▶ Supported by a growing body of research, mindfulness-based approaches are a natural alternative to pain medication
- ▶ 15 simple, quick practices for pain sufferers, plus guided audio meditations that readers can download
- ▶ This charmingly designed book makes pain relief a gift you give yourself
- ▶ By the coauthor of *A Clinician's Guide to Teaching Mindfulness*



# The Handbook for a Happy Cat

SPEAK THEIR LANGUAGE, DECODE THEIR QUIRKS, AND MEET THEIR NEEDS—SO THEY'LL LOVE YOU BACK!

Liesbeth Puts

**A standout easy-reference guide to cat care and psychology—filled with irresistible photos!**

One reason cats fascinate us is that they are so unlike us: Their ears, more than eyes, show their feelings. On our laps, they are purring lovebugs; on the prowl, they are fearsome apex predators—with territorial instincts to match. This makes it hard for us humans to *understand* our cats as well as we love them. Thank goodness feline behaviorist Liesbeth Puts is here to help!

TRADE PAPERBACK ORIGINAL  
\$16.95 US | \$21.95 Can. | World  
6 1/2 x 8 3/4 | 224 pages  
120 color photographs

Pets/Cats/General (PET003000)  
978-1-61519-710-1 | No. 779710  
SHIPS JUNE

- ▶ 120 color photos throughout set this ahead of the competition
- ▶ Chapters on bonding and rivalry among cats, stopping problem behaviors, surefire toys and games, when to see the vet, caring for older cats, and more!
- ▶ Abundant subheads steer readers to the answers they seek (“Can I convert an outside cat to inside?”)
- ▶ June is Adopt a Shelter Cat Month
- ▶ See also *Making Dogs Happy*, page 30

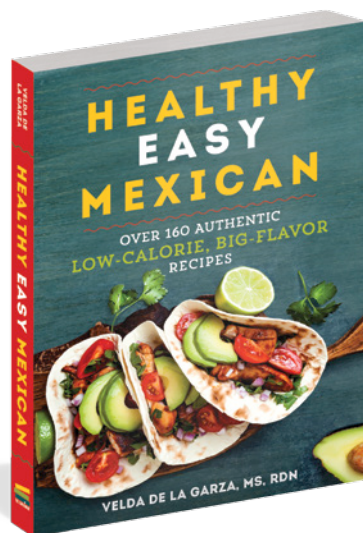


**LIESBETH PUTS** is an internationally certified animal behaviorist specializing in cats. She also holds a degree in social psychology from Utrecht University. She has been a cat parent since 1976, a behavioral therapist since 2008, and a cat blogger (read by thousands of fans in her native Netherlands) since 2012. She lives in Utrecht.

# Healthy Easy Mexican

OVER 160 AUTHENTIC LOW-CALORIE,  
BIG FLAVOR RECIPES

Velda de la Garza, MS, RDN



**Over 160 classic Mexican recipes made healthy and low-cal—still full of flavor and oh-so-simple to prepare**

With so many popular fast-casual chains serving up foot-long burritos, oozing quesadillas, and “taco shells” made of snack chips that shall remain nameless, it’s all too easy to equate Mexican cooking with unhealthy eating.

Enter *Healthy Easy Mexican*. Registered dietitian Velda de la Garza shifts the spotlight back to the Mexican fare she grew up with, which is filled with colorful fruits and veggies and lends itself to low-cal, healthy cooking. Her 160 recipes, all with short ingredient lists and practical prep times, include Stuffed Jalapeños, Chalupas, Chicken Adobo, Chile Cheese Tortillas, and Mango Flan!

First published as *Healthy Mexican Cooking* (25,000 in print), this fully revised edition adds vibrant color photos throughout. Plus, de la Garza includes substitutions, nutrient analyses, and diabetic exchanges to help readers achieve their health goals. As the saying goes, *Que tus alimentos seyan tus medicinas*: “Let your food be your medicine.”



**VELDA DE LA GARZA, MS, RDN**, is a Mayo Clinic–trained, registered dietitian who’s passionate about promoting better health and the traditional Mexican foods of her heritage. She received her bachelor’s degree in nutrition from the University of Texas at Austin and earned a master’s of science degree in nutrition from Texas Woman’s University. She lives in McAllen, Texas.

**TRADE PAPERBACK ORIGINAL**

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

7 x 9 1/2 | 288 pages

Color photographs and illustrations throughout

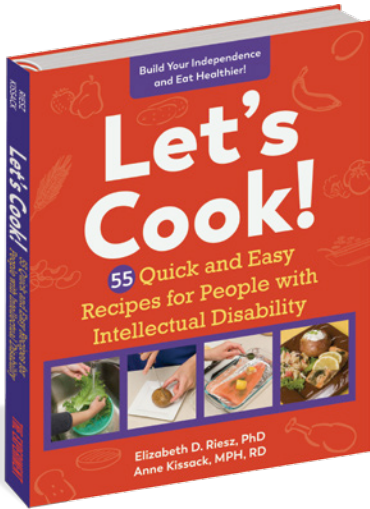
Cooking/Regional & Ethnic/Mexican  
(CKBo56000)

**978-1-61519-760-6 | No. 779760**

Prev. ed.: 978-0-9620471-5-2

**SHIPS MAY**

- ▶ Mexican food is the third-most-popular cuisine in the US
- ▶ The previous edition (titled *Healthy Mexican Cooking*) has 25,000 copies in print
- ▶ Guidance on shopping, stocking a Mexican pantry, identifying chile peppers, and more
- ▶ For readers looking to lose weight, manage diabetes, lower their cholesterol, or just live healthier!



## Let's Cook!

55 QUICK AND EASY RECIPES FOR  
PEOPLE WITH INTELLECTUAL DISABILITY

Updated Edition

**Elizabeth D. Riesz, PhD**  
**and Anne Kissack, MPH, RD**

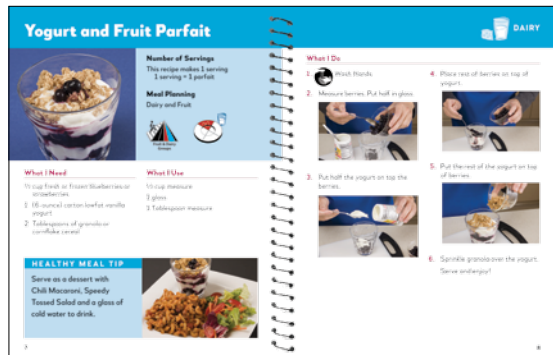
**SEMI-CONCEALED SPIRAL**  
**\$24.95 US | \$32.95 Can.** | World  
8 1/2 x 11 | 144 pages  
Color photographs throughout

Family & Relationships/Learning  
Disabilities (FAM028000)  
**978-1-61519-766-8 | No. 779766**  
Prev. ed.: 978-1-891011-08-5  
**SHIPS MAY**

**Everyone can enjoy the art of cooking  
with these simple, balanced recipes!**

*Let's Cook!* helps people with intellectual disability (ID) prepare their own meals with success. All 55 recipes are written at a basic level and illustrated with photos. Icons showing the MyPlate food groups help readers plan balanced meals, and clear reminders reinforce safety measures like washing hands and using pot holders. Readers will gain kitchen confidence *and* take a rewarding step toward independence. Bon appétit!

- ▶ A Midwest Book Award winner
- ▶ Engineered for ease with spiral binding, large print, and photos illustrating key recipe steps
- ▶ Offers an essential life skill to an overlooked audience: *No other trade cookbook is tailored to adults with ID*
- ▶ Without easy recipes such as these (all vetted by registered dietitians), people with ID may fall back on eating unhealthy processed foods



**ELIZABETH D. RIESZ, PhD** (1937–2019), was inspired to create this book by her daughter, Sarah, who had Down syndrome—and by watching Sarah's love of cooking blossom with encouragement.

**ANNE KISSACK, MPH, RD**, is a public health practitioner specializing in chronic disease prevention and management.

# Cooking à la Heart

425 EASY AND DELICIOUS RECIPES TO  
MAKE EVERY MEAL HEART HEALTHY

Fourth Edition

**Linda Hachfeld, MPH, RD**

Foreword by Jane Brody

**Reduce risk of heart disease and stroke with this Mayo Clinic–trusted cookbook packed with heart-healthy tips and 425 recipes for every occasion**

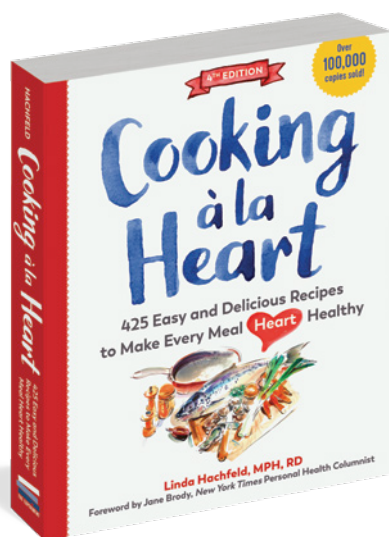
Heart disease is the leading cause of death in the US, with nearly half of American adults at risk. But lifestyle changes can lower this risk by as much as 82 percent! *Cooking à la Heart* is here to help readers ward off heart disease, stroke, and diabetes with:

- 425 delicious, healthy recipes, from Savory Stuffed Mushrooms to Chicken Tandoori and Spicy Pumpkin Bars
- nutrient analysis for every heart-smart recipe (calories, carbs, protein, fat, and more), plus diabetic exchanges
- MIND, DASH (Dietary Approaches to Stop Hypertension), and Mediterranean diet guidelines
- tips on exercise, weight control, and meal planning.

With *Cooking à la Heart*, eating healthier isn't difficult or boring—it's an investment that will keep you enjoying good food for many years to come.



**LINDA HACHFELD, MPH, RD**, is the former nutrition coordinator for the Mankato Heart Health Program and has volunteered with the American Heart Association for 35 years. She holds a master's degree in public health and has been a member of the Academy of Nutrition and Dietetics for 40 years. She lives in Minnesota. **JANE BRODY** has been the *New York Times* personal health columnist since 1976.



**TRADE PAPERBACK ORIGINAL**

**\$27.95 US | \$36.50 Can. | World**

7 1/2 x 9 1/4 | 480 pages

Color photographs and illustrations throughout

Cooking/Health & Healing/Heart  
(CKB104000)

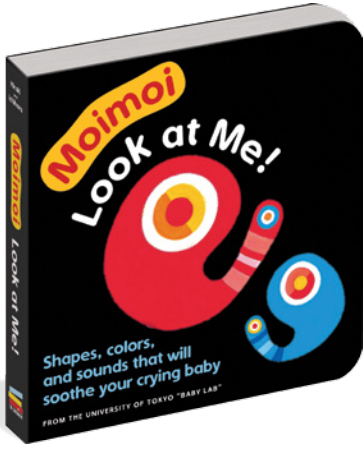
**978-1-61519-758-3 | No. 779758**

Prev. ed.: 978-1-8910110-9-2

**SHIPS MAY**

- ▶ *Cooking à la Heart* has sold more than 100,000 copies across its first three editions
- ▶ This new edition adds more than 50 color photos and illustrations
- ▶ With 425 recipes for every dish you'll ever want to eat, this is a veritable *Joy of Cooking* for heart health
- ▶ Each recipe is low-fat, low-cal, and includes nutrition stats and diabetic exchanges



**BOARD BOOK**

\$6.95 US | \$8.95 Can. | USC+OM\*

6 x 6 | 24 pages

Rounded corners | 13 full-spread color illustrations

Juvenile Fiction/Concepts/Colors  
(JUV009020)

978-1-61519-780-4 | No. 779780

SHIPS MARCH

- ▶ A sensation in Japan with 500,000 series books sold since 2017
- ▶ A revolution in high-contrast books—beyond black and white
- ▶ “Moi” (もい) is a fun nonsense word that rhymes with “koi”
- » Listen to “moimoi”:



# Moimoi— Look at Me!

*Shapes, colors, and sounds that will soothe your crying baby*

**Jun Ichihara and Dr. Kazuo Hiraki**

## Meet moimoi—the colorful creatures scientifically proven to distract and delight your fussy baby!

Playful moimoi have bold stripes and big, bright eyes. Babies find them captivating and will even stop crying to look! When Dr. Kazuo Hiraki tested many different designs at the University of Tokyo “Baby Lab,” babies looked at moimoi for *twice* as long as the competition. Parents in Japan swear by moimoi and have purchased over 500,000 books—and your newborn or toddler will love the high-contrast art and silly sounds of moimoi, too!



Professional artist **JUN ICHIHARA** has illustrated over 30 books for children.

**DR. KAZUO HIRAKI** oversees the Hiraki Lab for baby studies at the University of Tokyo.

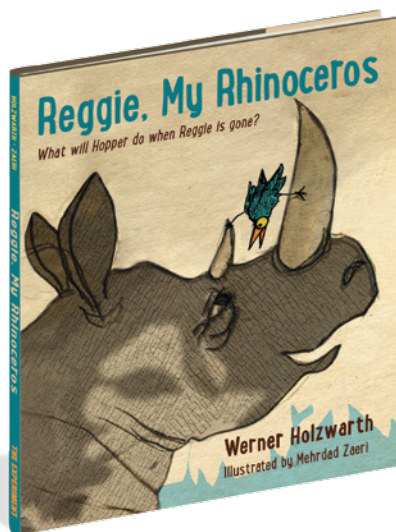
[IchiharaJun.com](http://IchiharaJun.com)  
[Ardbeg.c.u-tokyo.ac.jp/en](http://Ardbeg.c.u-tokyo.ac.jp/en)

# Reggie, My Rhinoceros

What will Hopper do when Reggie is gone?

Werner Holzwarth

Illustrated by Mehrdad Zaeri



**Unlikely best friends will melt hearts in this wry, gentle tale that grapples with death and finds solace in memory**

Little bird Hopper lives on top of Reggie the rhinoceros, feasting on all his pesky flies. Hopper depends on Reggie—for yummy flies, for shelter from the rain, and for protection from sneaky lions. Reggie also knows the best silly jokes!

To Hopper, Reggie is invincible . . . but Reggie knows he's not so young anymore. To prepare Hopper, Reggie makes sure he remembers *all* their best adventures together. The only problem is Hopper's habit of exaggerating!

Reggie departs peacefully over three wordless spreads. And when Hopper finds a new crew of oxpecker birds, he brings his



**HARDCOVER**

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

7 7/8 x 9 1/2 | 40 pages

17 full-spread color illustrations

Juvenile Fiction/Social Themes/  
Death, Grief, Bereavement  
(JUV039030)

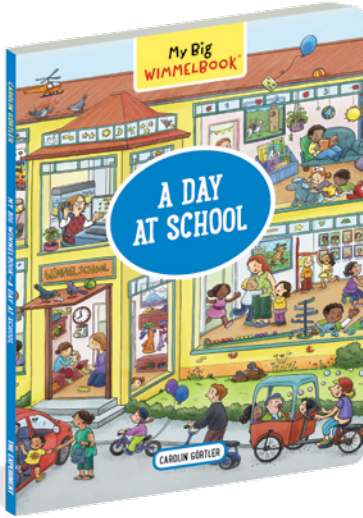
978-1-61519-738-5 | No. 779738

**SHIPS MARCH**

- ▶ Holzwarth's irreverent bestseller *The Story of the Little Mole Who Went in Search of Whodunit* is a widely translated cult classic
- ▶ Zaeri's masterful illustrations are bathed in light and texture
- ▶ Hopper and Reggie's relationship has elements of friendship *and* caregiving, and so it can speak to any loss
- ▶ Free of metaphor or afterlife; compatible with any (or no) spiritual tradition



Children's author **WERNER HOLZWARTH** has also worked in advertising, journalism, and as a professor of visual communications at the Bauhaus. Illustrator **MEHRDAD ZAERI** also creates drawings in performance with the storytelling group Knopfkin. Both live in Germany.



# My Big Wimmelbook®— A Day at School

Carolin Görtler

## BOARD BOOK

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

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

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

Juvenile Fiction/School & Education  
(JUV035000)

978-1-61519-770-5 | No. 779770  
SHIPS JUNE

## My Big Wimmelbooks go on the biggest learning adventure of all—off to school!

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

Class is in session for *A Day at School*, where a lively bunch of kids are excited to learn and play. From drop-off to recess to nap time—and, of course, from ABCs to 123s—every aspect of a typical school day is here. Promising hours of imaginative fun for kids who delight in make-believe, wimmelbooks are a blast—and an excellent introduction to literacy.

“Should encourage long contemplative sit-downs that will make any parent’s heart sing.”

—*The New York Times Book Review*

### » 16-copy series display

\$207.20 US | \$271.20 Can.

978-1-61519-743-9 | No. 779743



- ▶ Originally from Germany, wimmelbooks are a worldwide phenomenon!
- ▶ The My Big Wimmelbook series has 175,000 books and puzzles in print
- ▶ *Where’s Waldo*-like fun for young learners ages 2 to 5
- » See also page 29



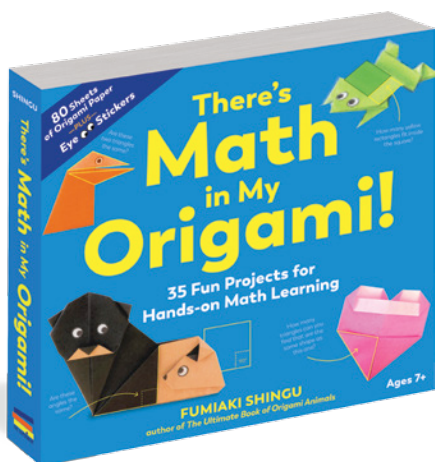
**CAROLIN GÖRTLER** is a Germany-based designer and illustrator with over ten years of experience illustrating children’s books, many of which are wimmelbooks. She studied communication design at the University of Applied Sciences in Mainz.

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

# There's Math in My Origami!

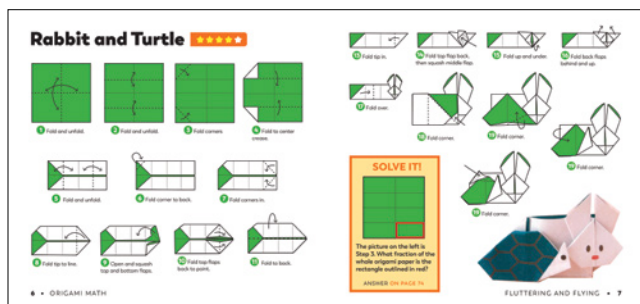
35 FUN PROJECTS  
FOR HANDS-ON MATH LEARNING

Fumiaki Shingu



**These 35 inventive origami designs plus brain-teasing math questions will give kids a head start: art + math = fun!**

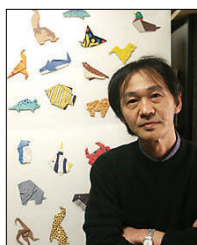
Four frogs on a lily pad, two dogs on a boat, a beautiful 3D rainbow sphere . . . you'll find these unusual projects and more in *There's Math in My Origami!* Kids ages 7 and up will have a blast encountering angles, symmetry, fractions, and more concepts, as they fold their own works of art. Plus, each origami project comes with a simple math question to puzzle through. Even math-averse kids won't be able to resist making two adorable penguins or a jumping frog—and learning along the way!



**TRADE PAPERBACK ORIGINAL**  
**\$14.95 US | \$19.95 Can.** | World  
8 x 8 1/2 | 176 pages  
80 sheets origami paper | 1 sticker  
sheet | Color photographs and  
illustrations throughout

Juvenile Nonfiction/Art/Techniques  
(JNF006070)  
**978-1-61519-779-8 | No. 779779**  
**SHIPS MAY**

- ▶ Includes 80 perforated sheets of origami paper, plus a sheet of eye stickers for the perfect finishing touch
- ▶ Ideal STEAM learning (Science, Technology, Engineering, Art, and Math)—at home or in school
- ▶ Original designs, from 2-in-1 animal creations to dazzling multi-sheet starbursts
- ▶ For kids ages 7 and up!



**FUMIAKI SHINGU** was born in Fukuoka, Japan, in 1953. He moved to Tokyo after graduation from design school, and he founded a graphic design company in 1984. His origami kits have been sold in Toys “R” Us and other major outlets in Japan. He is also the author of *The Ultimate Book of Origami Animals*.

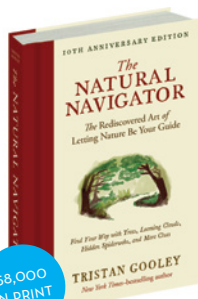
[en.Origami-Club.com](http://en.Origami-Club.com)











58,000  
IN PRINT

## The Natural Navigator

Tristan Gooley

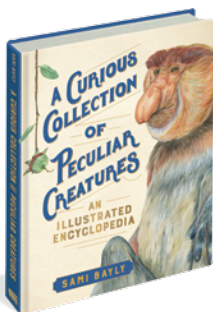
**PAPER OVER BOARDS**

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

5 1/4 x 7 3/8 | 328 pages | CQ 28  
8-page color photo insert | 50  
B&W illustrations and diagrams

Sports & Recreation/Outdoor  
Skills (SPO030000)

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



## A Curious Collection of Peculiar Creatures

Sami Bayly

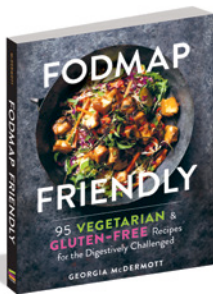
**PAPER OVER BOARDS**

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

7 x 9 | 128 pages | CQ 26  
60 color and 175 B&W  
illustrations

Juvenile Nonfiction/Animals/  
Endangered (JNF003270)

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



## FODMAP Friendly

Georgia McDermott

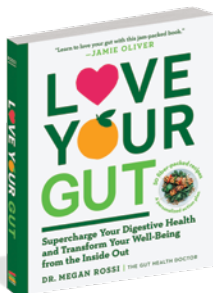
**TRADE PAPERBACK**

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

7 1/2 x 9 3/4 | 224 pages | CQ 24  
120 color photographs

Health & Fitness/Diseases/  
Gastrointestinal (HEA039010)

978-1-61519-704-0 | No. 779704



## Love Your Gut

Megan Rossi

**TRADE PAPERBACK**

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

7 1/2 x 9 3/4 | 320 pages  
85 color photographs

Health & Fitness/Diseases/  
Gastrointestinal (HEA039010)

978-1-61519-706-4 | No. 779706



## The Tristan Gooley Collection

Tristan Gooley

**BOXED SET**

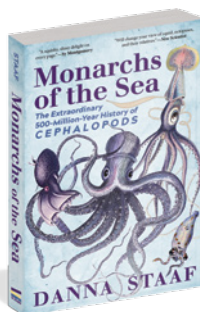
**\$55.00 US | \$71.50 Can. | USC**

5 1/4 x 7 3/8 | 896 pages | CQ 8  
Includes three books and an  
exclusive waterproof field  
notebook

Sports & Recreation/Outdoor  
Skills (SPO030000)

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

» See also page 30



## Monarchs of the Sea

Danna Staaf

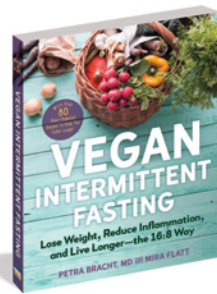
**TRADE PAPERBACK**

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

5 1/2 x 8 1/4 | 256 pages | CQ 44  
33 B&W photographs and  
illustrations

Nature/Animals/Marine  
Life (NAT020000)

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



## Vegan Intermittent Fasting

Petra Bracht, MD  
and Mira Flatt

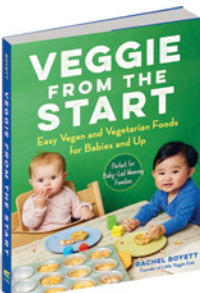
**TRADE PAPERBACK**

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

7 1/2 x 9 1/2 | 288 pages  
Color photographs throughout

Cooking/Vegan (CKB125000)

978-1-61519-728-6 | No. 779728



## Veggie from the Start

Rachel Boyett

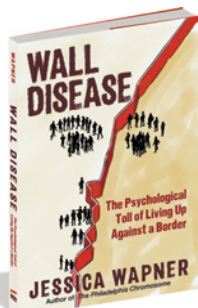
**TRADE PAPERBACK**

**\$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



## Wall Disease

Jessica Wapner

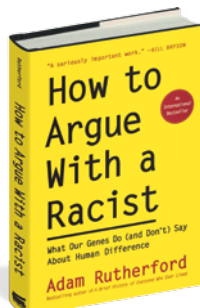
**TRADE PAPERBACK**

\$12.95 US | \$16.95 Can. | World  
5 x 7 1/2 | 128 pages | CQ 80  
French flaps

Social Science/Emigration &  
Immigration (SOC007000)

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

» See also *The Philadelphia  
Chromosome*, page 32



## How to Argue With a Racist

Adam Rutherford

**HARDCOVER**

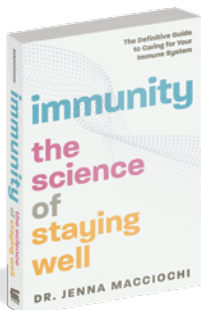
\$21.95 US | \$28.95 Can. |  
**USC+OM\***

5 x 7 1/2 | 240 pages | CQ 36  
8 B&W photographs

Social Science/Discrimination  
(SOC031000)

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

» See also page 31



## Immunity

Dr. Jenna Macciocchi

**TRADE PAPERBACK**

\$16.95 US | **US+OM\***  
5 1/2 x 8 1/4 | 352 pages | CQ 42  
7 B&W charts and illustrations

Health & Fitness/Healthy  
Living (HEA010000)

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



## Speaking of Race

Patricia Roberts-Miller

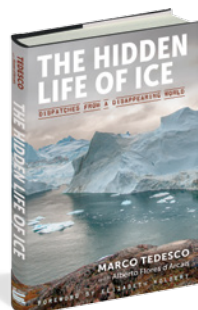
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» See also *Demagoguery  
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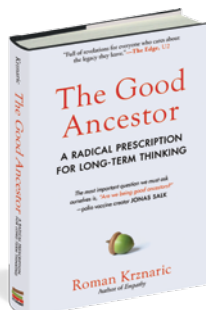
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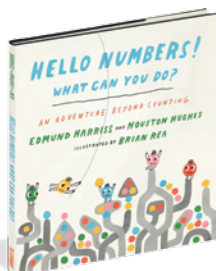
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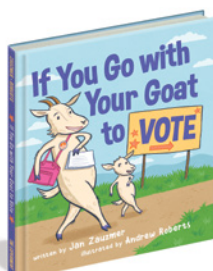
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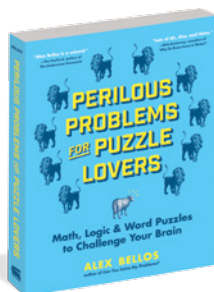
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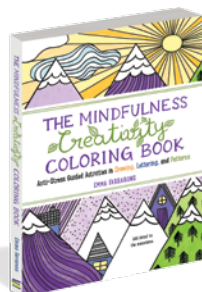
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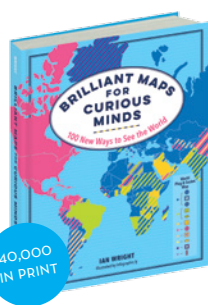
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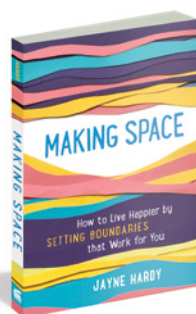
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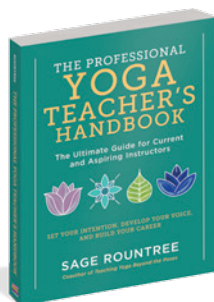
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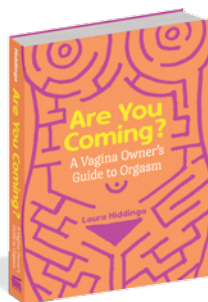
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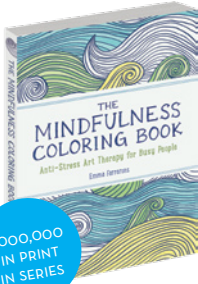
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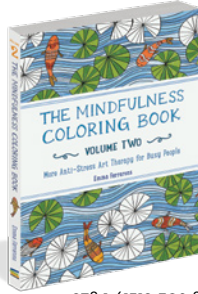
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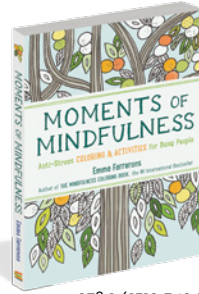


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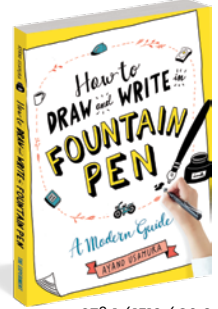
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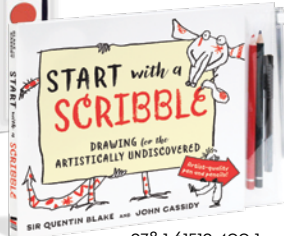
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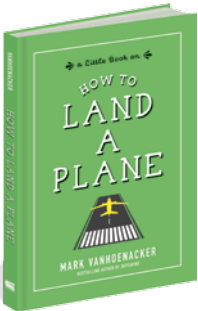
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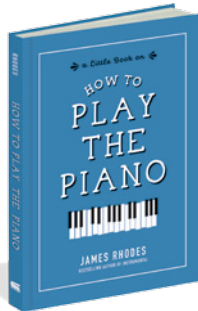
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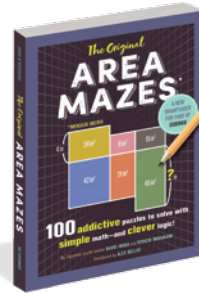
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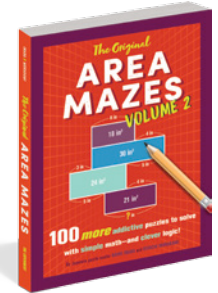
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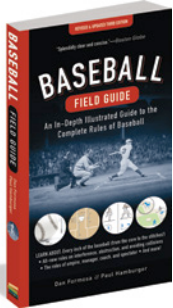
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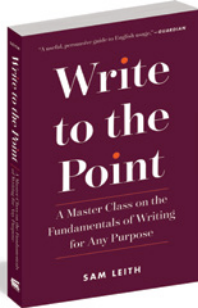
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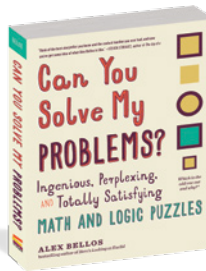
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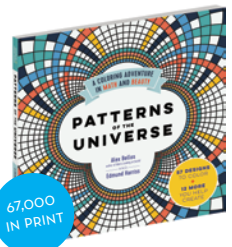
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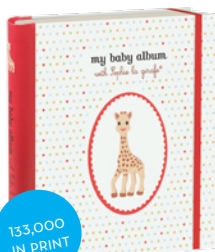
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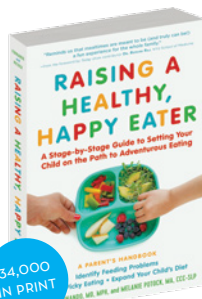
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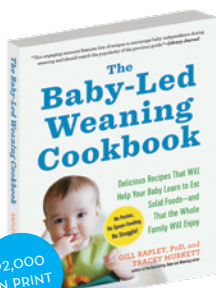


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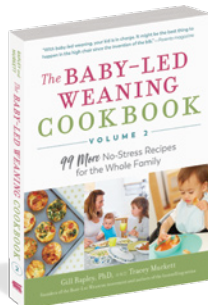
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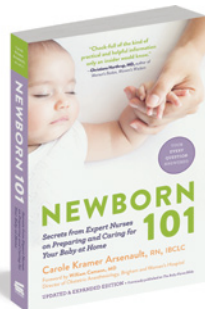


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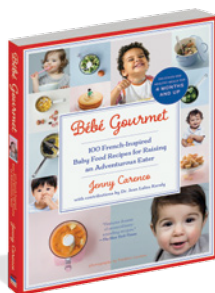
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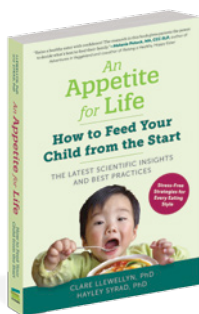
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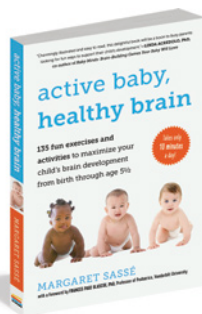
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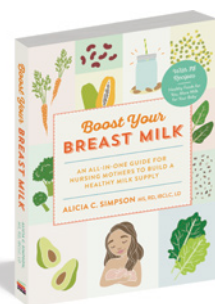
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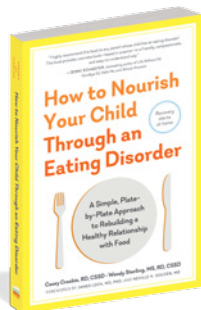
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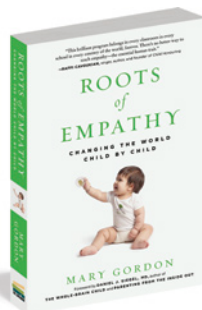
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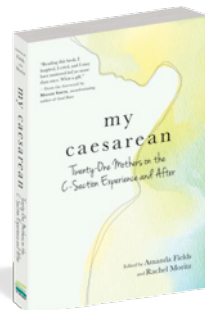
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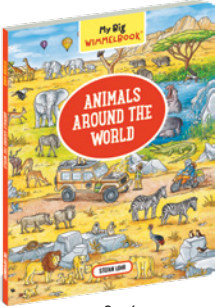
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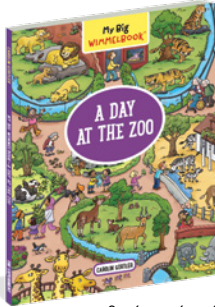
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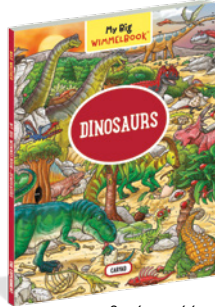
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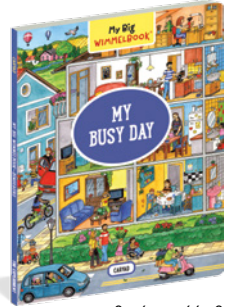
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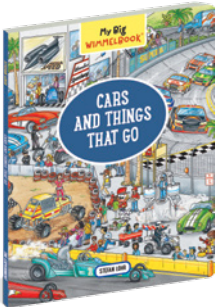
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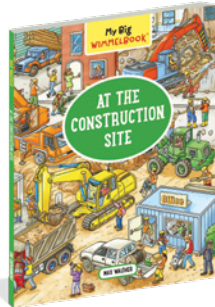
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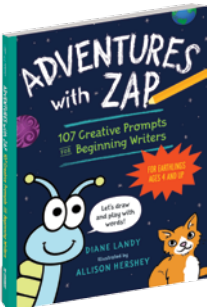
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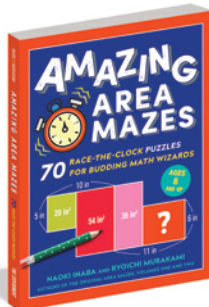
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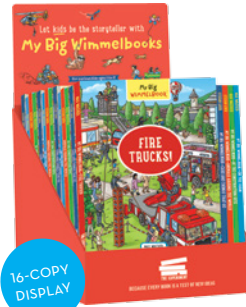
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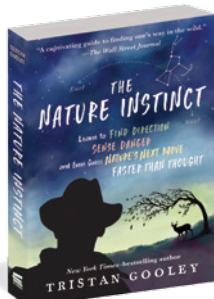
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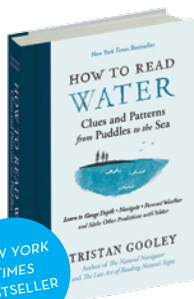




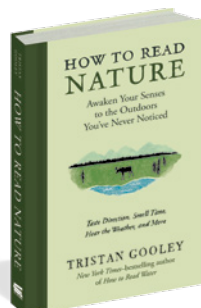
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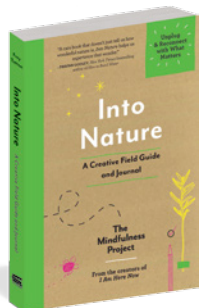
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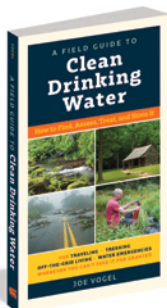
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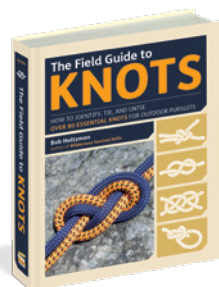
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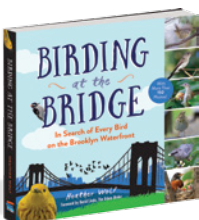
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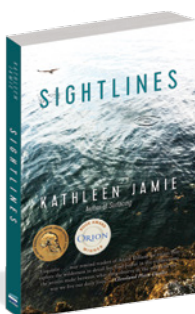
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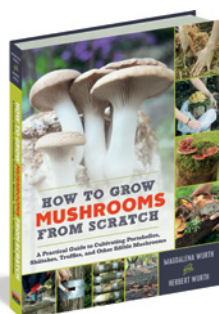
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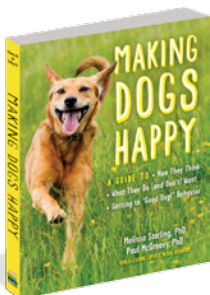
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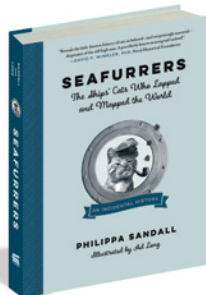
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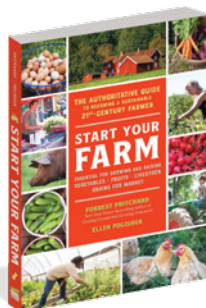
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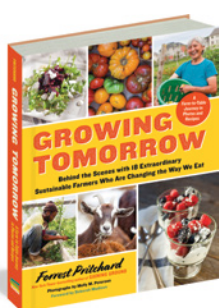
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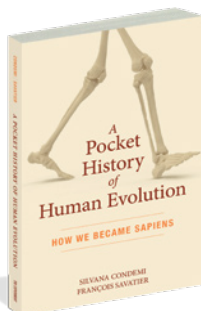


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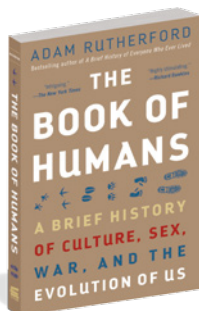
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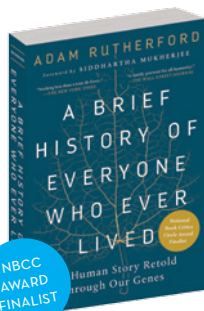
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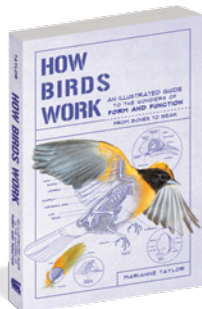


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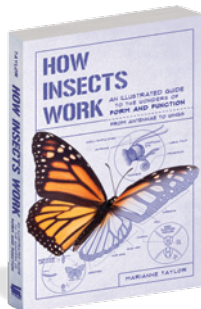


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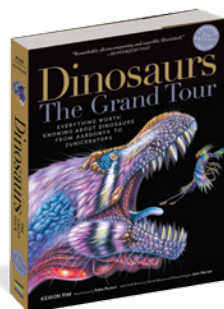
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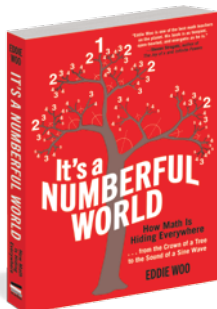
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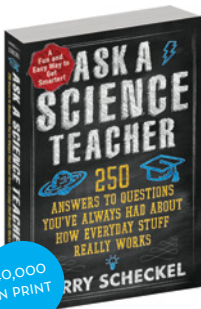
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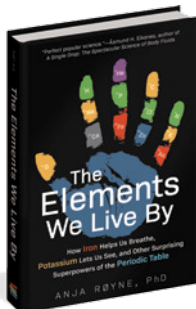


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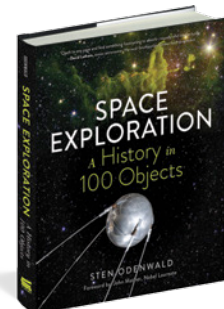


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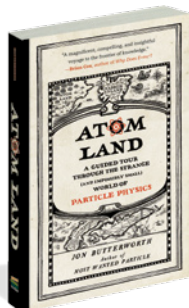
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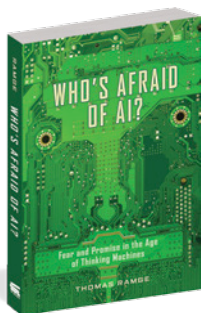


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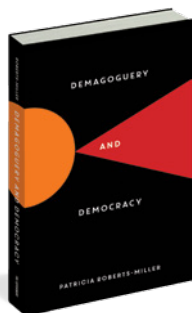




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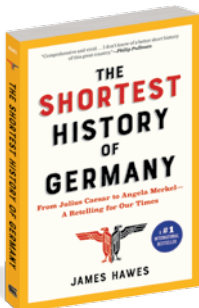


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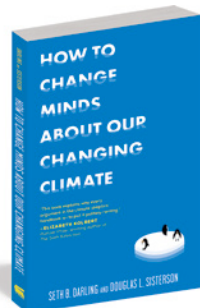
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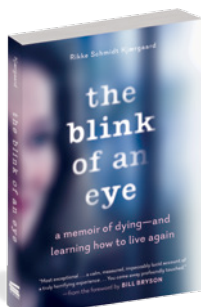


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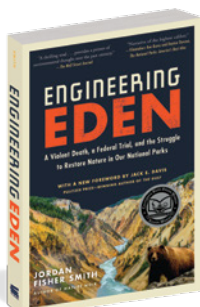
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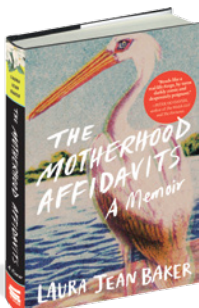
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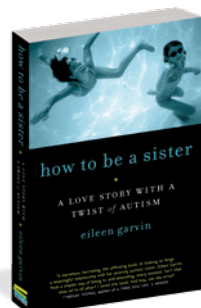
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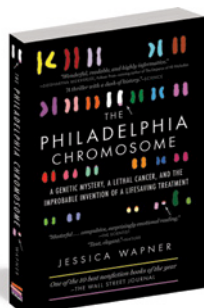
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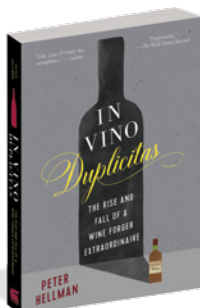
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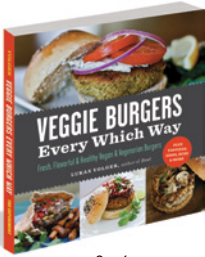


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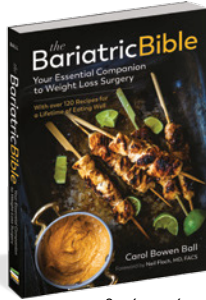


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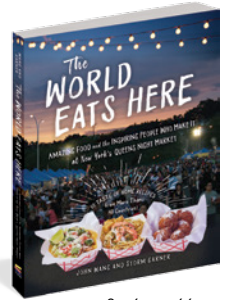
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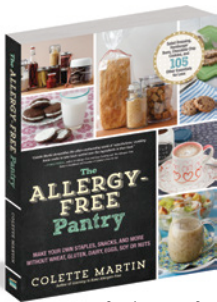
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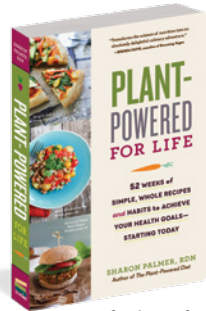
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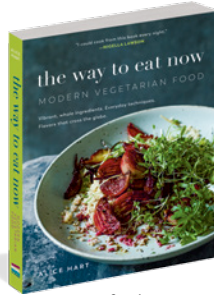
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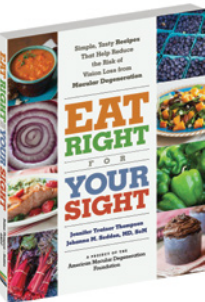
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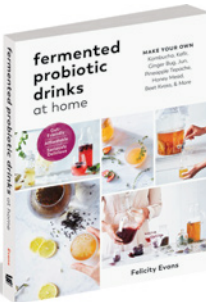
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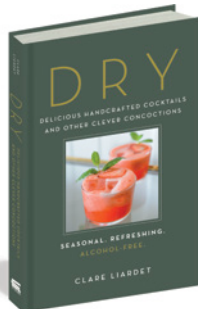


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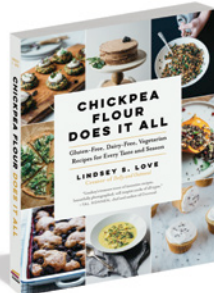
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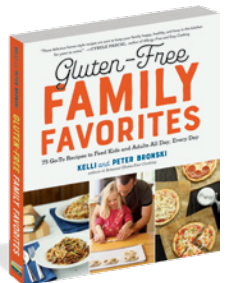
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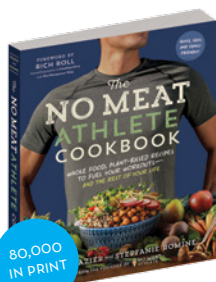
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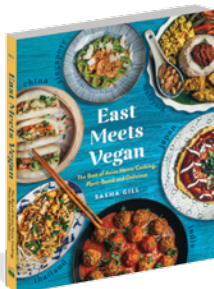


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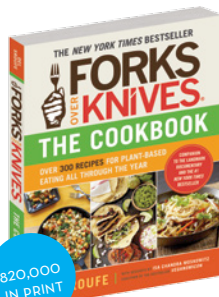


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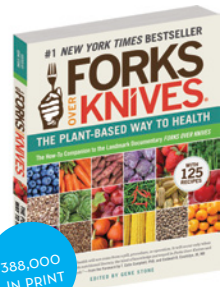


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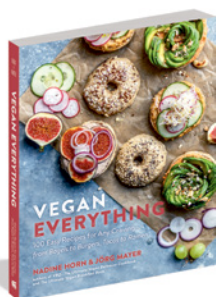
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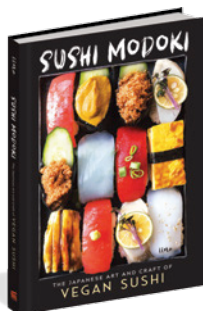


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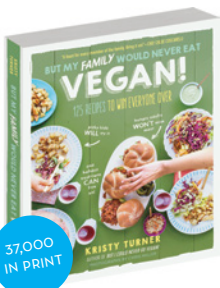


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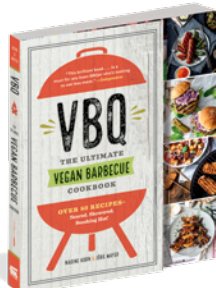
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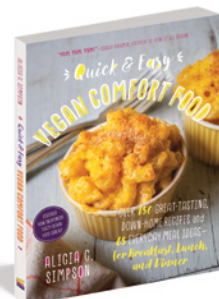
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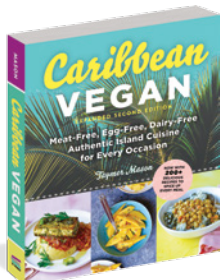
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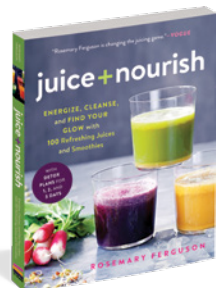
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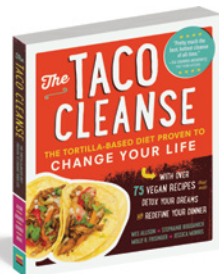
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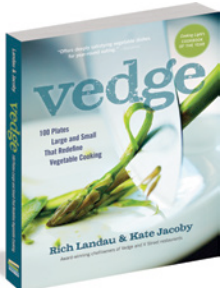
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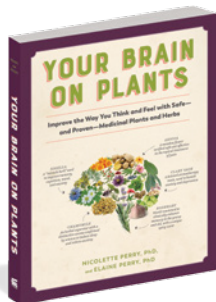


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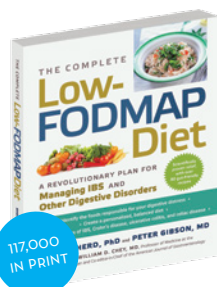


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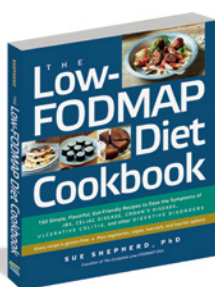


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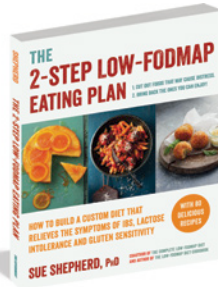


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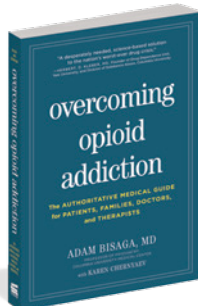
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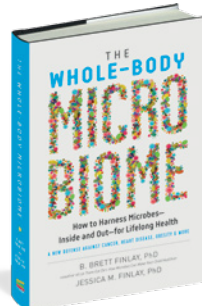
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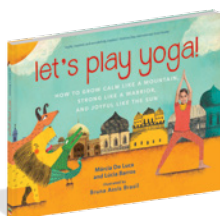
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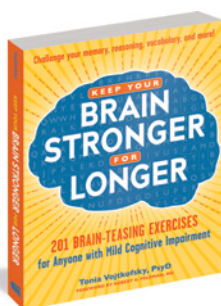
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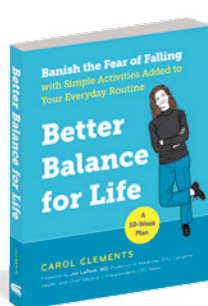
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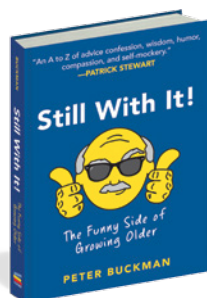
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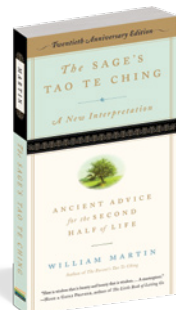
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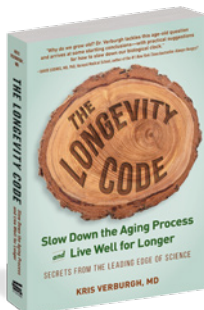
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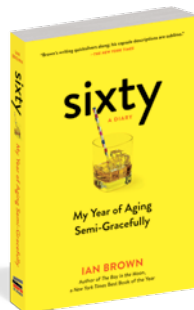
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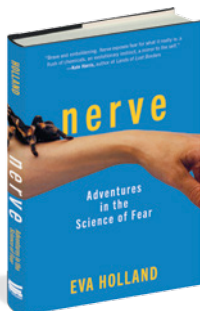
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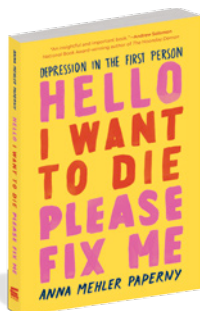
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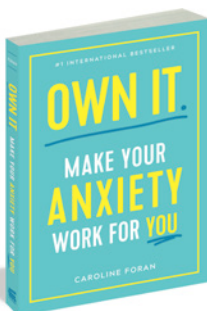
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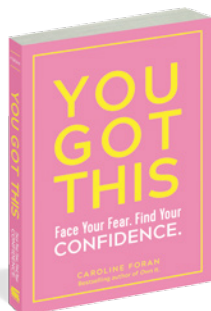
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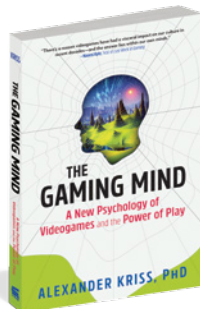
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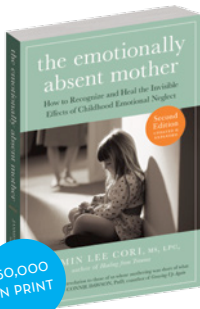
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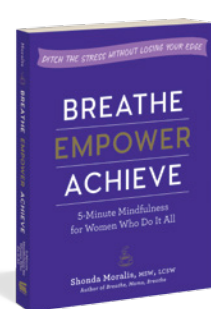
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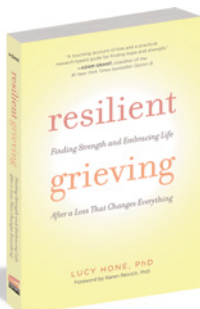


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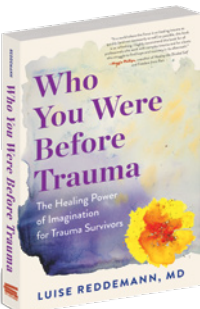
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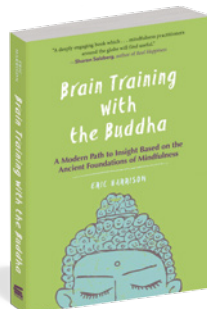
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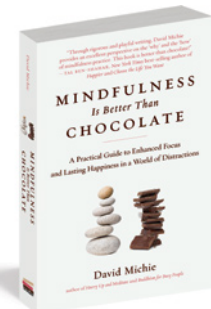
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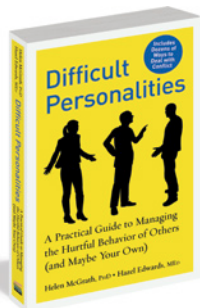
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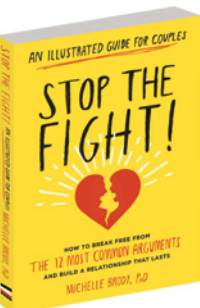
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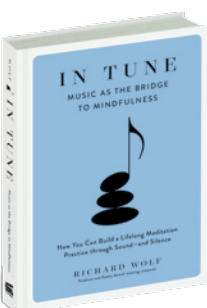
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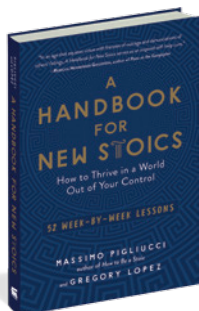


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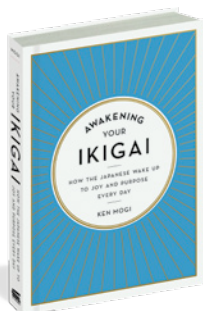


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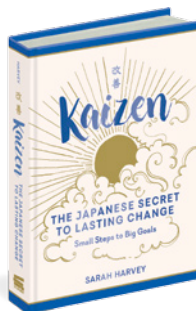
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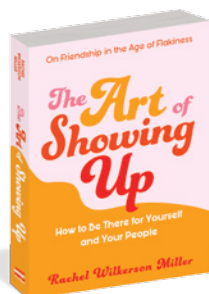
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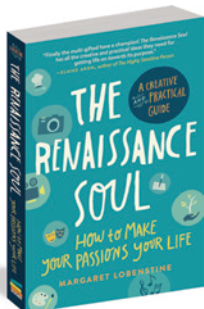
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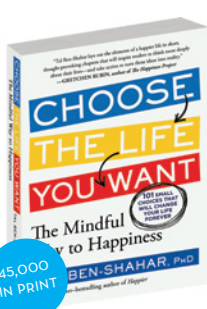
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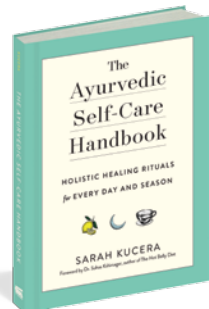


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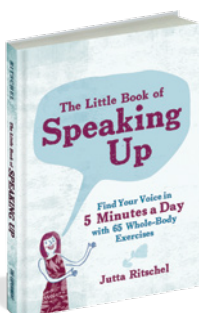
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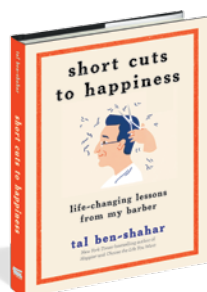
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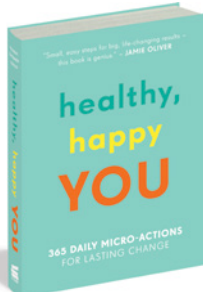
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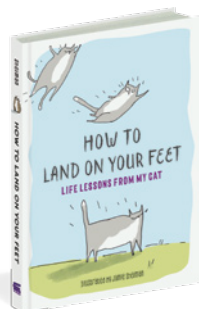
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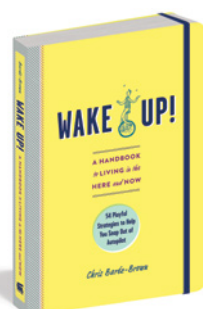
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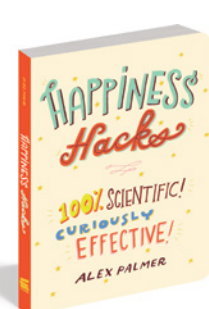
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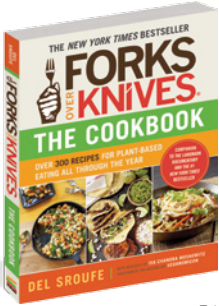
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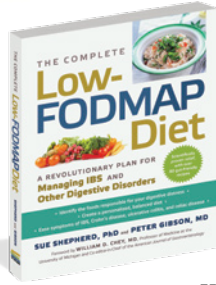




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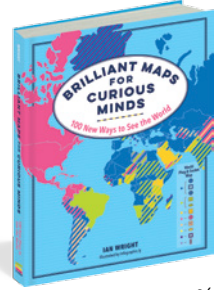
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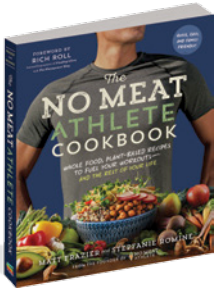
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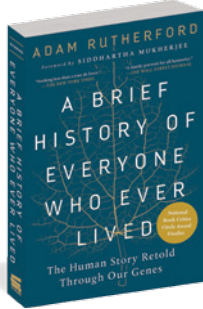
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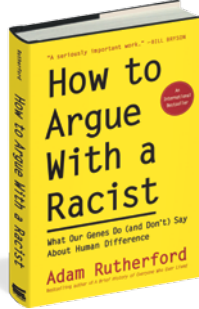
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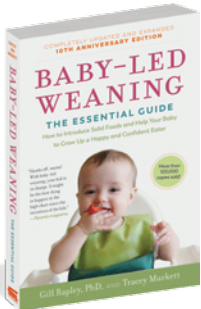
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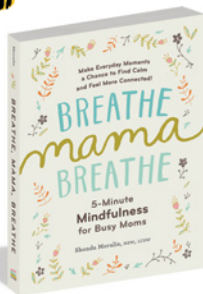
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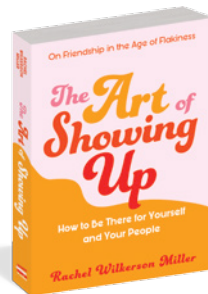
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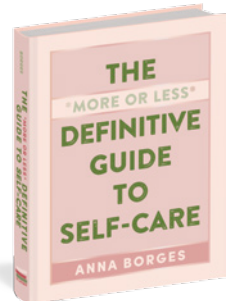
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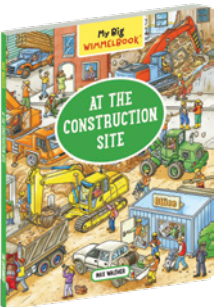
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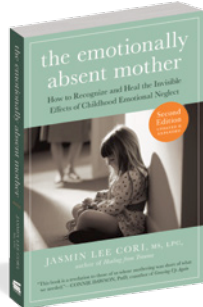
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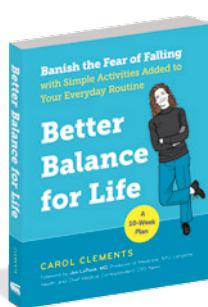
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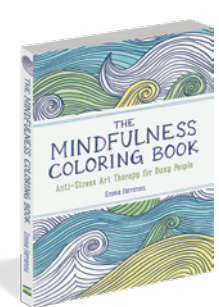
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