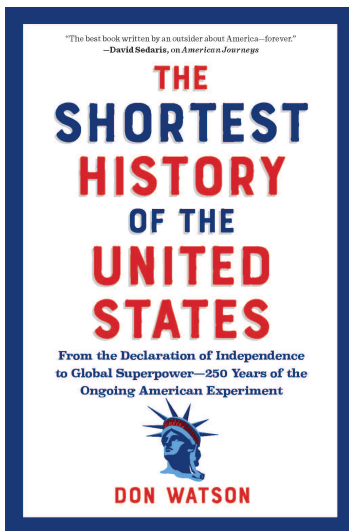


**WINTER  
2026**

# The Experiment

**FRONTLIST**



The Experiment  
9798893031195  
On Sale Date: 4/14/2026  
Ship Date: 4/14/2026  
\$16.95/\$21.95 Can.  
Paperback

288 Pages  
Black and white images  
throughout  
Carton Qty: 48  
History / United States  
HIS036000  
Series: The Shortest History Series  
7.8 in H | 5.1 in W

## The Shortest History of the United States

### From the Declaration of Independence to Global Superpower—250 Years of the Ongoing American Experiment

Don Watson

**A compelling history of the world's most powerful country**

#### Summary

This is the extraordinary story of the United States, a nation that contains multitudes.

When Britain's thirteen American colonies declared their independence on July 4, 1776, the United States of America was born. But it was hardly united. In this superbly written book, Don Watson traces how the central conflicts of the US—those over freedom, race, frontiers, enterprise, religion, and violence—play out through its history: a country at war with itself in the 1860s, the leader of the free world less than a hundred years later, and a nation beset by wild division and turmoil in the twenty-first century.

Brimming with scholarship, humor, and insight, this is a thought-provoking journey through 250 years of the still-unfolding American experiment.

The Shortest History books deliver thousands of years of history in one riveting, fast-paced read.

#### Contributor Bio

**Don Watson** is an author and screenwriter who formerly worked as a political adviser and speechwriter. He is the author of three Quarterly Essays and many acclaimed books, including *Recollections of a Bleeding Heart*, *American Journeys*, *The Bush*, *Watsonia*, and *The Passion of Private White*.

#### Quotes

##### Praise for Don Watson

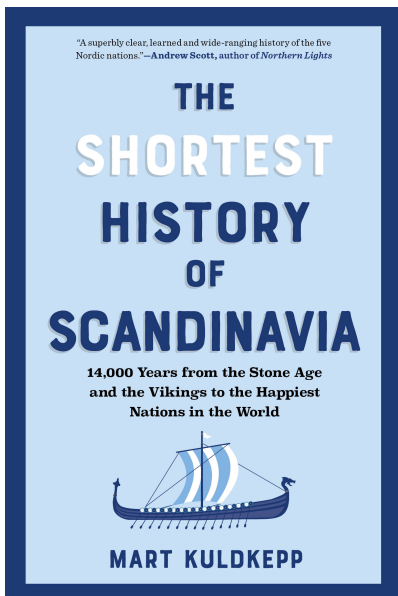
"The best book by an outsider about America—forever."—**David Sedaris**, author of *Me Talk Pretty One Day*, on *American Journeys*

"This is not travelogue, it is dazzlingly eloquent and perceptive; it is the Tocqueville of damaged but persistent and enduring dreams. Like Tocqueville, and unlike much writing by foreigners about the United States, it is affectionate and comes across the many Americas and their oddities with an uncondemning eye. It is entertaining and celebrates the not-often mentioned capacity of Americans to talk, narrate their lives and utter orations, a tendency which has always interested me as a foreigner. It is full of incident and consistently engaging. As a star of the epigram he's right up there with Tocqueville, and as a story-teller he loses nothing to Theroux."—**Thomas Keneally**, author of *Schindler's List*, on *American Journeys*

"A marvelous polemic."—**Forbes**, on *Death Sentence*

"Watson wields the language like a bullwhip."—**San Diego Union-Tribune**, on *Death Sentence*

"There is a dictionary of clichés on my desktop in Beirut and I heartily recommend Watson's Dictionary of Weasel Words by the Australian Don Watson."—**Robert Fisk**, author of *The Great War for Civilisation*, on *Watson's Dictionary of Weasel Words*, *Cant and Management Jargon*



The Experiment  
 9798893030914  
 On Sale Date: 1/6/2026  
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 \$16.95/\$21.95 Can.  
 Paperback

256 Pages  
 B&W photos and illustrations  
 throughout  
 Carton Qty: 48  
 History / Europe  
 HIS044000  
 Series: The Shortest History Series  
 7.8 in H | 5.1 in W

## The Shortest History of Scandinavia

**From Vikings to the Cold War and the New Nordic Movement**

Mart Kuldkepp

**From the Stone Age to “Scandimania”—a brisk, illuminating journey through 14,000 years of Nordic history**

### Summary

Outsiders have long viewed Scandinavia as special, starting with the ancient Greeks and their myths of Ultima Thule, a place “where the Sun goes to rest.” Today, we admire Scandinavia for its universal welfare, equality, peacefulness, and untouched nature—not to mention its interior design, crime literature, and love of all things hygge.

Yet Nordic history has its hardships and dark periods, too: pandemics, war, the expansionism of the Viking Age and the eighteenth century, alliances with Nazi Germany in World War II, and (as elsewhere) a eugenics movement in the twentieth century.

In *The Shortest History of Scandinavia*, historian Mart Kuldkepp masterfully sketches the outlines of Scandinavia’s rich history—from the first known peoples of the region, who followed the ice sheet north as it retreated at the end of the last Ice Age, to the Scandinavians living in nations that are among the happiest in the world today.

In this short but deeply insightful volume, Kuldkepp illuminates the concept of “Nordicness”—a hard-to-define quality that has nonetheless steered the region to respond to major challenges, actively shaping their history and exerting a considerable influence on European and global history in the process.

The Shortest History books deliver thousands of years of history in one riveting, fast-paced read.

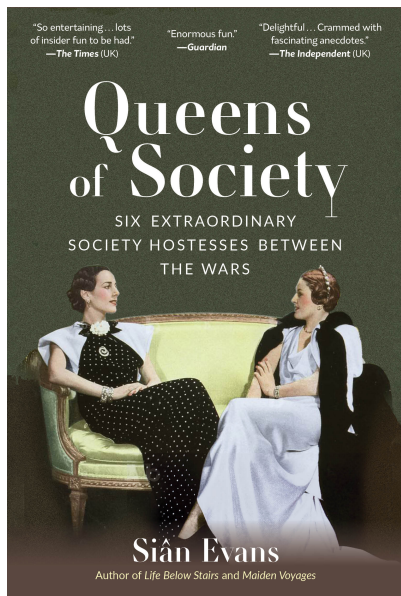
### Contributor Bio

**Mart Kuldkepp** is a professor and researcher of Estonian and Nordic history at UniversityCollege London, where he specializes in the political history of the Baltic and Nordic regions in the twentieth century. He has also translated numerous books, poetry and short stories, mainly from Icelandic and Old Icelandic into Estonian. He lives in London.

### Quotes

“Admirably condensed. . . . Popular, accessible history by a Nordic specialist.”  
 —**The Age** (Australia)

“A superbly clear, learned and wide-ranging history of the five Nordic nations.”  
 —**Andrew Scott**, author of *Northern Lights*



The Experiment  
 9798893031133  
 On Sale Date: 4/7/2026 Ship  
 Date: 4/7/2026  
 \$18.95/\$24.95 Can.  
 Paperback

384 Pages  
 Insert with 19 color and B&W  
 photos  
 Carton Qty: 24  
 Biography & Autobiography

/ Women  
 BIO022000  
 8.5 in H | 5.5 in W

## Queens of Society

**Six Extraordinary Society Hostesses Between the Wars**

Siân Evans

**For fans of Downton Abbey and The Gilded Age, Queens of Society explores the lives of six remarkable women who made careers out of being society hostesses—and in doing so, brought about a form of social revolution.**

### Summary

In the aristocratic circles of early twentieth-century London, the company was as starched as the tablecloths. But a revolution was on the horizon, in the form of six remarkable society hostesses who would change the political, social, and cultural landscape of Britain forever.

Some of these “queens of society,” like Lady Sibyl Colefax, were born into high society. Others, like Edinburgh-born Mrs. Ronnie Greville, clambered their way to the top by any means necessary. Lady Nancy Astor and Lady Edith Londonderry were political creatures, becoming, respectively, the first female MP ever elected and the head of the Women’s Legion. Lady Emerald Cunard, meanwhile, cultivated artists and royals, playing a pivotal role in Edward VIII’s relationship with Wallis Simpson and igniting a scandal that would shake Britain. And American Laura Corrigan just liked a damned good party—the more extravagant, the better.

In an age when the place of women was uncertain, becoming a hostess was not a chore, but a career choice, and these six women presided over London from their dining tables and salons—charming, scheming, and mingling their way through two world wars, the Great Depression, an abdication, a coronation, and an upheaval in class structures that would bring their world to its knees. With a glittering cast of players from the Mitfords to the Mosleys, from millionaires to maharajahs, from film stars to royalty, *Queens of Society* is the witty, warm, and fascinating story of six women whose influence can still be felt today.

### Contributor Bio

**Siân Evans** is a prolific author, journalist, commentator, speaker, publicist, and film consultant specializing in social history. She is the author of many popular social histories, including *Maiden Voyages: Magnificent Ocean Liners and the Women Who Traveled and Worked About Them* and *Life Below Stairs: In the Victorian and Edwardian Country House*.

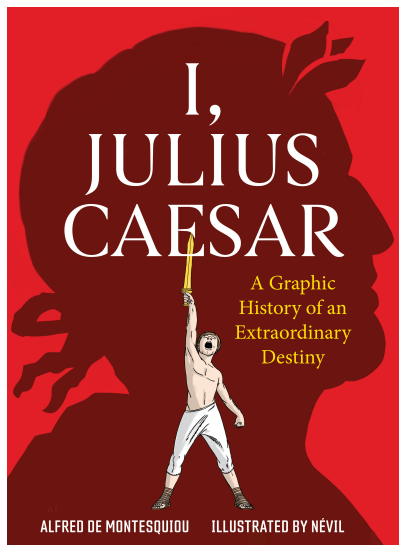
### Quotes

#### Praise for the UK edition

“Gloriously gossipy. . . . A snapshot of a bygone age from Gosford Park–style big country house parties to dancing until dawn in Park Lane mansions long demolished.”—**Red Magazine**

“Rich in anecdote. . . . A fascinating account. . . . Group biography is a difficult trick to pull off, but Evans is deft with her interweaving of narrative and history.”  
 —**The Sunday Times**

“So entertaining—and there’s lots of insider fun to be had. . . . Excels at anecdotes and punchlines. . . . The strength of [*Queens of Society*] is its wealth of detail and its author’s nose for a human story. . . . This book dances in and out of its subject to the sound of plate-smashing, cut-glass gossip, ukeleles, Beecham’s orchestras, jazz bands, Nazi anthems and bombs. ‘I’ve been to a marvellous party,’ wrote Noël Coward. Thanks to [*Queens of Society*], we can feel as though we were there too.”  
 —**The Times**



The Experiment  
9798893031126  
On Sale Date: 3/10/2026 Ship  
Date: 3/10/2026  
\$24.95/\$32.95 Can. Paperback  
- with flaps

256 Pages  
Full-color illustrations on every  
page  
Carton Qty: 12  
Comics & Graphic Novels  
/ Nonfiction CGN007010  
11 in H | 8 in W

## I, Julius Caesar

Alfred de Montesquiou, Névil

**By a prize-winning journalist, a bold and immersive first-person retelling—in brilliantly compelling graphic novel form—of Roman ruler Julius Caesar’s epic, eventful life**

### Summary

Few people who have ever lived have made a bigger mark on history. And few have lived such an adventurous life. That destiny—of a sickly orphan boy who would climb to the top of the Roman Empire—belongs to Julius Caesar. And he himself relates it here, from cradle to grave.

Thanks to extraordinarily intensive research that made it possible to re-create every stage of Caesar’s life, this graphic novel reads like an autobiography. In it, Julius Caesar shares, in his own words, his humiliations and his victories, his boldest moves and his moments of madness. How could he have defeated all his enemies and been assassinated by his friends? Although he was intransigent both on the battlefield and in the political arena, we see how he was capable of unexpected leniency and could be a bashful lover. Here is the flesh-and-blood human being, as told by the Julius behind the Caesar, the man behind the myth.

Prize-winning journalist and author Alfred de Montesquiou interviewed some of the world’s most eminent Julius Caesar specialists. Those 32 historians, many of whom specialize in a different period in Caesar’s life, made it possible for de Montesquiou to pull off a stupendous feat—to write this 256-page graphic novel based exclusively on known historical facts.

In the book’s back matter, readers will find the sources for every page, whether that source is text by Caesar himself, his contemporaries, or drawn from more recent research. Over three hundred endnotes complete this graphic novel making *I, Julius Caesar* as accurate as possible to what is known about him. Research was carried out over years and three continents, in sixteen countries, in the very places where Julius Caesar achieved his feats.

### Contributor Bio

A graduate of the Columbia Journalism School, **Alfred de Montesquiou** is a journalist, essayist, and documentary filmmaker. Winner of the 2012 Albert Londres Prize, France’s highest award for journalism (the French equivalent of the Pulitzer Prize), he is the author of many books, of which this is the first to be translated into English. He has also directed several documentaries, including *Jules*, a French TV series based on *I, Julius Caesar*.

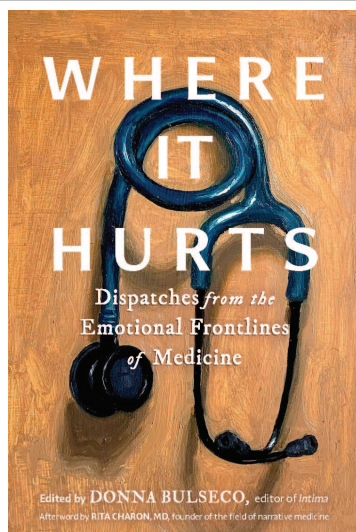
**Névil** is a comic book artist and a film storyboarder. He created the storyboards for *Jules*, a French TV series based on *I, Julius Caesar*.

### Quotes

“It’s one of Alfred de Montesquiou’s greatest merits to bring Julius Caesar’s life back to light in this historical comic strip, which, conceived as an autobiography by the artist himself, is a model of its kind. The simplicity and elegance of Névil’s drawing is matched by the journalist-historian’s rigorous and remarkable research.”—**Le Figaro**

“Today, it’s time for a monument. A few days ago, a rather impressive album about the life of the best-known Roman leader arrived in bookshops. It’s called *I, Julius Caesar*.”—**Dans ma bulle**

“The authors paint a portrait of an adventurous, romantic Caesar, written in the style of Maupassant and staged like a Shakespearean drama with Tarantino-style framing.”—**Le Soir**



The Experiment  
9798893031041  
On Sale Date: 3/24/2026  
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\$18.95/\$24.95 Can.  
Paperback

288 Pages  
Carton Qty: 36  
Literary Collections / Essays  
LCO010000

8.3 in H | 5.5 in W

## Where It Hurts

Stories and More from Health Care Workers on Living, Dying, and Feeling Human

Donna Bulseco

Candid literary accounts by doctors, nurses, and other healers shed light on the intense challenges and triumphs of medical life, reflecting the resilience, ingenuity, and compassion they use to get by.

---

### Summary

In *Where It Hurts*, more than 60 doctors, nurses, therapists, EMTs, patient advocates, and other medical professionals offer a window into the space between health and illness, life and death as they share stories of difficult patients, life-changing diagnoses, their own failures, and the successes that make everything worth it. What they feel, we feel, in highly relatable, beautifully written essays, poems, and short stories that are by turns conversational, urgent, plain-spoken, spare, poetic, heart-rending, and heart-mending.

A doctor shares the do-or-die pep talk she gives herself when intubating a young patient.

A nurse contemplates how to act when tending to a woman accused of murder.

A GI fellow serves up an unorthodox "cure" for an ER regular with a proclivity for fajitas.

An intensive care physician recalls the surreal early days of the COVID-19 pandemic.

A therapist carts a box of police reports, abandoned by a long-ago patient, to yet another new office.

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.

---

### Contributor Bio

**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.

# EMPATHY TAKES ACTION

An Autistic Therapist on  
the Radical Work of Connection

COVER TO BE REVEALED



The Experiment  
9798893031027  
On Sale Date: 3/31/2026 Ship  
Date: 3/31/2026  
\$27.95/\$36.50 Can. Hardcover  
with dust jacket

288 Pages  
Carton Qty: 32  
Psychology / Social Psychology  
PSY031000

9 in H | 6 in W

## Empathy Takes Action

**An Autistic Therapist on the Radical Work of Connection**

Aimee Cliff

**Written by an autistic therapist, this paradigm-shifting book upends popular notions of empathy that exclude people on the autism spectrum and teaches us how we can *all* build deeper, more authentic connections.**

### Summary

Empathy—the ability to understand and share others’ experiences—has long been thought of as an innate moral virtue. You’re either an empathetic person capable of connecting deeply with others and feeling what they feel, or you’re not. And for too long, autistic people have been told they are *not*.

This couldn’t be further from the truth.

In *Empathy Takes Action*, autistic therapist Aimee Cliff draws on scientific research, case studies, and her own experiences to not only thoroughly debunk the myth that autistic people are incapable of empathy, but to propose a radically inclusive new definition. Empathy, it turns out, is something you *do*, not something you *are*—meaning it’s something we can *all* get better at with practice.

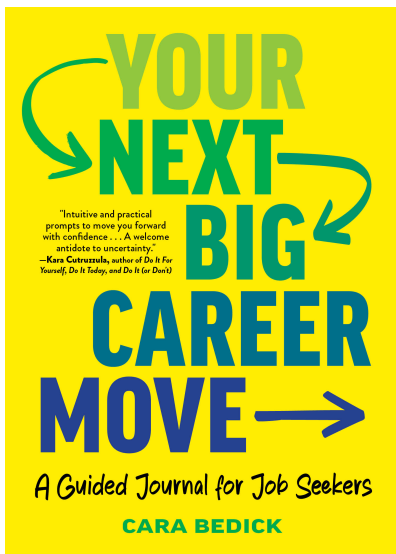
You’ll discover how we’ve gotten empathy so wrong over the years, and why the traditional definition’s reliance on assumption-making and “mind-reading” actually gets in the way of human connection.

You’ll learn how the long-held belief in autistic people’s lack of empathy stems from a failure of empathy on the part of neurotypical scientists, and why it takes two to empathize.

And you’ll see how autistic people show empathy—and how you can use these lessons to overcome common barriers to empathy, strengthen your empathy muscles, and build stronger connections, whether or not you have autism.

### Contributor Bio

**Aimee Cliff** is a writer and therapist based in London. She began her career as a music and culture journalist, working as associate editor of *The FADER* and editor of *Dazed Digital*. As a freelance writer, she has bylines in *The Guardian*, *Pitchfork*, *The Independent*, *Vice*, and more. She currently works for a disability charity.



The Experiment  
9798893031003  
On Sale Date: 1/6/2026  
Ship Date: 1/6/2026  
\$14.95/\$19.95 Can.  
Paperback

144 Pages  
Carton Qty: 12  
Business & Economics / Careers  
BUS037020

8.3 in H | 6 in W

## Your Next Big Career Move

A Guided Journal for Job Seekers

Cara Bedick

**Discover your potential with ninety-nine prompts designed to lift you up and strengthen the skills to help land your next great career opportunity.**

### Summary

Whether you've been laid off, are actively seeking a career change, or are completely new to the job market, this guided journal is for you. The ninety-nine prompts in this journal will inspire you on the path to your new job, to explore your passions and prospects, and to use what you learn about yourself to take action. You'll dive deep into topics like:

Introspection, Goal Setting, Exploration, and Dream Job—to define what you *want and need* from your next role.

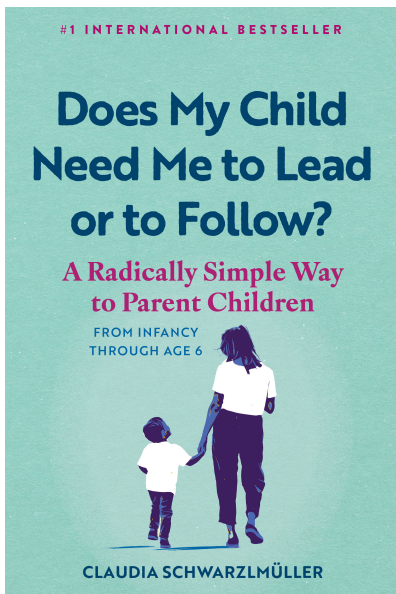
Resume Building, Interview Skills, and Connection—to build the *skills* to land it.

Motivation, Confidence, Gratitude, and Adaptability—to *keep you moving* toward your goals.

Filled with tips, tools, and practices for making the most of your search, and hard-won guidance from someone who's been there, *Your Next Big Career Move* is here to help you land your next job—one you can't wait to start—in record time.

### Contributor Bio

**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, *Writer's Digest*, and *Blogher*. *Your Next Big Career Move* is her first book.



The Experiment  
9798893031065  
On Sale Date: 4/7/2026 Ship  
Date: 4/7/2026  
\$19.95/\$25.95 Can.  
Paperback

272 Pages  
Carton Qty: 38  
Family & Relationships / Life  
Stages  
FAM025000  
9 in H | 6 in W

## Does My Child Need Me to Lead or to Follow?

**A Radically Simple Way to Parent Children from Infancy Through Age 6**

Claudia Schwarzmüller

**A #1 internationally bestselling guide by a longtime developmental psychologist whose radically simple guidance has already helped tens of thousands of parents better understand and raise their children**

### Summary

During the early stages of development, it can be hard to gauge what your child needs and wants, especially before they can speak. The way we view the world as adults is often very different from how children see things. One of the best ways to understand your child's behavior and support their development is to change your perspective and learn to view the world through your child's eyes.

*Does My Child Need Me to Lead or to Follow?* focuses on one simple but profoundly consequential and helpful idea: knowing *when to lead your child*, and knowing *when to follow their lead*. Tracking the development of a fictional child named "Alex" from infancy through age six, longtime expert child psychologist Claudia Schwarzmüller takes parents through dozens of situations, helping them to understand when it's best to guide their children and when it's best to follow their children's lead.

Rather than focusing on behavioral skills (for example, how to wean your child off their pacifier), Schwarzmüller demonstrates how parents can stimulate development of soft skills, like empathy, problem-solving, initiative, and teamwork, through her ever-at-the-ready leading and following method. In each chapter, we follow Alex and see how the child grows in four key areas: thinking and playing, emotions and relationships, movement, and language. Through her expert insights, Schwarzmüller offers a new way of parenting that views children as their own people, rather than mini adults who must conform to our rules; builds strong relationships between parents and children; and gives children the tools and freedom they need to become emotionally resilient and independent.

### Contributor Bio

**Claudia Schwarzmüller** is a child psychologist who has been working with parents for over twenty years. The original edition of this book is a #1 bestseller in Germany and is being published in several other territories.

25<sup>th</sup> Anniversary Edition

The SAGE'S  
TAO TE CHING

A New Interpretation



ANCIENT ADVICE  
for the SECOND  
HALF of LIFE

WILLIAM MARTIN

Author of *The Parent's Tao Te Ching*

"Here is wisdom that is beauty and beauty that is wisdom.... A masterpiece."  
—HUGH & GAYLE PRATHER, authors of *The Little Book of Letting Go*



The Experiment  
9798893031096  
On Sale Date: 1/6/2026  
Ship Date: 1/6/2026  
\$16.95/\$21.95 Can.  
Paperback

144 Pages  
45 B&W illustrations  
Carton Qty: 48  
Philosophy / Taoist  
PHI023000

8.3 in H | 4.4 in W

## The Sage's Tao Te Ching (3rd Edition, New edition)

**Ancient Advice for the Second Half of Life—25th Anniversary Edition**

William Martin, Hank Tusinski

**The twenty-fifth anniversary edition of William Martin's free-verse interpretation of the *Tao Te Ching*, written expressly for those coming into the fullness of their wisdom**

### Summary

Lao Tzu's *Tao Te Ching* reminds its readers that the sage has been venerated in China for thousands of years. Twenty-five years ago, William Martin subtly and powerfully captured the complex emotions connected with growing older in this free-verse interpretation of the Tao. His words resonate just as much now, encouraging today's sages to recognize their inestimable worth in a youth-centric world that often goes astray: "If there is to be a transformation, it will be the sages among us who will show the way. The elders, the wisewomen, the shamans, the grandmothers, and the grandfathers will provide the guidance, for they have undergone the necessary initiations . . . and emerged into the spaciousness of simplicity, freedom, and joy.

### Contributor Bio

**William Martin** is a professor and political insider who works for the Pennsylvania Governor's Office of Administration and has worked for the Democratic Party. He has taught courses at Temple University and Monmouth University. Martin is a writer, teacher, and counselor.

### Quotes

"Here is wisdom that is beauty and beauty that is wisdom. William Martin's final book of his *Tao Te Ching* trilogy is a masterpiece. It illuminates all the unexplored potentials inherent in the second half of life and eases the mind into each one. Powerful, lyrical, insightful, *The Sage's Tao Te Ching* is a guide that will lead your heart gently and surely to 'life itself.'"—**Hugh and Gayle Prather**, authors of *The Little Book of Letting Go*

"Let this gem of a book and the wisdom it imparts enfold every aspect of your being. Whatever time you have remaining on this planet will be immensely enriched."  
—**David McNally**, author of *Even Eagles Need a Push*

"Like its predecessors, *The Sage's Tao Te Ching* opens our minds to the wisdom of our natural state and encourages us to accept and honor the inevitability of the wonder-filled grace of aging. Bill Martin deserves our humble gratitude for reacquainting us with our true selves."—from the foreword by **Chungliang Al Huang**

"Captures the pulse of the conversation about gender in the United States, expands awareness and knowledge about gender, and educates readers about common myths and misinformation."—*Library Journal* starred review

**GEN  
DER**

A New Understanding of Identity  
in a Gender Creative World

**EXP  
LAIN  
ED**

DIANE EHRENSAFT, PhD

Author of *The Gender Creative Child*

MICHELLE JURKIEWICZ, PsyD

FOREWORD BY STEPHEN M. ROSENTHAL, MD



The Experiment 9798893030723  
On Sale Date: 1/6/2026  
Ship Date: 1/6/2026  
\$17.95/\$23.50 Can. Paperback

240 Pages  
Carton Qty: 34  
Social Science / Gender Studies  
SOC032000

8.3 in H | 5.5 in W

## Gender Explained

### A New Understanding of Identity in a Gender Creative World

Diane Ehrensaft, Michelle Jurkiewicz

**Now in paperback: A world-leading expert and clinical psychologist team up to "accurately capture the pulse of the conversation about gender in the United States, expand awareness and knowledge about gender, and educate readers about common myths and misinformation."—*Library Journal*, starred review**

### Summary

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—and we as individuals (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.

### Contributor Bio

**Michelle Jurkiewicz, PsyD**, is a licensed clinical psychologist and gender specialist in private practice in Berkeley, California. She has been providing therapeutic services to children, youth, and families since 2003. Dr. Jurkiewicz was an early pioneer working with transgender, nonbinary, and gender-expansive youth. In addition to providing psychotherapy for people of all ages, she trains newer clinicians in using the Gender Affirmative Model.

**Diane Ehrensaft, PhD**, is a developmental and clinical psychologist, the author of *The Gender Creative Child* and *Gender Born, Gender Made*, and coauthor, with Michelle Jurkiewicz, of *Gender Explained*. At the University of California, San Francisco, she is the cofounder and director of mental health at the Child and Adolescent Gender Center and a professor of pediatrics. She has been featured on the *Los Angeles Times* online and *WIRED* online and has appeared on *Anderson Live*, *The Oprah Winfrey Show*, and the *Today* show.

### Quotes

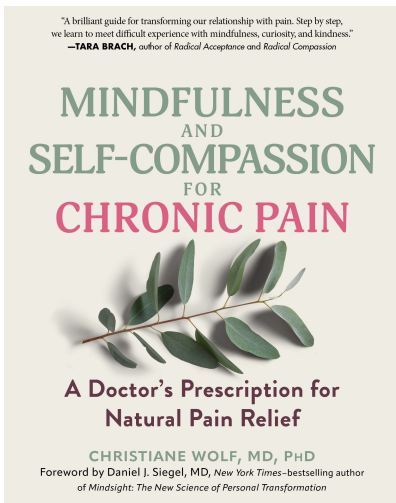
★ 2025 Lammy Awards Finalist

"*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

"This essential purchase accurately captures the pulse of the conversation about gender in the United States, expands awareness and knowledge about gender, and educates readers about common myths and misinformation."

—**Library Journal**, starred review



The Experiment  
9798893031089  
On Sale Date: 1/6/2026  
Ship Date: 1/6/2026  
\$18.95/\$24.95 Can.  
Paperback

256 Pages  
Carton Qty: 48  
Health & Fitness / Pain  
Management  
HEA036000  
7 in H | 5.5 in W

## Mindfulness and Self-Compassion for Chronic Pain

(2nd Edition, Revised)

Christiane Wolf, Daniel J. Siegel

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

### Summary

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.

By separating your pain from the stressful thoughts and troubled feelings that come with it, you can lay down your burden and live with joy.

### Contributor Bio

**Christiane Wolf, MD, PhD**, is a physician turned mindfulness and compassion teacher and a senior teacher at InsightLA ([InsightLA.org](https://InsightLA.org)) in Los Angeles, California. 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 and has received teacher transmission from Trudy Goodman and Jack Kornfield. She is the coauthor, with Greg Serpa, of *A Clinician's Guide to Teaching Mindfulness*. Dr. Wolf lives in Los Angeles with her husband and their three children.

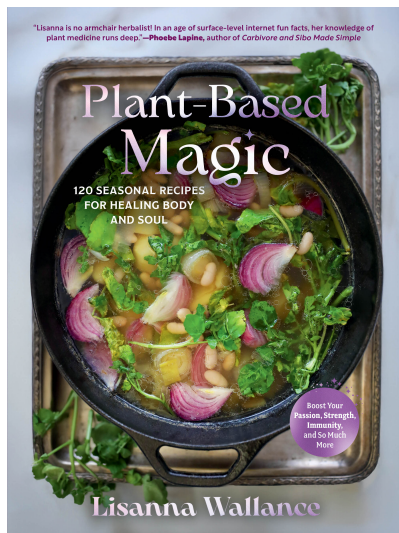
### Quotes

"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."—**Arianna Huffington**, founder and CEO, 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*



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## Plant-Based Magic

120 Seasonal Recipes for Healing Body and Soul

Lisanna Wallance

Nourishing seasonal recipes that celebrate the healing power of plants

### Summary

Cooking is magic: the transformation of simple ingredients into culinary spells with the power to nourish our bodies, nurture our souls, and gather us around the table. In *Plant-Based Magic*, clinical herbalist and chef Lisanna Wallance shows how to create your own everyday magic by harnessing the natural healing properties of plants in recipes that are as delicious as they are potent.

Each of the 120 seasonal, nutrient-packed recipes is designed to support the body's natural processes—from a citrus and sugar snap pea salad that promotes glowing skin to cognition-supporting roasted eggplant to bone-strengthening seared mushrooms and beets. And because they're grounded in the principles of herbalism, there's real science to support all of these magical effects. The vitamins C and B3 in the citrus salad are crucial for evening skin tone and repairing damage; antioxidants found in eggplants protect nerve cells; and the calcium and vitamin D in mushrooms and beets work together to build strong bones.

Every recipe is **vegan** and **gluten-free**, with helpful icons for those that are also free of nuts and added sugar.

Inside, you'll find

- **Seasonal mains:** Adaptogenic Stuffed Zucchini *for Stress*, Maple-Roasted Roots *for Immunity*, Crispy Kohlrabi Steaks *for Detox*
- **Simple sides:** Squash and Asparagus Sauté *for Energy*, Parsnip, Leek, and Orange Soup *for Serenity*, Honeydew-Basil Salad *for Hydration*
- **Healthy desserts:** Strawberry-Lemon Squares *for Euphoria*, Ginger-Lychee Slushy *for Digestion*, Rosemary-Clementine Cake *for Cognition*
- **Potent potions:** TranquilTea *for Deep Sleep*, Balancing Chia Lemonade *for Satiety*, Flower Vinaigrette *for Radiant Skin*

*Plant-Based Magic* gives every meal a touch of enchantment.

### Contributor Bio

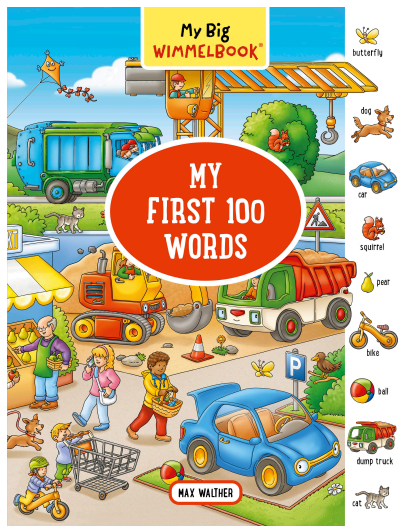
**Lisanna Wallance** is a chef, herbalist, and author of *The Natural Witch's Cookbook*, which has been published in four languages. She grew up in New York and attended Barnard College of Columbia University before moving to Paris, where she now lives. She was born with Ehlers Danlos Syndrome, a connective 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.

### Quotes

#### Praise for *The Natural Witch's Cookbook*

"Lisanna Wallance calls herself a 'culinary witch,' but forget any preconceptions you might have about her form of magic. Wallance is very much grounded in reality and science. The magic lies in the food combinations, and Wallance has clearly done her research."—**Martha's Vineyard Times**

"As a modern witch, Lisanna Wallance is the archetype of the healer. . . . In deep connection with nature, she is versed in naturopathy, phytotherapy, and is gifted with a profound intuition. In her modern spell book, Lisanna reveals everything we need to know to live every day as a witch."—**Madame Figaro**



## My Big Wimmelbook®—My First 100 Words

Max Walther

**Mia and Elias are off on everyday adventures—getting ready in the morning, heading to preschool, shopping, playing, and more! Along the way, they’re learning new words everywhere they go. The My Big Wimmelbooks® series is an effortless introduction to literacy that lets beginning readers ages 2 to 5 be the storyteller—with hours of seek-and-find, hands-on learning.**

### Summary

In these oversize board books, every page is bursting with life—and tons to discover! Children as young as age 2 have a blast pointing out recognizable things—a blue tricycle, a hungry dog, a piggyback ride—while older kids can follow the star characters through all kinds of bustling scenes.

Wimmelbooks are virtually instruction-free, inviting kids to make their own way through the busy Wimmelworld they encounter—and to craft their own stories. First, they’re introduced to a unique cast of characters who are hidden in plain sight on the pages that follow. As children seek them out, each character’s storyline unfolds, but it’s up to kids to interpret the scenes and create stories they think fit. It’s hours upon hours of fun—and an effortless introduction to literacy, to boot.

*My Big Wimmelbook®—My First Words* is filled with colorful scenes and familiar objects—from the playground with its slides and swings to the zoo and all the animals. As your little one follows Mia and Elias throughout their day, they will soon be able to recognize and say lots of new words.

### About Wimmelbooks

Wimmelbooks originated in Germany decades ago and have become a sensation with children (and adults!) worldwide. My Big Wimmelbooks is the first-ever English-language wimmelbook series. Its books have been praised as “lively . . . and abounding with humor and detail” (*WSJ*) and likely to “make any parent’s heart sing” (*NYT*).

### Contributor Bio

**Max Walther** is a Germany-based book designer and illustrator with over ten years of experience illustrating children’s books. Walther studied design and illustration at the University of Applied Sciences in Mainz, Germany, and loves telling stories through illustration in his wimmelbooks. He is the author of six My Big Wimmelbooks, and his titles are consistently among the most popular in the series.

### Quotes

“The large board books in the My Big Wimmelbook series are full of lively, crowded tableaux of people and animals going about their business in different settings. [Wimmelbooks] abound with witty details to draw in younger children . . . and older toddlers will want to follow the wordless interactions that spill from one page to the next in these eventful pictures.”—***The Wall Street Journal***

“You know the kid who can conjure an entire imaginary world by animating, say, the sugar packets she finds at the restaurant table? That one will thank you when you put any volume of My Big Wimmelbook in front of her. . . . Picture Richard Scarryesque, dioramalike spreads with a hint of Where’s Waldo junior detective. The combination should encourage long contemplative sit-downs that will make any parent’s heart sing.”—***The New York Times Book Review***

“An opening spread outlines particular characters and objects for readers to locate, including a couple with a selfie stick, reporters on the scene, and a pizza delivery man. . . . The spreads aren’t as jam-packed as a typical Where’s Waldo? panorama, allowing for younger readers to spot characters and objects with ease.”  
—***Publishers Weekly***

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Series: My Big Wimmelbooks  
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## My Big Wimmelbook® - Oops! What's Wrong Here?

Achim Ahlgrimm

**What's going on here? Something's not right! With over 200 visual gags and errors to find, this wacky wimmelbook keeps kids laughing and learning. The My Big Wimmelbooks® series is an effortless introduction to literacy that lets beginning readers ages 2 to 5 be the storyteller—with hours of seek-and-find, hands-on learning.**

### Summary

In these oversize board books, every page is bursting with life—and tons to discover! Children as young as age 2 have a blast pointing out recognizable things—a blue tricycle, a hungry dog, a piggyback ride—while older kids can follow the star character through all kinds of bustling scenes.

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*My Big Wimmelbook®—Oops! What's Wrong Here?* is packed with visual humor and gentle absurdity, helping kids sharpen their observation skills while giggling at every turn. Whether they're spotting the octopus in the bathtub, the square soccer ball, or the baby pushing the parent, young readers will love discovering the "mistakes" in this topsy-turvy world.

### About Wimmelbooks

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### Quotes

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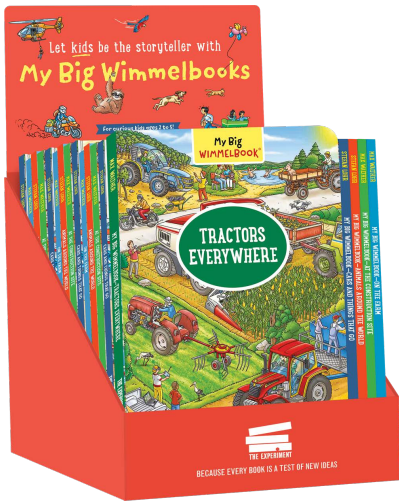
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## My Big Wimmelbook

16-copy counter display

### Summary

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