

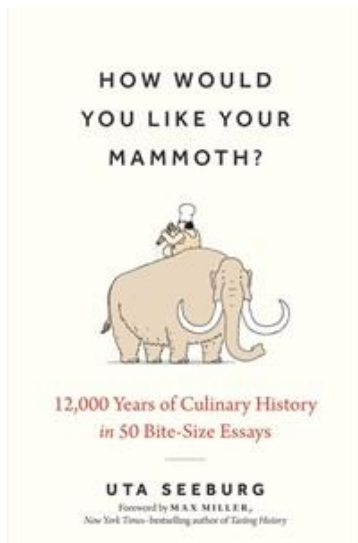
# The Experiment



SUMMER 2024

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FRONTLIST



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## How Would You Like Your Mammoth? 12,000 Years of Culinary History in 50 Bite-Size Essays

Uta Seeburg, Max Miller

**A culinary romp through 50 dishes that shaped human history—from prehistoric roasted mammoth to space-age dehydrated soup**

### Summary

Did you know that Egyptians mummified beef ribs for their dearly departed to enjoy in the afterlife? That Roman gladiators were relegated to a vegan diet of grains and beans? That the fast-food hamburger was a result of a postwar, high-efficiency work ethic? This is not a cookbook; instead, *How Would You Like Your Mammoth?* is a chronological journey through the culinary history of humankind, with fifty short, snackable essays packed to the brim with juicy tidbits and cultural insights. With author Uta Seeburg as your guide, you'll learn not only which dishes are linked to key cultural moments, but also how each represents the social hierarchy and values of the civilization that invented it. Discover how and why:

- The Columbian exchange gave Indian curry its spicy kick
- Roasted swan became the centerpiece of choice in spectacle-loving 1650s high society
- A Portuguese princess helped popularize tea in England
- The first dish ever to be prepared live on television was an omelet
- And much more

Foodies and history buffs alike will savor every amusing yet educational historical snapshot, from one of the oldest recorded recipes (lamb stew with barley and onions) to out-of-this-world food fit for astronauts (dehydrated chicken soup just like mom used to make). *How Would You Like Your Mammoth?* is the perfect gift book to bring a taste of history—and fun—to any dinner party.

### Contributor Bio

**Uta Seeburg** worked for years as an editor for the magazine *Architectural Digest*. There, she reported on design and travel and wrote numerous culinary essays. Today, the PhD in literary studies and author of historical crime novels devotes herself entirely to writing books.

**Max Miller** is the author of the *New York Times*-bestselling cookbook *Tasting History* and the creator and host of the viral YouTube series *Tasting History with Max Miller*, where he shares his passion for culinary history and historic dishes. Max's work has been covered in outlets including *America's Test Kitchen*, *ABC's Localish*, *Binging with Babish*, *Chowhound*, *Foodside*, *GLAAD*, *KTLA Morning News*, *Mythical Kitchen's* podcast *A Hotdog Is a Sandwich*, *The Rachael Ray Show*, and *Today.com*. He's also a regular guest on Simon Majumdar's food history podcast *Eat My Globe*. Max currently resides in Los Angeles, California, with his husband, José, and their cat, Cersei.

### Quotes

"Uta Seeburg's book [is] full of anecdotes and insights." - **Christoph Amend, Zeit magazine**

"Entertaining and surprising." - **Sanja Niemann, Brigitte**

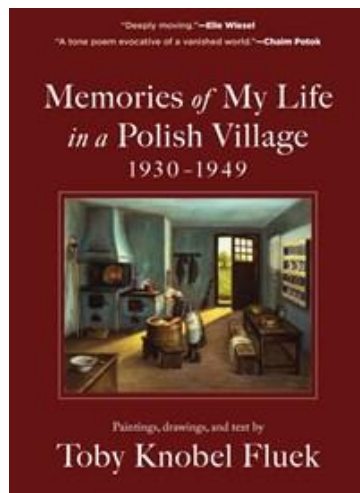
"[Uta Seeburg's] 50 stories are as amusing as they are instructive." - **Sybill Peine, Berliner Morgenpost**

"[A] very informative and amusing book" - **Daniela Zinser, Welt am Sonntag**

"[An] instructive and entertaining foray through culinary world history." - **Georg Renöckl, ORF Ö1**

"[A] fabulous little book." - **Nina Kobelt, Tagesanzeiger**





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Biography & Autobiography  
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## Memories of My Life in a Polish Village, 1930-1949

Toby Knobel Fluek, Rakhmiel Peltz

**Available again for the first time in decades: A “deeply moving” (Elie Wiesel) jewel of a memoir, told in Holocaust survivor Toby Fluek’s beautiful paintings and drawings and her equally lucid text—the story of a young Jewish girl growing up in a Polish farm village, from the peaceful early 1930s to the tragic war years, and finding safe harbor at last**

### Summary

Here is “a tone poem evocative of a vanished world” (Chaim Potok), “the nearly thousand-year-old life of the village Jews of Eastern Europe—God-imbued, profound in its simplicity—at the very hour of its murderous destruction by Nazi terror” (Cynthia Ozick), acclaimed by Elie Wiesel as “deeply moving.”

Scene by scene, person by person, artist Toby Knobel Fluek lovingly unfurls a unique view of Jewish life. She introduces us to her village, to her family, to the people among whom they lived, Jewish and Catholic; she shows us what they did, how they fared, how Jewish customs and holidays were observed—and, with both feeling and restraint, illustrates how this long-enduring way of life was disrupted and shattered by World War II. She takes her family through Russian occupation, through the devastation wreaked by the Nazis and, finally, to a new beginning in America.

### Contributor Bio

**Toby Knobel Fluek** (1926-2011) was born in the eastern Polish village of Czernica. In 1942, she and her family were forced by the Nazis into the nearby Brody ghetto. After her escape and years in hiding, she was married in 1949 and emigrated with her husband to New York, where she remained until her death. Fluek is the subject of the documentary film *Toby's Sunshine: The Life and Art of Holocaust Survivor Toby Knobel Fluek* and is featured in *Image Before My Eyes: A History of Jewish Life in Poland Before the Holocaust*. She is also the author of *Passover As I Remember It*. In 2018, The Florida Holocaust Museum added more than five hundred of Fluek's artworks and personal items to its collection, and it continues to share her work in exhibitions and outreach programs. Fluek's daughter, son-in-law, two grandsons and their wives, and four great-grandchildren also strive to ensure her extraordinary legacy.

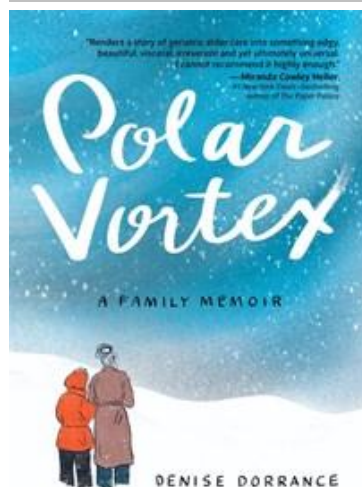
### Quotes

"Deeply moving." - **Elie Wiesel, author of *Night***

"Toby Fluek's *Memories of My Life in a Polish Village* is a beautiful book. Its luminous art and water-clear prose form a world of exquisite images that in the end create a tone poem evocative of a vanished world—a poem that is not a dirge but a gentle celebration of hardships overcome and the triumph of the spirit over unspeakable horror." - **Chaim Potok, *New York Times*—bestselling author of *The Chosen* and *My Name Is Asher Lev***

"Toby Fluek's brightly remembering palette restores, for our marveling eyes, the nearly thousand-year-old life of the village Jews of Eastern Europe—God-imbued, profound in its simplicity—at the very hour of its murderous destruction by Nazi terror. Her living yet memory-wounded paintings are too vivid—hence too tragically dyed in loss—to be reduced to nostalgia: they are a plain record of the innocence that was annihilated forever by Europe's great storm of hatred." - **Cynthia Ozick, *New York Times*—bestselling author of *Heir to the Glimmering World* and *The Shawl***

"Fluek's realistic, richly detailed paintings could be called 'folk Vermeer.'" - ***New York* magazine**



## Polar Vortex

### A Family Memoir

Denise Dorrance

**For fans of *Can't We Talk About Something More Pleasant?*, a poignant, stirring graphic memoir—both heartbreaking and darkly funny—that perfectly captures the grief, nostalgia, and chaos of traveling home to care for an elderly parent in crisis**

### Summary

What do you do when your mother can't remember who you are? You catch the first flight from your adopted home of London to your original hometown of Cedar Rapids, Iowa, where she's hospitalized, injured, and struggling with the swirling disorientation of dementia. You take responsibility for finding her new (and, perhaps, final) home—although insurance is running out and you might have to finally patch up your bitter relationship with your sister. And you try not to think about death, lurking around every corner . . . or the coming polar vortex, growing closer and closer as snowflakes swirl ever faster outside.

With cinematic illustrations and moving yet humorous prose, award-winning author and cartoonist Denise Dorrance shares the two most haywire months of her life: the phone call after her mother is discovered lying confused on the living room floor, the mingled shock and familiarity of a harsh Midwestern midwinter, the attempt to settle her homesick mother into a care facility, the limiting and limitless inanities of the US health care system, and the impossible decisions about what comes next. Incorporating vintage postcards, photographs, and letters, Dorrance brilliantly captures the sadness, frustration, and gallows humor of suddenly having to care for an aging parent and facing the moment of transition between life as you've long known it and life as it must become.

### Contributor Bio

American-born cartoonist and illustrator **Denise Dorrance** worked in magazines in New York for twelve years (including at *Cosmopolitan* under Helen Gurley Brown) before moving to London in 1993. Her cartoons have run for decades in many publications, including the *Mail on Sunday* (UK). *Polar Vortex* is her first graphic novel. In the UK, it was shortlisted for the 2020 Myriad First Graphic Novel competition and won the LDComics 2020 Rosalind B. Penfold Prize.

### Quotes

#### Winner of the LDComics Rosalind B. Penfold Prize

#### Short-listed for the Myriad First Graphic Novel Competition

"With gallows humor, visual ingenuity, and a whole lot of heart, Dorrance chronicles the two chilling months she returned home to care for her ailing mother—while a literal polar vortex looms in the background." - **Oprah Daily**

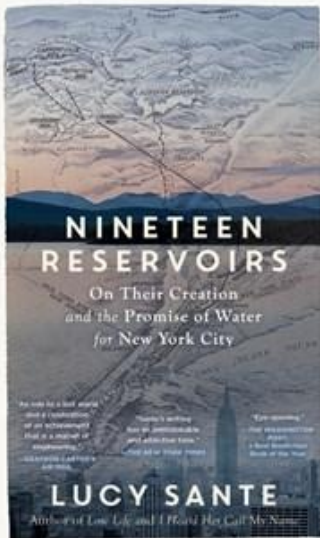
"Dorrance's upbeat, airy linework packs an unsuspecting emotional wallop . . . A delicately drawn, unconventional chronicle of loss." - **Kirkus Reviews**

"Unsparingly honest and with an eye that refuses to waver, Denise Dorrance's graphic novel *Polar Vortex* is utterly original and unique, managing to both transcend and subvert its genre. Dorrance has rendered a story of geriatric elder care into something edgy, beautiful, visceral, irreverent and yet ultimately universal. I cannot recommend it highly enough." - **Miranda Cowley Heller, #1 New York Times–bestselling author of *The Paper Palace***



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9 in H | 5.5 in W

## Nineteen Reservoirs

**On Their Creation and the Promise of Water for New York City**

Lucy Sante

**Now in paperback: acclaimed author Lucy Sante's "eye-opening tale of the greed and corruption but also diplomacy and ingenuity" (*The Washington Post*) involved in the creation of the upstate reservoir system that makes New York City's existence possible—but irreparably altered rural ecosystems and communities**

### Summary

From 1907 to 1967, a network of reservoirs and aqueducts was built across more than one million acres in upstate New York, including Greene, Delaware, Sullivan, and Ulster Counties. This feat of engineering served to meet New York City's ever-increasing need for water, sustaining its inhabitants and cementing it as a center of industry. West of the Hudson, it meant that twenty-six villages, with their farms, forest lands, orchards, and quarries, were bought for a fraction of their value, demolished, and submerged, profoundly altering ecosystems in ways we will never fully appreciate.

This paradox of victory and loss is at the heart of *Nineteen Reservoirs*, Lucy Sante's meticulous account of how New York City secured its seemingly limitless fresh water supply, and why it cannot be taken for granted. In inimitable form, Sante plumbs the historical record to surface forgotten archives, bringing lost places back to life on the page. Her immaculately calibrated sensitivity honors both perspectives on New York City's reservoir system and helps us understand the full import of its creation.

An essential history of the New York City region that will reverberate far beyond it, *Nineteen Reservoirs* examines universal divisions in our resources and priorities—between urban and rural, rich and poor, human needs and animal habitats. This is an unmissable account of triumph, tragedy, and unintended consequences.

### Contributor Bio

**Lucy Sante** was born in Verviers, Belgium, and is the author of ten books, her first being *Low Life* (FSG, 1991). Sante's other books include *Evidence*, *The Factory of Facts*, *Kill All Your Darlings*, *The Other Paris*, *Folk Photography*, *Maybe the People Would Be the Times*, and *I Heard Her Call My Name*. She is the recipient of a Whiting Award, Guggenheim and Cullman fellowships, an Award in Literature from the American Academy of Arts and Letters, a Grammy (for album notes), and an Infinity Award for Writing from the International Center of Photography. Sante has contributed to the *New York Review of Books* since 1981 and to many other publications. She recently retired after twenty-four years teaching at Bard College.

### Quotes

**A Washington Post Best Nonfiction Book of 2022**

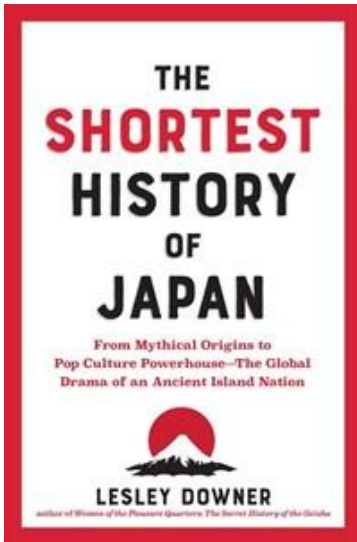
#### An Indie Bestseller

"Sante's writing has an unmistakable and addictive tone. . . . *Nineteen Reservoirs* is a beautiful object—the period photographs and postcards are expertly reproduced and glow with feeling, and the book concludes with an apposite photo essay by Tim Davis.

" - **Dwight Garner, *The New York Times***

"[Sante] is an endlessly curious writer with a sharp wit and an elegant prose style . . . As a physical object, the book is a stunner, loaded with maps, archival stills of the construction process, vintage postcards, and ads warning New Yorkers to check their plumbing and 'stop that leak!'" - ***The Wall Street Journal***

"An eye-opening tale of the greed and corruption but also diplomacy and ingenuity involved in creating the system now taken for granted." - ***The Washington Post, Best Nonfiction of 2022***



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History / Asia  
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Series: Shortest History  
7.8 in H | 5.1 in W

## The Shortest History of Japan

**From Mythical Origins to Pop Culture Powerhouse—The Global Drama of an Ancient Island Nation**

Lesley Downer

**The story of a small Asian country with extraordinary aesthetic traditions that avoided colonization and overcame the devastation of World War II to become a highly prosperous modern force, while preserving its unique spirit and culture**

### Summary

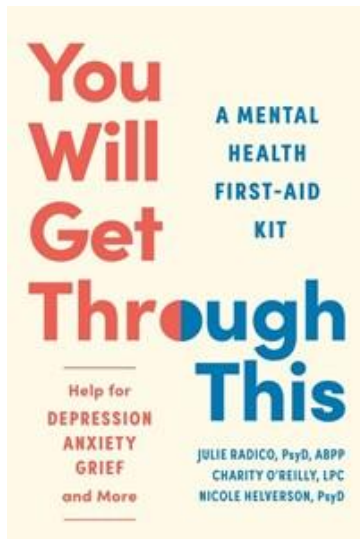
Zen, haiku, martial arts, sushi, anime, manga, film, video games . . . Japanese culture has long enriched our Western way of life. Yet from a Western perspective, Japan remains a remote island country that has long had a complicated relationship with the outside world.

Even at the nearest point, Japan—an archipelago strung like a necklace around the Asian mainland—is considerably farther from Asia than Britain is from Europe. The sea provides an effective barrier against invasion and has enabled the culture to develop in unique and distinctive ways. During the Edo period, the Tokugawa shoguns successfully closed the country to the West. After Japan opened, it swung in the opposite direction, adopting Western culture wholesale. Both these strategies enabled it to avoid colonization, one of the very few non-Western countries to do so, and to retain its traditions and way of life.

This delightfully readable history will be of interest to people who know nothing about Japan, but also full of insights for those who do, with an aha moment on every page. With a novelist's eye for color and character, Lesley Downer takes the reader through the great sweep of Japanese history, focusing on the dramatic stories of larger-than-life individuals—from emperors descended from the Sun Goddess to warlords, samurai, merchants, court ladies, women warriors, geisha, and businessmen who shaped this extraordinary modern society.

### Contributor Bio

**Lesley Downer** is a Japan expert, author, journalist, and historian. She has written four novels, *The Shogun Quartet*, and several works of nonfiction, including the immersive work of journalism *Geisha: The Remarkable Truth Behind the Fiction* and *The Brothers: The Hidden World of Japan's Richest Family*, which was chosen as a *New York Times* Book of the Year. She has traveled widely and given lectures at the Japan Society New York, at Asia and Japan Societies across the United States, at the Royal Geographic Society and the British Museum in London, and many other venues. She was the historical consultant for Northern Ballet's spectacular 2020 ballet *Geisha* and she appears on *Age of the Samurai: Battle for Japan* (Netflix). She lives in London with her husband, the author Arthur I. Miller.



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## You Will Get Through This

**A Mental Health First-Aid Kit—Help for Depression, Anxiety, Grief, and More**

Julie Radico, Charity O'Reilly, Nicole Helverson

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

### Summary

With growing barriers to mental health care—from months-long therapy wait-lists to financial concerns to rampant online misinformation—it's hard to know where to turn when you need help now. This book, written by three practicing therapists, is your comprehensive mental health first-aid kit. Drawing on the techniques they use with their patients, they offer compassionate, evidence-based strategies for managing common mental health struggles. Even better, these are techniques that *anyone* can do at home.

*You Will Get Through This* helps you identify and understand common mental health problems and their related coping strategies. In each chapter, you'll find:

- what the research says about the issue
- coping mechanisms that are used in actual therapy rooms
- 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

With a holistic biopsychosocial approach that takes into account the biological, social, and environmental factors affecting mental health, *You Will Get Through This* illuminates the road to wellness and allows you to take charge of your own healing.

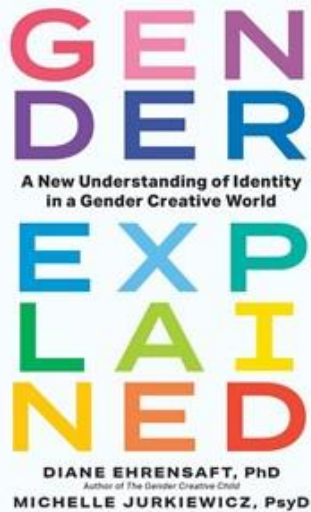
### Contributor Bio

**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.

**Charity O'Reilly, LPC**, is a licensed professional counselor specializing in trauma therapy. She provides intensive trauma therapy for trauma survivors and trains and consults with therapists on trauma-informed practice. She is certified in eye movement desensitization and reprocessing (EMDR) therapy, trauma-focused cognitive behavioral therapy (TF-CBT), and trauma processing yoga.

**Nicole Helverson, PsyD**, is a clinical psychologist in private practice specializing in depression, grief, eating disorders, and anxiety. She also has experience providing therapy in community behavioral health, inpatient psychiatric hospitals, and group practice settings. She attended the Philadelphia College of Osteopathic Medicine, where she earned her doctoral degree in clinical psychology and master's degrees in clinical psychology & counseling and clinical health psychology.





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## Gender, Explained

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

Diane Ehrensaft, Michelle Jurkiewicz

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

### Summary

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

*Gender, Explained* is the complete road map to understanding what is going on—and how gender continues to evolve today. Armed with the latest research, psychologists Diane Ehrensaft and Michelle Jurkiewicz help readers understand today's gender phenomenon, dispel myths, and answer the most common questions that appear in their clinical practice.

- Why are so many kids today playing with gender?
- What does it mean that gender is on a spectrum?
- How should a parent respond to their gender creative child?
- How can we support those who are exploring gender?

This book advocates for gender affirming care and highlights the importance of listening to what young people are trying to teach us about gender amid conflicting social and cultural norms. It features personal stories from both gender creative children and adolescents as well as parents whose children are playing with gender.

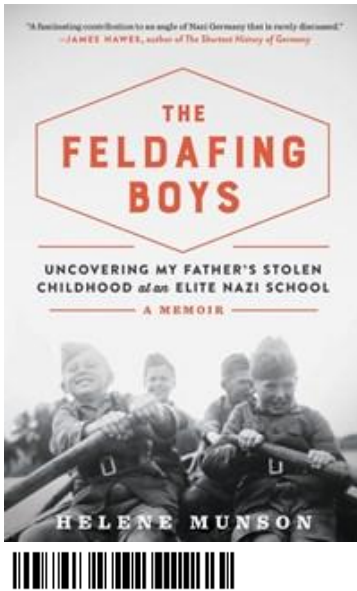
*Gender, Explained* pulls back the curtain on how and why the youngest generation is “doing” gender in new and different ways and outfits all of us with the gender literacy to understand gender and move freely in this new world.

### Contributor Bio

**Diane Ehrensaft, PhD**, is a developmental and clinical psychologist, adjunct professor of Pediatrics at University of California San Francisco, and Director of Mental Health at the Child and Adolescent Gender Center, UCSF Benioff Children's Hospital. She is author of *The Gender Creative Child* and *Gender Born, Gender Made* and co-editor with Dr. Colt Keo-Meier of *The Gender Affirmative Model*. She specializes in research, writing, clinical work, training, and consultation related to gender expansive children, and publishes and lectures both nationally and internationally on this topic. Dr. Ehrensaft is presently co-investigator in a four-site NIH grant studying the effects of puberty blockers and gender-affirming hormones in gender expansive and transgender youth and principal investigator in a companion four-site grant, The Gender Journey Project, studying the psychological experiences of prepubertal gender expansive children. She is also a member of the task force that has written version 8 of the WPATH standards of care, having worked on the newly introduced chapter on pre-pubertal children.

**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 in the work 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.





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Biography & Autobiography  
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8.3 in H | 5.5 in W

## The Feldafing Boys

### Uncovering My Father's Stolen Childhood at an Elite Nazi School

Helene Munson

**Now in paperback: the true, untold story of Germany's elite Feldafing school—where boys were trained to fight in Hitler's army—told through the personal lens of Helene Munson's father's rediscovered journal and meticulous historical research**

### Summary

When Helene Munson finally reads her father, Hans Dunker's, wartime journal, she discovers secrets he kept buried for seven decades. This is no ordinary historical document but a personal account of devastating trauma.

During World War II, the Nazis trained some three hundred thousand German children to fight for Hitler. Hans was just one of those boy soldiers. Sent to the elite Feldafing school at nine years old, he found himself in the grip of a system that substituted dummy grenades for Frisbees. By age seventeen, Hans had shot down Allied pilots with anti-aircraft artillery. In the desperate, final stage of Hitler's war, he was sent on a suicide mission to Závada on the Sudetenland front, where he witnessed the death of his schoolmates—and where Helene begins to retrace her father's footsteps after his death.

As Helene translates Hans's journal and walks his path of suffering and redemption, she uncovers the lost history of an entire generation brainwashed by the Third Reich's school system and funneled into the Hitler Youth.

A startling new account of this dark era, *The Feldafing Boys* grapples with inherited trauma, the burden of guilt, and the blurred line between "perpetrator" and "victim." It is also a poignant tale of forgiveness, as Helene comes to see her late father as not just a soldier but as one boy in a sea of three hundred thousand forced onto the wrong side of history—and left to answer for it.

### A Selection in the History Book Club and Military Book Club

### Contributor Bio

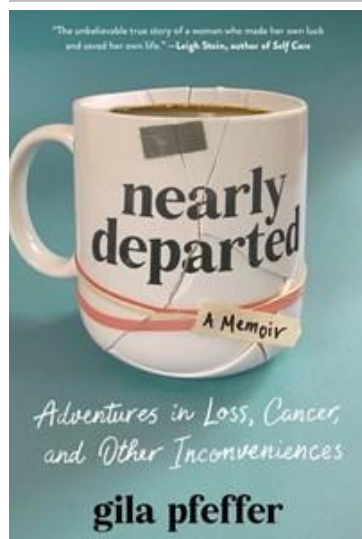
**Helene Munson** grew up in Brazil, Liberia, and Germany, spending most of her adult life in New York and Berlin. She writes short stories in English and German that have been published in magazines and anthologies. Inspired by her family history, her master's degree was partly about the impact of armed conflicts on children. She lives outside New York City.

### Quotes

"A fascinating contribution to an angle of Nazi Germany that is rarely discussed." - **James Hawes, author of *The Shortest History of Germany***

"This extraordinary book tells the previously untold story of what happened to Germany's children during the Third Reich and WWII as seen from the unique perspective of a German family and through their collected documents." - **Roger Rosenblatt, author of *Children of War*, essayist for PBS Newshour and Time**

"In his private diary, seventeen-year-old Hans Dunker described daily life as a student at an elite Nazi high school who is suddenly thrust into Hitler's bloody battle: 'Then comes a beautiful, bright Sunday with the sun shining on the horror and madness of human self-destruction.' Only after seventy years did his daughter, Helene Munson, muster the courage to open it. Thankfully for her, she finds that he committed no atrocities. Thankfully for us, she has now shared this of-the-moment diary as she investigates the little-known story of Hitler's Boy Soldiers" - **Peter Hellman, author of *In Vino Duplicitas* and *Auschwitz Explained to My Child***



## Nearly Departed

### Adventures in Loss, Cancer, and Other Inconveniences

Gila Pfeffer

**How far would you go to save your own life? In this funny and heartfelt memoir, Gila Pfeffer recounts losing both parents to cancer and the choices she made to avoid the same early demise.**

#### Summary

By the time she was thirty, Gila Pfeffer was the oldest living member of her family, with both of her parents dead from cancer. She underwent genetic testing and after learning that she carried the BRCA1 gene decided to undergo a double mastectomy. It wasn't a choice—she had to stay alive.

Set against Gila's Orthodox Jewish upbringing on Staten Island, this memoir follows her journey to break the cycle of death in her family. After becoming a reluctant expert on how to sit shiva, she transforms into an independent adult, falls in love, and becomes a mother, before her life falls apart yet again.

Her double mastectomy reveals cancer already growing in one breast. After enduring eight rounds of chemo and the removal of her ovaries, she takes her last-ever dip in the mikvah waters as a bald, menopausal thirty-five-year-old mother of four.

Drenched in Gila's dark humor honed over years of repeatedly surviving the worst, *Nearly Departed* is a story about thriving despite poor odds, balancing life in the secular world while remaining true to her faith, and leaving a better legacy for her children than the one she inherited.

#### Contributor Bio

**Gila Pfeffer** is a Jewish American writer and humorist. Her work has appeared in the *New York Times*, AARP's *The Girlfriend* and *The Ethel*, McSweeney's, and the anthology *I Just Want to Hang out With You*, edited by *New York Times*-bestselling author Jen Mann. Gila uses humor to engage with her audience about taking control of their health and well-being. She splits her time between New York and London.

#### Quotes

"If you want to laugh, cry, and laugh some more while enjoying an intimate glance into the mystical world of Orthodox Judaism, this is the book for you." - **Jen Mann, *New York Times* bestselling author of *People I Want to Punch In the Throat and Midlife Bites***

"At turns deeply moving and absurdly funny, this is the unbelievably true story of a woman who made her own luck and saved her own life." - **Leigh Stein, author of *Self Care***

"Gila Pfeffer's writing is so sharp and funny that you almost don't notice when it starts to break your heart." - **Rax King, author of *Tacky***

"Not only does she generously share how she has been able to defy the statistics and outsmart her own genetic destiny of the worst of the worst, she illustrates for us the hows and the whys so we can too." - **Jess Buchanan, *New York Times* bestselling author of *Impossible Odds***

"Bringing humor to tragedy is a tightrope act, but Gila does it beautifully." - **Wendi Aarons, author of *I'm Wearing Tunics Now***

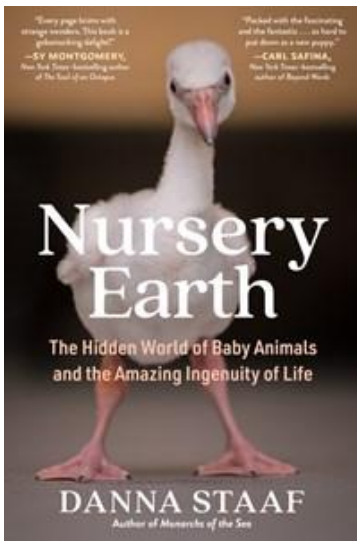
"Part coming-of-age saga, part rallying cry for prevention, Pfeffer shows off her gift for turning tragedy, grief, and loss into something to laugh about." - **Emi Nietfeld, author of *Acceptance***



The Experiment, LLC  
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8.3 in H | 5.5 in W



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Paperback

280 Pages  
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Carton Qty: 40  
Nature / Animals  
NAT001000

8.3 in H | 5.5 in W

## Nursery Earth

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

Danna Staaf, Richard Strathmann

**Now in paperback: a first-of-its-kind pop science journey into the hidden world of baby animals—hailed as “a gobsmacking delight!” (Sy Montgomery, *New York Times*–bestselling author of *The Soul of an Octopus*)**

### Summary

It's time to pay attention to baby animals. From egg to tadpole, chick to fledgling, they offer scientists a window into questions of immense importance: How do genes influence health? Which environmental factors support—or obstruct—life? Entire ecosystems rest on the shoulders (or tentacles, or jointed exoskeletons) of animal babies. At any given moment, babies represent the majority of animal life on Earth.

In *Nursery Earth*, researcher Danna Staaf invites readers into the sibling (and, sometimes, clashing) fields of ecology and developmental biology. The tiny, hidden lives that these scientists study in the lab and in the wild reveal some of nature's strangest workings: A salamander embryo breathes with the help of algae inside its cells. The young grub of a Goliath beetle dwarfs its parents. The spotted beak of a parasitic baby bird tricks adults of other species into feeding it. Mouse embryos can absorb cancerous cell grafts—and develop into healthy adults.

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 the lives of their species. *Nursery Earth* makes the case that these young creatures are not just beings in progress but beings in their own right. And our planet needs them all: the maggots as much as the kittens!

### Contributor Bio

**Danna Staaf** earned a PhD in biology from Stanford University with her studies of baby squid. She is the author of *Monarchs of the Sea* and *The Lady and the Octopus*, and she has written for *Science*, *Atlas Obscura*, and *Nautilus*. She lives in California with her human family, a cat, and a garden full of grubs, caterpillars, maggots, and innumerable other babies.

**Richard Strathmann, PhD**, is an expert in the diverse patterns of animal development, with a particular focus on marine animals. He finds the beauty and variety of changes from eggs through embryos, larvae, and metamorphosis endlessly entertaining. He joined the faculty of the University of Washington in 1973.

### Quotes

"Every page of Danna Staaf's *Nursery Earth* brims with strange wonders. This book is a gobsmacking delight!" - **Sy Montgomery, *New York Times*–bestselling author of *The Soul of an Octopus***

"Some animal babies are really cute (kittens), and some are a bit horrifying (larval parasites), but this book shows how all are incredibly interesting. Packed with the fascinating and the fantastic, *Nursery Earth* is 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***

"There is certainly a cuteness factor here. . . . [But] beyond the oohs and ahs, scientist Staaf shares significant findings about the connections between the environment and human genes. The miracle of life (and developmental biology, Staaf's specialty) is the book's journey, documenting each stage, from egg to juvenile/teenager, with easy-to-understand research and illuminating analogies." - **Booklist**



## Sealf-Care for Everyone

Wang xx

**We are so ordinary and so precious.**

### Summary

Sometimes life feels dark and full of questions: *Who am I? Where did I come from? Where should I go?* But maybe it's not that complicated.

Let an ordinary seal and her little octopus friend remind you that everyone makes mistakes. That you can always lie down for a little while and do nothing. That there are many things we can't control . . . and that's okay.

Your "inner seal" deserves every good thing, even on stormy days.

**Welcome to sealf-care.**

### Contributor Bio

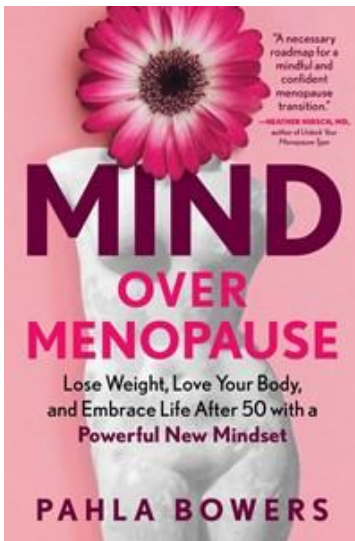
Instagram cartoonist **Wang XX (@an\_ordinary\_seal)** has been drawing her lovable Seal character since 2013, attracting over 116,000 followers and with viral posts reaching 430,000 likes. Under her pseudonym, she has published three volumes of semi-autobiographical Seal comics in China, contributed to numerous anthologies, and created a line of Seal-branded products for soft-hearted humans. A professional illustrator, she is based in Shanghai.

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9781615199860  
1615199861  
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Hardcover

128 Pages  
58 color illustrations  
Carton Qty: 52  
Humor / Form  
HUM001000  
6 in H | 5 in W







The Experiment, LLC  
9781891011610  
1891011618  
\$19.95/\$25.95 Can.  
Paperback

256 Pages  
Carton Qty: 44  
Health & Fitness / Menopause  
HEA051000

8.3 in H | 5.5 in W

## Mind Over Menopause

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

Pahla Bowers

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

### Summary

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

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

- transform the way you think about food—and no longer fear calories and carbs
- practice moderate exercise, stay hydrated, and get plenty of sleep
- develop awareness about how you feel, with journaling prompts
- accept your body, choose a realistic weight goal, and never slow down!

Combining exercise science, cognitive and behavioral psychology, and an inspiring, pragmatic perspective, *Mind Over Menopause* equips you with the tools and confidence to achieve your goals.

### Contributor Bio

**Pahla Bowers** is a certified weight-loss life coach for women over fifty, with over a decade of experience helping women make peace with their menopausal bodies. She is the host of the *Get Your GOAL* podcast and a prolific online content creator with expertise in women's health, personal development, and menopause fitness. *Mind Over Menopause* is her first book. She lives in California.

### Quotes

"Women are left without the proper guidance on how to best move through the menopause transition. Pahla's book provides a necessary roadmap for a mindful and confident menopause transition and the tools to navigate it on one's own terms." - **Heather Hirsch, MD, author of *Unlock Your Menopause Type***

"Don't wait until menopause to read this book! I was completely unprepared for how my body would change when I went into early menopause after a cancer diagnosis. I wish I had this book then, but so glad I have it now! *Mind Over Menopause* is both manual and motivation to enter the next phase of life confidently thriving." - **Rachel Luna, certified master coach and author of *Permission to Offend***

"An invaluable primer for every midlife woman facing 'The Change,' *Mind Over Menopause* helps us shift our mindset so we can find balance in menopause—and thrive." - **Shonda Moralis, author of *Breathe, Mama, Breathe* and *Don't Forget to Breathe***

"Finally, a book that demystifies menopause in easy-to-understand terms with depth and humor. Pahla's incredible journaling exercises will empower you to take charge of your mental, physical, and emotional well-being." - **Brett Larkin, author of *Yoga Life***

"*Mind Over Menopause* is a useful guide for women seeking clear, practical information. I encourage women seeking help on their menopausal journey to read this book." - **Felice Gersh, MD, author of *Menopause: 50 Things You Need to Know***



## 2025 Moon Calendar Card (5 pack)

Lunar Phases, Eclipses, and More!

Kim Long

See every beautiful moon of 2025 with Kim Long's classic and handy *Moon Calendar Card*

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### Summary

This is the forty-third edition of Kim Long's classic *Moon Calendar*, the first of its kind and a fan favorite since 1982. With a graphic, at-a-glance 2025 lunar calendar on the front and easy-to-read, detailed data provided by the US Naval Observatory on the reverse, this handy card is a fun reminder to tack up by your desk or in your garden shed. It also makes a great gift for kids, gardeners, fishermen and sportsmen, sky watchers, and followers of the many faiths that mark time by the Moon.

- Sturdy and convenient 10" x 6.75" reference card
- Front: lunar calendar with realistic moon images
- Back: dates and times of every phase change, eclipse, apogee, and perigee
- Available in a pack of 5 and a pack of 40!

Whatever your reason for moon-watching, you won't miss a thing with the *2025 Moon Calendar Card*!

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### Contributor Bio

**Kim Long** is the creator of the award-winning *Moon Calendar*. Between 1984 and 2006, his *American Forecaster Almanac* was published in twenty-two annual editions. He is the author or coauthor of many other books, including *The Moon Book*. He lives in Denver, Colorado.



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Cards

2 Pages  
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Carton Qty: 12  
Nature / Sky Observation  
NAT033000

6.8 in H | 10 in W



## 2025 Moon Calendar Card (40 pack)

Lunar Phases, Eclipses, and More!

Kim Long

See every beautiful moon of 2025 with Kim Long's classic and handy *Moon Calendar Card*

### Summary

This is the forty-third edition of Kim Long's classic *Moon Calendar*, the first of its kind and a fan favorite since 1982. With a graphic, at-a-glance 2025 lunar calendar on the front and easy-to-read, detailed data provided by the US Naval Observatory on the reverse, this handy card is a fun reminder to tack up by your desk or in your garden shed. It also makes a great gift for kids, gardeners, fishermen and sportsmen, sky watchers, and followers of the many faiths that mark time by the Moon.

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### Contributor Bio

**Kim Long** is the creator of the award-winning *Moon Calendar*. Between 1984 and 2006, his *American Forecaster Almanac* was published in twenty-two annual editions. He is the author or coauthor of many other books, including *The Moon Book*. He lives in Denver, Colorado.



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6.8 in H | 10 in W



## 2025 Moon Calendar Card (display)

40-copy counter display

Kim Long

See every beautiful moon of 2025 with Kim Long's classic and handy *Moon Calendar Card*

### Summary

This is the 43rd edition of Kim Long's classic *Moon Calendar*, the first of its kind and a fan favorite since 1982. With a graphic, at-a-glance 2025 lunar calendar on the front and easy-to-read, detailed data provided by the US Naval Observatory on the reverse, this handy card is a fun reminder to tack up by your desk or in your garden shed. It also makes a great gift for kids, gardeners, fishermen and sportsmen, sky watchers, and followers of the many faiths that mark time by the Moon.

- Sturdy and convenient 10" x 6.75" reference card
- Front: Lunar calendar with realistic moon images
- Back: Dates and times of every phase change, eclipse, apogee, and perigee
- Available in a pack of 5 and a pack of 40!

Whatever your reason for moon-watching, you won't miss a thing with the *2025 Moon Calendar Card!*

### Contributor Bio

**Kim Long** is the creator of the award-winning *Moon Calendar*. Between 1984 and 2006, his *American Forecaster Almanac* was published in 22 annual editions. He is the author or coauthor of many other books, including *The Moon Book*. He lives in Denver, Colorado.



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Counterpack - Empty

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Nature / Sky Observation  
NAT033000

6.8 in H | 10 in W





## Calendario lunar 2025

Fases lunares, eclipses y más

Kim Long

**Ve a cada hermosa luna de 2025 con la clásica y útil tarjeta del *Calendario lunar* de Kim Long, ahora en español**

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### Contributor Bio

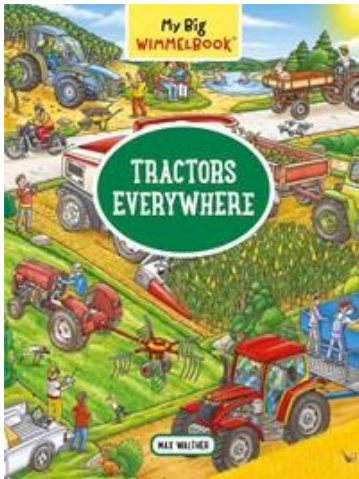
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6.8 in H | 10 in W



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Board Book

14 Pages  
Rounded corners | 5 color,  
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Carton Qty: 36  
Juvenile Fiction / Activity Books  
JUV054000  
Series: My Big Wimmelbooks  
11.8 in H | 8.9 in W

## My Big Wimmelbook - Tractors Everywhere

Max Walther

**These tractors and the busy workers who drive them are helping out on the farm, doing new jobs for each season! 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®—Tractors Everywhere* brings kids to a bustling farm where tractors are chugging away: churning up the fields, shoveling scrap, mowing grass, and hauling bushels of apples and potatoes. Children can follow a cast of hard workers and their machines through rural life in the spring, summer, fall, and winter, discovering how the seasons change what's going on in nature and which jobs the tractors do. There's also a spread of diagrams with simple labels so curious kids can learn to point out parts like the tires, cab, and engine.

### About Wimmelbooks

Wimmelbooks originated in Germany decades ago and have become a worldwide sensation with children (and adults!) everywhere. 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***