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Publication: May 2015

(CBR)

Estimated length: 256 pages

Book available

SELF-HELP

Abbott, Christmas

THE BAD-ASS BODY DIET

In **THE BAD-ASS BODY DIET**, fitness celebrity Christmas Abbott will teach you how to attain the body of your dreams with a targeted eating strategy that will teach you how to choose foods that tone and define your softest bits (even declaring bacon a diet food!), while walking readers through her 12 Minutes of Christmas total-body workout plan that will whip glutes and hips, and everything else, into top shape. As a formerly “skinny fat” woman who found her fitness calling through CrossFit while working as a civilian in Iraq, Christmas knows what real women need to get the butt and body of their dreams. In **THE BAD-ASS BODY DIET**, Christmas will dispel the myth of the health benefits of a “pear shape” body, teach readers how to “spot-reduce” excess fat with targeted meal plans and recipes that make cellulite a distant memory, and galvanize all with a quick and simple workout plan that tones everything—from booty to total body. Christmas identifies the three types of dieters that she has discovered at her multiple gyms—Modifiers, Gainers and Maintainers—and tailors her approach to each set of goals for maximum results. Women have been led astray by a flat belly obsession for far too long, and Christmas will finally tackle this fitness myth to show that health, vitality and the body you've always wanted all start with a trim and tight tush. Christmas Abbott is a CrossFit gym owner, model, Reebok spokesperson and fitness celebrity with over 250,000+ Facebook and 125,000+ Instagram followers. After discovering a passion for fitness with CrossFit during her civilian tour in Iraq, she became the first and only full-time female member of a NASCAR pit crew at the competition level. She has been featured in the *New York Times*, *Maxim*, *Glamour Magazine*, and many more, and she writes a bi-monthly fitness, nutrition and motivation column for *Oxygen Magazine*. Sponsored by over fifteen leading fitness brands, Christmas tours the world competing, as well as conducting her own immensely popular fitness seminars. **William Morrow**

Rights sold: German/Riva; Polish/Wydawnictwo SQN

Publication: May 2015

(JS)

Estimated length: 352 pages; 32 page 4-color photo insert

Manuscript available

Alpert, Karen

***UNTITLED**

In this next highly anticipated book by the *New York Times* bestselling author of *I HEART MY LITTLE A-HOLES*, Karen Alpert (aka Baby Sideburns of the wildly popular parenting blog) brings us her brutally honest and hilarious take on parenting guides, in other words, “How to Be the Best Mediocre Parent Ever!” Regular moms and dads everywhere are worried that they're bad parents. They see parents on Facebook and Pinterest showing off their children who always look smiley and put together, standing in spic and span Pottery Barn playrooms. They constantly hear moms brag about baking three-course dinners while their kids sit nicely reading books. They see posts from parents complaining because they can't get their daughter to eat her French fries because she's too full from broccoli. Awww, poor you. This is not reality. And despite what the world is telling us every day, you do not need to be a perfect parent to be a kickass parent. Parenting is messy. Parenting is hard. Parenting brings out the best AND the worst in us. And some of the best parents in the world are mediocre parents. Karen Alpert is a mediocre parent, she is proud of it, and in this book she proves that “mediocre parents are awesome too.” **William Morrow**

I HEART MY LITTLE A-HOLES sold: German/Klett-Cotta; Italian/Giunti; Korea/WisdomHouse

Publication: April 2016

(JS)

Estimated length: 272 pages

Manuscript available: November 2015

Altmann, Tanya

***THE FEEDING FIX: How Eleven Foods Can Guarantee Veggie-Loving, No-Fuss, Healthy-Eating Kids**

As a pediatrician and mother to three boys, Dr. Tanya knows firsthand how crucial nutrition is to raising healthy kids. But with the overwhelming amount of information found in books and blogs, and feeding recommendations constantly changing, parents don't know where to turn for medically-sound, tested advice that actually works. Dr. Tanya has created a simple, fool-proof program that follows the safest, best practices for how to feed babies and young children. This program introduces eleven foundation foods that should make up every child's diet. It is set

up in three phases: the infant phase, the toddler phase, and the preschooler phase, giving information about *what* these foods are, *why* they are important for your child's nutrition, and tips on *how* to introduce them. The eleven foods are: eggs, prunes, avocado, fish, yogurt/cheese/milk, nuts, chicken/beans, fruit, green veggies, whole grains, and water. These eleven foods are important for brain development and growth, and also train young taste buds to enjoy and desire real, whole, non-processed foods. Dr. Tanya Altmann, MD, FAAP is a practicing pediatrician, bestselling author, network television child health expert, and an Assistant Clinical Professor at Mattel Children's Hospital at UCLA. Altmann's previous books include *Mommy Calls: Dr. Tanya Answers Parents' Top 101 Questions About Babies and Toddlers* and *Caring for Your Baby and Young Child: Birth to Age 5*. HarperOne

Publication: April 2016

(CBR)

Estimated length: 224 pages

Manuscript available: October 2015

Beller, Rachel

***POWER SOUPING**

Step aside, juicing – the next big diet sensation is souping, as in big, steaming bowls filled with real, satisfying ingredients. In **POWER SOUPING**, registered dietitian Rachel Beller shares what makes a soup diet effective, which recipes to try and what soups to avoid, and how to fit soups into an action plan for life. Beller first outlines a rapid, 3 day weight-loss plan and shares her invaluable "Wholesome Threesome" rule: centering every meal around (1) two handfuls of vegetables, (2) protein, and (3) healthy fats. After 3 days (and 3 fewer pounds), Beller dives into 21 days of soup-powered meals. This 3-week massive weight-loss strategy follows hard and fast rules of eating real foods, three square meals plus snacks, no fasting, and no overly processed junk food. **POWER SOUPING** features 50 delicious, easy-to-make recipes for the entire 3 weeks, plus a handy list of approved convenience foods for those on the go. A Registered Dietitian with a Master's degree in Nutritional Science, Rachel Beller founded the Beller Nutritional Institute in Beverly Hills and is the Nutritionist for NBC's hit prime-time weight-loss program "The Biggest Loser." She is the author of *Eat To Lose, Eat To Win*. Her other credits include *The Today Show*, *Good Morning America*, *The Dr. Oz Show*, *Style Network*, and *Vogue* magazine. **William Morrow Paperbacks**

UK rights: HarperCollins US; Translation rights: Trident Media Group

Publication: January 2016

(MS)

Estimated length: 256 pages; 50 color photographs; \$24.99

Manuscript available: May 2015

Bowden, Jonny

Masley, Steven

SMART FAT: Eat More Fat. Lose More Weight. Live More Now.

Low-fat diets have made us fatter and sicker than ever, and eating fat has gotten a bad rap. But recently there has been a lot of buzz and research in the health world about the benefits of a higher fat diet. In fact, doctors and health practitioners, Paleo fanatics and trainers, plant-based researchers and vegans, and high-protein, low-sugar, and gluten-free experts all actually agree that the average dieter is eating way too little fat. When dieters bring healthy fats back into their diet, they lose more weight and reduce their risk of disease. Healthy fats are the new low-carb. And eating *more* fat is the key to losing weight faster, reversing many everyday symptoms and chronic illnesses, and looking and feeling amazing. But how much fat is too much? What sources of fat are the healthiest? And how do you eat fat to burn fat? In **EAT MORE FAT, LOSE MORE WEIGHT**, a bestselling nutritionist and a bestselling physician offer readers three healthy weight loss solutions tailored to their specific needs—The Mediterranean Fat Solution, The Paleo Fat Solution, and The Ketosis Fat Solution. Depending on the particular solution plan, healthy fats can include goose liver, cheese, nuts, avocado, and many more. The right fats will address cravings, nourish brain and heart health, reverse metabolic syndrome and increase weight loss. Jonny Bowden, Ph.D, C.N.S. is a board certified nutritionist and nationally acclaimed author of *The Great Cholesterol Myth*, which has sold over 100K copies, and 13 other books, which have sold more than an additional 800K copies. Steven Masley, M.D. is a renowned physician and the former medical director of the Pritikin Longevity Center. His recent book, *The 30-Day Heart Tune-Up*, has sold nearly 50,000 hardcovers in its first four months of publication, and his PBS special, *30 Days to a Younger Heart*, is the #1 PBS health and wellness show this year and among the top #2-ranked PBS specials nationwide (just behind Suze Orman). The authors have appeared on *Dr. Oz*, *The Doctors*, and *The Today Show* and have contributed to *The Huffington Post*, *The New*

York Times, Men's Health, Cosmopolitan, GQ, O the Oprah Magazine, Men's Fitness, The Daily Beast, In Style, Allure and leading medical journals. Jonny and Steven speak each month to public, professional, and corporate crowds, including groups of up to 1,000. **HarperOne**

Rights sold: Chinese (Complex)/Ping's Publications

Publication: January 2016
Estimated length: 288 pages
Manuscript available

(CBR)

Brogan, Kelly, MD

***THE WONDER DRUG: What Women Can Do for Themselves That Pharma Can't**

Dr. Kelly Brogan offers an entirely new perspective on depression and exposes the cruel truth about modern psychiatry. Rather than approaching depression as a disease or a brain disorder best treated with drugs, Dr. Brogan offers a path to peace of mind that will rescue millions of women currently considering or taking antidepressants. Her evidence-based theory teaches us that we owe most of our mental illnesses to lifestyle factors and undiagnosed physiological conditions that develop in places far from the brain. Depression is not a "brain disorder" characterized by low serotonin, but at its core, an inflammatory disease involving a malfunctioning immune, hormonal, and/or gastrointestinal system. With proper nutrition, supplementation, and lifestyle practices, depression can be eliminated and sufferers can break free from the grip of Big Pharma. Dr. Kelly Brogan combines landmark scientific studies with compelling storytelling and a detailed 4-week program to combat and cure depression. With a degree in cognitive neuroscience from MIT, a medical degree from Weill Cornell Medical College, and clinical training from NYU School of Medicine, Dr. Brogan is a leading voice in Functional Medicine and an advocate for women's holistic health. She is the nation's only doctor who is board-certified in Psychiatry, Psychosomatic Medicine, and Integrative and Holistic Medicine with a focus on environmental medicine and nutrition. The book's collaborator, Kristin Loberg, has helped launch eight *New York Times* bestsellers; her most recent successes include two #1 bestsellers: *Grain Brain* by David Perlmutter, M.D. and Dr. David B. Agus's *The End of Illness*. **HarperWave**

Rights sold: UK/HarperCollins UK; Polish/Bukowy Las; Spanish/Urano

Publication: April 2016
Estimated length: 304 pages
Manuscript available: September 2015

(JS)

Budig, Kathryn

***AIM TRUE**

"Kathryn has helped me add strength and flexibility to my body, especially after having a baby, with fun and personalized workouts." –Giada De Laurentiis

"Kathryn Budig is a transformational leader, rockstar yogi and an inspiring force in the world. Her work touches thousands of people worldwide." –Gabrielle Bernstein, *New York Times* bestselling author

Kathryn Budig's passion for yoga is contagious. She has an impressive list of high-profile clients including Bill Murray, Alanis Morissette, Eva Mendes, Melissa Etheridge, and Giada De Laurentiis. In her classes, which are known worldwide, she helps her students find strength, power, and direction on the mat. Her personal motto, Aim True, is about setting intentions and goals and working towards them while staying true to yourself. Like Rachel Brathen's *YOGA GIRL*, AIM TRUE goes beyond the mat, helping readers to embrace and strengthen their body, build their powerful mind and put it to use, and find true balance that will help them to pursue their passions. This book will be part yoga, part diet (including a 5-Day Purification Process co-authored with Dr. Deborah Kim, an LA-based holistic nutritionist), part lifestyle and will include 50 recipes. Kathryn Budig is an internationally known yoga teacher and is the author of *Women's Health Big Book Of Yoga*. She has written for *Women's Health*, *The Huffington Post*, *Yahoo!*, *Yoga Journal*, amongst many others. Kathryn has taught yoga throughout the world -- in England, Ireland, Germany, France, Switzerland, Czech Republic, Belgium, Finland, Greece, Netherlands, New Zealand, Australia, Japan, China (Hong Kong), Dubai, Doha, Mexico, Canada, and Bali. **William Morrow Paperbacks**

Publication: April 2016
Estimated length: 272 pages; color photographs; \$22.99
Manuscript available: July 2015

(MS)

Cho, Charlotte

***LITTLE BOOK OF SKINCARE: Beauty Secrets from Seoul**

In recent years, the Korean beauty philosophy has quietly taken the beauty world by storm. At the heart of Korean philosophy is the belief in 'skincare first', with a culture of accessible, affordable beauty for all. In **THE LITTLE BOOK OF SKINCARE**, Charlotte Cho will unveil the mysteries behind Korean skincare and routines. As the founder of *SokoGlam*, an e-tailer that sells carefully curated Korean products, Charlotte has been recognized as the leading expert on Korean beauty. **THE LITTLE BOOK OF SKINCARE** will be an essential tool for women of all ages – a beauty manual on how to achieve clear, radiant, ageless skin. It will also be a guide to a new perspective on beauty; a culture that focuses on prevention and everyday routine over quick-fixes and shortcuts. For a Korean woman, washing one's face goes beyond soap and water; it's a careful 10-step routine of cleansing, double-cleansing, and pH balancing. It is never a chore, but beauty is something to find joy in every day, a luxury that is attainable for every woman (or man). **William Morrow**

Publication: Fall 2015

(JS)

Estimated length: and 192 pages, 2-color with illustrations throughout

Manuscript available: April 2015

Cooper, Craig

***YOUR NEW PRIME: 30 Days to Better Sex, Eternal Strength, and a Kick-Ass Life After 40**

YOUR NEW PRIME is a man's ultimate, no-nonsense guide on how to be his best in the boardroom, the weight room, and the bedroom. Craig Cooper had several close calls when he was younger: heart conditions, encephalitis, low bone density, and early markers of prostate cancer. Determined to live well, strong and long in spite of his genetic predispositions, Cooper is now in better health than he's ever been and has become a strong-voiced advocate for prostate health. In **YOUR NEW PRIME**, he deconstructs the confusing information around men's health issues and focuses on three key areas: Optimizing Testosterone, Nutrition & Exercise, and "Life Below the Belt." With topics running the gamut from deciphering big pharma's "low-t" myth to the importance of digital detoxing for optimal brain function, Cooper has designed a comprehensive guide to what men over 40 need to know in order to live healthfully. Short, topical sections include a 30-day plan to kick-start the reader on the road to optimal health. Craig Cooper is the Founder and President of CooperativeHealth, The Prostate Cancer Institute, Performance Research Labs and the Co-founder of "Absolutely Unretired People" (AUP). He is a health & wellness advocate for 50+ men's health and a regular contributor to *The Huffington Post*. **HarperWave**

Publication: September 2015

(JS)

Estimated length 272 pages:

Manuscript available: April 2015

Davis, Garth

PROTEINAHOLIC: How Our Obsession Is Killing Us and What We Can Do About It

In this paradigm-shifting examination of the diet and health industry, an acclaimed surgeon and weight loss expert wrestles to the ground the #1 myth that prevents us from losing weight: too much protein. Doctors, nutritionists and trainers advise eating protein. Grocery stores and restaurants are pushing new and interesting foods, drinks, and supplements loaded with extra protein. People look for protein foods when deciding what to eat, and try to eat as much protein as possible. Some eat protein to lose weight, while others eat protein to gain weight. Many believe eating protein will make them healthier and help them live longer. Everybody seems to think protein will give them energy, which in fact comes from carbs. While "experts" argue about good fats and bad fats, or good carbs and bad carbs, protein seems to be the one topic that just about everyone can agree on. Until now. Dr. Davis asks, "Is all this protein making us healthier?" The answer is no, it is making us sick, fat, and tired. In fact, if you are getting adequate calories, there is no such thing as protein deficiency. The healthiest countries in the world eat far less, not more, protein. Combining cutting edge research, hands-on patient experience and years dedicated to analyzing studies on the world's longest-lived populations, **PROTEINAHOLIC** is an explosive and groundbreaking book that reveals the truth about the dangers of protein and shares a proven approach to weight loss, health, and longevity. Dr. Garth Davis is the medical director of the Davis Clinic at the Methodist Hospital in Houston, Texas, and starred on the hit TLC show *Big Medicine*. Recently named a "Super Doc" by *Texas Monthly*, Dr. Davis lives in Houston with his family. **HarperOne**

Publication: October 2015

(CBR)

Estimated length: 256 pages

Manuscript available: April 2015

Deschene, Lori

TINY BUDDHA'S 365 TINY LOVE CHALLENGES

TINY BUDDHA'S 365 TINY LOVE CHALLENGES offers readers a year's worth of simple daily activities to help them give and receive more love, improve their relationships and improve their lives. It will challenge readers to develop closer bonds; let their guard down and let people in; express their feelings instead of hiding them; let go of anger, bitterness, and fear; see the best in the people around them; attract healthier relationships—and believe that they deserve them. Each page will include one simple challenge, three to four questions to help readers plan how and when they will complete it, and space to report on their progress at the end of the day. The challenges will focus on self-love, giving and receiving love in relationships, and spreading love in the world. The journal will come with free access to a member's only community forum on tinybuddha.com, where readers can share and discuss their experiences with the challenges. Over the past five years, author and site founder Lori Deschene has devoted herself to building a supportive online community for anyone who feels lost, stuck, or disconnected. Having formerly struggled with depression, self-loathing, and isolation, she hopes Tiny Buddha helps people feel less alone with their struggles and more empowered to overcome them. Since she launched Tiny Buddha in the fall of 2009, she's attracted a loyal, engaged community, with close to 1,000 blog contributors, more than 20,000 forum members, and over three million monthly readers. Lori is the founder of the popular online course *Recreate Your Life Story: Change the Script and Be the Hero* and author of the *Tiny Wisdom* eBook series. She's presented at the Wisdom 2.0 Conference, the Wanderlust Yoga and Music Festival, and Bonfire Heights, an annual event that encourages entrepreneurship and movements for social good. Her writing has been featured in *Good Housekeeping*, *Cosmopolitan*, *Shambhala Sun*, *Tricycle: The Buddhist Review*, and *Chicken Soup for the Soul*. **HarperOne**

Publication: October 2015

(CBR)

Estimated length: 400 pages

Manuscript available: April 2015

DiSpirito, Rocco

***THE NEGATIVE CALORIE DIET: 10 All You Can Eat Foods - 10 Hard to Lose Pounds = 10 Life-Changing Days**

THE NEGATIVE CALORIE DIET introduces readers to 10 "negative calorie foods" to facilitate weight loss without counting calories. These foods are particularly effective at stimulating the calorie-burning process that takes place when we metabolize our meals, meaning our bodies will burn extra calories *without* extra effort. Plus, "negative calorie" foods are high in water-content, fiber, and protein, making them so satiating that we fill up quicker. Featuring a 10-day cleanse and 20 days' worth of nutritious, whole food centered recipes, Chef DiSpirito focuses on cutting out processed foods and incorporating these metabolism-boosting ingredients into everyday meals. DiSpirito also encourages readers to experiment with meatless dishes, and offers strategies for cooking for busy families and tips on what to avoid and what to order when eating out or on the go. The ten foods include: **Almonds, Apples, Berries, Celery, Citrus Fruits, Cruciferous Vegetables (Cauliflower, Brussels Sprouts, etc.), Cucumbers, Leafy Greens, Mushrooms, Nightshade Vegetables (Peppers, Tomatoes, Eggplant, etc.)**. DeSpirito also recommends that certain spices (Cumin, Cayenne, Garlic, Turmeric, Ginger, etc.) be incorporated into the "negative calorie" plan, and lots of water, with or without lemon. Rocco DiSpirito is a celebrity chef, 2-time James Beard award winning cookbook author, restaurateur, TV star and media darling (named Most Exciting New Chef by *Gourmet Magazine* in 2000 and Sexiest Chef Alive by *People* in 2002!). **HarperWave**

Publication: February 2016

(JS)

Estimated length: 320 pages

Manuscript available: April 2015

Ebbin, Michelle

***THE TOUCH REMEDY: Hands-On Solutions to De-Stress Your Life**

Take your well-being quite literally into your own hands in THE TOUCH REMEDY, an empowering guide that unites touch therapy—from acupressure to reflexology—with modern science, to teach readers how to relieve stress, soothe anxiety, boost immunity, and alleviate pain, from a leader in the field. Touch is the first sense to develop in humans and usually the last to fade. Touch is critical to the development and well being of infants and children, and crucial to adults' emotional and mental health and ability to cope with stress. We communicate so much through touch, from a reassuring hug to a firm handshake, from a gentle pat on a shoulder to an ecstatic high-five. THE TOUCH REMEDY demonstrates not only how simple touch can truly change your life—but also that we all have the power to do it *ourselves* and for every member of the family, from babies to grandparents to

pets. THE TOUCH REMEDY is a concise, practical compendium of: healing solutions for some of our most common physical and emotional problems, including PMS, headaches, back and neck pain, digestion issues; powerful strategies to strengthen the immune system, balance hormones, optimize weight, detoxify the body, increase energy, rejuvenate skin, and prevent chronic disease; and new ways to improve intimacy in relationships, bond with your children, and communicate through touch. Our bodies have the power to heal themselves, and THE TOUCH REMEDY offers a contemporary approach to natural health with practical strategies for stress-relieving self-care and nurturing for the whole family. Michelle Ebbin is a leading touch therapy and wellness expert, author, and entrepreneur. **HarperElixir**

Publication: May 2016

(CBR)

Estimated length: 256 pages; 25 – 40 illustrations

Manuscript available: October 2015

Fields, Tara

***THE LOVE FIX: Repair and Restore Your Relationship Right Now**

Celebrity relationship therapist Dr. Tara Fields reveals the five most common conflict patterns couples fall into and the steps readers can take to find their way back to a happy, satisfying relationship. All couples argue, but how do some reach the point of no return? Dr. Tara Fields has spent over twenty-eight years working with couples and she has discovered these five conflict patterns: The Parent/Child Trap; The Blame/Shame Spiral; Come Close/Go Away; Testing, Testing, 1, 2, 3; Growing Apart. She also offers three steps to getting past having the same fight over again, and moving on to building a relationship where you each feel heard, understood, respected, and loved. With chapters organized by the five most common relationship ruts and filled with multiple “3-Minute Fixes” and HEARTwork exercises, THE LOVE FIX is packed with accessible advice. Dr. Fields uses humor, compassion, and directness to provide workable solutions to real life problems. In addition to her private practice, she has appeared on Dr. Phil, CNN, and The Oprah Winfrey Show for her expertise on relationships. **William Morrow**

Paperbacks

Publication: September 2015

(CB)

Estimated length: 288 pages

Manuscript available

Ford, Arielle

***TURN YOUR MATE INTO YOUR SOUL MATE: A Practical Guide to Happily Ever After**

Author of the international bestseller *The Soulmate Secret*, Arielle Ford now offers the wisdom learned in her own marriage along with expertise gleaned from friends and experts such as Harville Hendrix, John Gray, Dr. Helen Fisher, Neale Donald Walsch, and Marianne Williamson, helping readers find a happy middle ground between the rare, precious, and unattainable romantic notion of love, and the reality that happens when restlessness, anger, or disappointment set in and act as a stubborn barrier to happiness and fulfillment. TURN YOUR MATE INTO YOUR SOULMATE will explore and reveal: What love really is and is not; Why we yearn to be connected to another person; Our soul and our sacred contracts around love; The purpose and benefits of marriage; Components of a healthy relationship; Moving beyond ourselves to infuse our relationship with God/Spirit/devotion; Breathing new life into old love by kick-starting the fun; Why changing partners may not be the answer and why re-envisioning the partner you have can be that path to happiness. Marriage is not as simple as Happily Ever After—but real love can be even better. Arielle Ford is a nationally recognized publicist and marketing expert, producer, author, and consultant. As the former president and founder of The Ford Group, she has helped launch the careers of Deepak Chopra and Jack Canfield, and handled publicity for myriad bestselling authors including Wayne Dyer, Dean Omish, Debbie Ford, Gary Zukav, Marianne Williamson, Louise Hay, Don Miguel Ruiz, and many other notable authors, 11 of whom became #1 on the *New York Times* bestseller list. **HarperElixir**

THE SOULMATE SECRET sold to: Albanian/Minerva; Bulgarian/Hermes; Chinese (Complex)/Oak Tree; Croatian/VBZ; Czech/Euromedia; Dutch/Kosmos; French/ADA; German/Mosaik; Greek/Dioptra; Hungarian/Sweetwater; Indonesian/Penerbit Kubika; Japanese/Random House Kodansha; Korean/Chimmuk Books; Latvian/Zvaigzne; Lithuanian/Alma Littera; Polish/Bertelsmann; Portuguese (Brazil)/Rocco; Romanian/Adevar Divin; Russian/Exmo; Slovak/Ikar; Slovene/Samala; Spanish/Zenith; Thai/Tree Publishing; Turkish/Dekolte Yayincilik

Publication: December 2015

(CBR)

Estimated length: 256 pages

Manuscript available: July 2015

Frances, Allen

***THE PARADOX OF HAPPINESS**

From the doctor Daniel Goleman called “the most powerful psychiatrist in America” comes a meditation on happiness, and the value of a life featuring both peaks and valleys. What makes us happy? Is consistent long-term happiness truly attainable—or even desirable? What makes a life fulfilling—and how can we achieve fulfillment for ourselves? Allen Frances is professor emeritus at Duke University and chaired the task force that produced the Diagnostic and Statistical Manual IV. In *THE PARADOX OF HAPPINESS*, Frances expounds upon his life’s work treating and writing about a wide range of emotional and mental disorders. In it, he argues that our contemporary focus on achieving constant “happiness” at all costs is misguided; rather, the most fulfilling lives are those that have their share of both ups and downs. **William Morrow**

UK rights: HarperCollins US; Translation rights: Carrie Kania, Conville and Walsh

Publication: January 2016

(JS)

Estimated length: 272 pages

Manuscript available: June 2015

Goodman, Eric

***THE FOUNDATION TRAINING SOLUTION: Unlock Your Natural Ability to Manage Chronic Pain and Live Stronger**

A radical and proven approach of self-healing through teaching us how to move, stand, sit and breathe, to becoming fit, healthy and pain-free without strenuous training. People all over the world are experiencing more chronic pain than ever before. Our movement patterns have adapted to our seated lifestyle and this book shows readers how to repair maladapted movement and breathing patterns by introducing the three principles of Foundation Training: Decompression, Anchoring and Integration. Dr. Goodman shows how to focus on strengthening your posterior chain muscles, and increasing the stabilization and flexibility in the muscles of the rib cage as you go about the simple activities of daily life. This innovative yet sensible technique has helped athletes and non-athletes alike to end the cycle of injury and pain. Dr. Goodman’s techniques can be used to enhance performance, repair damage, or simply to provide a solid fitness level for all. Dr. Eric Goodman is the creator of Foundation Training. Combining his experience as a strength coach, personal trainer and Chiropractor, Dr. Goodman created a simple strengthening program that facilitates the body’s natural healing ability and quickly improves degenerative movement patterns. The results have been incredible. Dr. Goodman’s book, *Foundation*, was published in 2011 and remains a staple in the physical fitness and rehabilitation space. Dr. Goodman graduated from UCF with a Bachelors in Health Sciences and Physiology and earned his Doctor of Chiropractic at SCUHS. **HarperWave**

Publication: May 2016

(JS)

Estimated length: 256 pages

Manuscript available: November 2015

Grayson, Jennifer

***UNLATCHED**

A thoughtful look at the history of nursing and the attachment between mothers and babies, specifically across cultures and time periods. Every culture has its own norms for breastfeeding: How long should you breastfeed? What does breastfeeding look like? What does attachment look like? But since the 1950s, with the rise of formula, we’ve turned a basic biological function into a never-ending controversy. *UNLATCHED* examines the history and cultural differences. It is not abnormal, for example, in many cultures for a child to remember being breastfed. *UNLATCHED* calls into question our societal norms surrounding nursing, and explores our love/hate relationship with breastfeeding, uncovering the cultural, corporate, political, and technological factors that have, up until now, largely been taken for granted or ignored. Jennifer Grayson is an environmental journalist and columnist for *The Huffington Post*, and her work has appeared in *USA Today*, *American Baby* (for which she appeared nine months pregnant on the cover), *Natural Health*, among others. She is a frequently interviewed expert on environmental issues and is regularly consulted and featured by media outlets including MSNBC, CNN, BiteSizeTV, and WGN. **HarperPerennial**

Publication: May 2016

(JS)

Estimated length: 272 pages
Manuscript available: November 2015

Green, Peter H.R.
Jones, Rory

***UNTITLED ON GLUTEN-FREE DIET: Myth or Miracle Cure?**

From Dr. Peter H.R. Green, internationally renowned expert on celiac disease and director of the Celiac Disease Center at Columbia University, along with Rory Jones, science writer and adjunct professor at Barnard College (authors of CELIAC DISEASE: A HIDDEN EPIDEMIC), here is the ultimate book on gluten, placing a spotlight on the current gluten-free craze and examining what's really going on in our bodies and our brains. These days, gluten is getting blamed as the cause for anything and everything. People are under the impression it's healthier to be on a GF diet and that it will help them lose weight. The diet is being "prescribed" not only by GI doctors, but by dietitians, nutritionists, naturopaths, trainers, psychiatrists and neurologists. Sadly, the food industry and general population got into "gluten-free" prior to the medical community which is now playing scientific catch-up. While some people have to be on a gluten-free diet (particularly if they suffer from celiac disease), there are many on the diet who should be looking for other causes of their symptoms; the diet may be injuring their health by robbing them of nutrients and masking their real problems. What we ingest may well be making us sick – but gluten plays a role in a much bigger drama of inflammation, microbes/germs, and the continuous cross-talk between the gut and the brain. This book will aim to untangle the science—and lack thereof—in the gluten-free mania. Dr. Green is the director of the Celiac Disease Center at Columbia University. He is the Ivan and Phyllis Seidenberg Professor of Medicine at the College of Physicians and Surgeons, Columbia University and attending physician at the Columbia University Medical Center (New York-Presbyterian Hospital). Celiac Disease has been his focus for the last 25 years. He was recently rated the #1 practitioner in the field and Columbia University the number one institution in the field (Expertscape). Dr. Green is a lecturer at medical conferences in the U.S. and internationally, and addresses medical as well as consumer audiences on celiac disease and other gastrointestinal issues related to gluten. In addition to clinical care at the Celiac Center, he and his collaborators conduct extensive research into all aspect of gluten related disorders. Rory Jones, M.S. is a science writer and Adjunct Professor at Barnard College of Columbia University. Diagnosed with celiac disease and dermatitis herpetiformis (the skin manifestation of CD) in 1998, she has researched and written about it and the gluten-free diet for medical as well as consumer publications. **William Morrow**

Rights sold: UK/Fourth Estate

Publication: May 2016
Estimated length 336 page:
Manuscript available: August 2015

(JS)

Guttersen, Connie
Dedomenico, Mark

THE LOVE DIET: A Revolutionary 21 Day Weight Loss Program for a Happier and Healthier You

The secret to losing weight isn't HDL, LDL, or DNA. It's L-O-V-E. According to Connie Guttersen, R.D., Ph.D., and Mark Dedomenico, M.D., the common denominator in successful weight loss is loving yourself, loving your body, loving your overall health. Self-doubt and self-loathing are responsible for our dysfunctional relationships with food and our destructive health habits. Before you can feel good about your health, you have to feel good about yourself. And self-love, the simple notion of recognizing your own worth, is the first step in finding the waistline and life you deserve. Drawing on their revelatory research and the latest science on nutrition and weight loss, Dr. Guttersen and Dr. Dedomenico have developed a practical and proven plan to transform your body, emotionally, mentally, and physically, from the inside out. They called it the Love Diet: 21 days of meal plans for breakfast, lunch, snacks and dinner, based on ideal nutrient distribution and nutritional strategies for both men and women; illustrated "power pairings" for feel-good meals and easy-to-manage portion control; anti-inflammatory diet strategies to limit the metabolic syndromes of obesity; low-glycemic meals specifically designed to optimize your body's blood sugar level, decrease cravings, improve energy, and promote weight loss; and micronutrient information related to the science behind the "gut-brain connection". THE LOVE DIET combines good nutrition and positive reinforcement to deliver not only sustained weight-loss, but a radical transformation of mind, body, and soul. Connie Guttersen, R.D., Ph.D. is a nationally renowned dietitian and culinary professional with a degree in biochemistry, and a *New York Times* bestselling author of *The Sonoma Diet*. She currently is a nutrition instructor at the world-famous Culinary Institute of America. In addition, Dr. Guttersen has consulted with a broad range of corporations and Fortune 500 companies on food trends, including Kraft, Nestle, Marriott Hotels,

Radisson Hotels, and Hyatt Classic Residences. Dr. Gutterson has appeared on Today Show, and The View, and in articles in *USA Today*, *the Los Angeles Times*, *O, More*, *Woman's World*, *US Weekly*, and *the New York Times*, among others. Mark Dedomenico, M.D. is founder and medical director of the renowned 20/20 Lifestyles program. A former cardiovascular surgeon who played a key role in developing the Coronary Bypass surgery. Dr. Dedomenico's work has taken him into the areas of genetics, nutrition, exercise physiology, and behavior modification. He's also done extensive research in the field of metabolic disease control and weight management to correct metabolic disorders without medication. **HarperOne**

Publication: May 2016

(CBR)

Estimated length: 304 pages

Manuscript available: November 2015

Guzzardi, Peter

ALL I NEED TO KNOW I LEARNED FROM THE WIZARD OF OZ: Life Lessons from Over the Rainbow

Seven life lessons from "The Wizard of Oz" published to coincide with the 75th anniversary of the MGM film classic. "The Wizard of Oz" is the most watched film in history. What is it about this particular movie that resonates with each new generation of viewers all over the world? As author Peter Guzzardi puts it, the answer "lies in the seeds of wisdom it plants in us at an age when we're most receptive, which then unfurl like night blooms over the course of our lifetime." The author, a veteran editor who has worked on books by His Holiness the Dalai Lama, Deepak Chopra, Stephen Hawking, and M. Scott Peck, knows wisdom when he sees it. And in this thoughtful, accessible, feel-good book Guzzardi delves into seven major life lessons that lie at the heart of "The Wizard of Oz." For example, Life Lesson #7: Each of Us Has a Hero's Journey to Make (Or How the Ruby Slippers Only Work When Dorothy Learns of Their Power). Enhanced by trivia tidbits about the film and L. Frank Baum's book that inspired it, ALL I NEED TO KNOW I LEARNED FROM THE WIZARD OF OZ will be embraced by Oz lovers, self-help book buyers, and gift-givers everywhere. For nearly four decades Peter Guzzardi has worked with publishers and authors to create popular books that edify, entertain, and enlighten the general reading public. After many years spent pondering the lessons in "The Wizard of Oz," he has finally written this book.

HarperWave

Publication: October 2016

(JS)

Estimated length: 144 pages

Manuscript available: November 2015

Hamdy, Osama

Colberg, Sheri

***THE DIABETES BREAKTHROUGH**

A Harvard Medical School diabetes specialist and a top exercise physiologist share a proven and effective 12-week plan to reverse the course of Type 2 diabetes, and ditch the medication for good. Dr. Osama Hamdy is at the forefront of cutting-edge clinical research conducted at the Joslin Diabetes Center, an affiliate of Harvard Medical School. He shares his breakthroughs in a usable step-by-step plan based on the successful Why WAIT (Weight Achievement and Intensive Treatment) program he conducts at Joslin. With the professionally formulated exercise plans fine-tuned by Dr. Sheri Colberg, you'll not only get results but keep them. With the Why WAIT program, Dr. Hamdy and his team have helped hundreds of patients 1) Break free from pills; 2) Stop fearing the scale by losing weight safely and keeping it off; 3) Never dread exercise again by tailoring your regime to the way you actually live and work. And lastly, 4) Make it easy. The dozens of checklists, goal worksheets and real-life success stories in this book will keep you motivated to make smart decisions, even on the busiest days. **William**

Morrow Paperbacks

Publication: November 2015

(CB)

Estimated length: 352 pages

Manuscript available: May 2015

Haskett, Jamé with Val Frankel

***THE WELL PATH: Lose 20 Pounds and Reverse the Aging Process in 60 Days**

A 60-day diet and lifestyle plan from anti-aging expert Dr. Jamé Haskett that promises healthy weight loss, optimum health and youthful energy for women. Most diet books promote temporary but drastic changes in the way we eat in order to achieve fast weight loss, and all of them recommend deprivation in some form. None of them works in the long-term. Dr. Jamé—Christie Brinkley's personal physician, and repeat guest on Dr. Oz, Good

Morning America, CBS's The Morning Show, Fox News, and multiple other national programs—believes that the key to dramatic weight loss lies in addressing a person's overall health first. Starting with fundamental well-being is the only way to effect real change. Dr. Jamé focuses on homeostasis, a state, as she describes it, "when your systems are in balance, each humming along in concert with each other the way they were designed to do. When all systems are go, weight sloughs off, cells repair and regenerate rapidly, you have more energy and vitality and feel like you can hang the moon." Dr. Jamé's program consists of small, easy steps to achieve it in 60 days, with the amazing results of dramatic weight loss, increased energy, a youthful appearance and overall sense of strength and happiness. It requires no major change in diet, just a calendar of small activities and actions on the cutting edge of today's practices that will change the reader's life. **HarperWave**

Publication: May 2016

(JS)

Estimated length 256 pages

Manuscript available: August 2015

Hughes, Joselyn

***DIY, DAMMIT! A Practical Guide to Curse-Free Crafting**

Ever attempt to create your own do-it-yourself (DIY) project and have it result in absolute failure? If so, this crafting book is for you. From comedian-turned-crafter, and creator of the popular blog DIY, DAMMIT!, comes 35 tried and tested craft projects that range from a beer poncho to an iPad sweater case. Hughes makes crafting fun and easy with her four-color, step-by-step guide. She walks inexperienced crafters through easy-to-follow techniques, demonstrating how to create simple yet stunning projects at home without losing your sanity in the process. This humorous guide also offers tips not found in typical DIY guides (use a hair dryer to quickly dry glue or paint). Hughes, who is a Los Angeles-based writer and performer, has appeared on lists such as "30 Under 30: Comedians You Should Watch" and regularly appears on Comedy Central, E!, and VH1 networks. She has also written for Comedy Central, MTV, VH1, *Huffington Post*, and others. **HarperOne**

Publication: November 2015

(MT)

Estimated length: 256 pages with 4 color, 130 photos throughout

Manuscript: April 2015

Jacoby, Richard

SUGAR CRUSH: How to Reduce Inflammation, Stop Pain, And Reverse the Path to Diabetes

"Sugar Crush brings laser focus to the powerfully detrimental role of sugar and carbohydrates as direct toxins not just to the peripheral nerves, but to the body in general. This is up to date and incredibly well-researched information that helps rewrite our understanding of disease prevention." – David Perlmutter, MD, author of the #1 *New York Times* Bestseller *Grain Brain* and *Brain Maker*

From leading peripheral nerve surgeon Dr. Richard Jacoby comes an exploration of how sugar leads to crippling nerve damage throughout the body, including in the feet, organs, and brain. SUGAR CRUSH does for the nerves what *Grain Brain* does for the brain—it explains how a diet full of sugar, carbs, and gluten compresses and damages the peripheral nerves of the body, leading to pain, numbness, and tingling in the hands and feet, along with a host of related conditions, including migraines, gall bladder disease, and diabetes. Dr. Jacoby shows how dietary changes to reduce sugar and wheat and increase the intake of good fats can dramatically help the nerves. Based on his work with thousands of patients, he shares his highly effective, though sometimes controversial, methods for regenerating nerves and rehabilitating their normal function. The book offers a quiz to assess your nerve damage, practical dietary advice, and the latest thinking on ways to prevent and reverse neuropathy. Dr. Richard Jacoby is one of America's leading peripheral nerve surgeons. He specializes in the treatment of peripheral neuropathy, which is progressive damage to the nerves that often results from diabetes. **HarperWave**

Rights sold: Slovak/Eastone Group

Publication: April 2015

(JS)

Estimated length: 240 pages

Book available

Johns, Audrey

***LOSE WEIGHT BY EATING**

After dropping 150 pounds by simply eating all-natural foods and eliminating “fake” foods, Audrey Johns started her extremely popular blog to share healthy versions of favorite foods and show how you can lose weight without giving up everyday family staples, like pasta, scones, fried chicken, nachos, meatloaf, and cookies. **LOSE WEIGHT BY EATING** takes typically unhealthy meals, full of fat and empty calories, and creates skinny versions with fewer than 500 calories. Audrey Johns and her weight loss plan have been featured in *Woman’s World* magazine and on the TV shows *The Doctors* (CBS) and *The Taste* (ABC). She runs the weight loss blog loseweightbyeating.com. **William Morrow Cookbooks**

Publication: January 2016

(MS)

Estimated length: 320 pages; color photos throughout; \$24.99

Manuscript available: April 2015

Kries, Jennifer

***WAKING ENERGY**

We all wish we had more *energy*: energy for our work, energy for our relationships, energy for nourishing our souls. Yet, in our time-starved culture, just choosing among the overwhelming variety of wellness practices, from yoga to meditating, can seem like another chore—never mind actually learning and committing to a whole new practice! That’s why internationally renowned mind-body-spirit innovator and integrated wellness, fitness, and lifestyle expert Jennifer Kries created her powerful and life changing program **WAKING ENERGY**--a synthesis of the most effective tools and techniques from the greatest ancient wisdom traditions: QiGong; Kundalini Yoga; Yin Yoga; Vinyasa Yoga; Five Tibetans; Pilates; Inner Smile; Healing Sounds; Meditation. By combining Western athleticism, Eastern philosophies, and ancient practices **WAKING ENERGY** helps readers integrate some of the greatest traditions on earth into their busy modern schedules. Each clear, concise chapter covers one of the wisdom traditions. Kries succinctly explains the historical background of the practice; its philosophy; the relevant exercises and movement sequences (illustrated with color photographs of her demonstrating the postures); the areas being balanced and activated in the body, mind, and spirit, as well as quick reference guide summaries for daily practice. Jennifer Kries is an integrated wellness and fitness expert, an author, a speaker, and an internationally renowned mind-body-spirit innovator. A true Pilates pioneer, she is credited with being the first to bring Pilates and The Method, the groundbreaking synthesis of Pilates, yoga, and dance, to a mass audience. Her award-winning videos *The Method Series: Jennifer Kries DVDs* sold over 15 million units worldwide and, along with her featured appearances on Fit TV’s *The Method Show*, revolutionized the fitness community and started the explosive wave of enthusiasm for Pilates and mind-body exercise. As much a star of dance as a fitness expert, she has trained, performed with, and choreographed for dance companies worldwide, including New York City Ballet, Hubbard Street Chicago, Opus I Contemporary, Balletto di Toscana, the Bat Sheva Dance Company, Philadanco, the Pennsylvania Ballet, and Lar Lubovitch. She founded her own company, Contemporary Dance Theatre New York, in 1997, and has choreographed several seasons of work in New York City, performing at Lincoln Center and other renowned venues to sold-out houses and rave reviews. **HarperElixir**

UK rights: HarperCollins US; Translation rights: Curtis Brown

Publication: March 2016

(CBR)

Estimated length: 272 pages; color photos

Manuscript available: October 2015

Ludwig, Robi

***AGELESS: Revolutionary Secrets about Middle Age**

“Middle-aged” is practically a four-letter word; it has become a term loaded with negative connotations: old, out of it, over the hill. It’s a label that keeps women from living their lives to the fullest in what are their primetime years. Our culture over-idealizes youth, so women at midlife often feel they’re losing control and no longer have options. Dr. Robi Ludwig believes middle age is a time to pursue dreams, not quit dreaming. **AGELESS** will teach readers how to: identify false thinking that is holding them back; question assumptions that keep them from realizing their dreams; cope with family demands; find work that serves a soul-satisfying life; have a great sex life; find amazing opportunities for growth and fulfillment, and find the kind of happiness they never thought possible. Dr. Robi Ludwig is a nationally known psychotherapist, award-winning reporter, and author of *Till Death Do Us Part: Love, Marriage, and the Mind of the Killer Spouse* together with Matt Birkbeck. Her 25-year psychotherapy career has made her a sought-after speaker on a wide range of topics and a popular television personality. She is currently a

relationship contributor for Investigation Discovery Network's *Scorned*, which presents reenactment and analysis of marital homicide stories, and has hosted two seasons of TLC's reality show *One Week to Save Your Marriage* as well as GSN's reality game show *Without Prejudice?* **HarperOne**

Publication: April 2016

(CBR)

Estimated length: 256 pages

Manuscript available: October 2015

Markus, Parvati

***LOVE EVERYONE: The Transcendent Wisdom of Neem Karoli Baba Told Through the Stories of the Westerners Whose Lives He Transformed**

LOVE EVERYONE is an introduction and celebration of one of the most influential spiritual leaders of our time. Affectionately called Maharajji, Neem Karoli Baba inspired and led a generation and these pages capture the life-changing journeys of his band of seekers including Ram Dass, Daniel Goleman, and Larry Brilliant, who traveled from the Western world to India in the late 60s and experienced life-changing revelations under the guidance of this revered guru. When Richard Alpert, who had been fired from Harvard along with Timothy Leary for experiments with psychedelics, returned from India in 1967 as Baba Ram Dass, the vision he articulated about the possibilities inherent in spiritual development and his stories about his guru, the mysterious "Maharajji," led some Westerners to head to India themselves. LOVE EVERYONE tells the stories of those who heard the siren call of the East and followed it to the foothills of the Himalayas and to the feet of Maharajji, Neem Karoli Baba, for Maharajji's basic teaching, the seemingly simple directives: **Love everyone, feed everyone, and remember God.** Parvati Markus is a developmental editor and writer. Since her time in India with Maharajji (1971-72), she has worked on books by various members of the satsang, from Ram Dass's classic *Be Here Now* to Dada Mukerjee's *By His Grace* and *The Near and the Dear* to Krishna Das's recent *Chants of a Lifetime*. She is a former President of the Board of the Neem Karoli Baba Ashram and Temple and a development consultant for the Global Peace Initiative of Women Religious and Spiritual Leaders, held at the U.N. in Geneva, Switzerland. She is also on the boards of the Love Serve Remember Foundation and the Center for Collective Wisdom. **HarperOne**

Publication: November 2015

(CBR)

Estimated length: 304 pages; black & white illustrations throughout, 8-page color photo insert

Manuscript available

Mayer, Emeran Dr.

***MIND-GUT CONNECTION: How the Astonishing Dialogue Taking Place in Our Bodies Impacts Health, Weight, and Mood**

At some point, we have all experienced the connection between our mind and our gut. Who doesn't remember feeling queasy about a risky situation, making an important decision based on a gut feeling, or declining an opportunity because we literally couldn't stomach the thought of it? Most of us have also experienced the process in reverse, where our conscious thoughts have played out in our digestive system - the butterflies in our stomach before a big meeting, the dull ache and lack of appetite when we're really upset, or the anxious rumbling when we're stressed out. This dialogue between the gut and the brain has been recognized for centuries - ancient healing traditions, including Ayurvedic and Chinese medicine, have long embraced the concept that our digestive system is directly linked to our mental health. Until recently, however, most doctors have failed to appreciate the full impact and complexity of how the brain, gut, and more recently, the microbiome, communicate with one another. In THE MIND-GUT CONNECTION, Dr. Emeran Mayer offers a cutting-edge view into this developing science, showing readers how they can harness the power of the mind-gut connection to take charge of their health. The gut talks to the brain (resulting in "gut feelings") and the brain talks to the gut (creating "gut reactions"). When this communication channel is out of whack, major health problems are created in both the mind and body, including food sensitivity/allergies, digestive disorders, obesity, depression, anxiety, and fatigue. Dr. Mayer offers a regimen to keep this communication channel in balance. Over the past 25 years, Dr. Mayer has had a major role in the development of one of the world's pre-eminent clinical and research programs in digestive diseases, previously serving as the Founding Chair of UCLA Collaborative Centers for Integrative Medicine, and more recently functioning as the Executive Director of UCLA Center for Neurobiology of Stress, and the Co-Director of the CURE: Digestive Diseases Research Center. Dr. Mayer has published more than 300 peer reviewed scientific manuscripts including *Nature* and the *New England Journal of Medicine*. He has been interviewed for major publications on brain gut interactions, including *Psychology Today*, the *New York Times*, the *LA Times*, *Sunday Times of London*, *The Globe*, *The Guardian*, *The Scientific American*, and the European magazines *Die Zeit* and *Der Spiegel*. His research was recently featured on NPR's "Morning Edition" and will be the topic of a PBS

Special on gut microbiota brain interactions in the "Natural Health Breakthroughs with Brenda Watson" series.
HarperWave

Publication: September 2015 (JS)
Estimated length 256 pages, 10 b&w illustrations:
Manuscript available: May 2015

Miller, Darcy

***CELEBRATE EVERYTHING**

The ultimate party planning and how-to book by Darcy Miller, the editorial director of Martha Stewart Weddings. CELEBRATE EVERYTHING! is bursting at the seams with gorgeous photos, easy-to-master projects, recipes, resources and ideas, but this is more than a DIY party book. This is a how-to book for everyone who is interested in making memories with family and friends. **William Morrow**

Publication: April 2016 (MS)
Estimated length: 288 pages; 280-350 photos; \$30.00
Manuscript available: July 2015

Minich, Deanna, PhD.

***WHOLE DETOX: A 21-Day Personalized Program to Break Through Barriers in Every Area of Your Life**

Combining her experience as a scientist, researcher, and clinician, Deanna Minich, an emerging leader in functional medicine and an expert on detoxification, delivers the first comprehensive, personalized mind/body approach to detox. In her research and her practice, Dr. Minich realized that while a problem may present itself as a physical sickness, until a client healed a toxic relationship, or learned to say "no", or any number of other life issues, they couldn't get better. Most detoxes focus on removing toxins by eliminating offending foods or substances, but these tend to be short term fixes rather than promoting transformational change. FSD redefines detox by addressing both the body and the mind. Using the system Dr. Minich has developed and guided thousands of people through successfully, the reader will learn how to identify which of the 7 "health systems" are out of balance and personalize a program for their needs. Her methods have had great results: women getting pregnant after years of infertility, patients with autoimmune diseases essentially cured, and so on. While detox is not new, there is so much here that is new, unique and fresh. Deanna Minich has a Ph.D. in Medical Sciences (Human Nutrition) from the University of Groningen in The Netherlands and Master's Degree in Nutrition from the University of Illinois at Chicago, along with further training and certification through the American College of Nutrition and the Institute of Functional Medicine. She is very well connected and respected in the community (Hyman, Bland, Junger, Myers, Lipman and many others) and has a strong following on Facebook and through her own newsletter. This is her first book. **HarperOne**

Publication: April 2016 (CBR)
Estimated length: 256 pages
Manuscript available: July 2015
Proposal available

Nichols, Lisa

Foreword by Steve Harvey

***ABUNDANCE NOW: Amplify Your Life, Work, Love, and Money...and Achieve Prosperity Today**

New York Times bestselling author and life coach to Steve Harvey, personal transformation guru Lisa Nichols shows us the steps we can take to make our lives abundant in all aspects of life. Lisa Nichols' own story is inspirational in and of itself. Once living with only \$10 in her wallet and relying on public assistance, she was determined to break out of the mindset traps of limiting behavior and bad habits that kept her from enjoying a rich life, and she built the life of her dreams. She is now sharing her journey, and her secrets, to help others hone in on the four areas of life that must be refined to bring true abundance. Her four E's – Enrichment, Enchantment, Engagement, Endowment – are the framework upon which a truly rich life is built. ABUNDANCE NOW offers provocative lessons, actionable plans and real-life case studies, and Nichols reveals what we must do every day to attract abundance, how to act as if we are already leading abundant lives, and how to open the door to a life of richness in our work, our relationships, our finances, and in our view of ourselves. Nichols was a featured teacher in the wildly successful self-help movie, *The Secret*, and has made multiple appearances in the *Steve Harvey Show*, *Good Morning America*, *Extra*, *Larry King* and *The Oprah Winfrey Show*. **Dey Street Books**

Publication: October 2015
Estimated length: 240 pages
Manuscript available: May 2015

(CB)

Pearson, Carol

***PERSEPHONE RISING: Awakening the Heroine Within**

Lean In meets Greek mythology in this groundbreaking and life-giving resource for women. Bestselling author and teacher Carol S. Pearson Ph.D. provides women with a manifesto that taps into their innate wisdom and compassion. Using the classic tale from the rituals surrounding the Eleusinian Mysteries, she begins with the stories of Demeter and Persephone, a mother and daughter who seemingly become victims of male power and machinations only to discover their own powers, gifts, and abilities for creating a better path, not only for themselves but for the whole world. Even Zeus, the archetype for the Alpha Male, is transformed. Using this foundational story, Pearson offers new possibilities, new choices, new paradigms for how women see their lives and what is possible for them. Women have more options than merely choosing to lean in or out; a new world awaits to be built. Carol S. Pearson, Ph.D. is a world-renowned expert on depth psychology and transformational leadership, the recently retired president of Pacifica Graduate Institute, and the author of such classic works as *The Hero Within*, *Awakening the Hero Within*, and *The Hero and the Outlaw*. She speaks and consults with many groups, universities, and businesses. **HarperElixir**

THE HERO WITHIN sold to: Bulgarian/Kibea (expired); Chinese (Complex)/New Century (expired); Chinese (Simplified)/Beijing Double Spiral Culture & Exchange; Dutch/ECI (expired); French/Editions Mortagne (expired); German/Droemer (expired); Greek/PD Publishing; Italian/Astrolabio; Korean/SA-I (expired); Portuguese (Brazil)/Pensamento Cultrix (expired); Spanish/Ediciones Trebol (expired); Turkish/Akasa Yayinlari

Publication: October 2015
Estimated length: 256 pages
Manuscript available: June 2015

(CBR)

Pedre, Vincent Dr.

HAPPY GUT: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain

From Dr. Vincent Pedre, a specialist in IBS and other gut-related disorders, comes an easy-to-follow, proactive guide to help those who suffer from chronic stomach pain and intestinal pain. "It's all in your head," "Eat more fiber," or "Take this medication and you'll be fine." For the millions of people who suffer from irritable bowel syndrome (IBS) and other gastrointestinal diseases, these are common refrains heard from doctors. Vincent Pedre knows all too well the struggles these patients endure: he had IBS growing up, throughout medical school, and for years afterwards. It wasn't until he learned about functional medicine that he started to heal his body from the inside. Today, his private practice combines integrative and functional medicine that draws from the strengths of both Western and Eastern methodologies, and he has an astonishing 90% success rate. Now for the first time, Dr. Pedre shares his method, the Gut C.A.R.E. Program. CARE stands for Clean, Activate, Restore, and Enhance, and the program uses a combination of eliminating food triggers and then replacing them with healthy tummy-friendly probiotics to heal and repair the gut. Rather than just covering up the symptoms with over-prescribed medications, the book will teach readers how to address the problem at its core to restore their stomach and intestines to their proper functioning state. Dr. Vincent M. Pedre, Medical Director of Pedre Integrative Health and President of Dr. Pedre Wellness, is a Board-Certified Internist in private practice in New York City since 2004. **William Morrow**

Publication: December 2015
Estimated length: 336 pages, with 15 photos
Manuscript available

(JS)

Seelig, Tina

INSIGHT OUT: Getting Ideas Out of Your Head and Into the World

The next big book from Stanford University professor and international bestselling author Tina Seelig. Most of us want to do something meaningful and important in our lives, but few manage to get the ideas out of their head and into the world. INSIGHT OUT shows how to mobilize resources both inside and outside ourselves to accomplish these goals. For the past 15 years at Stanford University, Professor Tina Seelig has been exploring what we can each do to unleash our own entrepreneurial spirit. In this revolutionary guide, she defines the concepts of imagination, creativity, innovation, and entrepreneurship, showing how they affect each other and how to unlock

the pathway from imagination to implementation. Just as babies naturally babble, learning how to combine sounds into words, connect words to compose sentences, and then string sentences together to craft stories, INSIGHT OUT shows readers how to work through the steps of imagination, ideation, innovation, and implementation, using each step to build upon the last, and creating something much more complex, interesting, and powerful. In today's world, each of us needs these skills to respond to the ever-changing challenges and to seize the opportunities around us. Professor Seelig proves that these skills can be taught, and offers readers the benefits that thousands of students have learned from already—how to mobilize your own energy and bring new ideas to life. Tina Seelig has a Ph.D. in neuroscience from Stanford University Medical School, and is Professor of the Practice in the Department of Management Science and Engineering at Stanford School of Engineering, and executive director of the Stanford Technology Ventures Program. She is the international bestselling author of *What I Wish I Knew When I Was 20* and *inGenius: A Crash Course on Creativity*. In 2009, Seelig was awarded the prestigious Gordon Prize from the National Academy of Engineering for her pioneering work in engineering education. **HarperOne**

Rights sold: Korean/E*Public; Thai/WeLearn

INGENIUS sold: Chinese (Complex)/Yuan-Liou Publishing; Chinese (simplified)/Jilin; Hebrew/Kinneret; Japanese/Hankyu Communications; Korean/Woongjin Think Big; Portuguese (Brazil)/Livros de Safra; Thai/WeLearn; Turkish/Kuraldisi Yayincilik; Vietnamese/Tre Publishing; UK/Hay House

WHAT I WISH I KNEW WHEN I WAS 20 sold: Chinese (Complex)/Yuan-Liou Publishing; Chinese (Simplified)/Shaanxi Normal University Press; Hebrew/Kinneret; Japanese/Hankyu Communications; Korean/Woongjin Think Big; German/Ariston; Portuguese (Brazil)/Livros de Safra; Russian/Mann-Ivanov-Ferber; Thai/WeLearn; Turkish/Kuraldisi Yayinlari; Vietnamese/Tre Publishing

Publication: May 2015

(CBR)

Estimated length: 256 pages

Manuscript available

Seppala, Emma

WHY HAPPINESS MATTERS: A Science-Based Approach for Succeeding in Life Without Losing Your Self or Mind

Stanford University Professor Emma Seppala reveals recent scientific evidence that debunks many of the theories we live by to achieve success. The pace of our lives is increasing at an often overwhelming rate. We believe that in order to be successful we have to be a workaholic; to be productive, stress is inevitable; to be creative, you need angst; to get ahead, you need to sacrifice leisure and family time. Something has to give, and more often than not, the price we pay is our own health and well-being. These theories, says Seppala, are false and counterproductive. The truth is that the path to achieving what we want, while being happy and healthy enough to enjoy our lives, begins with taking care of ourselves. Using research from a diverse array of psychological and neuroscientific laboratories, WHY HAPPINESS MATTERS provides compelling evidence that self-care is the key to sustainable, fulfilling and long-term success. Emma Seppala, Ph.D., is the Associate Director of the Center for Compassion and Altruism Research and Education at Stanford University. She is the recipient of the James W. Lyons Award from Stanford, where she helped found their first academic class on the psychology of happiness. She is a popular *Psychology Today* blogger and frequent contributor to *Scientific American Mind*, *The Huffington Post*, *The Association for Psychological Science Observer*, *The Greater Good*, and *Spirituality & Health* as well as an invited guest writer for the *American Psychological Observer* magazine, *Mindful*, *LinkedIn*, *Blikki*, and *Care* magazines. Originally from Paris, **she speaks five languages**: English (native), French (native), German (native), Spanish (fluent), and Mandarin Chinese (conversant). **HarperOne**

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Proposal available

Wolfe, David

THE BEAUTY DIET: Unlock Nature's Secrets to Look and Feel Better Everyday

THE BEAUTY DIET is the first of its kind - a book that lays out the specific benefits of natural foods based on color. We've all heard the phrase, "You have to eat more greens," but THE BEAUTY DIET takes this familiar idea three steps further. Not only should you eat more greens, but also reds, oranges, yellows, blacks, and blues. Red foods like tomatoes, for example, benefit blood and circulation; while orange foods like carrots fight inflammation; and yellow foods like squash help heal and protect the skin. Not only does this novel approach to food underline more clearly the connection between food and health, it allows people to strategize their food and health choice as a way to maximize health. A person can literally pick a color to fortify his or her personal health weaknesses OR increase his or her health strengths. David Wolfe is an internationally acclaimed leader in the field of nutrition and natural beauty. With over 20 years of dedicated experience, David is a true master of natural beauty, vibrant health, and peak-performance. David is the celebrity spokesperson for the NUTRIBULLET™ Superfood Nutrition Extractor, co-founder of TheBestDayEver.com online health magazine, and is the author of several books including *SuperFoods* and *Eating For Beauty*. **HarperOne**

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Estimated length: 256 pages; 2-color throughout; 100 recipes

Manuscript available: December 2015

Yang, Jingduan

With a forward by Norma Kamali

FACING EAST: Ancient Health and Beauty Secrets for the Modern Age

In FACING EAST, Dr. Jingduan Yang reveals the Chinese health and beauty secrets that will keep you looking and feeling young and vibrant at any age. How does iconic fashion designer Norma Kamali manage to not look a day over 40 when she's about to celebrate her 70th birthday? The real secret is her doctor: acupuncturist, psychiatrist, and alternative medicine expert Dr. Jingduan Yang. In FACING EAST, Dr. Yang will reveal Norma's beauty secrets to the world by breaking down the basic concepts of Chinese medicine for the Western reader and introducing health-saving practices that can be easily incorporated into our daily lives. The book will teach readers how to restore their qi (the vital energy that is at the root of every function in the human body) in order to become internally healthy and externally radiant. Norma's story is also interwoven throughout the book, describing her personal philosophy on staying healthy and beautiful at any stage of life. Dr. Jingduan Yang is a leading physician, board-certified psychiatrist, and international expert on classic forms of Chinese Medicine. He is the founder and medical director of TAO Institute of Mind & Body Medicine (www.taoinstitute.com). Besides practicing in NY, PA and NJ, Dr. Yang also practices medicine and serves as Director of Oriental Medicine and Acupuncture Program at the Myrna Brind Center of Integrative Medicine at Thomas Jefferson University Hospital in Philadelphia. Dr. Yang is on the faculty of Integrative Medicine Department of University of Arizona and he teaches Traditional Chinese Medicine and Acupuncture for the Integrative Medicine Fellowship Program. Norma Kamali is a New York City-based fashion designer. Her work is included in the collections of the Metropolitan Museum of Art. **William Morrow**

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