

RIGHTS GUIDE

London Book Fair 2026



The Experiment is an independent publisher, founded in 2008, committed to publishing a wide range of nonfiction. Many of our books are highly practical, others are straightforwardly narrative—and some ingeniously combine practical information with narrative gusto.

We're called The Experiment because every book is a test of new ideas—and because we're motivated by the curiosity and wonder of the unknown that drive every scientific experiment. Our books enlighten, empower, and entertain readers with new or freshly presented ideas, stories, and practices. One denominator common to many of our books is their helping to “detoxify our culture” (to quote the late playwright William Hoffman).

Our scale is intimate, our books far-reaching. Since 2008, The Experiment's books have been translated into thirty-four languages, and counting.

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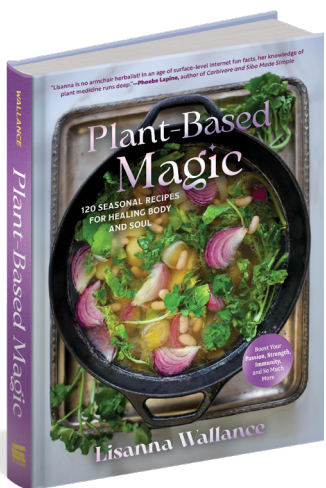
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Contact Us **Back Cover**



Plant-Based Magic

120 Seasonal Recipes for Healing Body and Soul

Give every meal a touch of enchantment

Cooking is magic. It's the everyday alchemy that transforms simple ingredients into culinary spells: meals to nourish your body, nurture your soul, and bring your loved ones together around the table.

In *Plant-Based Magic*, clinical herbalist and chef Lisanna Wallance unites ancient herbal wisdom and modern nutrition science to help you harness the healing power of plants. With more than 100 entirely plant-based, gluten-free, seasonal recipes designed to support your body's natural rhythms—boosting energy, aiding digestion, strengthening immunity, and more—you'll discover a way of eating that's as pleasurable as it is restorative.

March 2026

Paper Over Boards
288 pp. | \$27.95

120 photographs, full four-color interior

TERRITORY
World

Final pages available

FOOD & DRINK

PLANT-BASED & VEGAN

GLUTEN-FREE

HEALTH & HEALING



LISANNA WALLANCE is a chef, herbalist, and author of *The Natural Witch's Cookbook*, which has been published in four languages. She grew up in New York and attended Barnard College of Columbia University before moving to Paris, where she now lives. 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 manage her symptoms. She has a degree in clinical herbalism from l'École des Plantes de Paris.

CulinaryWitch.com  Culinary.Witch

PRAISE FOR PLANT-BASED MAGIC

"A delicate curation of recipes and health tips for navigating complex medical diagnoses and food intolerance, *Plant-Based Magic* makes healthy eating a rapturous endeavor." —**FOREWORD**

"An herbalist and chef dishes up recipes designed to harness the natural healing properties of plants." —**PUBLISHERS WEEKLY**

"Lisanna is no armchair herbalist! In an age of surface-level internet fun facts, her knowledge of plant medicine runs deep. . . the perfect toolkit for building your own delicious kitchen apothecary." —**PHOEBE LAPINE, author of *Carbivore* and *SIBO Made Simple***

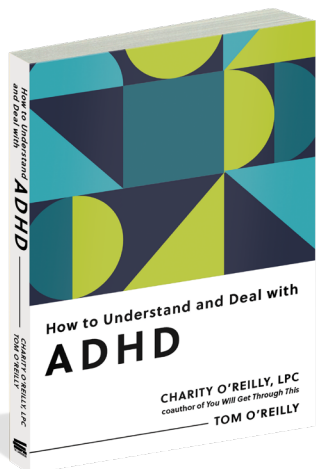
"The recipes in this book are not only good for you, but thoughtful and appealing, too. If food is our medicine, then let's make it delicious!" —**RICH LANDAU, James Beard Award finalist and coauthor of *Vedge* and *The Vedge Bar Book***

"[A] celebration of everything I love about cooking with plants—nourishing, whole ingredients that support our bodies in meaningful ways, all wrapped up in recipes that feel whimsical, enchanting, and deeply intentional. . . wildly creative recipes. . . delight the tastebuds while reminding us that food's healing power truly is a kind of magic. This book has it all!" —**ASHLEY MADDEN, author of *The Plant-Based Cookbook* and *Plant-Based Delicious***

"[A] cookbook that feels like a prescription for whole-body wellness, with meals that support everything from hydration and satiety to stress relief and glowing skin. . . sure to be a staple in my kitchen." —**DUSTIN HARDER, author of *The Simply Vegan Cookbook* and *Epic Vegan Quick and Easy***

"[A] feast for the senses—vibrant, inspiring, and deeply informative. Blending the wisdom of herbal traditions with the artistry of plant-based cuisine, this book invites readers to experience food as a source of nourishment, beauty, and joy. The recipes are not only stunning but also practical, making this an invaluable resource for anyone seeking to elevate their plant-powered lifestyle." —**BRENDA DAVIS, RD, author of *Becoming Vegan***





How to Understand and Deal with ADHD

Everything You Need to Know

A practical, supportive and easy-to-read guide to help you understand and manage ADHD, filled with helpful tips and actionable advice

How to Understand and Deal with ADHD is a friendly, accessible guide with all the information and advice you need to identify the source of your struggles and take steps to reduce or manage the burden of your symptoms. And with practical ways to manage its signs—including physical, medical, and therapeutic perspectives—this book will help you support your mental health and improve your overall well-being.

After reading this book, you will:

- Understand the science behind ADHD and how to identify symptoms and triggers
- Gain practical steps to alleviate ADHD symptoms, from healthy lifestyle choices to problem-solving techniques and coping mechanisms
- Know about the medical treatments and therapies available; how and when to seek professional help or support

With the right knowledge and guidance, you can learn to manage ADHD and get back to feeling like yourself again.

CHARITY O'REILLY LPC is a licensed professional counselor specializing in providing trauma therapy for trauma survivors and training and consulting with therapists on trauma-informed practice. She is certified in EMDR therapy, trauma-focused cognitive behavioral therapy, and trauma processing yoga.

TOM O'REILLY is a burnout and ADHD coach who takes a parts-work approach with his clients. He's trained in IFS-based couples therapy and has a certification in somatic embodiment and regulation. He was diagnosed with ADHD at age twenty-eight.

From the coauthor of *You Will Get Through This*



August 2026

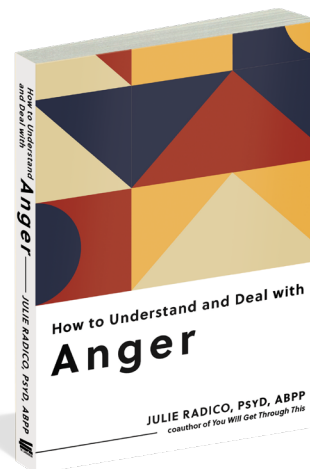
Paperback
128 pp. | \$9.95

TERRITORY
World

1st pass available in April

PSYCHOLOGY

HEALTH & WELLNESS



How to Understand and Deal with Anger

Everything You Need to Know

A practical, supportive and easy-to-read guide to help you understand and manage anger, filled with helpful tips and actionable advice

How to Understand and Deal with Anger is a friendly, accessible guide with all the information and advice you need to identify the source of your struggles and take steps to reduce the burden of your symptoms. And with practical ways to manage its signs—including physical, medical, and therapeutic perspectives—this book will help you support your mental health, save your relationships, and improve your overall well-being.

After reading this book, you will:

- Understand the science behind anger, how it manifests, what causes it, and how to identify symptoms and triggers
- Gain practical steps to prevent anger outbursts, from proactive self-care to problem-solving techniques and coping mechanisms
- Know about the medical treatments and therapies available, and know how and when to seek professional help or support

With the right knowledge and guidance, you can learn to manage anger and get back to feeling like yourself again.

From the coauthor of *You Will Get Through This*



JULIE RADICO, PsyD, ABPP is a board-certified clinical health psychologist with ten years of experience working in primary care settings. In 2023, she opened an independent consulting, coaching, and therapy practice. She earned her doctoral degree in clinical psychology and master's degrees in clinical psychology & counseling and clinical health psychology at the Philadelphia College of Osteopathic Medicine.

August 2026

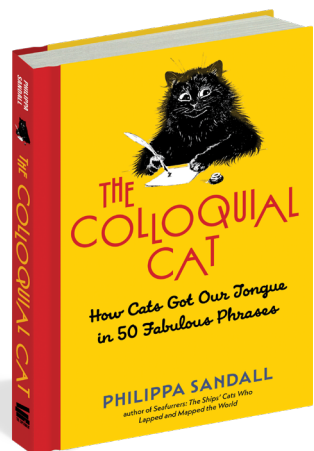
Paperback
128 pp. | \$9.95

TERRITORY
World

1st pass available in April

PSYCHOLOGY

HEALTH & WELLNESS



October 2026

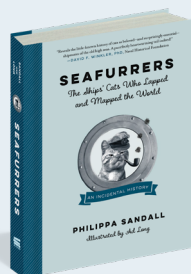
Paper Over Boards
208 pp. | \$16.95
50 B&W illustrationsTERRITORY
World

Early manuscript available

LINGUISTICS HUMOR

PHILIPPA SANDALL is the author of *The Colloquial Cat* and *Seafurrers*, as well as coauthor of *The Ultimate Guide to Sugars and Sweeteners* and several books in the bestselling New Glucose Revolution series. She runs her own editorial consulting agency in New South Wales.

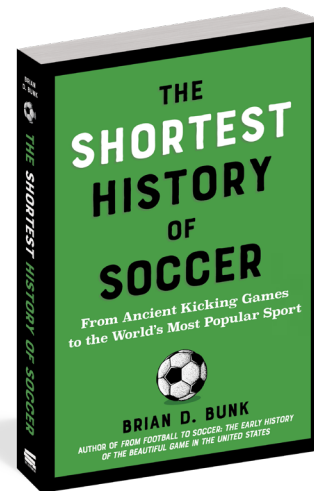
ALSO BY PHILIPPA SANDALL | HISTORY | FEATURED BACKLIST

**Seafurrers***The Ships' Cats Who Lapped and Mapped the World*

We remember the bold seafarers of yore for their extraordinary exploits: new lands discovered, storms weathered, and battles won. But somehow history has neglected the stalwart, hardworking species who made it all possible . . . yes, the noble cat!

Filled with nautical trivia, rare photographs, and whimsical illustrations, this deft genealogy of human-feline friendship will stir your regard for the incomparable cat—whether on the couch or in the crow's nest!

TERRITORY: World | **RIGHTS SOLD:** Australia (Affirm)
April 2018 | 256 pp.
Finished copies available



June 2026

Trade Paperback
256 pp. | \$16.95B&W illustrations and
photographs throughoutTERRITORY
WorldFirst pass available in
February

SPORTS HISTORY

POPULAR CULTURE

Releasing
ahead of the
June 2026 FIFA
World Cup

The Shortest History of Soccer

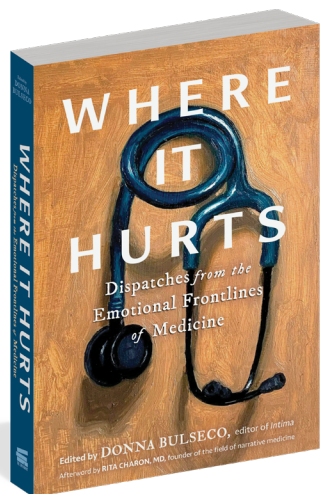
From Ancient Kicking Games to the World's Most Popular Sport

For sports fans and history buffs alike and just in time for the 2026 FIFA World Cup, this accessible guide to the evolution of soccer—from ancient traditions to sold-out stadiums—shows just how much influence one sport can have

In 2026, the FIFA World Cup will return to North America for the first time since 1994, bringing the world's most watched sporting event to a nation of people more obsessed with soccer than ever before. How did this game go from an upper-class pastime to one of the world's most inclusive, commercial, and political sports?

Sports historian Brian D. Bunk takes readers on a journey from soccer's humble roots in nineteenth-century England to its meteoric rise in popular culture, tracing the game through time and space. Drawing on key historical and contemporary events, from World Cup boycotts to fights on the pitch, Bunk crafts a concise yet comprehensive history of the sport as an influence that continues to be felt around the world. *The Shortest History of Soccer* provides a helpful compendium for history buffs and soccer fans alike, helping to shape our perception of economics, politics, and the kind of indescribable camaraderie that only sports can provide.

BRIAN D. BUNK is an author and a professor at the University of Massachusetts Amherst who regularly teaches on world history, modern Europe, and the history of sport. His courses on the global history of soccer and sport reflect his research focused on the history of soccer in the United States, which was the subject of his first book, *From Football to Soccer: The Early History of the Beautiful Game in the United States*, and his most recently published book, *Beyond the Field: How Soccer Built Community in the United States*.



March 2026

Trade Paperback
288 pp. | \$18.95

TERRITORY
World

RIGHTS SOLD

Audio (Dreamscape)

Final pages available

BIOGRAPHY & MEMOIR

MEDICINE

Where It Hurts

Dispatches from the Emotional Frontlines of Medicine

A moving look at the challenges and triumphs of caregiving, told through candid literary accounts by more than 60 doctors, nurses, and other healers

Where It Hurts invites us to peer into the space between health and illness, life and death, through the voices of the people who work on medicine's frontlines: doctors, nurses, EMTs, therapists, and more. In raw and revealing essays, stories, and poems, they share what it's like to deal with difficult patients, life-changing diagnoses, private doubts, painful failures, and the victories that keep them going.

By turns conversational, spare, urgent, poetic, plain-spoken, heart-rending, and heart-mending, each piece offers a glimpse into the extraordinary daily realities of those charged with taking care of us at our most vulnerable.

A doctor shares the do-or-die pep talk she gives herself while performing a life-saving procedure; a nurse wrestles with caring for a woman accused of murder. a neurologist recalls how learning the art of pole dancing helped her through residency. a GI fellow serves up an unorthodox "cure" for an ER regular with a proclivity for fajitas; a surgeon-poet imagines inviting Death over for tea.

Anger, shame, panic, loneliness, love, hate, wonder, joy: They're all part of a day's work. As the authors of each piece unpack the highs and lows of their vocation, they teach us what it means to empathize deeply, to live fully, and to be human.



DONNA BULSECO is the editor-in-chief of the journal of narrative medicine *Intima* and a longtime journalist and editor. She has graduate degrees in English Literature from Brown University and Narrative Medicine from Columbia University. She is an editor and contributor to publications such as *Women's Wear Daily*, the *Wall Street Journal*, the *New York Times*, *Good Housekeeping*, *Self*, *InStyle*, the *Purist*, and others.

PRAISE FOR WHERE IT HURTS

"In this collection of more than 60 essays, short stories, and poems, health professionals candidly and tenderly consider the work that they do, what it means to them, and its emotional impact." —**BOOKLIST**

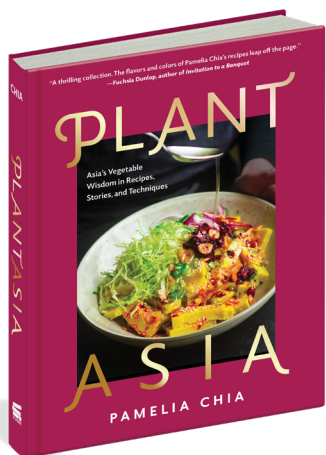
"I'll not soon forget the voices of these dedicated physicians, nurses, teachers, and technicians who treat their patients with humanity, compassion, and humility. I was riveted and moved by this collection." —**WALLY LAMB, #1 New York Times–bestselling author of *She's Come Undone* and *The River Is Waiting***

"[A] powerful anthology with its origins in caregiving, and the pain and suffering that invokes it. The humanity of these poems, stories, and essays makes for compelling reading, an opportunity for spiritual enlargement, and a reminder of why medicine is so much more than service!"
—**THOMAS MCGUANE, author of *A Wooded Shore* and *The Longest Silence***

"The honest, heartbreaking, and uplifting voices of doctors and nurses, EMTs and medical students not only bring us behind the scenes . . . but also let us into their hearts and minds, inviting us to bear witness to everything . . . This book will continue to echo long after you finish it." —**ANN HOOD, bestselling author of *The Knitting Circle* and *Comfort: A Journey Through Grief***

"For far too long clinicians have been trained to believe that our worries, doubts, griefs, and even our joys are somehow different from those of our patients, that these feelings should be hidden, or even that they don't exist. This glorious collection explores the full range of emotions caregivers experience from early career through retirement. Clinicians and patients alike will return to this book again and again to be reminded of our common humanity."
—**SUZANNE KOVEN, MD, MFA, author of *Letter to a Young Female Physician***

"Doctors and nurses are people too—multi-layered, mysterious human beings with complex emotional reactions to the care they provide and the patients they encounter. Ranging panoramically in perspective and tone . . . this collection offers readers grand works of literature in miniature. Each piece is a perfect morsel of perception: a window into the soul of a caregiver and a mirror for the reader's reflection. A testament to the power of narrative medicine . . . belongs on every healer's nightstand." —**JACOB M. APPEL, MD, author of *Who Says You're Dead?***



PlantAsia

Asia's Vegetable Wisdom in Recipes, Stories and Techniques

A boundary-pushing pan-Asian vegetarian cookbook, *PlantAsia* ingeniously merges traditional techniques and modern, multicultural flavors

Cooks across Asia have been making plant-based meals for centuries—and for just as long, they've been evolving new methods to make them taste deeply, richly satisfying. *PlantAsia* carries on that tradition of innovation, drawing on traditional techniques to challenge and expand what you imagine when you think of modern vegetarian cooking.

Technique-based chapters showcase recipes from more than fifteen countries. Interviews and recipes from more than two dozen contributors offer authentic and layered perspectives on the present and future of Asian cooking. Plus, a detailed guide to buying and cooking with Asian ingredients will help you expand your pantry.

Perfect for adventurous foodies, fans of Asian cuisines in search of inspiring and original recipes, and anyone looking for one-of-a-kind, vegetable-forward meals, this ambitious vegetarian cookbook is a stunning tribute to the incredible flavors, textures, and diversity of today's vegetarian cuisine.

October 2025

Paper Over Boards
304 pp. | \$32.50
Full four-color interior

TERRITORY
World

Final pages available

PLANT-BASED & VEGAN

VEGETARIAN

PAMELIA CHIA is a Singaporean culinary teacher and food writer based in the Netherlands. With a background in food science and experience cooking in professional kitchens, Pamela is passionate about Asian culinary traditions and providing a platform for cooks from the region to share their knowledge. She's the author of the cookbook *Wet Market to Table: A Modern Approach to Fruit and Vegetables* and the weekly Asian food newsletter *Singapore Noodles*.

PameliaChia.com [SGPNoodles](https://www.instagram.com/SGPNoodles)



PRAISE FOR PLANTASIA

"A fantastic cookbook that introduces an adventurous, innovative cooking philosophy alongside a wealth of extraordinary vegan and vegetarian dishes." — **FOREWORD**

"One of the season's most anticipated cookbooks." — **LIBRARY JOURNAL**

"A sumptuous [and] irresistible initiation into the diversity of Asian vegetarian traditions." — **SHELF AWARENESS**

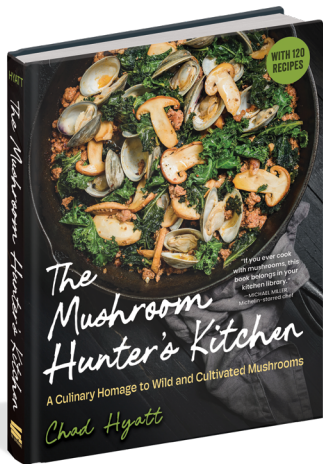
"A thrilling collection of recipes from all over Asia. The flavors and colors of Pamela Chia's recipes leap off the page." — **FUCHSIA DUNLOP, author of *Every Grain of Rice: Simple Chinese Home Cooking***



"What an incredible book! I've never seen anything quite like it. If you're looking to move away from meat but aren't sure where to begin, look no further. These recipes are vibrant, beautiful, and full of love for the cultures that inspired them." — **TIM ANDERSON, chef and author of *JapanEasy* and *Hokkaido***

"[S]tunningly original . . . rooted in a deep respect for Asian traditions, philosophies, and ingredients and at the same time genuinely progressive in its approach. Pamela's extensive knowledge of cuisine has enabled her to contextualize her stories and vegetable-starring recipes in a way which demystifies and excites. The focus is on the pleasure-giving and nourishing value of plants . . . I cannot wait to cook my way through the entire book."

— **HELEN GOH, coauthor of *Ottolenghi Sweet* and columnist for *The Sydney Morning Herald***



The Mushroom Hunter's Kitchen

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

With everything from dinner to dessert, this book will make you a better mushroom cook and open your eyes to the extraordinary culinary potential of the fungi kingdom

Whether you get your mushrooms from the supermarket or straight from the forest floor, *The Mushroom Hunter's Kitchen* will help you make the most of your haul.

Because the right cooking method can transform a mushroom from meh to mouthwatering, professional chef and mushroom foraging expert Chad Hyatt starts by sharing the best techniques to use for dozens of varieties, from the humble button mushroom to the revered morel, the common oyster mushroom to the elusive huitlacoche.

Intrigued by a recipe, but don't have the right mushroom on hand? No problem! Most recipes are highly flexible, so you can use what you have. Mushroom Substitutions boxes next to each recipe point you to the best alternatives.

Filled with expert tips and creative flavor combinations, *The Mushroom Hunter's Kitchen* is the definitive guide to cooking with wild and store-bought mushrooms.

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 San Francisco, where he can often be found foraging for mushrooms, putting on wild mushroom-themed dinners, teaching mushroom-related classes, and attending mushroom festivals. He is passionate about cooking approachable comfort food based on local, seasonal ingredients, and wild mushrooms.

July 2025
Paper Over Boards
288 pp. | \$32.50
45 color photographs throughout
TERRITORY
World
Final pages available

FOOD & DRINK | FUNGI
NATURE



PRAISE FOR THE MUSHROOM HUNTER'S KITCHEN

"Filled with vibrant flavors. . . . compiles a range of fascinating and practical information regarding the culinary versatility of wild and cultivated edible mushrooms." —**FOREWORD**

"Enlightening. . . . Mushroom lovers will find a trove of inspiration." —**PUBLISHERS WEEKLY**

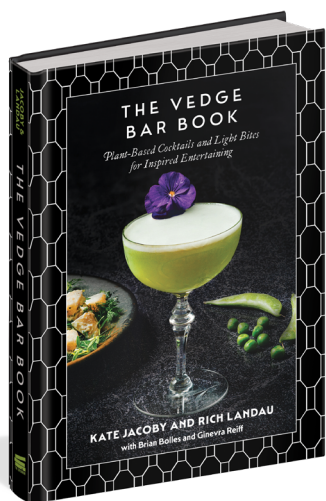
"A definitive guide for cooking both wild and cultivated mushrooms." —**THE SOURCE**



"[R]eliable recipes and a myriad of ingenious ways to prepare mushrooms. . . . Chad's experience in fine-dining shines as his food is as elegant and beautiful as it is practical and delectable. . . . this book is a must-have." —**DR. GORDON WALKER, @FascinatedByFungi, author of Dr. Fun Guy's Passport to Kingdom Fungi**

"This book is the best of its kind on the market. It's one of the most creative and useful resources for cooking mushrooms I've read . . . invaluable to anyone interested in cooking with mushrooms." —**ALAN BERGO, James Beard Award-winning author of The Forager Chef's Book of Flora**

"From one of the mycological world's most beloved chefs, this is Just. So. Delicious. [It] belongs in the kitchen not only of every mushroom hunter, but every mushroom lover." —**EUGENIA BONE, food and nature writer and editor of Fantastic Fungi Community Cookbook**



November 2024

Paper Over Boards
224 pp. | \$26.95
75 four-color photographs

TERRITORY
World

Final pages available

COCKTAILS | VEGAN

FOOD & DRINK

PLANT-BASED

The Vedge Bar Book

Plant-Based Cocktails and Light Bites for Inspired Entertaining

Everything you need for a memorable cocktail hour is right here—with 75 innovative plant-based drinks and snacks

At Vedge, the award-winning Philadelphia restaurant that pioneered plant-based fine dining, Kate Jacoby, Rich Landau, and their acclaimed team have been elevating vegetable cooking—and imbibing—for well over a decade. They believe a good drink is an indulgent, multisensory experience worth savoring—and even better when paired with the right snack or small plate and enjoyed among friends.

Drawing inspiration from fresh produce and the rhythms of nature, the 75 all-vegan drinks, bar snacks, and small plates shared here are some of their most beloved creations, with imaginative flavor combinations you'll find nowhere else.

You'll also find a guide to essential tools and ingredients, plus tips for mastering key techniques and garnishing like a pro.

Contemporary, exuberant, and totally irresistible, *The Vedge Bar Book* is a sensual celebration and a must-have for holiday hosts, cocktail connoisseurs, and plant-based foodies alike.

A 2024 FOREWORD INDIES BRONZE WINNER



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*.



PRAISE FOR THE VEDGE BAR BOOK

"[M]ore than merely plant-based. . . . *The Vedge Bar Book* shows how to bring seasonal produce flavors into your cocktail glass." —**JOE YONAN**, *The Washington Post*

"If you can't make it to Philadelphia, you can now make these incredible sippers at home!" —**NATURALLY, DANNY SEO**

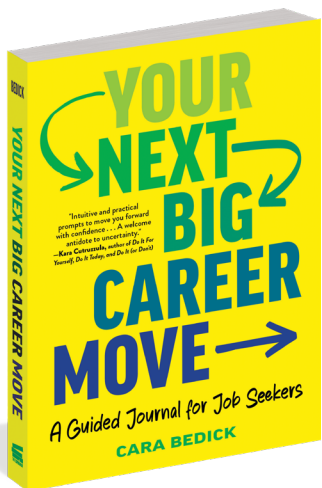
"Readers will be able to find the perfect drink for any time of year and special occasions.... Perfect for expert home mixologists or readers looking to improve their cocktail game." —**LIBRARY JOURNAL**



"[F]ull of delightful surprises and constructed with every bit as much care and creativity as the dishes on Vedge's renowned dinner menu. Sophisticated, contemporary, and worth every sip." —**DAN BUETTNER**, *Blue Zones* founder and bestselling author

"If you've ever eaten at one of their restaurants, you already know that Rich and Kate are two of the most talented and innovative vegan chefs anywhere—and if you haven't, one sip or bite from any of the recipes in this book will absolutely convince you. Each of their recipes is a cruelty-free celebration of the best that nature has to offer. This book is a must-have for vegans and non-vegans alike." —**MOBY**

"Need a cure for cocktail-hour ennui? Here you go. This book bursts with energy and will ignite the imagination of food and drink lovers of all stripes, vegan or not. Loved it." —**ALICE FEIRING**, author of *To Fall in Love, Drink This*



Your Next Big Career Move

A Guided Journal for Job Seekers

Unlock your professional potential with 99 powerful prompts to boost your confidence, sharpen your skills, and help you land your next career win

Whether you've been laid off, are ready for a new direction, or are at the start of your career, this guided journal empowers you to own your next move. Here are prompts to spark insight, lift you up, and turn reflection into action—to propel you toward opportunity with clarity and purpose. Dive deep into topics like:

- Introspection, Goal Setting, Exploration, and Dream Job—to define what you *want* and *need* from your next role.
- Resume Building, Interview Skills, and Connection—to build the *skills* to land it.
- Motivation, Confidence, Gratitude, and Adaptability—to *keep you moving* toward your goals.

Filled with tips and hard-won guidance from someone who's been right where you are now, *Your Next Big Career Move* will help you land your next job—one you can't wait to start—in record time.

December 2025

Paperback
144 pp. | \$14.95 US

TERRITORY
World

Final pages available

BUSINESS JOURNALING

PERSONAL DEVELOPMENT



CARA BEDICK is an editor who has published hundreds of self-help, business, lifestyle, and motivational books, including several international bestsellers. A trendspotter and entrepreneur by nature, she has been featured in *The New York Times*, *Publishers Weekly*, *The Information*, and more. She was a featured speaker at Skillshare's 2024 "Dream Job Week" and speaks regularly at conferences including American Society of Journalists and Authors and *Writer's Digest*. *Your Next Big Career Move* is her first book.

CaraBedick.com

PRAISE FOR YOUR NEXT BIG CAREER MOVE

"A smart, supportive workbook for anyone who's trying to make a change, whether you've been laid off, you just graduated, or you simply can't stand your job anymore." —**FORBES**

"In this climate of career volatility and introspection, *Your Next Big Career Move*—which helps readers move forward with clarity—feels especially timely. . . . The journal features guidance that blends emotional intelligence with practical action, making it less self-help and more like a playbook for navigating career change and owning your narrative." —**TARA PARKER-POPE, ONE DAY BETTER**

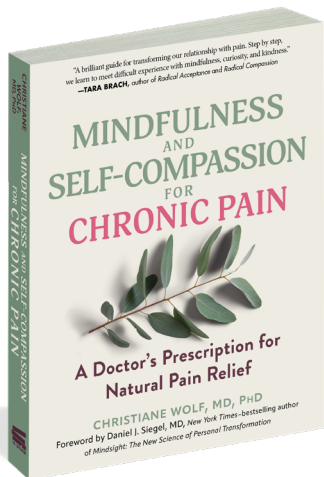
"Let's be real: Job searching is the absolute worst. Instead of dwelling on the process, *Your Next Big Career Move* provides intuitive and practical prompts to move you forward with confidence. A welcome antidote to uncertainty, this journal offers a cathartic place to work through your feelings about your future, discover what you really want from your next job, and become brave enough to go after it." —**KARA CUTRUZZULA, author of *Do It For Yourself, Do It Today, and Do It (or Don't)***

"[A] thoughtful companion for one of life's most challenging transitions. . . . Combining wise and practical advice, the book can help readers transform uncertainty into opportunity, and anxiety into purposeful action."

—**TAL BEN-SHAHAR, author of *Happier and Choose the Life You Want and founder of the Happiness Studies Academy***

"I wish I had this book years ago between jobs. It will help you not only with the search and interview stages but also the hardest part: the waiting. In *Your Next Big Career Move*, you'll find fresh ideas to increase your value, build your skill set, and gain control of your next step. There's lots to do before you're hired, so get moving!" —**D.A. SARAC, author of the self-care series *Big F*cking Dreams, Love This F*cking Journey, and I am F*cking Radiant***

"[N]inety-nine practical and inspiring prompts and friendly tone make it easy for current and aspiring job seekers to make strategic career decisions with confidence. Make sure your next big career move includes this welcome guide." —**KAREN WICKRE, author of *Taking the Work Out of Networking***



Mindfulness and Self-Compassion for Chronic Pain

A Doctor's Prescription for Natural Pain Relief

Designed with the pain-sufferer in mind: radically clear, bite-size, evidence-based mindfulness and self-compassion strategies for relieving chronic pain

Pain can be a 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? *Mindfulness and Self-Compassion for Chronic Pain* is Dr. Christiane Wolf's radically clear, evidence-based guide to relieving chronic pain with mindfulness, complete with twenty easy guided meditations and self-compassion practices, 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

CHRISTIANE WOLF, MD, PHD is a physician turned mindfulness and compassion teacher. She trains teachers and teaches Mindfulness-Based Stress Reduction (MBSR) and Mindful Self-Compassion to groups and individuals in the US and across Europe. With her medical background, one of her specialties is working with people who suffer from chronic illness and pain. Dr. Wolf is a lead teacher and program developer for the nationwide mindfulness facilitator training for the Department of Veterans Affairs. Dr. Wolf is also a Buddhist teacher in the vipassana (insight) meditation tradition. She is the coauthor of *A Clinician's Guide to Teaching Mindfulness*.

ChristianeWolf.com



Diana Feil Photography

December 2025

Paperback
272 pp. | \$18.95

TERRITORY

World, except Germany

RIGHTS SOLD

Audio (Tantor)

Final pages available

HEALTH & HEALING

MEDICINE

PRAISE FOR MINDFULNESS AND SELF-COMPASSION FOR CHRONIC PAIN

"Mindfulness and compassion practices should be in everybody's toolbox for a happier and healthier life. But people dealing with chronic health challenges have it especially hard. Dr. Wolf's accessible, down-to-earth—and beautifully designed—book is essential reading for providers who treat chronic illnesses and for those suffering from them."

—**ARIANA HUFFINGTON**, founder and CEO of Thrive Global

"A brilliant guide for transforming our relationship with pain. Step by step, we learn to meet difficult experience with mindfulness, curiosity and kindness, dissolving the resistance that obscures our full aliveness and radiant spirit."

—**TARA BRACH**, author of *Radical Acceptance* and *Radical Compassion*

"This is a fantastic book, bringing together the kindness and depth of a meditation teacher with the science and tools of an experienced physician. Every page is insightful, helpful, and heartfelt. Highly recommended!"

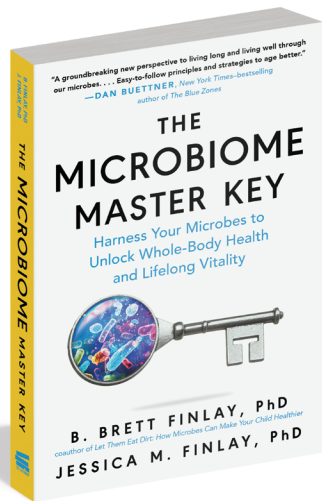
—**RICK HANSON, PHD**, author of *Resilient* and *Buddha's Brain*

"Brilliant in its simplicity and effectiveness, Dr. Wolf offers us truly healing and revolutionary medicine. Try it!"

—**JACK KORNFIELD, PHD**, author of *A Path With Heart*

"If you are living with any type of pain, be it physical or chronic, stress in the mind or body, [*Mindfulness and Self-Compassion for Chronic Pain*] is a wonderful resource. Thoughtfully and compassionately written, this book will support and guide you in understanding your relationship to pain and the healing journey."

—**SHARON SALZBERG**, author of *Lovingkindness* and *Real Change*



The Microbiome Master Key

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

Learn the secret to whole-body, lifelong health: the teeming world of microbes inside and all around you.

Fending off germs has long been considered one of the cornerstones of good health. But what if better health went hand-in-hand with embracing microbes?

Your body is packed with microbes—not just in the gut, but the skin, lungs, and beyond. And they impact everything from cognition and mood to your likelihood of developing many diseases. Taking care of your microbiome can improve your health and prevent or reverse some of the most common age-related diseases.

This eye-opening book breaks 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.

- Potentially change the trajectory of leading causes of death, including heart disease, cancer, lung disease, stroke, Alzheimer's disease, and diabetes
- Keep your skin soft, healthy, and less wrinkled
- Stabilize your weight and control blood sugar
- Fight low-grade inflammation that hastens the aging process
- Reduce stress and improve mental health

July 2025

Trade Paperback
352 pp. | \$21.95

TERRITORY

World

RIGHTS SOLD

Audio (Podium)

ANZ (Melbourne Uni. Press)

China (Beijing Lanzhi)

India (English) (Jaico)

NEW DEALS

Lithuania (Briedis)

Poland (Harde)

Thailand (Amarin)

Final pages available

SCIENCE

MEDICINE

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. He is a coauthor of *Let Them Eat Dirt*. and author of over 600 publications in peer-reviewed journals. **JESSICA M. FINLAY, PhD** is a University of Colorado Boulder assistant of professor who specializes in environmental gerontology & 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, & gerontology journals.

PRAISE FOR THE MICROBIOME MASTER KEY

"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**

"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**

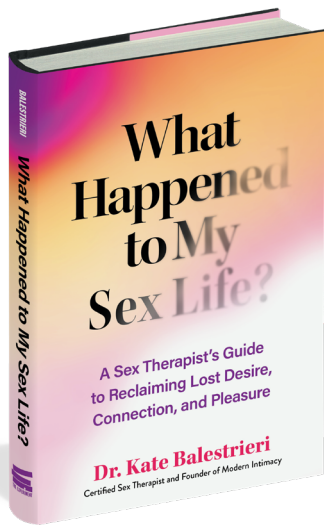
"[An] excitedly optimistic and research-grounded look at the microbiome's implications for the health of the aging body. . . [The Finlays] make a strong case for the microbiome as an exciting new frontier in health research, with myriad possibilities for the diagnosis and treatment of various diseases."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

"With its upbeat approach and valuable diet and lifestyle recommendations, [*The Microbiome Master Key*] will empower readers to invest in the lifelong process of aging well." — **SHELF AWARENESS**

"According to the authors, the beneficial and diverse residents of the human microbiome—the trillions of specific microbes that are associated with different parts of the body, including but not limited to the mouth, gastrointestinal tract, skin, and lungs—may eventually be harnessed to delay aging and to prevent and treat disease. . . Recommended." — **CHOICE**

"Whether you are seeking to address a specific health concern, such as IBS, or just want to decelerate the aging process, this book is filled with tips and actionable lifestyle advice. The fountain of youth, it turns out, may actually be bubbling with microbes." — **SPIRITUALITY & HEALTH**

"[This] book challenged my assumption that my microbiome was made up of mostly passive passengers. Instead, the authors show that it is essential to almost every part of how we function: healing, sleeping, how our skin looks, and maybe even how we think. . . A technical and scientific book at heart. . . the book reads like an ode to the underappreciated microbes that make us who we are." — **JASNA HODŽIC, BIG THINK**



What Happened to My Sex Life?

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

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

When your interest in sex takes a dive, it can be frustrating, isolating, and scary. You might feel pressured by a partner to “get back to normal,” or worry that you’re broken, no longer able to connect authentically to your sexuality. You’re *not* broken, and you *will* feel desire again.

In *What Happened to My Sex Life?*, Dr. Kate Balestrieri—licensed sex therapist and host of the podcast *Get Naked with Dr. Kate*—uncovers the twelve most common causes of a loss of libido. Then she shares what you can do to overcome them and reignite your passion.

With Dr. Kate’s compassionate guidance, you’ll be empowered to begin asking yourself what you really want from sex, befriending your body, confronting your mental blocks, discovering and sharing your turn-ons, and renegotiating your relationships.

Full of insightful analysis and practical advice, *What Happened to My Sex Life?* is your road map back to yourself, your sexuality, and your pleasure.

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.



February 2025

Hardcover
288 pp. | \$27.95

TERRITORY
World

RIGHTS SOLD

Audio (Dreamscape)

Romania (Trei)

Final pages available

HEALTH | PSYCHOLOGY

RELATIONSHIPS

PRAISE FOR WHAT HAPPENED TO MY SEX LIFE?

“An invaluable resource for anyone who wants to know where their sex drive went—and, importantly, how to get it back” —**LAURIE MINTZ, PHD**, author of *A Tired Woman's Guide to Passionate Sex and Becoming Cliterate*

“Dr. Kate Balestrieri brilliantly explores and normalizes all of the very real and very understandable reasons we end up feeling detached from our sex lives. And she provides us with steps we can take to proudly reconnect to our sexuality. Here’s to shedding shame and reclaiming pleasure!”

—**ALEXANDRA H. SOLOMON, PHD**, author of *Love Every Day* and *Loving Bravely* and host of the *Reimagining Love* podcast

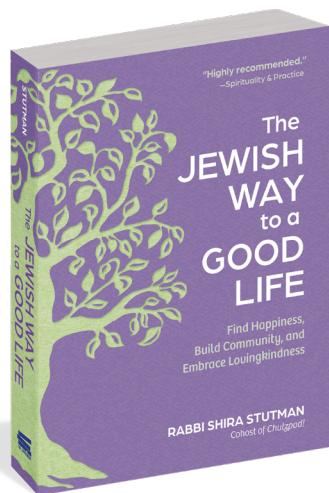
“*What Happened to My Sex Life?* is for anyone who has ever felt disconnected, overwhelmed, or frustrated by their fluctuating sexual desire. Let this book be a guide back to yourself, your body, your desire, and your pleasure.”

—**Emily Morse**, author of *Smart Sex* and host of the *Sex with Emily* podcast

“I found this book to be an enlightening and essential read. Dr. Balestrieri masterfully navigates the intricate landscape of desire, addressing both internal and interpersonal factors that can lead to a loss of libido . . . This book is a valuable resource for anyone seeking to understand and rekindle their sexual vitality. I highly recommend it to anyone looking to deepen their connection with themselves and their partners.” —**SHAN BOODRAM**, certified sex educator and author of *The Game of Desire*

“Balestrieri explores the various roots of sexual stagnation, grants permission to have pleasure, safety, anger, and boundaries, and provides actionable steps for reconnecting with one’s body . . . Her book is a must-read for those seeking to better understand themselves and their relationship with sexual pleasure.”

—**ZACHARY ZANE**, sex columnist and author of *Boyslut: A Memoir and Manifesto*



March 2025

Paper Over Boards
256 pp. | \$22.95TERRITORY
World

RIGHTS SOLD

Audio (Highbridge)

Brazil (Edipro)

Final pages available

PHILOSOPHY

PERSONAL GROWTH

The Jewish Way to a Good Life

Find Happiness, Build Community, and Embrace Lovingkindness

Rest, community, and celebration are for everyone in this radical, refreshing book—where traditional Jewish wisdom becomes essential advice for today

For as long as Judaism been a religion, “Jewish” has been a culture—one whose unique blend of ritual and realism has kept its people going for some 3,000 years. In *The Jewish Way to a Good Life*, Rabbi Shira Stutman invites readers of every faith—and none—to do *chesed* (good work), foster *tzedek* (justice), practice *shabbat* (rest), and find happiness.

From love and sex to mourning and money, Rabbi Shira visits ten realms where we all get lost on occasion, to deliver spirited, sometimes surprising wisdom. Again and again, she reveals how customs have survived not out of obligation, but because they meet our deepest needs—from *shiva*, which allows mourning families not to be OK, to the unbridled joy of dancing the *hora* at weddings.

For anyone seeking community, meaning, or simply “something more,” *The Jewish Way to a Good Life* offers practical, time-tested ways to enrich our daily routines and engage those around us. By looking in and reaching out, we can all help *tikkun olam*—heal the world.

RABBI SHIRA STUTMAN is a faith-based leader and change maker with more than twenty years of experience motivating and inspiring groups large and small. She is a senior rabbi and co-host of the top-ranked PRX podcast *Chutzpod!* in which she provides Jewish answers to life’s contemporary questions and help listeners build lives of meaning. She also speaks nationally on topics that include growing welcoming Jewish spiritual communities and building the connective tissues between different types of people.

PRAISE FOR *THE JEWISH WAY TO A GOOD LIFE*

“Highly recommended.” —**SPIRITUALITY & PRACTICE**

“A friendly guide to how Jewish values can assist one in leading a more meaningful life. . . . A valuable primer for those seeking practical ways to apply Jewish principles to their lives.” —**PUBLISHERS WEEKLY**

“A Jewish self-help book we desperately need.” —**HADASSAH**

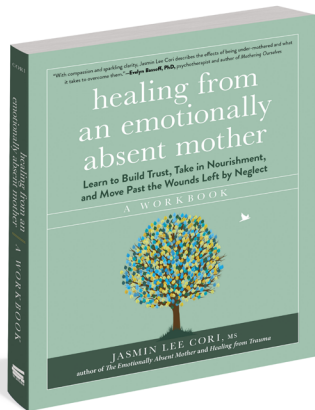
“[A] powerful reminder that wisdom from the past can enrich your present. This book offers a practical, inspiring road map to finding happiness and purpose in a fast-paced world.” —**ARTHUR C. BROOKS, Harvard professor and #1 New York Times–bestselling author of *From Strength to Strength* & coauthor, with Oprah Winfrey, of *Build the Life You Want***

“[A] beautiful book for anyone interested in learning about Judaism, or hoping to enrich their own daily Jewish experience, and she does it as only she can: with humor, joy, sensitivity, and a foot each in the ancient and modern worlds.” —**JOSHUA MALINA, actor and cohost of *The West Wing Weekly***

“Easy-to-read chapters filled with suggestions and practical advice serve as an excellent review of Jewish principles. . . . Readers looking to create more meaning in their lives will find *The Jewish Way to a Good Life* helpful, even if they are not Jewish.” —**THE REPORTER**

“Rabbi Shira makes Judaism feel alive, relevant, and totally accessible. If you’re Jewish but haven’t been able to find your way in, she holds the door open for you. If you’re not Jewish and want to live with more meaning and joy, she welcomes you. You’ll feel lucky to have her wise and encouraging voice in your head for years after you read it.” —**HANNA ROSIN, host of *Radio Atlantic* and author of *The End of Men***

“In this wise, moving, empathetic, funny, bracingly honest book, Rabbi Shira makes an ancient tradition come alive as she mines its depths for the wisdom so many of us yearn for today—not just about how to be happy, but how to live a life of kindness, integrity, and purpose. Whether you’re new to Judaism or seeking to connect more deeply to your tradition, in these pages, Rabbi Shira takes your hand and guides the way.” —**SARAH HURWITZ, author of *Here All Along***



Healing from an Emotionally Absent Mother

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

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

If you grew up with an emotionally absent mother—a mother who was cold, dismissive of your needs, unwilling or unable to give you the nurturing you needed—the wounds can last a lifetime. You may find yourself wondering, *Why is it so hard to attend to my own needs? Why do I have so much trouble trusting people to be there for me? Do I need to hide parts of myself to be lovable?*

This workbook, from an expert in childhood neglect, will guide you through the process of emerging from the pain and reclaiming the self you hid or changed for Mother's sake. Inside you'll find tools and more than seventy exercises, including personal inventories, journaling prompts, and discussion questions, to help you work through the lingering effects of your neglect and be a better mother to yourself.

You'll replace limiting self-images, defensive habits, and deep grief with self-assurance, openness, and hope—and ultimately, be equipped to embrace a more nourished and fulfilled life.

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*.



January 2025

Trade Paperback
224 pp. | \$24.95

TERRITORY
World

RIGHTS SOLD

China (Beijing
Time-Chinese Publishing)

France (Leduc)

Russia (Eksmo)

Turkey (Koridor)

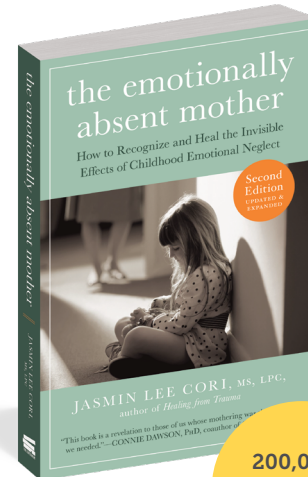
UK (Sheldon Press)

Final pages available

RELATIONSHIPS

PSYCHOLOGY

JOURNALING



The Emotionally Absent Mother—Second Edition

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

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

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).

"The Emotionally Absent Mother. . . 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*

April 2017
Paperback
304 pp. | \$17.95

TERRITORY
World

RIGHTS SOLD

Azerbaijan (Qanun)

NEW DEAL **Bulgaria** (Kibea)

China (China South Booky)

Croatia (Harfa)

France (Leduc)

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Poland (Zwierciadlo)

Romania (Trei)

Russia (Eksmo)

Saudi Arabia (Dala'il)

Serbia (Harfa)

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Taiwan (Persimmon)

Turkey (Koridor)

Ukraine (Naukoviy Svit)

UK (Sheldon Press)

Vietnam (First News)

200,000+
copies sold
worldwide

You Will Get Through This

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

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

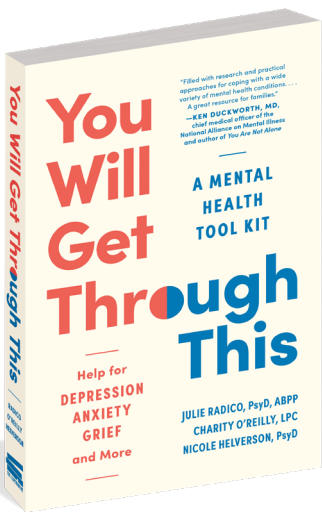
There are more barriers than ever to accessing reliable mental health care—and when your mental health is suffering, you need help *now*.

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. In each chapter, you'll find:

- what the research says about the issue
- coping mechanisms that are used by actual therapists
- step-by-step guidance on using these strategies in real life and overcoming common obstacles
- tips for communicating about the issue with your loved ones

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

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.



July 2024

Trade Paperback
304 pp. | \$19.95

TERRITORY
World

RIGHTS SOLD

Audio (Podium)

India (English) (Manjul)

Russia (Eksmo)

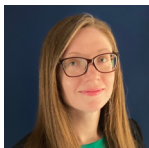
Turkey (Alfa)

NEW DEAL **Ukraine** (ACCA)

Final pages available

HEALTH & WELLNESS

PSYCHOLOGY



PRAISE FOR YOU WILL GET THROUGH THIS

"A ready resource for readers who want to take care of their mental health. . . . Provides a concise but broad overview and guidance for getting help for more than 20 mental health conditions. . . . A staple that provides hope for wellness-minded readers." —**LIBRARY JOURNAL**, starred review and a **Best Reference Book (2025)**

"A valuable and up-to-date resource for people seeking mental health first aid for themselves or loved ones." —**FAMILY MEDICINE**

"Rooted in psychotherapy, this helpful book is filled with research and practical approaches for coping with a wide variety of mental health conditions. It also covers important topics like how to talk about mental health struggles with others. 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*

"[B]eautiful, forensic, educational, and important." —**ELIZABETH GILBERT**, *New York Times*—bestselling author

"The authors' expertise, empathy, and compassion are evident as they share what it feels like to suffer from various mental conditions and even offer ideas about how to best communicate about the issue. Whether you are supporting a loved one or personally seeking help, this book is the ultimate road map to resources and therapies that really work. Full of useful tools for immediate relief, this book truly is a first-aid kit for safely finding your way home from mental health emergencies of all kinds." —**DONALD ALTMAN, MA, LPC**, bestselling author of *The Mindfulness Toolbox*

"[A] fantastic at-home guide to dealing with mental health crises. The authors' holistic look at all-too-common struggles, including how they're influenced by biological and social factors, will be invaluable both to those who are struggling and the loved ones who want to support them. Full of coping strategies for immediate relief and advice on seeking further help, this book really does make the perfect mental health first-aid kit." —**MICHELE BORBA, EDD**, author of *Thrivers and UnSelfie*

"Invaluable for anyone seeking to feel less alone." —**SIMONE HENG**, author of *Let's Talk About Loneliness*

Gender Explained

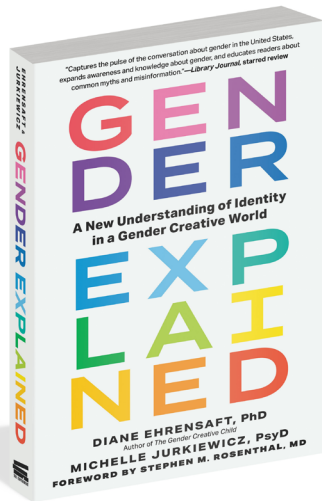
A New Understanding of Identity in a Gender Creative World

A world-leading expert and clinical psychologist team up to explain everything you may not know about gender: what it is, where it came from, and why it's changing

Gender is everywhere. Politicians argue over it, educational systems struggle to define it, and our friends, neighbors, and children explore it. More than ever before, young people are questioning their gender identities and redefining the role of gender in their lives. How should our society—as parents, teachers, friends—respond?

In *Gender Explained*, Diane Ehrensaft, PhD, and Michelle Jurkiewicz, PsyD, separate medical fact from fear-mongering falsehoods and answer these questions: What should parents do when their child starts experiencing gender dysphoria? Which sports teams should transgender youth play on? How should schools teach young people about gender? And most important: What is gender-affirming care, and when should an individual have access to it?

With clear, expert guidance, this book is a safeguard against political vitriol, and it offers urgent protection for those among us who are transgender and/or nonbinary. Far more than an introduction to gender creativity, it is an invitation to develop compassion for everyone along the gender continuum.



January 2026

Paperback
240 pp. | \$17.95

TERRITORY
World

RIGHTS SOLD

Audio (Tantor)

Italy (Edizioni Sonda)

Korea (SuoBooks)

UK (Ebury)

Final pages available

CURRENT AFFAIRS

SOCIAL SCIENCE

PSYCHOLOGY

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.

PRAISE FOR GENDER EXPLAINED

**A FINALIST FOR
THE 2025 LAMBDA LITERARY AWARD FOR LGBTQ+ NONFICTION**

"*Gender Explained* serves as a guide for parents of children across many ages and stages. It can provide the insight and language parents desperately need to talk to their children and other family members about their child's gender journey." —**ELLEN KAHN**, *Human Rights Campaign Foundation*

"[D]ispels myths about younger generations' ease with gender creativity and about approaches, taken by physical and mental health professionals in the field, providing a clear picture of the truth, along with anecdotes, exercises, and pointers to help readers understand and act on this information."

—**SHELF AWARENESS**, *starred review*

"The authors thoughtfully examine how and why gender has become a pressing concern for today's youth. . . A thorough, evenhanded illumination of a contentious topic imbued with compassion and cleareyed data."

—**KIRKUS REVIEWS**

"[S]ets aside the politics, lays out the science, and offers practical, compassionate advice for supporting our children—and ourselves—on the gender adventure that awaits us." —**MARLO MACK**, *author of How to Be a Girl*

"Provides evidence-based research to back up their assertion that gender is a fluid spectrum rather than a rigid binary. . . . Primarily recommended for any adult who is tasked with caring for children, but would also be an excellent resource for teens who seek more information and language to describe their own gender journey." —**SCHOOL LIBRARY JOURNAL**

ALSO BY DIANE EHRENSAFT, PHD | PARENTING | FEATURED BACKLIST



Gender Born, Gender Made

Raising Healthy Gender-Nonconforming Children

TERRITORY: World

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

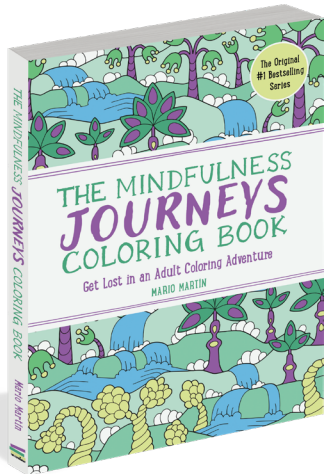


The Gender Creative Child

Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes

TERRITORY: World
RIGHTS SOLD: Greece, Italy

April 2018
Trade Paperback
304 pp. | \$15.95
Finished copies available



The Mindfulness Journeys Coloring Book

Get Lost in an Adult Coloring Adventure

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.

November 2024

Paperback
112 pp. | \$9.95
100 B&W illustrations

TERRITORY
World

Final pages available

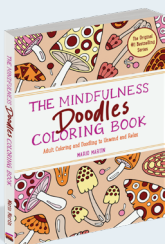
MINDFULNESS

CREATIVITY



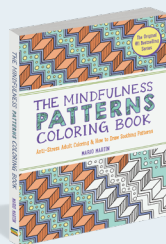
MARIO MARTÍN, a pattern artist and teacher, learned drawing and composition from studying architecture and graphic design (in which he has a master's degree). Subsequent to his studies, he discovered his true calling: pattern art, which helps him to alleviate his anxiety. He lives in Madrid, Spain.

ALSO BY MARIO MARTÍN | CREATIVITY & MINDFULNESS | BESTSELLING BACKLIST



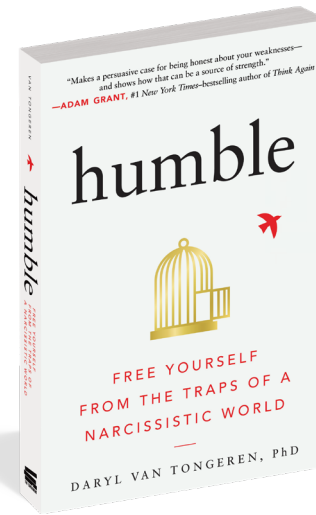
The Mindfulness Doodles Coloring Book

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



The Mindfulness Patterns Coloring Book

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



Humble

Free Yourself from the Traps of a Narcissistic World

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.

May 2023

Trade Paperback
304 pp. | \$16.95

TERRITORY
World

RIGHTS SOLD
Audio (Blackstone)
Korea (SangSang Square)

NEW DEAL **Poland** (WAM)

Saudi Arabia (Jarir Bookstore)
Taiwan (Titan)
Turkey (Timas)
UK + CW (Welbeck)

Final pages available

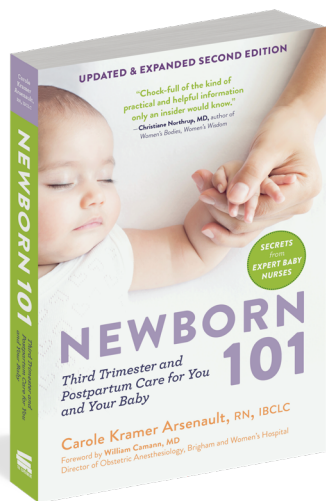
PSYCHOLOGY

RELATIONSHIPS

Anna Stubbs Photography



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.



Newborn 101

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

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

Pregnancy, childbirth, and baby's first months are some of the most cherished parts of parenthood, but they can be nerve-racking, especially for new parents. From the first trimester to the "fourth," 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, such as guidelines for creating your "postpartum village"
- updated recommendations for infant-care products like car seats, pajamas, and changing stations
- 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.

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.



April 2025

Trade Paperback
384 pp. | \$18.95

TERRITORY

World

RIGHTS SOLD

Audio (Echo Point)

Turkey (Say Yayinlari)

Final pages available

PREGNANCY & PARENTING

HEALTH & WELLNESS

PRAISE FOR NEWBORN 101

MOM'S CHOICE AWARDS GOLD WINNER

"*Newborn 101* may look like your typical guide to pregnancy and baby care, but it's not. It's better, filled with well-researched tips from a professional who is also an experienced mom, tips that you probably have not heard before."

—**BAYSTATEPARENT MAGAZINE**

"The stack of books available on breastfeeding, pregnancy, and postpartum can be overwhelming. [*Newborn 101*] covers all these topics and then some—including prenatal exercise and nutrition, choosing a pediatrician, raising a 'green baby,' and more. The Q&A format and highlighted Baby Nurse Tips make this book fun to read and easy to use. I'm making *Newborn 101* my number one must-read book for new parents!"

—**TAMARA JESSIMAN, Certified Nurse Midwife, Mount Auburn Hospital**

"Bringing home a newborn can feel like stepping into the unknown, but *Newborn 101* is like having a wise, loving baby whisperer by your side. . . Arsenault's expert advice is as reassuring as a warm hug, helping new parents navigate those early months with confidence and ease."

—**DR. SUSAN STUART, Pediatrician, South County Hospital and Westerly Hospital**

"[C]hock-full of the kind of practical and helpful information that only an insider like Arsenault would know . . . everything a couple needs to prepare for the adventure of labor and birth."

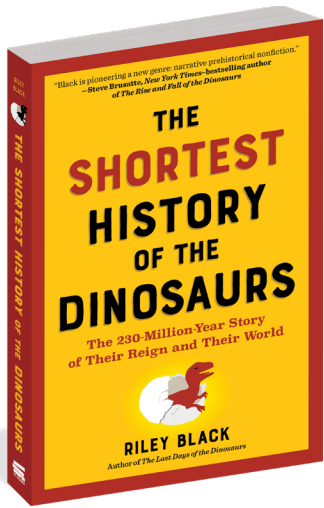
—**CHRISTIANE NORTHRUP, MD, author of *Women's Bodies, Women's Wisdom***

"Birthing and caring for a baby is a transformative experience, and *Newborn 101* helps new families make their way with confidence. It's highly readable—and packed with insightful and helpful Q&As, lists, and tips."

—**JOHANNA MYERS MCCHESENEY, cofounder & CEO of Isis Parenting, Inc.**

"Arm yourself with knowledge by adding *Newborn 101* to your registry, it's a treasure trove of tips that can help first-time parents navigate those early days with confidence."

—**MY FOUR AND MORE**



The Shortest History of the Dinosaurs

The 230-Million-Year Story of Their Time on Earth

A highlight-reel history of the dinosaurs, told like never before—bringing their world to vivid life in a paleontological detective story

The Shortest History of the Dinosaurs tells the 230-million-year epic of these staggeringly fascinating prehistoric creatures, covering their small beginnings, spectacular golden periods, and stunning evolutionary success—before an unthinkable asteroid event brought everything to a screeching halt. But this history digs deeper, using numerous recent fossil discoveries and fresh understandings of genetics and evolution to show how we’ve gleaned so much about a long-lost world from mere fragments of fossil. Marshaling the evidence, award-winning author Riley Black reveals the startling relationships that dinosaurs shared with one another, the land they lived on, and other animal species. By conjuring a more complete picture of Earth in the age of the dinosaurs, she shows us how these massive monsters owe their rise to luck as much as to their cunning—and the many surprising ways they left an indelible mark on their dramatically changing world.

June 2025

Trade Paperback
240 pp. | \$16.95
Over 50 illustrations

TERRITORY

World

RIGHTS SOLD

Audio (Tantor)

Russia (Azbooka-Atticus)

Final pages available

ANIMALS HISTORY

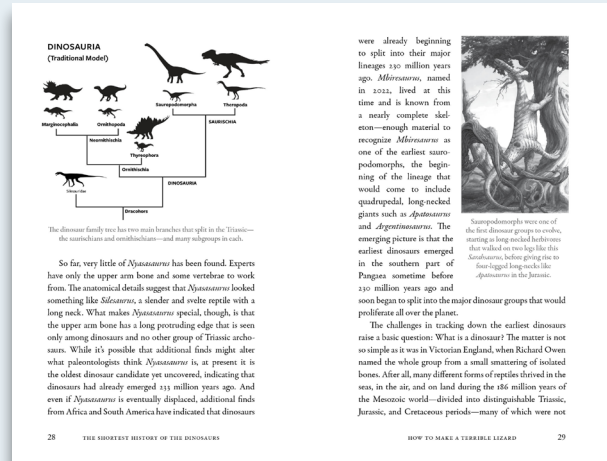
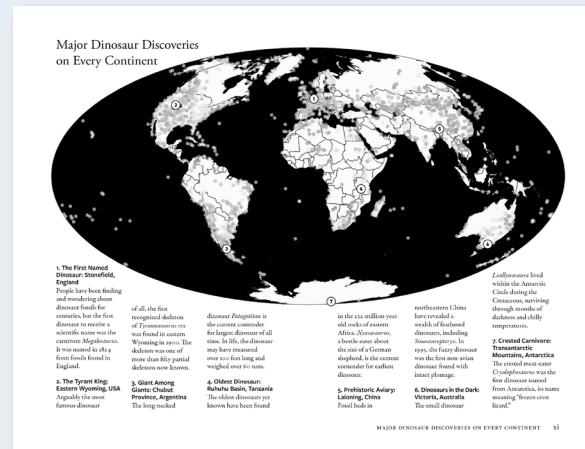
SCIENCE & NATURE

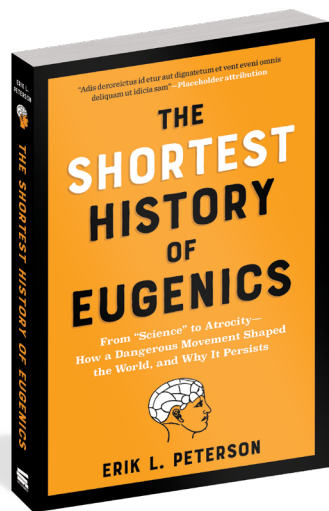
RILEY BLACK is the award-winning author of more than ten books about fossils, evolution, and dinosaurs. Her latest, *The Last Days of the Dinosaurs*, won the AAAS/Subaru Prize for Excellence in Science Books. Riley writes about fossils for a variety of publications—*National Geographic*, *Smithsonian*, *Slate*, & more—and repeatedly appears 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. She lives in Utah.

PRAISE FOR THE SHORTEST HISTORY OF THE DINOSAURS

“An entrancing primer. . . . Black has a knack for singling out the most surprising and engrossing findings of modern paleontology, bringing the ancient reptiles back to vivid life. The result is an excellent overview of the ever-evolving science on dinosaurs.” —**PUBLISHERS WEEKLY**

“Black condenses 230 million years into 200 pages in this tour de Mesozoic force. By the end, you’ll understand the latest research on how dinosaurs lived, ate, mated, raised their young, and even interacted with our ancient mammalian ancestors.” —**BIG THINK**





The Shortest History of Eugenics

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

A harrowing history of a grim chapter in politics and science, in which groups of influential thinkers shaped global policy with the aim of determining who had the right to have children—and who was worthy of life.

December 2024

Trade Paperback
304 pp. | \$16.95 US
Approximately 50 B&W
illustrations

TERRITORY

World

RIGHTS SOLD

Audio (Tantor)

Japan (Hara Shobo)

Korea (Little Mountain)

Russia (Azbooka)

Final pages available

HISTORY

SOCIAL SCIENCE



Bryan Hester

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.

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 characterize a movement that swept across the world—from the US to Brazil, Japan, India, Australia, and beyond—in the form of marriage restrictions, asylum detention, and sterilization campaigns 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.

PRAISE FOR *THE SHORTEST HISTORY OF EUGENICS*

“Peterson helps us see the motives and ideas behind eugenics as deeply embedded in the history of racism, imperialism, and colonialism. This book could not be more timely.” —**JAMES E. STRICK**, author of *Sparks of Life: Darwinism and the Victorian Debates Over Spontaneous Generation*

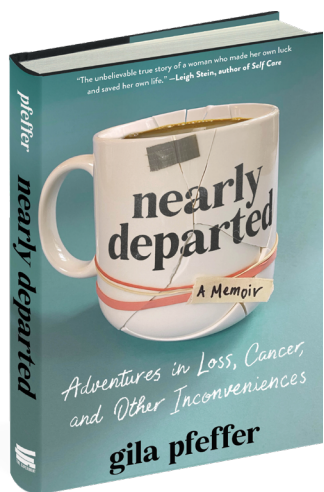
“Indispensable. This formidable history of eugenics helps us understand its continued importance in the modern discussion—from the American roots of Nazi atrocity to the continued use of eugenic practices today. It should be required reading.” —**JOHN SLATTERY, PHD**, Executive Director, Carl G. Grefenstette Center for Ethics in Science, Technology, and Law, Duquesne University

“Reckoning with the eugenic past in all its complexity is a task for our times. . . Peterson provides a concise survey that nevertheless gives that complexity its due, explaining how scientific ideas, medical techniques, economic incentives, and political ideologies combined to such ruinous effect, with legacies that persist right up to the present.” —**GREGORY RADICK**, author of *Disputed Inheritance* and professor of history and philosophy of science, University of Leeds

“A straight-talking, rollicking, and comprehensive romp through the history of eugenics. If you’re new to the subject, this is an excellent place to start. A straight-talking, rollicking, and comprehensive romp through the history of eugenics. If you’re new to the subject, this is an excellent place to start.”

—**SUBHADRA DAS**, author of *Uncivilised: Ten Lies That Made the West*

“Concise and informative . . . clearly shows that ideas about (white) race betterment both preceded and followed the few decades we often describe as the eugenics era. The belief in the existence of inner essences that makes us who we are and in the societal need to control reproduction is still alive and well, and Peterson’s book is a vivid reminder of how these beliefs have resulted in past horrors that we had better avoid in the future. A tour-de-force” —**KOSTAS KAMPOURAKIS**, author of *Understanding Evolution*



Nearly Departed

Adventures in Loss, Cancer, and Other Inconveniences

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.

July 2024

Jacketed Hardcover
272 pp. | \$27.95

TERRITORY
World

RIGHTS SOLD
Audio (Tantor)

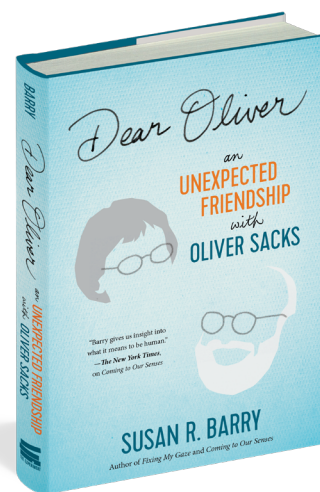
Final pages available

HUMOR HEALTH

"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..



Dear Oliver

An Unexpected Friendship with Oliver Sacks

A heartfelt memoir that captures the meeting of two great minds—and, with boundless generosity, shares the joy of what it's like to make, have, and keep a friend later in life

To the world, he was Dr. Sacks, the brilliant neurologist behind bestselling books like *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

January 2024

Jacketed Hardcover
256 pp. | \$28.00
54 B&W images and 4-page color insert

TERRITORY
World

RIGHTS SOLD
Audio (Tantor)

China (Orient Publishing Center)

Korea (Bookie)

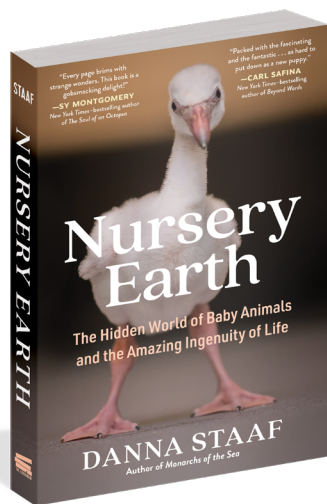
UK (Ithaka)

Final pages available

BIOGRAPHY LETTERS



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.



Nursery Earth

The Hidden World of Baby Animals and the Amazing Ingenuity of Life

A first-of-its-kind pop-science journey into the hidden world of baby animals

Entire ecosystems rest on the shoulders (or tentacles, or jointed exoskeletons) of animal babies; it's time we paid them more attention. In *Nursery Earth*, researcher Danna Staaf invites readers to explore these tiny, secret lives, revealing some of nature's strangest and most ingenious workings. A salamander embryo breathes with the help of algae inside its cells. The young grub of a Goliath beetle dwarfs its parents. Fluffy flamingo chicks delay turning pink for years to let adults know they're not mating rivals and to encourage friendly behavior.

Our bias toward adult animals (not least because babies can be hard to find) means these wonders have long gone under-researched. But for all kinds of animals, if we overlook their babies, we miss out on the most fascinating—and consequential—time in their lives. *Nursery Earth* makes the case that these young creatures are not just beings in progress but beings in their own right. Our planet needs them all: the maggots as much as the kittens!

"Packed with the fascinating and the fantastic . . . a surprising page-turner, as hard to put down as a new puppy." — **CARL SAFINA**, *New York Times*–bestselling author of *Beyond Words: What Animals Think and Feel*

May 2024

Trade Paperback
272 pp. | \$17.95

TERRITORY
World

RIGHTS SOLD
Audio (Bolinda)
Korea (Wisdom House)

Final pages available

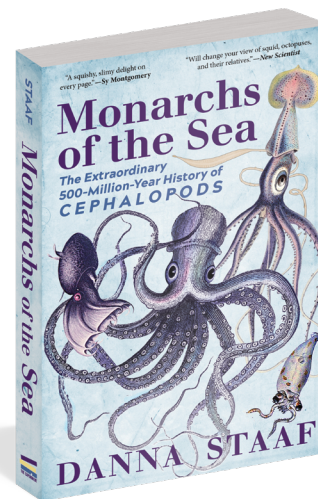
ANIMALS

SCIENCE & NATURE



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.

DannaStaaf.com [DannaJoyStaaf](https://www.instagram.com/DannaJoyStaaf)



Monarchs of the Sea

The Extraordinary 500-Million-Year History of Cephalopods

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.

"[*Monarchs of the Sea*], like its protagonists, is nimble, fast, surprising, smart, and weird in the very coolest sense of the word. What could be more fun than jetting back in time to primordial seas with the monsters who really ruled our planet? . . . Squishy, slimy delight on every page."

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

September 2020

Trade Paperback
256 pp. | \$15.95
33 B&W photographs and illustrations

TERRITORY
World

RIGHTS SOLD
China (Lucidabooks)

NEW DEAL Croatia
(Bookmaster-Facta)

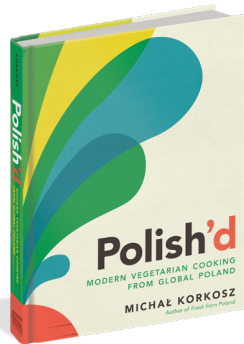
Japan (X-Knowledge)
Korea (Puriwaipari)
Poland (Prószyński)
Russia (Alpina)

Final pages available

ANIMALS

SCIENCE & NATURE

A SCIENCE FRIDAY BOOK CLUB PICK



TERRITORY: World
RIGHTS SOLD: Germany (Stiebner), Poland (Buchmann)

October 2023
Paper over Boards
256 pp. | \$32.50 US
Color photographs throughout
Finished copies available

Polish'd

Modern Vegetarian Cooking from Global Poland

Michał Korkosz reenvision 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.

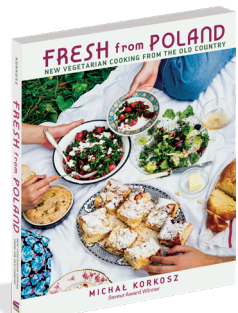
Thoughtfully organized by method—from “steamed” to “baked and roasted” to “fermented and preserved”—Korkosz’s recipes showcase fresh vegetables, grains, and herbs without overlooking the occasional need for cheesy potato hand pies and buttery cookies! With its unique take on this oft-ignored cuisine, *Polish'd* will please readers with Polish heritage, vegetarian fans of Eastern European food, and anyone looking for creative ways to enjoy plant-based fare.

#1 INTERNATIONAL BESTSELLER

2023 FOREWORD INDIES GOLD WINNER

RECOMMENDED BY THE POLISH CULTURAL INSTITUTE NY

ALSO BY MICHAŁ KORKOSZ



TERRITORY: World
RIGHTS SOLD: Germany (Stiebner), Poland (Otwarte)

March 2020
Paperback with flaps
240 pp. | \$24.95 US
Finished copies available

Fresh From Poland

New Vegetarian Cooking from the Old Country

A one-of-a-kind vegetarian Polish cookbook, featuring over 80 creative, modern, and comforting recipes that showcase the abundant vegetable-forward recipes of Poland.

In *Fresh from Poland*, Saveur award winner Michał Korkosz celebrates recipes from his mother and grandmother—with modern, personal touches and gorgeous photos that capture his passion for cooking. Vegetables are his stars, but Michał doesn’t shy away from butter, flour, and sugar; the ingredients that make food—and life—more rozkoszny (delightful)!

AN INDIE BESTSELLER

A BOOKLIST TOP 10 COOKBOOK OF 2020

A SAN FRANCISCO CHRONICLE BEST COOKBOOK OF 2020

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*, and has appeared on NPR’s Morning Edition. Michał graduated with a degree in international relations and sociology, defending his theses on culinary diplomacy and politically shaped patterns of eating. He lives in Warsaw.

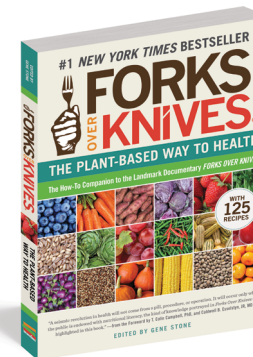


PLANT-BASED INDIA

Nourishing Recipes Rooted in Tradition

TERRITORY: World

RIGHTS SOLD: Germany (Christian), India (English) (Prakash)

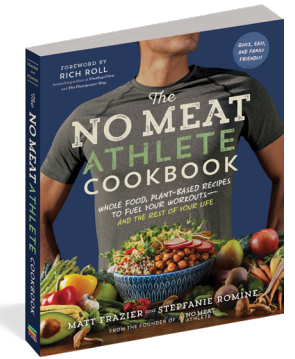


FORKS OVER KNIVES

The Plant-Based Way to Health

TERRITORY: World

RIGHTS SOLD: Audio (Echo Point), Australia (Penguin), Germany (Europa), Switzerland (French) (L'Age d'Homme)

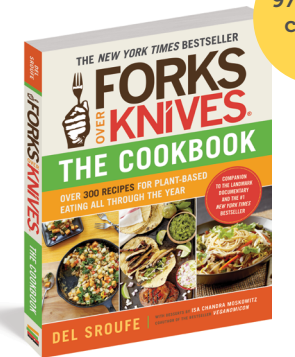


THE NO MEAT ATHLETE COOKBOOK

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

TERRITORY: World

RIGHTS SOLD: Germany (Narayana)



FORKS OVER KNIVES – THE COOKBOOK

Over 300 Recipes for Plant-Based Eating All Through the Year

TERRITORY: World

RIGHTS SOLD: Germany (Europa)

970,000+
copies
sold



VEGGIE BURGERS EVERY WHICH WAY
RIGHTS HELD: World

ADVENTURES IN VEGGILAND
RIGHTS HELD: World

CLEAN ENOUGH
RIGHTS HELD: World

MEALS THAT HEAL - ONE POT
RIGHTS HELD: World

HEALTHY EASY MEXICAN
RIGHTS HELD: World

CARIBBEAN VEGAN
RIGHTS HELD: World

NOSH ON THIS
RIGHTS HELD: World

THE WORLD EATS HERE
RIGHTS HELD: World
RIGHTS SOLD: Germany (Christian)

THE DIABETIC GOODIE BOOK
RIGHTS HELD: World

VEGETARIAN ENTREES THAT WON'T LEAVE YOU HUNGRY
RIGHTS HELD: World

EASY. WHOLE. VEGAN.
RIGHTS HELD: World

THE ALLERGY-FREE PANTRY
RIGHTS HELD: World

NO GLUTEN, NO PROBLEM PIZZA
RIGHTS HELD: World

BUT I COULD NEVER EAT VEGAN!
RIGHTS HELD: World

BUT MY FAMILY WOULD NEVER EAT VEGAN!
RIGHTS HELD: World



SIMPLY SATISFYING
RIGHTS HELD: World

NEVER TOO LATE TO GO VEGAN
RIGHTS HELD: World

EAT RIGHT FOR YOUR SIGHT
RIGHTS HELD: World

BEST PRACTICES FOR A HEALTHY HEART
RIGHTS HELD: World

COOKING A LA HEART
RIGHTS HELD: World

GLUTEN-FREE FAMILY FAVORITES
RIGHTS HELD: World

LEARNING TO BAKE ALLERGEN-FREE
RIGHTS HELD: World

YUMIVERSE FROM PANTRY TO TABLE
RIGHTS HELD: World

THE PLANTIFUL TABLE
RIGHTS HELD: World

PLANT-POWERED FOR LIFE
RIGHTS HELD: World

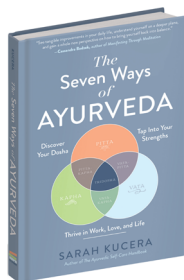
THE TACO CLEANSE
RIGHTS HELD: World

STRONG WATERS
RIGHTS HELD: World

IN VINO DUPLICITAS
RIGHTS HELD: World

GROWING TOMORROW
RIGHTS HELD: World

START YOUR FARM
RIGHTS HELD: World
RIGHTS SOLD: Audio (Tantor)



TERRITORY: World
RIGHTS SOLD: **Audio** (Podium), **Brazil** (Pensamento), **France** (Le Lotus), **India** (Prakash),

NEW DEAL **Italy** (Mondadori), **Poland** (Czarna Owca), **Romania** (Prestige), **Taiwan** (Acorn)

May 2022
Paper over Boards
240 pp. | \$19.95US
Finished copies available

SARAH KUCERA, DC, CAP is a licensed chiropractor, certified Ayurvedic practitioner, registered yoga teacher and yoga therapist, and entrepreneur, she is the founder of Sage, a healing arts center and herbal apothecary in Kansas City, Missouri, where she combines these methods to help others find well-being.

The Seven Ways of Ayurveda

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

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. 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.



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SHONDA MORALIS, MSW, LCSW is a women's mindful empowerment coach and psychotherapist in private practice with over twenty years' experience, specializing in stress-related disorders and women's issues.

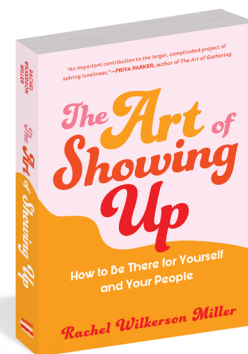
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5-Minute Mindfulness for Busy Women

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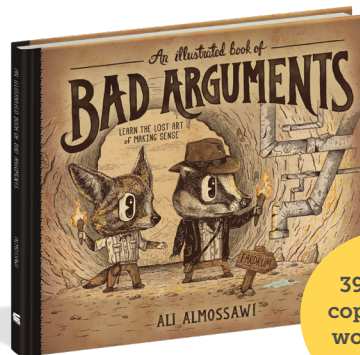
Don't Forget to Breathe is a timely reminder of that big, overlooked to-do: Take care of yourself!



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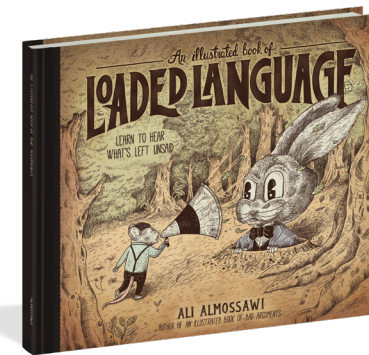
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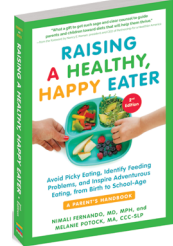
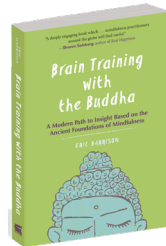
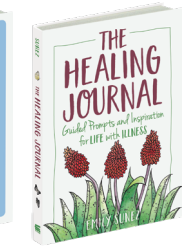
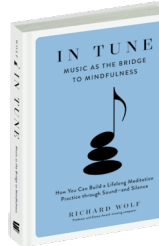
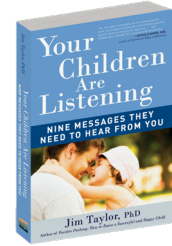
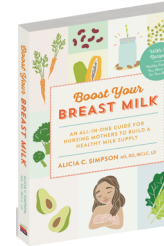
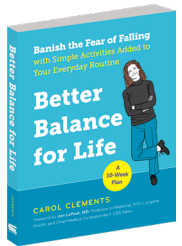
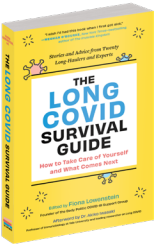
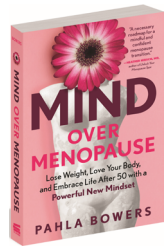
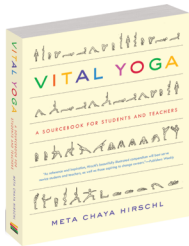
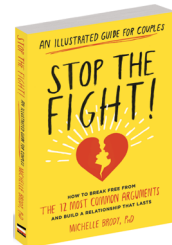
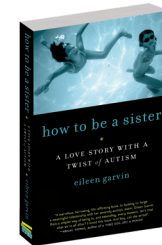
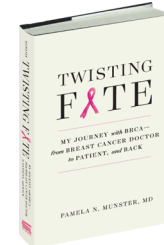
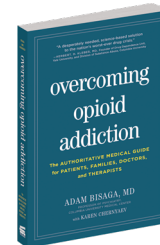
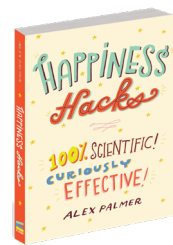
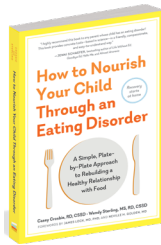
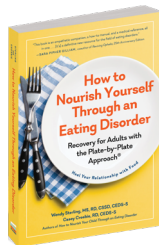
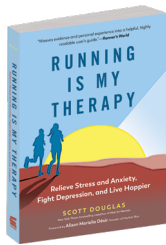
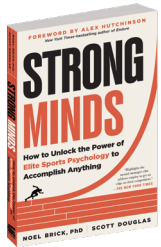


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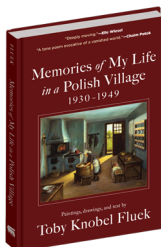
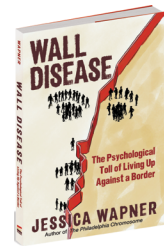
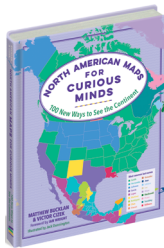
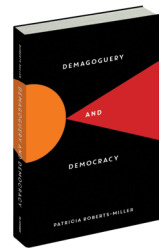
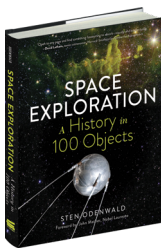
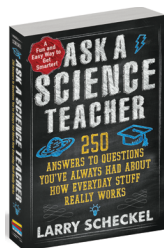
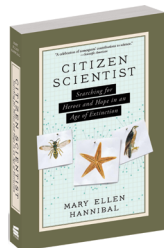
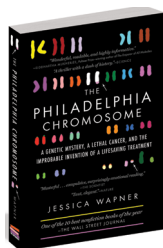
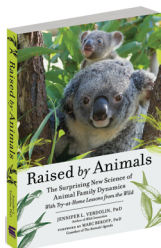
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