

RIGHTS GUIDE

**FRANKFURT
BOOK FAIR 2024**

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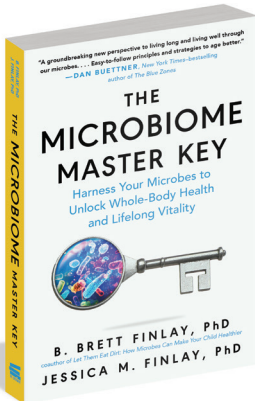
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The Microbiome Master Key

Harness Your Microbes to Unlock Whole-Body Health and Lifelong Vitality

B. BRETT FINLAY, PhD
JESSICA M. FINLAY, PhD

The key to promoting lifelong health and better aging is in the teeming world of microbes inside and all around you

TERRITORY

World

June 2025

Trade Paperback

336 pp. | \$21.95 US

Pass pages available
 January 2025

First edition available
 now

NEWLY REVISED & EXPANDED EDITION

The second edition includes new chapters with information on how sleep and social contact influence the microbiome, and a new chapter on COVID-19 and re-embracing microbes in the pandemic's wake.

Hand sanitizer. Social distancing. Antibiotics. Fending off germs has long been considered one of the cornerstones of good health. But what if better health and more graceful aging actually went hand-in-hand with embracing the invisible microbes living on, in, and all around us?

Our bodies are teeming with microbes—in the gut, yes, but also living on your skin, in your lungs, and more. They impact everything from your sleep, cognition, mood, heart health, and energy to your likelihood of developing dementia, diabetes, and some cancers. As groundbreaking new studies are showing, taking care of your microbiome—inside and out—can help you improve your day-to-day health and even help prevent or reverse some of the most common age-related diseases.

In this eye-opening book, father-daughter team Dr. Brett Finlay (a microbiologist) and Dr. Jessica Finlay (an expert on aging) break down what the latest research says about how the microbiome affects all aspects of physical and mental health—and what you can do about it. Among scores of insights and highly practical tips, you'll discover simple steps to harness the power of your microbiome, you—and your microbes—can live longer, healthier lives.

PRAISE FOR THE FIRST EDITION

“Brett and Jessica Finlay offer extraordinary new insight into the significance of the microbiome in any number of age-related conditions—from cancer to oral health, Alzheimer’s to heart and lung function. The takeaway is that we need to look beyond gut bacteria.”

—FOREWORD REVIEWS

“Chapters address the function of microbes in various conditions and body systems, with health strategies and lifestyle tips intended to be widely applicable to adults of all ages. . . . Recommended for readers seeking scientifically accurate consumer health information on the microbiome’s relationship to adult health and aging.”

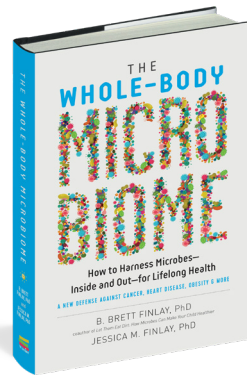
—LIBRARY JOURNAL

“[An] excitedly optimistic and research-grounded look at the microbiome’s implications for the health of the aging body. . . . The Finlays . . . make a strong case for the microbiome as an exciting new frontier in health research, with myriad possibilities for the diagnosis and treatment of various diseases.”

—PUBLISHERS WEEKLY

“With its upbeat approach and valuable diet and lifestyle recommendations, *The Whole-Body Microbiome* will empower readers to invest in the lifelong process of aging well.”

—SHELF AWARENESS

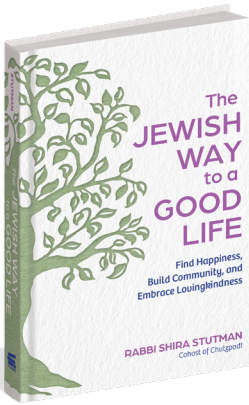


Review
the first
edition

B. BRETT FINLAY, PhD studies how microbes cause disease in people and how we can fight infections, as well as the role the microbiota plays in human health and disease, including asthma, Parkinson’s, and malnutrition. He is a coauthor of *Let Them Eat Dirt* and the author of over 600 publications in peer-reviewed journals. He is also an Officer of the Order of Canada, and a jazz sax player, skier, and beekeeper in his spare time.



JESSICA M. FINLAY, PhD is a University of Colorado Boulder assistant professor who specializes in environmental gerontology and health geography. With degrees from Queen’s University and the University of Minnesota, she has won awards for her work and authored publications in leading health, geography, and gerontology journals.



TERRITORY World

March 2025
Paper Over Board
256 pp. | \$22.95 US
Full manuscript
available

The Jewish Way to a Good Life

Find Happiness, Build Community, and Embrace Lovingkindness

RABBI SHIRA STUTMAN

Blending popular philosophy and self-help, here are ancient insights from Judaism on how to live well, cultivate good values, and find joy, from a well-known rabbi and podcaster

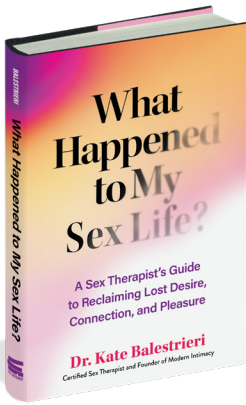
Judaism has survived for 3,500 years by embracing a few, arguably paradoxical ideas: Life is hard. It also has the potential to be joyous. Every single human has a spark of something extraordinary in them. And every one of us should try to do 1% better. Straight-shooting Rabbi Shira Stutman distills thousands of years of Jewish wisdom into practical, time-tested strategies for living a more meaningful life. She reminds us: You don't have to be Jewish to *do* Jewish. And she tells us how.

The Jewish Way to a Good Life reveals unique insights from Jewish culture that anyone can adopt to find meaning and experience joy. Judaism isn't just a religion, it's an ancient culture with much to teach us about modern life. The book covers topics including kindness, love, rest and relaxation, health, education, community, and more.



RABBI SHIRA STUTMAN is the interim rabbi at Aspen Jewish Congregation and cohost of *Chutzpod!* with *The Atlantic's* Hanna Rosen, a podcast that shares Jewish approaches to life's great predicaments. In 2021, she founded Mixed Multitudes, an organization dedicated to sharing the beauty, power, and diversity of Jewish life, tradition, and conversation. She was named one of America's Most Inspiring Rabbis by The Jewish Forward, among other awards.

MixedMultitudes.net  [ShiraStutman](https://www.instagram.com/ShiraStutman)



TERRITORY World

February 2025

Hardcover

288 pp. | \$27.95 US

Pass pages available
October 2024

Sample chapters
available now

What Happened to My Sex Life?

A Sex Therapist's Guide to Reclaiming Lost Desire, Connection, and Pleasure

DR. KATE BALESTRIERI

Sex therapist Kate Balestrieri reveals the twenty most common problems that extinguish desire—and how to reclaim a thriving sex life

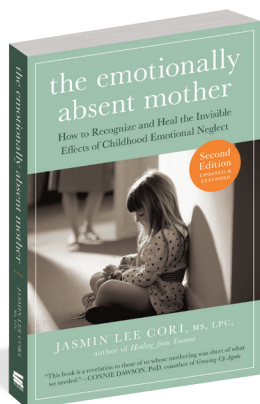
At some point in nearly every person's life, they experience a loss of desire. Sometimes there's a catalyzing event—stress at work, a fight with your partner, or sexual harassment. Often, the problem is internal as a person loses touch with themselves and what they want. Dr. Kate Balestrieri, licensed sex therapist, founder of Modern Intimacy, and host of *Get Naked with Dr. Kate*, is here to help.

In this book, Dr. Kate identifies more than a dozen of the most common reasons people show up in her therapy room, asking *What Happened to My Sex Life?* With understanding and compassion, she reassures readers that no, they're not broken—and they will feel desire again. Ranging from internal loss of desire ("Why don't I feel anything?") to relationship issues ("Am I a partner or a parent?"), the practical advice and insightful resolutions in this book will help readers get their desire—and sex life—back.



DR. KATE BALESTRIERI is a licensed psychologist and certified sex therapist focused on helping people heal from trauma and addiction, improve relationships, and have better sex lives. She is the founder of Modern Intimacy, a counseling practice that operates in Los Angeles, Miami, and Chicago, and a passionate advocate for mental health, relational and sexual health, and wellness.

ModernIntimacy.com  [DrKateBalestrieri](https://www.instagram.com/DrKateBalestrieri)



The Emotionally Absent Mother—Second Edition

How to Recognize and Heal the Invisible Effects of Childhood Emotional Neglect

JASMIN LEE CORI, MS, LPC

The groundbreaking work on self-healing and getting the love you missed

TERRITORY
World

RIGHTS SOLD

Azerbaijan (Qanun),
Brazil (Manole),
China (Booky),
France (Leduc),
Germany (Penguin),
Japan (Sakurasha),
the Netherlands (AnkhHermes),
Poland (Zwierciadlo),
Romania (Trei),
Russia (Eksmo),
Saudi Arabia (Dala'il Centre), Spain (Sirio), Taiwan (Persimmon), Turkey (Koridor), Ukraine (Naukoviy Svit), UK (Sheldon Press), Vietnam (First News)

April 2017

Paperback

304 pp. | \$17.95 US

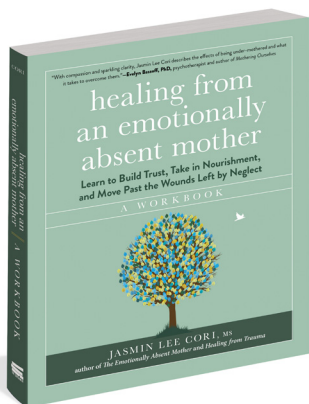
Was your mother preoccupied, distant, or even demeaning? Have you struggled with relationships—or with your own self-worth? Often, the grown children of emotionally absent mothers can't quite put a finger on what's missing from their lives. The children of abusive mothers, by contrast, may recognize the abuse—but overlook its lasting, harmful effects.

Psychotherapist Jasmin Lee Cori has helped thousands of men and women heal the hidden wounds left by every kind of undermothering. In this second edition of her pioneering book, with compassion for mother and child alike, she explains:

- Possible reasons your mother was distracted or hurtful—and what she was unable to give
- The lasting impact of childhood emotional neglect and abuse
- How to secure a happier future for yourself (and perhaps for your children).

“Years ago, I was on vacation and read *The Emotionally Absent Mother*. That book was one of many that woke me up. . . . I began the process of reparenting and it's changed my life.”

—**DR. NICOLE LEPERA**, *New York Times*—bestselling author of *How to Do the Work*



TERRITORY

World

RIGHTS SOLD

France (Leduc),

Russia (Eksmo),

Turkey (Koridor)

UK (Sheldon Pres)

January 2025

Trade Paperback

224 pp. | \$24.95 US

Pass pages available

Healing from an Emotionally Absent Mother

Learn to Build Trust, Take In Nourishment, and Move Past the Wounds Left by Neglect—A Workbook

JASMIN LEE CORI, MS, LPC

An indispensable hands-on guide to healing from the long-lasting effects of childhood emotional neglect

Distant, emotionally neglectful parenting creates wounds that follow children well into adulthood. As you deal with the impacts as an adult, you might find yourself wondering: *Why is it so hard to attend to my own needs? Why is it hard for me to trust people to be there for me? Do I need to hide parts of myself to be lovable?*

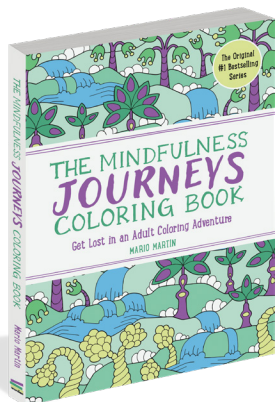
If you're searching for a way to let go of the pain caused by insufficient mothering, learn to provide yourself with the love you didn't get as a child, and live a more nourished and fulfilled life, *Healing from an Emotionally Absent Mother* can help. Distilling key takeaways from the groundbreaking book *The Emotionally Absent Mother* and offering new insights into the legacy left by emotional neglect, this workbook is designed to guide healing with accessible lessons as you: identify the ongoing impacts of neglect, reparent your young self, learn to accept the love others offer you, and more.

Personal inventories, journaling prompts, small-group discussion questions, and hands-on exercises help you identify the needs that went unmet during childhood and move past the hurt.

JASMIN LEE CORI, MS, LPC, worked as a licensed psychotherapist for many years, specializing in working with adults who experienced childhood abuse and neglect. She is the author of five nonfiction books, including *Healing from Trauma*.

JasminCori.com





The Mindfulness Journeys Coloring Book

Get Lost in an Adult Coloring Adventure

MARIO MARTÍN

Explore spellbinding worlds, de-stress, and color in with the newest addition to the #1 national bestselling series

The #1 bestselling Mindfulness Coloring series is back with brand new scenes to explore, complete, and color in! In this pocket-sized coloring book, journey through wondrous depictions of galaxies, planets, cities, and landscapes, adding your own creative touch to each design. With one hundred original illustrations, including intricate maps, relaxing fields of flowers, and dazzling skies, you can get lost in fantastical worlds. By focusing on coloring in and completing new patterns, you'll reach a deeper sense of relaxation and find balanced moments of calm in a hectic world.

TERRITORY

World

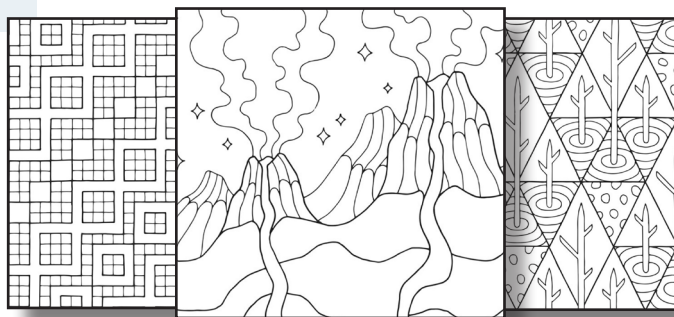
November 2024

Paperback

112 pp. | \$9.95 US

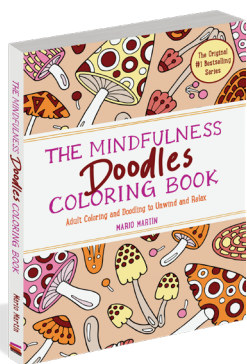
100 B&W illustrations

Final pages available



MARIO MARTÍN, a pattern artist and teacher, learned drawing and composition from studying architecture and graphic design (in which he has a master's degree). Subsequent to his studies, he discovered his true calling: pattern art, which helps him to alleviate his anxiety. He is the illustrator of *The Mindfulness Patterns Coloring Book* and *The Mindfulness Doodles Coloring Book*. He lives in Madrid, Spain.

[MarioPatterns.com](https://mariopatterns.com)  [MarioPatterns](https://www.instagram.com/mariopatterns)



TERRITORY: World
November 2023
Trade Paperback
112 pp. | \$9.95 US
100 B&W illustrations
Finished copies available

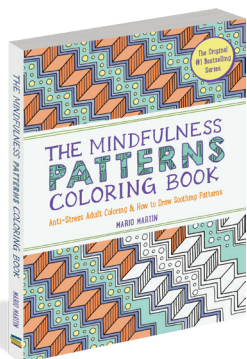
The Mindfulness Doodles Coloring Book

Adult Coloring and Doodling to Unwind and Relax

MARIO MARTÍN

Relieve stress and anxiety by coloring and doodling delightful patterns! Here are 100 pages of inspiration to make your own doodles, create patterns, and color in, from illustrator Mario Martín.

Let your imagination roam free, and jump-start your creativity, with mandalas, geometric shapes, nature scenes, animals, and more. This pocket-size adult coloring book will help you doodle your way to inner balance, feel Zen, and experience calm, anytime, anywhere.



TERRITORY: World
December 2022
Trade Paperback
112 pp. | \$9.95 US
100 B&W illustrations
Finished copies available

The Mindfulness Patterns Coloring Book

Anti-Stress Adult Coloring & How to Draw Soothing Patterns

MARIO MARTÍN

Relieve your anxiety by coloring! Here are enchanting patterns of symmetrical shapes, abstract designs, and nature themes—from diamonds and cubes to feathers and flowers.

Pattern master Mario Martín has created intricate illustrations to color in, plus activities to make your own patterns. The fifth volume in the number-one bestselling Mindfulness Coloring series, this pocket-size adult coloring book can help you de-stress anytime, anywhere.



TERRITORY

World

Fall 2025

Paper over Boards

272 pp. | \$32.50 US

120 photographs

Full four-color
interior

Proposal available

Plant-Based Magic

120 Vegan Recipes that Embrace Everyday Herbalism

LISANNA WALLANCE

Nourishing plant-based, seasonal recipes that celebrate everyday magic and the healing power of plants

Cooking is one of the purest forms of everyday magic. *Plant-Based Magic* is a seasonal vegan cookbook that celebrates the healing power of plants and our connection to the earth. Through fantastical-sounding but science-grounded “spells” like Radicchio-Beet Immunity Salad and Illumination Pumpkin Soup, it uses the principles of herbalism to transform medicinal plants and mushrooms into meals that fuel your body, mind, and spirit—and also taste great.

The seasonally structured chapters feature recipes fit for every mood and dietary need. All recipes are vegan and gluten-free, with helpful icons to call out those that are low-sugar, low-histamine, nut-free, and low-FODMAP.

With creative flavors and a focus on nutrient-dense whole foods, *Plant-Based Magic* channels the healing power of nature to imbue every meal with a touch of enchantment.

“A far cry from old fashioned recipes...[Lisanna’s] recipes and elixirs are modern and perfectly balanced...everything you need to take care of your health, body, and spirit with joy and pleasure.”

—ELLE FRANCE

LISANNA WALLANCE is a chef, herbalist, and author of *The Natural Witch’s Cookbook*, which has been published in four languages. She was born with Ehlers-Danlos Syndrome, a connective tissue disorder that causes dysfunction throughout the body. When her symptoms suddenly worsened, she delved into cooking and plant medicine to help heal herself. She grew up in New York before moving to Paris, where she earned a degree in clinical herbalism from l’École des Plantes de Paris.

CulinaryWitch.com  [Culinary.Witch](https://www.instagram.com/Culinary.Witch)



TERRITORY

World

July 2025

Paper over Boards

256 pp. | \$32.50 US

45 color photographs throughout

First edition available

“What a treat to see a wild mushroom cookbook that isn’t focused solely on a few popular edibles!...wonderful ideas and sound advice”

—**DAVID ARORA**, author of *Mushrooms Demystified*



CHAD HYATT is an expert forager and classically trained chef who has made a name for himself sharing his delicious spin on wild mushroom cookery. He has cooked in a variety of restaurants and private clubs around the San Francisco Bay area, where he can often be found foraging for mushrooms, putting on wild mushroom-themed dinners, teaching mushroom-related classes, and attending mushroom festivals.

themushroomhunterskitchen.com

The Mushroom Hunter's Kitchen

A Culinary Homage to Wild and Cultivated Mushrooms—with 120 Recipes

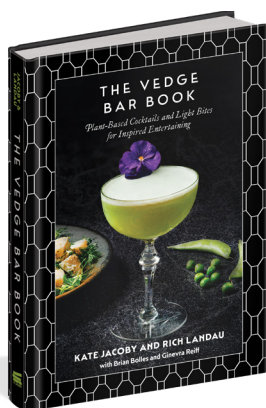
CHAD HYATT

The definitive guide to cooking with wild and store-bought mushrooms, with 120 recipes for everything from dinner to dessert

Mushrooms are good for your gut, full of antioxidants, sustainable, and utterly delicious—and with the help of mushroom foraging expert and professional chef Chad Hyatt, you’ll have all the inspiration and know-how to put them at the center of your plate in everything from fresh salads to hearty stews, preserves to desserts. Whether you’re a dedicated mushroom forager or you rely on the store or farmer’s market for your fungi fill, in *The Mushroom Hunter’s Kitchen* you’ll discover dozens of novel and flavor-packed recipes for using up your mushroom haul, plus tips and techniques for cooking them safely and maximizing their flavor.

Cooking with mushrooms doesn’t have to be intimidating: Recipes offer substitutions for uncommon mushrooms, so they’re all within reach regardless of season or foraging experience.

The Mushroom Hunter’s Kitchen is sure to delight seasoned mushroom foragers, amateur fungi aficionados, and adventurous foodies alike.



The Vedge Bar Book

Plant-Based Cocktails and Light Bites for Inspired Entertaining

KATE JACOBY AND RICH LANDAU

Treat yourself to the best cocktail hour ever—with 75 innovative plant-based drinks and snacks

A good drink is an indulgent sensory experience worth savoring—and no cocktail party or afternoon tittle is complete without a tasty snack or two. This all-vegan collection of 75 stunning contemporary cocktails and simple yet sophisticated bar snacks, from the team behind the bar at Philadelphia's critically acclaimed Vedge, is a must-have for holiday hosts, cocktail connoisseurs, and plant-based foodies alike.

The Vedge Bar Book goes beyond the classics, offering unique (and often surprising) flavor combinations you'll find nowhere else—and will have to sip to believe. To help you round out your next cocktail party there are elevated plant-based bites and bar snacks that can be mixed and matched however you like. The chapters are divided by season, so you can sip and snack all year long.

You'll also find a guide to all the tools and ingredients you'll need, and tips on how to figure out which products are worth splurging on—and which are vegan. Whether you want to show off for your friends or treat yourself to a well-deserved nightcap, *The Vedge Bar Book* is a game changer.

TERRITORY

World

November 2024

Paper over Boards

224 pp. | \$26.95 US

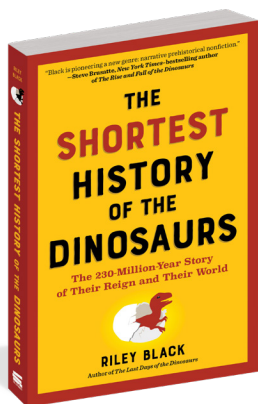
Approximately
75 four-color
photographs

Final pages available



KATE JACOBY & RICH LANDAU are co-owners of Vedge and Ground Provisions, modern vegetable restaurants that have earned rave reviews from diners and critics alike. They are pioneers of vegan fine dining. Between the two of them, nods and accolades include six-time finalist for the James Beard Award, Best Chef and Best Restaurant nods from the *Bon Appetit*, *Food & Wine*, *GQ*, Food Network, and *Philadelphia Magazine*.

VedgeRestaurant.com



TERRITORY World

June 2025

Trade Paperback

288 pp. | \$16.95 US

Over 50 illustrations

Pass pages available
March 2025

Proposal available
now

The Shortest History of the Dinosaurs

The 230-Million-Year Story of Their Reign and Their World

RILEY BLACK

A highlight-reel history of culture's favorite ancient animals—using the latest scientific discoveries to tell the epic of the dinosaurs, in brief—from the small first species that survived mass extinction during the Triassic Period, to the massive monsters of the Jurassic Period, to the fiery asteroid that ended their reign

Covering the major moments in dinosaur evolution, extinction, and ecology, *The Shortest History of the Dinosaurs* tells the story of small beginnings, spectacular golden periods, and eventual global domination—before a six-mile wide asteroid brought everything to a screeching halt.

Using countless recent fossil discoveries, fresh understandings of genetics and evolution, and over fifty illustrations and maps, author Riley Black reveals the startling relationships dinosaurs shared with each other, the land they lived on, other animal species, and the earth as a whole.

RILEY BLACK is the award-winning author of more than ten books about fossils, evolution, and dinosaurs. Her latest, *The Last Days of the Dinosaurs*, won the AAAS/ Subaru Prize for Excellence in Science Books. When not composing books, Riley regularly writes about fossils for a variety of publications such as *National Geographic*, *Smithsonian*, *Slate*, and more, with repeated appearances on radio and television programs such as *All Things Considered*, *Science Friday*, and *NOVA*. She has also acted as a science advisor on dinosaur projects for the *Jurassic World* franchise, and has given talks about the latest in paleontology at venues ranging from Yale University and the Houston Museum of Natural Science to the Tucson Festival of Books.

RileyBlack.net  [RestingDinoFace](https://www.instagram.com/RestingDinoFace)



The Shortest History of Computers

From the Antikythera Mechanism to Artificial Intelligence—A Retelling for Our Times

ZEB LARSON, PhD

TERRITORY

World

Winter 2025

Trade Paperback

280 pp. | \$16.95 US

B&W illustrations throughout

Proposal available

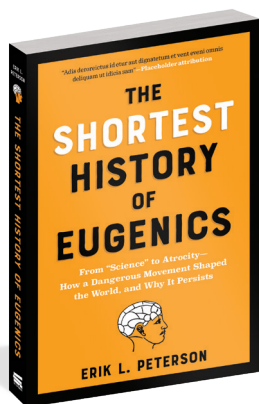
No other tool has had as much of an impact on history as the computer. These machines have transformed all aspects of our lives, including industry, warfare, politics, and relationships.

Connecting past and present, historian and software engineer Zeb Larson explains how ancient Greek and Arabic advancements in mathematics laid the groundwork for the algorithms now used in Google searches. He moves from the first mechanical computer in the second century BCE to Francis Bacon's binary message-encoding cipher to Charles Babbage and Ada Lovelace's work on the Difference Engine. In the 1930s, we reach the digital era, with Alan Turing's Nazi code-breaking machine and programming languages invented by pioneers like Grace Hopper.

In 1969, computers enter our homes, starting with the Honeywell Kitchen Computer, and later, the Internet radically changes how we live. The collapse of the dot-com bubble, followed by concerns about surveillance and AI, mean the modern era of computing is marked by more dangers and more opportunities than ever.

The Shortest History of Computers is a truly global history, taking us from Persia to the UK to India to the US to Japan. No matter what comes next in the computer's fast-paced development, this accessible history will prepare and entertain readers.

ZEB LARSON, PhD, is a writer, historian, and software engineer. He has a PhD in history from Ohio State University. His writing has appeared in *The Washington Post*, *Smithsonian*, *Jacobin*, and *Teen Vogue*.



TERRITORY

World

RIGHTS SOLD

Korea (Little Mountain),
Russia (Azbooka)

November 2024

Trade Paperback

304 pp. | \$16.95 US

Approximately 50
B&W illustrations

Full manuscript
available

The Shortest History of Eugenics

From “Science” to Atrocity—How a Dangerous Movement Shaped the World, and Why It Persists

ERIK L. PETERSEN, PhD

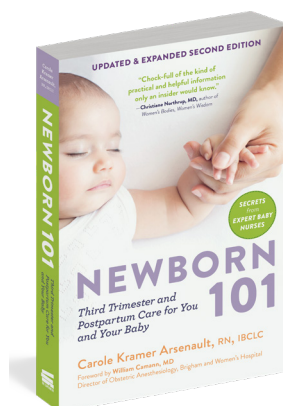
A harrowing history of a grim chapter in politics and science, in which influential thinkers shaped global policy with the aim of determining who was worthy of life

For the last two centuries, groups of influential men have, in the professed interest of fiscal responsibility, crime reduction, and outright racism, attempted to control who was allowed to bear children. Their efforts, “eugenics,” characterize a movement that over the last century swept across the world in the form of marriage restrictions, asylum detention, and sterilization campaigns that affected millions. German physicians and scientists adopted and then heightened these eugenics practices beginning in 1939, starving or executing those they deemed “life unworthy of life.”

But well after the liberation of Nazi deathcamps, health care workers, and even the US government, pursued policies worldwide with the express purpose of limiting the reproduction of poor non-whites. *The Shortest History of Eugenics* takes us back to the founding principles of the movement, revealing how an idea that began in cattle breeding took such an insidious turn—and how it lingers in rhetoric and policy today.

ERIK L. PETERSEN, PhD, is associate provost and associate professor of the history of science and medicine at The University of Alabama. He publishes and teaches about the historical relationship between race and science in the United States and abroad.





Newborn 101—Updated & Expanded Second Edition

Third Trimester and Postpartum Care for You and Your Baby—Secrets from Expert Baby Nurses

CAROLE KRAMER ARSENAULT, RN, IBCLC

Updated with new baby-care research, the second edition of *Newborn 101* answers your most urgent questions with advice from expert baby nurses

Carole Kramer Arsenault has spent the last two decades helping parents, both as a longtime pediatric nurse and as the founder of the most highly regarded baby-care service in New England. From the first trimester to the “fourth” (baby’s crucial first three months) Arsenault and her team of nurses and doulas have seen it all.

In this expanded second edition, Arsenault shares updated research in the field of newborn care, including:

- advice from postpartum doulas about caring for your body and mind after childbirth
- new medical guidelines for what to eat during pregnancy and what to feed your newborn
- expanded sections on sleep, screen time for babies, and pain medications for childbirth

Expert care can be hard to come by—now, you can enjoy the most precious moments with your newborn with this handy guide to everything from bath time to breastfeeding.

TERRITORY

World

April 2025

Trade Paperback

368 pp. | \$18.95 US

Approximately 32
B&W illustrations

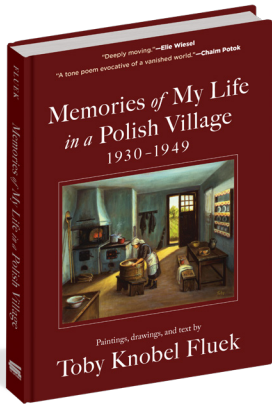
First edition available.
Full manuscript
of second edition
available January
2025

**Rights
to the first
edition were
sold in China,
Taiwan, and
Korea**



CAROLE KRAMER ARSENAULT, RN, IBCLC has devoted her career to infant and pregnancy care, and she has worked for many years as a delivery nurse. She founded and runs Boston Baby Nurse & Nanny, a home health agency offering specialized support to families with babies.

BostonBabyNurse.com  [BostonBabyNurseandNanny](https://www.instagram.com/BostonBabyNurseandNanny)



Memories of My Life in a Polish Village, 1930–1949

TOBY KNOBEL FLUEK

FOREWORD BY RAKHMIEL PELTZ, PhD, PhD

Available again for the first time in decades, this jewel of a memoir is the poignant story of a young Jewish girl growing up in a mid-century Polish farm village

TERRITORY

World

May 2024

Paper over Boards

144 pp. | \$24.95 US

94 B&W and color paintings and drawings

Finished copies available

In her own words and with her own beautiful paintings and drawings, artist Toby Knobel Fluek lovingly unfurls a unique view of Jewish life. She introduces us to her village, to her family, to her neighbors; she shows us how customs and holidays were observed; and, with feeling and restraint, she illustrates how this long-enduring way of life was shattered by World War II. She depicts her family's experiences through Russian occupation and the devastation wreaked by the Nazis—and, finally, her new beginning in America.

New to this edition is a foreword by Rakhmiel Peltz, PhD, PhD, founding director of the Judaic studies program at Drexel University.

“Deeply moving”

—**ELIE WIESEL**, author of *Night*

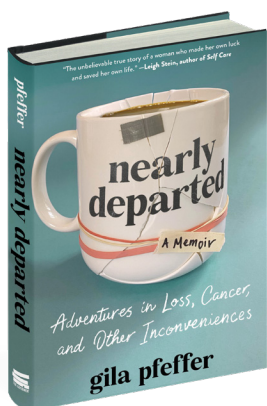
“A tone poem evocative of a vanished world”

—**CHAIM POTOK** *New York Times* bestselling author of *The Chosen* and *My Name Is Asher Lev*

Rights to the first edition were sold in the UK, Denmark, France, Germany, and the Netherlands.

Recommended by the Polish Cultural Institute New York

TOBY KNOBEL FLUEK (1926–2011) was born in the eastern Polish village of Czernica. In 1942, she and her family were forced into the Brody ghetto by the Nazis. After her escape and years in hiding, she married in 1949 and emigrated to New York, where she remained until her death. In 2018, The Florida Holocaust Museum added more than five hundred of Fluek's artworks and personal items to its collection, and it continues to share her work in exhibitions. She is the subject of the documentary film *Toby's Sunshine*.



TERRITORY

World

July 2024

Jacketed Hardcover

272 pp. | \$27.95 US

Finished copies
available

Nearly Departed

Adventures in Loss, Cancer, and Other Inconveniences

GILA PFEFFER

A sharp, funny, and heartfelt memoir of losing both parents to cancer and the daring choices Gila Pfeffer made to avoid the same early demise

By the time she was thirty, Gila Pfeffer was the oldest living member of her family, having lost her parents to cancer. Determined to break the cycle of early death in her family, Gila decides to undergo an elective double mastectomy.

This memoir follows her journey as she becomes a reluctant expert on how to sit shiva, grows up, falls in love, and enters motherhood, before her life is derailed yet again. Her double mastectomy reveals cancer already growing in one breast.

With chutzpah honed over years of repeatedly surviving the worst, she manages to save her own life.

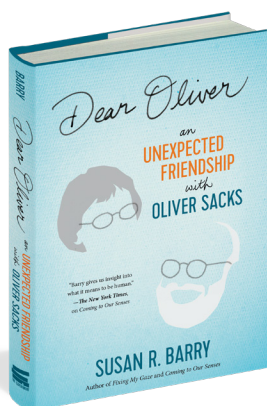
Drenched in Gila's dark humor, *Nearly Departed* is a story about thriving against the odds, committing to what's important, and leaving a better legacy than the one you inherited.

"It takes an incredible spirit to not only stare down death multiple times, but to also write about it with such a clear head and make it funny. Only read this book if you are okay with both crying and laughing out loud in public." —**ILIZA SHLESINGER**, award-winning comedian, actor, writer, producer, & author



GILA PFEFFER is a Jewish American writer and humorist. Her work has appeared in *The New York Times*, *The New Yorker*, *McSweeney's*, *Today.com*, and elsewhere. Gila's monthly "Feel It on the First" campaign reminds women to prioritize their breast health. She splits her time between New York City and London.

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



Dear Oliver

An Unexpected Friendship with Oliver Sacks

SUSAN R. BARRY

A heartfelt memoir that captures the meeting of two great minds—and, with boundless generosity, shares the joy of friendship later in life

TERRITORY

World

RIGHTS SOLD

China (Orient Publishing Center),
Korea (Bookie),
UK (Ithaka, imprint of Bonnier)

January 2024

Jacketed Hardcover

256 pp. | \$28.00 US

54 B&W images |
4-page color insert

Finished copies
available

To the world, he was Dr. Sacks, the brilliant neurologist behind bestselling books like *Musicophilia* and *The Man Who Mistook His Wife for a Hat*. To professor Susan Barry, he became Dear Oliver—her mentor, friend, and confidant over the course of their unlikely, engrossing ten-year correspondence.

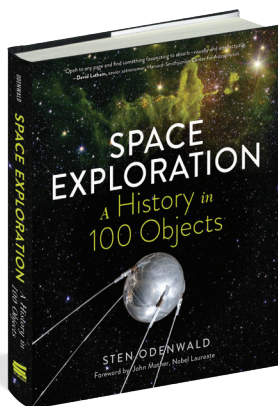
It begins with a letter that Sue almost doesn't send. Her unheard-of case history—as a “stereoblind” patient who acquired 3D vision in adulthood—so fascinates Dr. Sacks that he immediately asks to visit her. As “Stereo Sue,” she becomes the subject of one of his indelible *New Yorker* pieces—and, as a fellow neuroscientist, a sounding board for all kinds of intellectual inquiry.

Dr. Sacks's letters to Sue offer his devoted readers an unprecedented glimpse of the man himself—from his legendary compassion and insight to his love of the periodic table. Throughout *Dear Oliver*, we are reminded that true friends help each other see the world a little differently.

A Main Selection of the Library of Science Book Club
One of *The Telegraph's* 10 essential new books to read in 2024

SUSAN R. BARRY is professor emerita of biological sciences and of neuroscience and behavior at Mount Holyoke College. She is the author of *Fixing My Gaze*, named a best book of the year by Amazon and *Library Journal*, and *Coming to Our Senses*. Her work has been featured in *The New York Times*, *Los Angeles Times*, and Big Think.





Space Exploration—A History in 100 Objects

STEN ODENWALD

FOREWORD BY JOHN MATHER

This is no ordinary space book

Within the pages of this eclectic pop-history, scientist and educator Sten Odenwald at NASA examines 100 objects that forever altered what we know and how we think about the cosmos. From Sputnik to Skylab, and from Galileo's telescope to the *Curiosity* rover, some objects are iconic and some obscure—but all are utterly important.

- The **Nebra sky disk** (1600 BCE) features the first realistic depiction of the Sun, Moon, and stars.
- The **Lunar Laser Ranging RetroReflector** showed us how far we are from the Moon in 1969.
- In 1986, it was the humble, rubber **O-ring** that doomed the space shuttle *Challenger*.
- The **Event Horizon Telescope** gave us our first glimpse of a black hole in 2019.

These 100 objects, as Odenwald puts it, showcase “the workhorse tools and game-changing technologies that have altered the course of space history. . . . Behind each new discovery is an object that expands our appreciation of space as well as the boundless imagination and resourcefulness we carry within us.”

Now updated to include sections on the James Webb Space Telescope and DART.

TERRITORY

World

RIGHTS SOLD

China (Zito),
Germany (Hanser),
Korea (Stable)

November 2019

Jacketed Hardcover

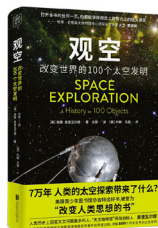
224 pp. | \$25.00 US

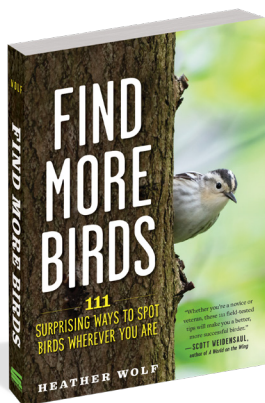
Jacket converts to poster | 100 color photographs

Finished copies available



STEN ODENWALD is an award-winning astrophysicist and prolific science popularizer. He is currently the director of citizen science for the NASA Space Science Education Consortium.





TERRITORY World

August 2023

Trade Paperback

272 pp. | \$17.95 US

165 color
photographs

Finished copies
available

Find More Birds

111 Surprising Ways to Spot Birds Wherever You Are

HEATHER WOLF

A gorgeously photographed trove of 111 ingenious tips for seeing more birds wherever you are

It's possible to see more birds than you ever imagined—whether you're on the go or in your own neighborhood, local park, or backyard. It all comes down to how you tune in to the show happening around you, the one in which birds—highly skilled at staying under the radar—are the stars. In *Find More Birds*, Heather Wolf shares her very best tactics—and the jaw-dropping photographs they helped her capture.

- Look for birds at their favorite “restaurants”—from leaf litter to berry bushes to ball fields.
- Watch for “tree bark” that moves . . . you may find it has feathers.
- Try simply sitting on the ground for a revealing new perspective.

Plus, special tips point the way to crowd favorites such as hummingbirds, owls, and eagles—and can't-miss bird behaviors.

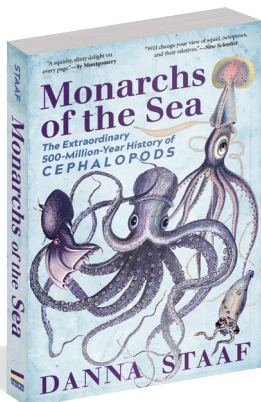
“Packed with excellent photos and tips, deeply relatable anecdotes, and a palpable sense of joy, this gem of a book will make you a better birder.”

—**ROSEMARY MOSCO**, author of *A Pocket Guide to Pigeon Watching*



HEATHER WOLF is the author of *Birding at the Bridge*. A Brooklyn-based birder, photographer, and educator, she works with the Cornell Lab of Ornithology as a web developer, teaches birding classes at Brooklyn Botanic Garden, and gives walks and talks for various organizations in New York City and beyond.

HeatherWolf.com  [RealHeatherWolf](https://www.instagram.com/RealHeatherWolf)



Monarchs of the Sea

The Extraordinary 500-Million-Year History of Cephalopods

DANNA STAAF

Before mammals, there were dinosaurs, and before dinosaurs, there were cephalopods

Cephalopods, Earth's first truly substantial animals, are still among us: Their fascinating family tree features squid, octopuses, nautiluses, and more. The inventors of swimming, cephs presided over the sea for millions of years. But when fish evolved jaws, cephs had to step up their game (or end up on the menu). Some evolved defensive spines. Others abandoned their shells entirely, opening the floodgates for a tidal wave of innovation: masterful camouflage, fin-supplemented jet propulsion, and intelligence we've yet to fully measure.

In *Monarchs of the Sea*, marine biologist Danna Staaf unspools how these otherworldly creatures once ruled the deep—and why they still captivate us today.

“Squishy, slimy delight on every page.”

—SY MONTGOMERY, *New York Times*–bestselling author of *The Soul of an Octopus*

TERRITORY

World

RIGHTS SOLD

China (Lucidabooks),
Japan (X-Knowledge),
Korea (Puriwaipari),
Poland (Prószyński),
Russia (Alpina)

September 2020

Trade Paperback

256 pp. | \$15.95 US

33 B&W photographs
and illustrations

Finished copies
available



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

Humble

Free Yourself from the Traps of a Narcissistic World

DARYL VAN TONGEREN, PhD

A practical and philosophical deep dive into humility: how it can build confidence, foster honesty about our strengths and limitations, and help us achieve success

Daryl Van Tongeren is a leading researcher on the science of humility. In *Humble*, he gives this unassuming trait a much-needed rebrand, explaining why the humble enjoy a more secure sense of self, handle challenges better, and, indeed, are often the people we like the most.

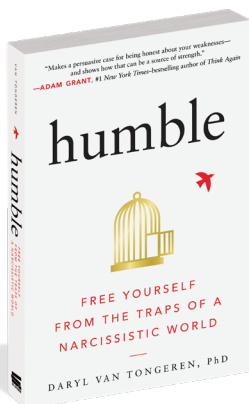
In a world where narcissism is on the rise—where the shameless dominate social media and getting noticed is considered key to getting ahead—it's not surprising that we all have a bit of work to do on our sometimes self-sabotaging egos.

Humility is the happy medium between self-denial and self-obsession: it grants the holder an accurate view of reality. By seeing where we have room to improve, we can grow. By admitting our doubts, we can learn. And by acknowledging our own worldview as one among many, we can truly connect with others despite our differences.

A thought-provoking call to reexamine our values, *Humble* signals a paradigm shift—from the “self-esteem movement” run amok to a better world in which we lift up one another.

A UNIVERSITY OF CALIFORNIA FAVORITE BOOK OF 2022

DARYL VAN TONGEREN, PhD, is an associate professor of psychology at Hope College, associate editor of the *Journal of Positive Psychology*. His research, which has won numerous grants and awards, has been covered by *The New York Times*, *The Washington Post*, and *Chicago Tribune*, among other outlets.



TERRITORY

World

RIGHTS SOLD

Korea (Sang-SangSquare), Saudi Arabia (Jarir Bookstore), Taiwan (Titan), Turkey (Timas), UK + CW (Welbeck)

May 2023

Trade Paperback

304 pp. | \$16.95 US

Finished copies available



You Will Get Through This

A Mental Health Tool Kit—Help for Depression, Anxiety, Grief, and More

JULIE RADICO, PsyD, ABPP
 CHARITY O'REILLY, LPC
 NICOLE HELVERSON, PsyD

An all-in-one guide to taking charge of your mental health, with research-proven strategies to alleviate daily struggles such as depression, anxiety, panic disorder, ADHD, and insomnia

There are more barriers than ever to accessing reliable mental health care—and when your mental health is suffering, you need help *now*.

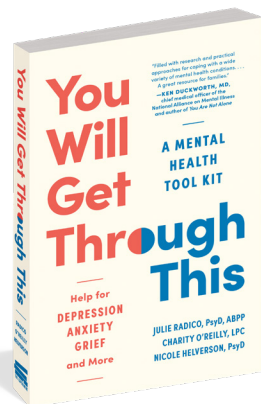
This book, written by three practicing therapists, is your comprehensive mental health tool kit. Drawing on the techniques they use with their clients, they offer a holistic understanding of more than twenty all-too-common life challenges, plus compassionate, evidence-based strategies for when you're struggling. Even better, these are techniques that *anyone* can do at home.

You Will Get Through This illuminates the road to wellness so you can take charge of your own healing.

"This helpful book is filled with research and practical approaches for coping with a wide variety of mental health conditions. . . . A great resource for families."

—KEN DUCKWORTH, MD, chief medical officer of the National Alliance on Mental Illness and author of *You Are Not Alone: The NAMI Guide to Navigating Mental Health*

JULIE RADICO, PsyD, ABPP, is a board-certified clinical health psychologist with ten years of experience working in primary care settings. CHARITY O'REILLY, LPC, is a licensed professional counselor specializing in trauma therapy. NICOLE HELVERSON, PsyD, is a clinical psychologist in private practice specializing in depression, grief, eating disorders, and anxiety.



TERRITORY

World

RIGHTS SOLD

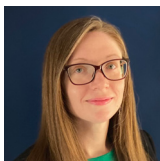
India (Manjul),
 Russia (Eksmo),
 Turkey (Alfa)

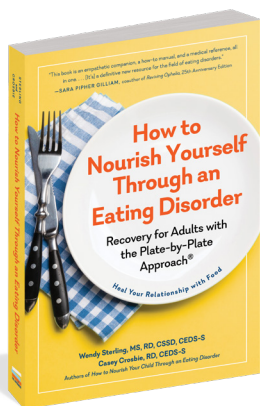
July 2024

Trade Paperback

304 pp. | \$19.95 US

Finished copies
 available





How to Nourish Yourself Through an Eating Disorder

Recovery for Adults with the Plate-by-Plate Approach®

WENDY STERLING, MS, RD, CSSD, CEDS-S,
CASEY CROSBIE, RD, CEDS-S

Overcome your eating disorder and repair your relationship with food, starting today

TERRITORY

World

November 2023

Trade Paperback

340 pp. | \$18.95 US

4-page color photo insert

Finished copies available

Also available by Wendy Sterling and Casey Crosbie: *How to Nourish Your Child Through an Eating Disorder*. See p. 45

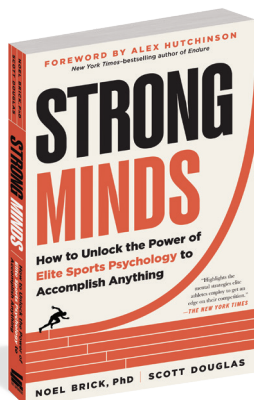
If you struggle with anorexia, bulimia, binge eating, or another form of disordered eating, the path to normal eating may seem impossible. This is why Wendy Sterling and Casey Crosbie created the Plate-by-Plate Approach®: a simple, numberless, exchange-free program to restore your relationship with food. In this practical, easy-to-use guide—complete with sample plates, example schedules, and helpful tracking logs—they teach you to take control of your nutrition with nothing more than a 10-inch plate.

- Learn to use the Plate-by-Plate Approach® at home
- Understand common patterns and behaviors to restore your relationship with food
- Adapt the Plate-by-Plate Approach® to your own dietary and cultural needs.
- Overcome common barriers on your journey to healthy eating.



WENDY STERLING, MS, RD, CSSD, CEDS-S, specializes in eating disorders and sports nutrition. She has been published in the *International Journal of Eating Disorders*. **CASEY CROSBIE, RD, CEDS-S**, owns Crosbie Nutrition, a virtual private practice in California. Her work has been published in the *Journal of the Academy of Nutrition and Dietetics*. Together, they are also the authors of *How to Nourish Your Child Through an Eating Disorder*.

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



Strong Minds

How to Unlock the Power of Elite Sports Psychology to Accomplish Anything

NOEL BRICK, PhD

SCOTT DOUGLAS

FOREWORD BY ALEX HUTCHINSON

Now in paperback, with an all-new foreword: competition-tested cognitive strategies to help triumph over any obstacle

TERRITORY

World

RIGHTS SOLD

China (Machine Press), Korea (BADA), Portugal (Bookout), Romania (Pilot), Russia (Azbooka-Atticus), Taiwan (Yuan-Liou)

October 2023

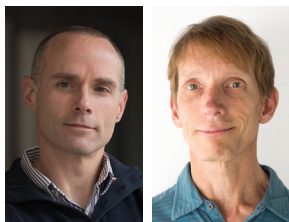
Trade Paperback

288 pp. | \$16.95 US

Finished copies available

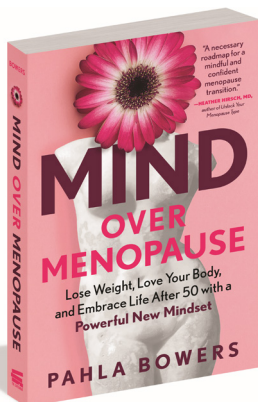
If you ask research psychologist Noel Brick and bestselling fitness writer Scott Douglas, the “dumb jock” stereotype is way out of bounds. No world-class athlete succeeds without a strong mental game, including unique ways of analyzing situations, self-motivating, and even thinking about time. Cutting-edge discoveries (some by Dr. Brick himself) reveal how champions do it—and how we can, too.

Brick and Douglas pair groundbreaking science with instructive moments across the sports realm to show how legendary athletes like marathoner Meb Keflezighi, World Cup champion soccer player Megan Rapinoe, and Olympian Michael Phelps stay on top of their game. Whether it's sticking the landing at a job interview or racing your thesis to the finish line, *Strong Minds* is a slam-dunk approach for accomplishing anything.



NOEL BRICK, PhD, is a lecturer in sport and exercise psychology at Ulster University and a researcher on the psychology of endurance and performance. He has completed more than thirty marathons. He lives in Ireland.

SCOTT DOUGLAS is a contributing writer for *Runner's World*. He is the author of several books, including *Running Is My Therapy* and *Meb for Mortals*. He lives in Maine.



Mind Over Menopause

Lose Weight, Love Your Body, and Embrace Life After 50 with a Powerful New Mindset

PAHLIA BOWERS

Now in paperback: the radically simple, motivational method to lose weight that guides you in banishing negative thoughts while managing your sleep, exercise, and diet

TERRITORY

World

RIGHTS SOLD

Germany (Herbig)

May 2024

Paperback

256 pp. | \$17.95 US

Finished copies available

Welcome to menopause, where everything you thought you knew about your body changed overnight. You're always hot (unless of course you're freezing cold), you're moodier than ever, sleep seems like a distant memory, and your skin is forming "age spots." . . . You can't help but wonder, *Is this it?* Thankfully, no.

Weight-loss life coach and YouTuber Pahlia Bowers is here to help with a simple and powerful method to flip the script on menopause—by adjusting how you think. Pahlia teaches how to target Really Unhelpful Thoughts (RUTs) to shed extra pounds and stay healthy. You will learn to:

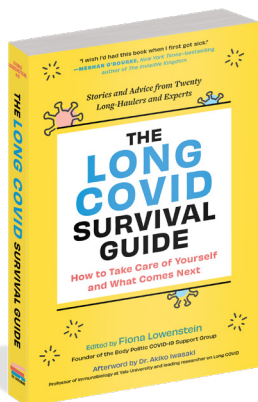
- transform the way you think about food
- practice moderate exercise, stay hydrated, and get plenty of sleep
- accept your body, choose a realistic weight goal, and never slow down!

Combining exercise science, cognitive and behavioral psychology, and an inspiring, pragmatic perspective, this book equips you with the tools and confidence to achieve your goals.

PAHLIA BOWERS is a certified weight-loss life coach for women over fifty, with over a decade of experience helping women make peace with their menopausal bodies. She is the host of the *Get Your GOAL* podcast and a prolific online content creator..

[GetYourGoal.com](https://www.getyourgoal.com)  [PahliaB.GetYourGoal](https://www.instagram.com/PahliaB.GetYourGoal)  [PahliaBowers](https://www.youtube.com/PahliaBowers)





TERRITORY

World

November 2022

Trade Paperback

288 pp. | \$18.95 US

B&W illustrations

Finished copies
available

The Long COVID Survival Guide

How to Take Care of Yourself and What Comes Next

EDITED BY FIONA LOWENSTEIN

AFTERWORD BY DR. AKIKO IWASAKI

The first patient-to-patient guide for people living with Long COVID—with expert advice on getting diagnosed, dealing with symptoms, and more

For people living with Long COVID, navigating the uncharted territory of this new chronic illness can be challenging. With over two hundred unique symptoms, and with doctors continuing to work toward a cure, people experiencing Long COVID are often left with more questions than answers.

A support group in book form, *The Long COVID Survival Guide* is here to help. Twenty contributors—from journalists, neuroscientists, and patient-researchers to corporate strategists, activists, and artists—share their stories and insight on topics including getting diagnosed, finding a caregiver, dealing with fatigue and brain fog, caring for your mental health, and more.

This vital resource provides the answers and reassurance you need to take care of yourself and prepare for what comes next.

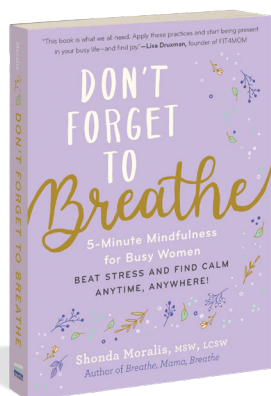
2022 Foreword Indies Finalist

As featured on NPR's *It's Been a Minute*



FIONA LOWENSTEIN is an award-winning journalist and founder of the health-justice organization Body Politic. They created Body Politic's online COVID support group after being hospitalized with COVID in March 2020. **DR. AKIKO IWASAKI** is a professor of immunobiology and of molecular, cellular, and developmental biology at Yale School of Medicine.

FionaLowenstein.com [Twitter Fi_Lowenstein](https://twitter.com/Fi_Lowenstein) [Twitter VirusesImmunity](https://twitter.com/VirusesImmunity)



Don't Forget to Breathe

5-Minute Mindfulness for Busy Women

SHONDA MORALIS, MSW, LCSW

Take 5 minutes to reset, refocus, and find calm

It's a familiar feeling for so many women: Life is one big to-do list. And whatever's on there—kids, career, personal life, or just staying afloat—didn't get any easier in the pandemic. With stress and anxiety at peak levels of "ack!," psychotherapist Shonda Moralis steps in to offer relief.

Don't Forget to Breathe marries "been there, I hear you" advice with 60 ingenious evidence-based "mindful breaks" that women can use to re-center without missing a beat: while getting dressed, waiting at the checkout, or reaching for the phone. Shonda sees mindfulness not as tuning out but tuning in—and it's there for you whenever you need it! Her short meditations are designed for helping you to:

- **breathe** to promote calmness and awareness with meditation
- **be yourself** and build confidence
- **reach** for success by setting—and conquering—realistic goals

Don't Forget to Breathe is a timely reminder of that big, overlooked to-do: Take care of yourself!

TERRITORY

World

RIGHTS SOLD

Germany (Stiebner),
Saudi Arabia (Jarir
Bookstore)

September 2022

Trade Paperback

288 pp. | \$15.95 US

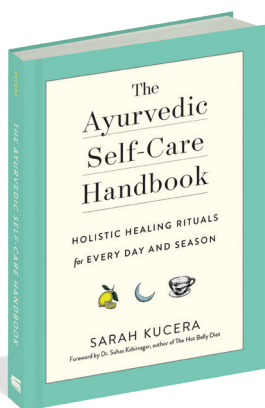
Two-color interior

Finished copies
available

Also
available by
Shonda Moralis:
*Breathe, Mama,
Breathe: 5-Minute
Mindfulness for Busy
Moms*; rights sold in
China, Germany,
India, Italy, Korea,
and Vietnam



SHONDA MORALIS, MSW, LCSW, is a psychotherapist in private practice specializing in stress-related disorders and mindfulness-based therapy. She writes the *Psychology Today* blog *Breathe, Mama, Breathe*. She has developed and taught mindfulness courses and workshops for children, parents, teachers, and students.



The Ayurvedic Self-Care Handbook

Holistic Healing Rituals for Every Day and Season

SARAH KUCERA, DC, CAP

FOREWORD BY DR. SUHAS KSHIRSAGAR

Ancient self-care for modern life

Feeling burned-out, unmotivated, or stuck? This authoritative guide to ancient healing offers more than 100 daily and seasonal Ayurvedic rituals—each taking 10 minutes or less—to reconnect you with nature’s rhythms and to unlock better health.

- Boost and stabilize your energy with yogic breathing.
- Overcome transitions with grounding meditations.
- Undo physical and emotional stress with personalized yoga postures.
- Prevent and treat disease with nourishing tonics and teas.
- Pause and reflect with daily and weekly journaling prompts.

Get back in sync with nature—and rediscover your potential to feel *good*.

“A joyful, blissful book, it serves as a guideline to students and practitioners, unfolding inner healing and longevity.”

—**DR. VASANT LAD, BAM&S, MASc**, Ayurvedic physician, author of *Ayurveda: The Science of Self-Healing*

TERRITORY

World

RIGHTS SOLD

Estonia (OÜ Eram),

Germany (Riva),

Poland (Czarna

Owca)

April 2019

Flexi-bind

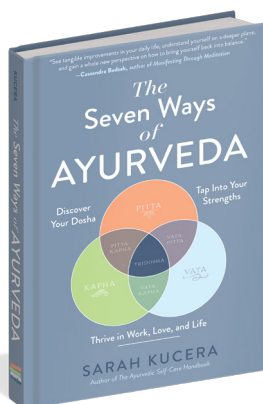
304 pp. | \$16.95 US

Ribbon | Two-color interior | 12 illustrations

Finished copies available



SARAH KUCERA, DC, CAP, has been championing healthy practices professionally for over a decade and personally for her whole life. A chiropractor, Ayurvedic practitioner, yoga teacher, yoga therapist, and entrepreneur, she is the founder of Sage, a healing arts center and herbal apothecary in Kansas City, Missouri, where she strives to help others find well-being.



TERRITORY

World

RIGHTS SOLD

Brazil (Pensamen-
to Cultrix), China
(Acorn), France
(Hachette Pratique),
Poland (Czarna
Owca), Romania
(Prestige), Taiwan
(Acorn)

May 2022

Paper over Boards

240 pp. | \$19.95 US

Two-color interior

Finished copies
available

The Seven Ways of Ayurveda

Discover Your Dosha, Tap Into Your Strengths—and Thrive in Work, Love, and Life

SARAH KUCERA, DC, CAP

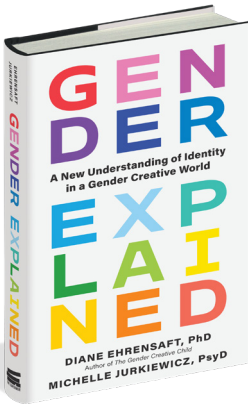
A guide to the Ayurvedic personality types, or doshas, with psychology-based advice on cultivating balance

At the core of Ayurveda is an understanding that we are all made of the same materials—the five elements of ether (space), air, fire, water, and earth—and how you look, think, and feel can be traced back to your unique proportion of these elements at any given time. This is your dosha, the true essence of who you are.

Knowing your dosha is the key to deeper self-knowledge, easier relationships, and a happier future. In *The Seven Ways of Ayurveda*, you'll discover which type fits you best.

- **Vata:** creator, multitasker, artist
- **Pitta:** perfectionist, challenger, leader
- **Kapha:** peacemaker, nurturer, lover
- **Vata-Pitta:** performer, innovator, first responder
- **Pitta-Kapha:** guardian, moralist, observer
- **Vata-Kapha:** dreamer, supporter, conversationalist
- **Tri-Dosha:** proficient in all trades, well-rounded

Then, you'll identify your innate strengths (and their "shadow sides"); whether you're out of balance (and what to do); how your unique type approaches work, love, travel, and more; and how to forge true, mutual understanding with friends and loved ones whose doshas may differ. When you know yourself better, you can take better care of yourself—and others, too.



Gender, Explained

A New Understanding of Identity in a Gender Creative World

DIANE EHRENSAFT, PhD

MICHELLE JURKIEWICZ, PsyD

An essential primer on gender literacy from leading experts on the front line of the cultural and political debate

TERRITORY

World

RIGHTS SOLD

Italy (Edizioni Sonda), Korea (Suobooks), UK (Ebury)

August 2024

Jacketed Hardcover

304 pp. | \$28.95 US

Finished copies available

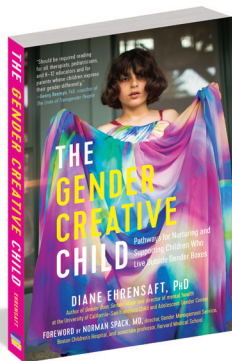
Gender as we used to know it is being upended, and no more dramatically than in the hands of the youngest generation. There has been an explosion in the number of people who are saying they are not the gender everyone thought they were or who do not want to follow the rules of gender inscribed in the patterns of our society. As this phenomenon has unfolded, some people have celebrated, others are alarmed, while many are confused.

Gender, Explained is the complete road map to understanding what is going on—and how gender continues to evolve today. Armed with the latest research, psychologists Diane Ehrensaft and Michelle Jurkiewicz help readers understand today's gender phenomenon, dispel myths, and answer the questions they hear most—questions like: *Why are so many kids today playing with gender?* and *How can we support those who are exploring gender?*

Featuring personal stories from both gender creative children and adolescents as well as from parents, this book advocates for gender-affirming care and the importance of listening to what young people are trying to teach us about gender.



DIANE EHRENSAFT, PhD, is a developmental and clinical psychologist and director of mental health at the Child and Adolescent Gender Center at UCSF Benioff Children's Hospital. **MICHELLE JURKIEWICZ, PsyD**, is a licensed clinical psychologist and gender specialist. She was an early pioneer in the work with transgender, nonbinary, and gender expansive youth. She trains newer clinicians in using the Gender Affirmative Model.



TERRITORY: World
RIGHTS SOLD: Greece (Marathia), Italy (Odoya)
 April 2018
 Trade Paperback
 304 pp. | \$15.95
 Finished copies available

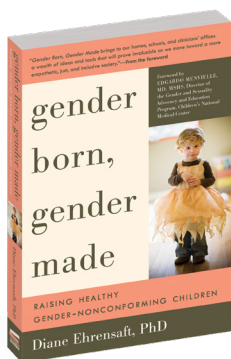
The Gender Creative Child

Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes

DIANE EHRENSAFT, PhD
 FOREWORD BY NORMAN SPACK, MD

In this comprehensive resource, Dr. Ehrensaft explains the interconnected effects of biology, nurture, and culture to explore why gender can be *fluid*, rather than binary. As an advocate for the gender affirmative model and with the expertise she has gained over three decades of pioneering work with children and families, she encourages caregivers to listen to each child, learn their particular needs, and support their quest for a true gender self. With a foreword by Norman Spack, MD, the director and cofounder of the Gender Management Service clinic at Boston Children’s Hospital, the first US clinic to medically treat transgender children.

The Gender Creative Child unlocks the door to a gender-expansive world, revealing pathways for positive change in our schools, our communities, and the world.



TERRITORY: World
 May 2011
 Trade Paperback
 304 pp. | \$16.95
 Finished copies available

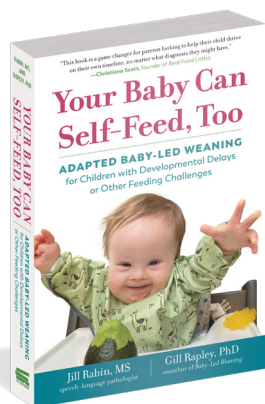
Gender Born, Gender Made

Raising Healthy Gender-Nonconforming Children

DIANE EHRENSAFT, PhD
 FOREWORD BY EDGARDO MENVIELLE, MD, MSHS

We are only beginning to understand gender. Is it inborn or learned? Can it be chosen—or even changed? Does it have to be one or the other? These questions may seem abstract—but for parents whose children live outside of gender “norms,” they are very real.

Dr. Diane Ehrensaft has worked with transgender children for over 30 years. In *Gender Born, Gender Made*, she offers parents, clinicians, and educators guidance on both the philosophical dilemmas and the practical, daily concerns of working with children who don’t fit a “typical” gender mold. She debunks outmoded approaches to gender nonconformity that may actually do children harm. And she offers a new framework for helping each child become his or her own unique, most gender-authentic person.



TERRITORY

World

RIGHTS SOLD
Poland (Petska i
Ogryzek)

August 2022

Trade Paperback

288 pp. | \$18.95 US

16-page color photo
insert

Finished copies
available

Your Baby Can Self-Feed, Too

Adapted Baby-Led Weaning for Children with Developmental Delays or Other Feeding Challenges

JILL RABIN, MS
GILL RAPLEY, PhD

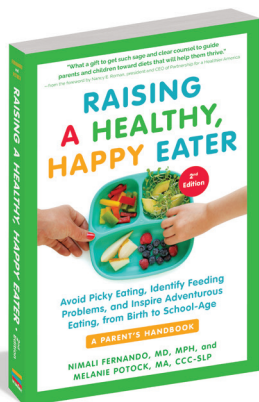
No matter what challenges they face, your baby can self-feed, too!

One in four children has feeding challenges and difficulty eating. If your child is one of them, mealtimes may be a struggle. Whether the reason is neurodiversity (such as Down syndrome), feeding aversion, or a medical condition, feeding therapist Jill Rabin and baby-led weaning pioneer Gill Rapley are here to help with a groundbreaking new approach for parents, caregivers, and health professionals alike: adapted baby-led weaning (ABLW). Find out how to:

- respond to your baby's signals and appetite—and trust their abilities
- improve your baby's chewing, posture, sensory development, and fine motor skills
- use "bridge devices," like silicone feeders, to encourage independent eating
- support your baby to eat real, healthy food and enjoy mealtimes with the rest of the family



JILL RABIN, MS, lectures nationally and internationally on adapted baby-led weaning and provides early intervention services to babies and their families. She lives in Illinois. **GILL RAPLEY, PhD**, is known worldwide as the pioneer of baby-led weaning and is coauthor of the category-leading book series. She lives in Kent, England.



TERRITORY

World

RIGHTS SOLD

Poland (Agora),

Turkey (Gun

Yayincilik)

March 2022

Trade Paperback

304 pp. | \$16.95 US

Two-color interior |

35 illustrations

Finished copies

available

Raising a Healthy, Happy Eater—Second Edition

Avoid Picky Eating, Identify Feeding Problems, and Inspire Adventurous Eating, from Birth to School-Age

NIMALI FERNANDO, MD, MPH

MELANIE POTOCK, MA, CCC-SLP

FOREWORD BY NANCY E. ROMAN

Now updated in a second edition: the category-leading guide to parenting adventurous eaters

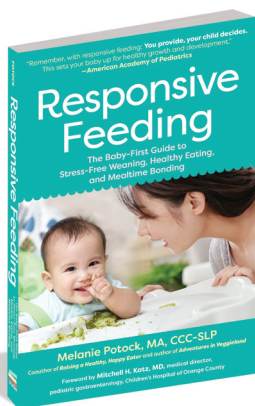
Pediatrician Nimali Fernando and feeding therapist Melanie Potock (aka Dr. Yum and Coach Mel) know the importance of giving your child the right start on their food journey—for good health, motor skills, and even cognitive and emotional development. In this updated, second edition of *Raising a Healthy, Happy Eater*, they explain how to expand your family's food horizons, avoid the picky eater trap, identify special feeding needs, and put joy back into mealtimes.

This second edition now includes the latest research and AAP recommendations, plus new sections on pacifiers, thumb-sucking, feeding concerns, and more.

Winner of the National Parenting Product Award



NIMALI FERNANDO, MD, MPH, is a pediatrician, founder of the nonprofit Dr. Yum Project, and a fellow of the American Academy of Pediatrics. **MELANIE POTOCK, MA, CCC-SLP**, has over twenty years of experience helping children with pediatric feeding disorders. She is the author of *Adventures in Veggieland* and *Responsive Feeding*. Their preschool nutrition curriculum has been adopted by Head Start classrooms nationwide.



Responsive Feeding

The Baby-First Guide to Stress-Free Weaning, Healthy Eating, and Mealtime Bonding

MELANIE POTOCK, MA, CCC-SLP

The authoritative guide to feeding babies and toddlers “responsively”—the no-fuss method that follows your child’s cues and sets the stage for healthy eating!

TERRITORY

World

RIGHTS SOLD

Russia (Resource)

January 2022

Trade Paperback

256 pp. | \$16.95 US

Two-color interior |
8-page color photo
insert

Finished copies
available

When should I start my baby on solids? Should I offer purees—or try baby-led weaning? What if my toddler rejects new foods? Feeding therapist Melanie Potock has the answers to all. The secret? Tune in to your child’s cues, and you’ll know what’s right for her.

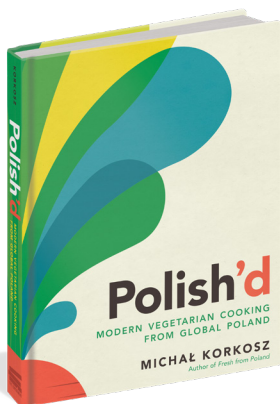
With *Responsive Feeding*, you won’t have to choose between the spoon-led and baby-led approach or cajole your baby to “eat up” when he’s fussy. Instead, every meal becomes a fun learning experience that will engage your baby’s senses—and strengthen your bond. You’ll learn how to:

- gauge your baby’s readiness for solid foods
- introduce bold flavors to set the stage for a lifetime of adventurous eating
- navigate tricky transitions and picky eating

Potock guides parents along every step of the way, from how to wrangle a “food thrower” to the merits of a “nibble tray” for hangry toddlers as well as considerations for special needs. Raising a mindful, healthy eater is just a bite away.



MELANIE POTOCK, MA, CCC-SLP, has over twenty years of experience helping children with pediatric feeding disorders. She is the author of *Adventures in Veggieland* and *Responsive Feeding*. She lives in Colorado.



TERRITORY

World

RIGHTS SOLD

Germany (Stiebner),

Poland (Buchmann)

October 2023

Paper over Boards

256 pp. | \$32.50 US

Color photographs throughout

Finished copies available

Also available by Michał Korkosz: *Fresh from Poland*. See pg. 43



Polish'd

Modern Vegetarian Cooking from Global Poland

MICHAŁ KORKOSZ

More than 100 vegetarian recipes celebrate the global flavor of today's trend-setting Polish cuisine

Michał Korkosz, the award-winning author of *Fresh from Poland*, reenvisioned his home country as a cultural crossroads of Europe in this plant-forward collection of rule-breaking recipes. As Korkosz highlights, in Polish cooking adopting ideas from abroad is just as customary as pierogi and bigos. *Polish'd* explores this rich heritage, with notes of French, Italian, Middle Eastern, Turkish, and traditional Jewish dishes, in recipes such as:

- Miso Zurek with Mashed Potatoes, Roasted Mushrooms, and Chives
- Nettle Pesto Pasta with Radishes and Asparagus
- Sheet Pan Kopytka with White Beans, Brussels Sprouts, and Polish Za'atar
- Caramel Plums with Cinnamon, Sour Cream, and Candied Hazelnuts

"Polish'd brims with dazzling recipes and inviting stories—virtuosic, vegetarian takes on traditional Polish cuisine with multicultural influences."

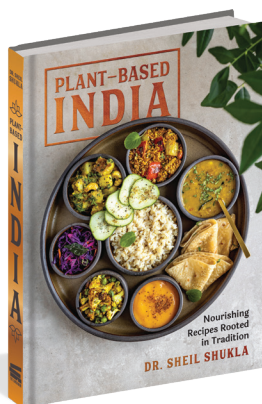
—**FOREWORD**, starred review

#1 International Bestseller

Recommended by the Polish Cultural Institute New York

MICHAŁ KORKOSZ is a food writer, recipe developer, and the creator of the Polish food website Rozkoszny (meaning "delightful"), which has earned two *Saveur* Blog Awards. He is a food columnist for *Przekrój Magazine* and a contributor to the Polish edition of *Vogue*. He lives in Warsaw, Poland.

Rozkoszny.pl/en  [Michal_Korkosz](https://www.instagram.com/Michal_Korkosz)



TERRITORY

World

RIGHTS SOLD

Germany (Christian)

August 2022

Paper over Boards

256 pp. | \$32.50 US

120 color
photographs

Finished copies
available

Plant-Based India

Nourishing Recipes Rooted in Tradition

DR. SHEIL SHUKLA

Physician Dr. Sheil Shukla celebrates Indian cuisine with 100 stunningly photographed vegan recipes that utilize fresh, healthy produce to capture the indelible flavors of India

India is home to a vibrant tapestry of culinary traditions—and to more vegetarians than anywhere else in the world. It's also where Dr. Sheil Shukla learned to love traditional Gujarāti fare, cooking alongside his adored ba (grandmother) in Mumbai.

During his medical training, Dr. Shukla discovered the power of plant-based nutrition to prevent and manage chronic illness—and so began his mission to reinvent the classic vegetarian dishes of his heritage.

Plant-Based India presents over 100 completely vegan recipes for shāk (spiced vegetable dishes), dāl (legume stews), rotli (flatbreads), bhāt (rice dishes), and more. From a comforting Pālak Tofu to vegan Nān, festive Navratan Rice, hearty Dāl Makhani, and summery Chocolate Chāi Mousse with Berries, these are recipes from the heart—filled with nourishing ingredients at their seasonal best.

A 2023 James Beard Foundation Book Award Nominee

A *New York Times* Best Cookbook of 2022

A WBUR/*Here and Now* Best Cookbook of the Year

A Food Network Best Vegan Cookbook of 2022

A Forks Over Knives Favorite Plant-Based Book of 2022

Amazon Editors' Picks: Best Cookbook

A *Foreword* INDIES Finalist of 2022



DR. SHEIL SHUKLA is an internal medicine physician and food artist. His culinary creations have garnered the support of over 90,000 followers on Instagram. He lives in Chicago, Illinois.

[SheilShukla.com](https://www.SheilShukla.com)  [PlantBasedArtist](https://www.Instagram.com/PlantBasedArtist)



TERRITORY
World

RIGHTS SOLD
Brazil (Alaude),
Czech Republic
(Omega)

June 2023
Paper over Boards
192 pp. | \$19.95 US
75 color photographs
Finished copies
available

Rights to the
first edition were
sold in Australia
and the UK &
Commonwealth

Veggie Burgers Every Which Way—Second Edition

Fresh, Flavorful, and Healthy Plant-Based Burgers

LUKAS VOLGER

Veggie burgers like you've never seen them before—everyday ingredients assembled into extraordinary burgers for every craving and occasion

Goodbye, frostbitten freezer patties and mysterious faux meats. Hello, Spicy Peanut and Carrot Burgers, Chipotle Black Bean Burgers, Seitan Burgers with Mango BBQ Sauce, and even Beet “Tartare”!

In this exciting new edition of his acclaimed first cookbook, Lukas Volger conjures fresh produce, beans, and grains into even more delicious veggie burgers, sliders, and sides. Eating your vegetables has never been so satisfying.

“I highly recommend. . . . A really, really wonderful veggie burger cookbook.”

—TEJAL RAO, *The New York Times*

“Lukas Volger reversed my veggie burger cynicism.”

—MARTHA ROSE SHULMAN, *The New York Times*

A Good Cook Book Club Main Selection



LUKAS VOLGER is a food writer, recipe developer, and author of four other cookbooks: *Vegetarian Entrees That Won't Leave You Hungry*, *Bowl, Start Simple*, and *Snacks for Dinner*. He cofounded and served as the editorial director of the food journal *Jarry* and created Made by Lukas, a line of premium veggie burgers. His work has been featured in *The New York Times*, *The Washington Post*, *Bon Appetit*, and elsewhere. He lives in Brooklyn, New York.

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

An Illustrated Book of Bad Arguments

Learn the Lost Art of Making Sense

ALI ALMOSSAWI

ILLUSTRATED BY ALEJANDRO GIRALDO



TERRITORY: World
RIGHTS SOLD: Brazil, China, France, Iran, Italy, Korea, Romania, Russia, Slovakia, Taiwan, UK + CW, Vietnam, Ukraine
 September 2014
 Paper over Boards
 64 pp. | \$15.95US
 19 full-page illustrations
 Finished copies available

390,000+
 copies sold
 worldwide

Have you read (or stumbled into) one too many irrational online debates? Ali Almosawi certainly had! This handy guide is here to bring the internet age a much-needed dose of old-school logic.

Here are cogent explanations of the straw man fallacy, the slippery slope argument, the ad hominem attack, and other common attempts at reasoning that actually fall short, plus a beautiful menagerie of animals who commit every logical faux pas.

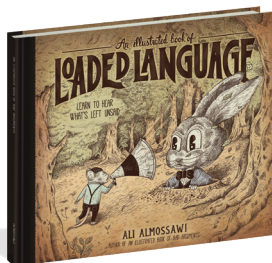
Once you learn to recognize these abuses of reason, they start to crop up everywhere from congressional debate to YouTube comments—which makes this geek-chic book a must for anyone in the habit of holding opinions. It's the antidote to fuzzy thinking, with furry animals

An Illustrated Book of Loaded Language

Learn to Hear What's Left Unsaid

ALI ALMOSSAWI

ILLUSTRATED BY ALEJANDRO GIRALDO



TERRITORY: World
RIGHTS SOLD: China, UK + CW, Vietnam
 November 2021
 Paper over Boards
 96 pp. | \$16.95 US
 15 two-color illustrations
 Finished copies available

Public discourse? More like public discord. The battle cries of our culture wars are rife with “loaded language”—be it bias, slant, or spin.

Speaking as wise old Mr. Rabbit, Almosawi leads us through a dark forest of rhetoric—aided by Orwell, Baldwin, and a squee-worthy cast of wide-eyed woodland creatures. Here, passive voice can pardon wrongdoers, statistics may be a smokescreen, gaslighting entraps the downtrodden, and irrelevant adjectives cement stereotypes. Emperor Squirrel isn't naked; he has a *clothes-free sartorial style*. Mouse's roof *becomes flattened* (Elephant's foot just happens to be there at the time).

It takes a long pair of ears to hear what's left unsaid—but when you're a rabbit in a badger world, listening makes all the difference.



TERRITORY: World
RIGHTS SOLD: Brazil, China, France, Italy, the Netherlands, Norway, Taiwan, UK
 July 2017
 Trade Paperback
 240 pp. | \$14.95 US
 88 color photographs
 Finished copies available

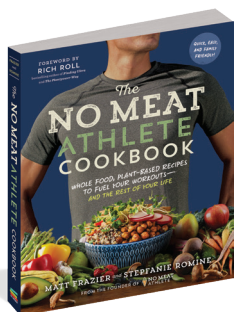
Dot Journaling—A Practical Guide

How to Start and Keep the Planner, To-Do List, and Diary That'll Actually Help You Get Your Life Together

RACHEL WILKERSON MILLER

A dot journal is a planner, to-do list, and diary for every aspect of your life: work, home, relationships, hobbies, *everything*.

Early adopter Rachel Wilkerson Miller explains how to make a dot journal work for you—whether you find the picture-perfect examples on Pinterest inspiring or, well, intimidating. List to-dos and don't-dos; use symbols that will make those lists efficient and effective; create spreads to plan your day, week, month, or year; track your habits and goals (health, money, travel); and much more.



TERRITORY: World
RIGHTS SOLD: Brazil, Germany
 May 2017
 Trade Paperback
 288 pp. | \$24.95 US
 50 color photographs
 Finished copies available

The No Meat Athlete Cookbook

Whole Food, Plant-Based Recipes to Fuel Your Workouts—and the Rest of Your Life

MATT FRAZIER AND STEPHANIE ROMINE

A fast-growing global movement, No Meat Athlete (NMA) earns new fans every day by showing how everyone from weekend joggers to world-class competitors can become even healthier and fitter by eating whole plant foods.

Now *The No Meat Athlete Cookbook*—written by NMA founder Matt Frazier and longtime health coach, yoga teacher, and food writer Stephanie Romine—showcases 125 delicious vegan recipes, many inspired by plant-based foods from around the world. Put nourishing, whole foods on the table quickly and affordably, with recipes like Almond Butter–Banana Pancakes, Naked Samosa Burgers, Mango Sticky Rice, and more. These plant-powered recipes will power you—to perform better, recover faster, and feel healthier.



TERRITORY: World
RIGHTS SOLD : China
 May 2021
 Trade Paperback
 288 pp. | \$16.95 US
 Two-color interior |
 7 illustrations
 Finished copies available

Bringing Up Bookmonsters

The Joyful Way to Turn Your Child into a Fearless, Ravenous Reader

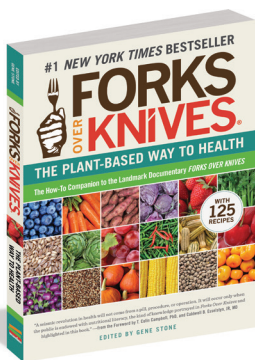
AMBER ANKOWSKI, PHD
ANDY ANKOWSKI

The no-stress, ferociously fun way to raise a kid who loves to read—complete with reading recommendations and activities to inspire!

Teaching your child to read is monstrously important, and there’s no better way to do it than with everyday opportunities for laughter and play. *Bringing Up Bookmonsters* is full of fun ways to build literacy at home—no flash cards or timers required!

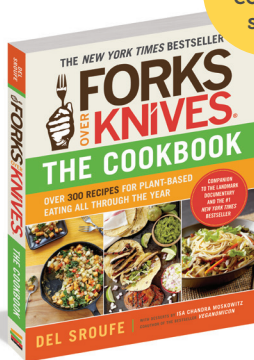
Make it easy to help your child develop an insatiable appetite for reading and have a tremendously good time doing it!

VEGAN COOKING | BACKLIST HIGHLIGHTS



FORKS OVER KNIVES

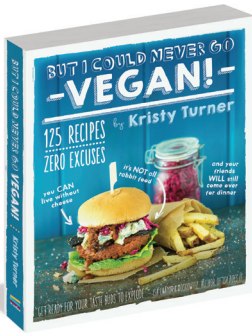
TERRITORY: World
RIGHTS SOLD: Australia, Brazil, Czechia,
 Germany, Italy, Japan, Poland, Romania,
 Russia, Switzerland (French), Taiwan,
 Vietnam
\$15.95 US | 224 pages



970,000+
 copies
 sold

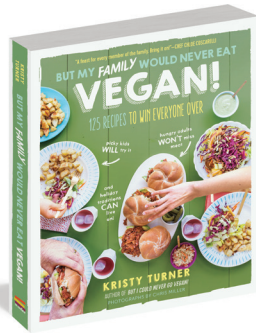
FORKS OVER KNIVES— THE COOKBOOK

TERRITORY: World
RIGHTS SOLD: Germany, Spain
\$19.95 US | 320 pages



BUT I COULD NEVER GO VEGAN!

TERRITORY: World
RIGHTS SOLD: Brazil, Hungary, Switzerland (French)
\$24.95 US | 320 pages



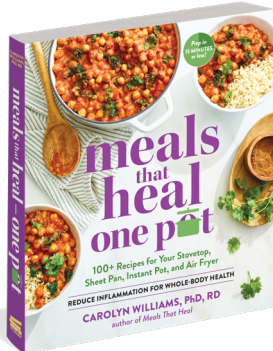
BUT MY FAMILY WOULD NEVER EAT VEGAN!

TERRITORY: World
RIGHTS SOLD: Switzerland (French)
\$24.95 US | 336 pages



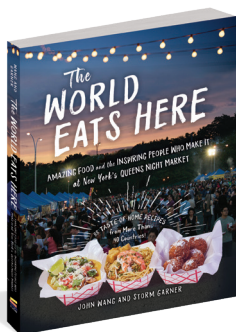
FRESH FROM POLAND

TERRITORY: World
RIGHTS SOLD: Germany, Poland
\$22.95 US | 240 pages



MEALS THAT HEAL - ONE POT

TERRITORY: World
\$24.95 US | 304 pages



THE WORLD EATS HERE

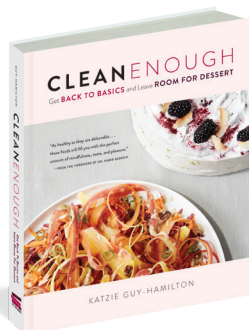
TERRITORY: World
RIGHTS SOLD: Germany
\$19.95 US | 272 pages



Also available by the Bronxkies: **Gluten-Free Family Favorites**

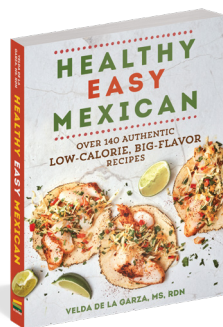
NO GLUTEN, NO PROBLEM PIZZA

TERRITORY: World
\$27.95 US | 240 pages



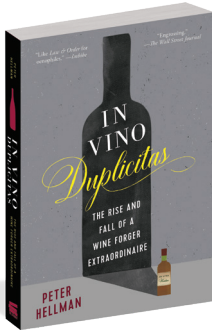
CLEAN ENOUGH

TERRITORY: World
\$24.95 US | 256 pages



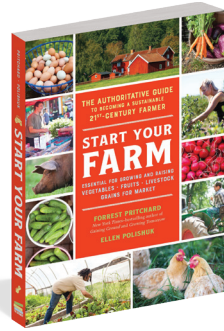
HEALTHY EASY MEXICAN

TERRITORY: World
RIGHTS SOLD: TK
\$19.95 US | 272 pages



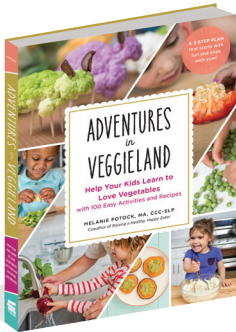
IN VINO DUPLICITAS

TERRITORY: World
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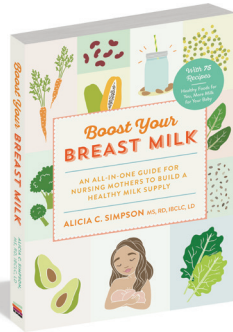
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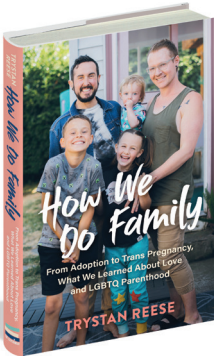
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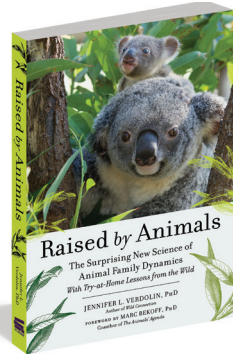
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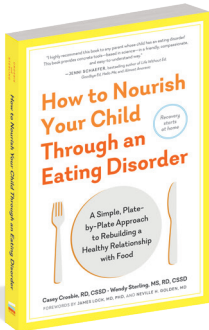


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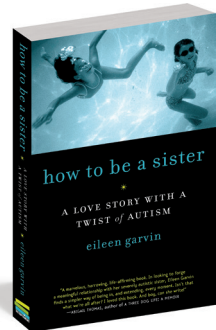
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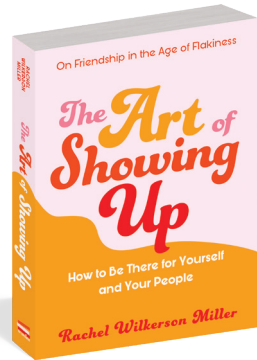


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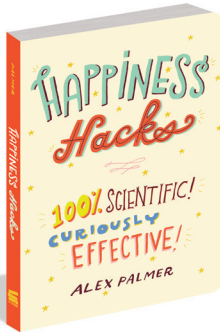


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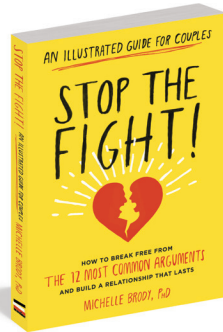


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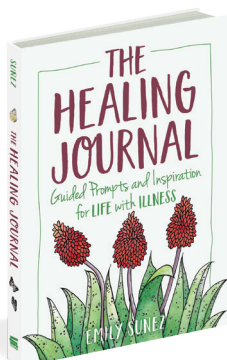


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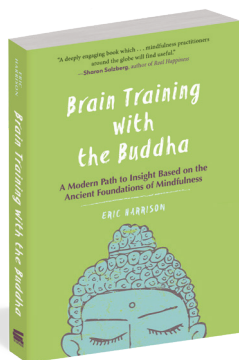
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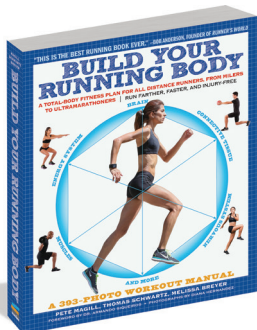
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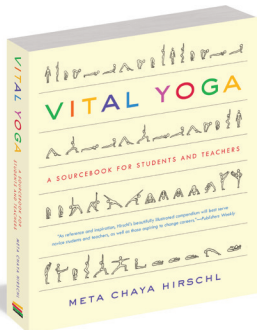


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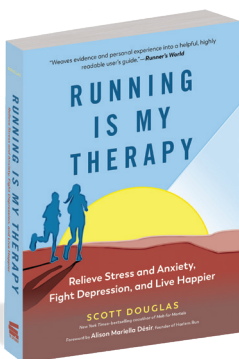


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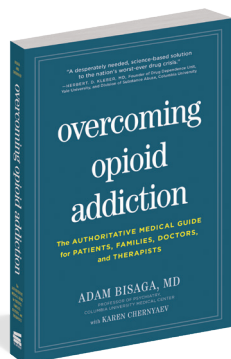
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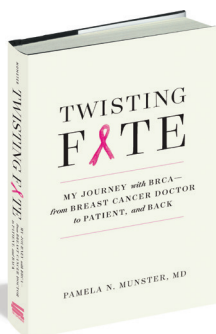
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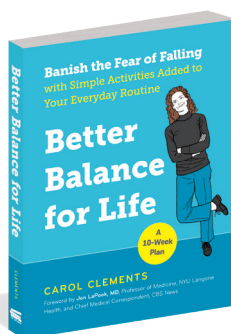
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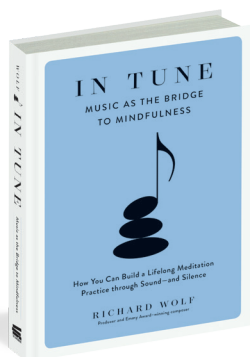
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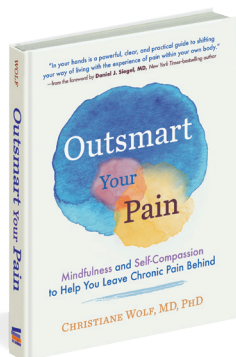
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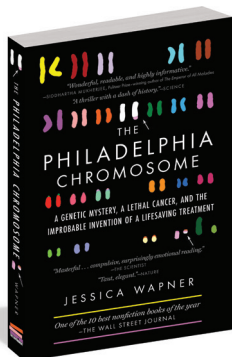
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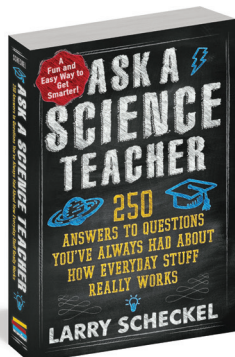
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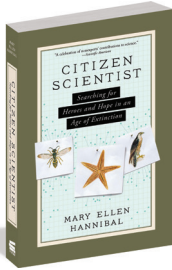
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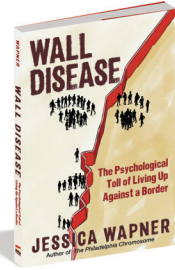
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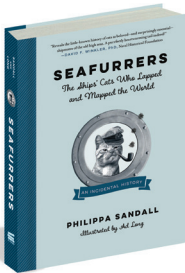
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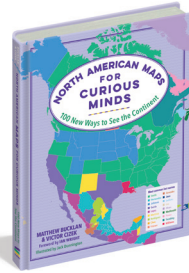
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