



GREYSTONE BOOKS

Rights, Fall 2017

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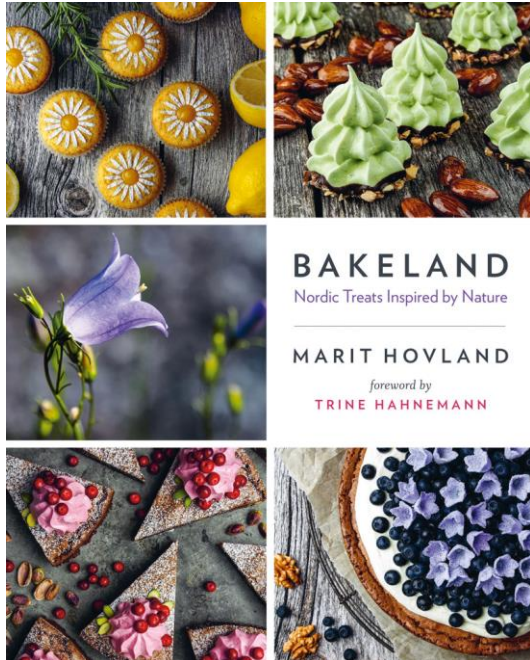
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GREYSTONE BOOKS

Bakeland
Nordic Treats Inspired by Nature
MARIT HOVLAND

A quirky, beautifully photographed collection of delicious and creative Nordic baking recipes inspired by nature.



“This book should be used regularly in the kitchen, its pages getting dusted with flour and spotted with icing... I recommend this book to anybody who bakes.” – Trine Hahnemann, author of *The Scandinavian Cookbook*

From the Danish concept of *hygge* (or “coziness”) to the Swedish *fika* (or “coffee break”), when it comes to enjoying the good things in life, the Nordic countries tend to know best. And dessert, *Bakeland* reveals, is no exception. Written by Marit Hovland, the Norwegian graphic designer, baker, and photographer behind the popular Instagram account and blog *Borrow My Eyes*, this gorgeous recipe book is a remarkably innovative homage to the beauty of the world around us that will delight lovers of baking, crafting, nature, and all things Scandinavian.

With fifty tempting dessert recipes and 140 stunning color photographs, *Bakeland* is as much a treat for the eyes as it is for the taste buds. Focusing on purity, season, and quality, Hovland offers a sweet, playful approach to the New Nordic cuisine trend made popular by chefs like Magnus Nilsson. Her belief that “inspiration can be found everywhere” shines through in each of her culinary creations, which replicate the most striking aspects of the natural world. From chocolate sea shells to edible butterflies and pinecone-shaped gingersnaps, *Bakeland* takes readers on an artful, tasty trip through nature in Norway, season by season. Better yet, these clever confections taste as good as they look, and each recipe is detailed, precise, and easy to follow, with no special equipment required. With step-by-step illustrated instructions and an emphasis on simplicity, Hovland’s approach to baking is as accessible as it is delectable.

Marit Hovland is a Norwegian graphic designer, photographer, and cookbook writer with a passion for baking and nature. She shares photos of her recipes, nature photography, and other hobbies on her website, at borrowmyeyes.com, and with her more than thirteen thousand followers on Instagram at [@borrowmyeyes](https://www.instagram.com/borrowmyeyes). She lives in Oslo, Norway.

Rights available: World English (excluding North America)
208 pages • full color illustrations throughout • Spring 2017



GREYSTONE BOOKS

Better Sex Through Mindfulness
How Women Can Harness the Power of the Present to Cultivate Desire

LORI A. BROTTO, PHD

A groundbreaking look at improving desire, arousal, and sexual satisfaction through mindfulness.

Studies show that approximately half of all women experience some kind of sexual difficulty at one point in their lives, with lack of interest in sex being by far the most common—and the most distressing. And when sex suffers, so do all other areas of life, including mood, self-confidence, satisfaction with one’s relationship, and general well-being.

But it doesn’t have to be that way. In *Better Sex through Mindfulness*, acclaimed psychologist and sex researcher Dr. Lori Brotto offers a ground breaking approach to improving desire, arousal, and satisfaction inside—and outside of—the bedroom. A pioneer in the use of mindfulness for treating sexual difficulties, Brotto has helped hundreds of women cultivate more exciting, fulfilling sexual experiences. In this accessible, relatable book, she takes her work out of the clinic and onto the page to provide simple, effective exercises that readers can do on their own to cultivate desire and increase sexual enjoyment. She also explores the various reasons for sexual problems, such as stress and incessant multitasking, and tells the stories of many of the women she has treated over the years. With an eye to the latest research, she explains how mindfulness can help women feel more in tune with themselves and their partner, sense feelings in a more intense way, and experience greater sexual pleasure.

Brotto believes that satisfying sex is simply not possible without mindfulness. As she says, “Mindfulness is transformational.” This book will help you achieve your goal, whether you want to overcome a sexual difficulty or simply give your love life a boost.

Lori A. Brotto, PhD, a clinical psychologist and sex researcher, is a member of various sexuality organizations and an associate editor for *Archives of Sexual Behavior*. Brotto writes a monthly health column for the *Globe and Mail* and has been featured in the *New York Times*, the *Walrus*, *Chatelaine*, Dan Savage’s *Savage Lovecast*, and many other outlets. She lives in Vancouver, British Columbia.

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GREYSTONE BOOKS

The Diabetes Code
Prevent and Reverse Type 2 Diabetes Naturally
DR. JASON FUNG, Foreword by NINA TEICHOLZ

From acclaimed author Dr. Jason Fung, a revolutionary guide to reversing diabetes.

In 2016, Dr. Jason Fung forever changed the way we think about obesity with his best-selling book, *The Obesity Code*. Now he has set out to do the same for type 2 diabetes.

Today, most doctors, dieticians, and even diabetes specialists consider type 2 diabetes to be a chronic and progressive disease—a life sentence with no possibility of parole. But the truth, as Dr. Fung reveals in this paradigm-shifting book, is that type 2 diabetes is reversible. Writing with clear, persuasive language, he explains why conventional treatments that rely on insulin or other blood-glucose-lowering drugs can actually exacerbate the problem, leading to significant weight gain and even heart disease. The only way to treat type 2 diabetes effectively, he argues, is proper dieting and intermittent fasting—not medication. In *The Diabetes Code*, Dr. Fung proposes a new, evidence-based way to break the cycle of high blood glucose and increased insulin resistance. Drawing from the latest in medical research, he outlines the impact of diet and lifestyle on type 2 diabetes and offers simple, easy-to-follow advice for preventing and reversing its course, complete with helpful charts and illustrations.

Dr. Jason Fung is recognized as one of the world’s leading experts on fasting for weight loss and diabetes reversal, and his work has been featured in outlets such as the *Atlantic*, the *New York Post*, *Forbes*, the *Daily Mail*, and *Fox News*. He is the author of several books, including *The Complete Guide to Fasting* (coauthored with Jimmy Moore) and the best-selling *The Obesity Code*. He lives in Toronto, Ontario.

Nina Teicholz is an investigative journalist and author of the *New York Times* bestseller *The Big Fat Surprise*, which was named Best Book of the Year by the *Economist* and the *Wall Street Journal*, among others. She has also contributed to many publications, including the *New York Times*, the *Washington Post*, the *New Yorker*, and the *Economist*. She lives in New York City.

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Rights sold: ANZ (Scribe); China (Morningstar); Romania (Paralela 45); Spain (Sirio); Sweden (Karneval)

240 pages • Spring 2018

Jason Fung’s first book, The Obesity Code, has been sold to ten territories since being published over a year ago: Brazil (Editora nVersos); China (Morningstar); French Canada, (Trecarre); Germany (Riva Verlag); Korea (Sigma); Poland (Studio Astropsychologii); Romania (Paralela 45); Spain (Editorial Sirio); Sweden (Karneval); UK & Commonwealth (Scribe).



GREYSTONE BOOKS

Dirty Kids

Chasing Freedom with America's Nomads

CHRIS URQUHART, Photos by KITRA CAHANA, Foreword by MICAH WHITE

A gritty, thrilling portrait of America's underground traveling community.

"An illuminating and memorable twenty-first-century journey. From this angle, Burning Man looks bourgeois." – Ted Conover, author of *Newjack* and *The Routes of Man*

Dirty, dreadlocked, and digging in dumpsters, an often overlooked, frequently misunderstood community of homeless teen travelers live a life of wild, unfettered freedom in cities and towns around the world.

At age twenty-two, Urquhart left behind a comfortable middle-class existence to travel with runaways, dropouts, hippies, and Rainbows—a three-year-long venture that would forever change her outlook on life and what freedom really means. Writing with arresting sincerity, in *Dirty Kids* she reveals the surprising pleasures of nomadic existence—the warmth and acceptance she discovered in this culture of sharing, generosity, and non-capitalistic collaboration—as well as the mental health issues, substance abuse, and fear of violence that plagued her life at society's margins. Stunning photos by photographer and traveling companion Kitra Cahana accompany the narrative, as Urquhart shares her struggle to understand her newfound "family" and finally achieve a sense of belonging. The result is a striking reflection on a radically alternative way of life that Micah White calls "a thought-provoking, vibrant, and essential memoir."

Chris Urquhart's writing has appeared in *Adbusters*, *COLORS*, *Maisonneuve*, the *Santiago Times*, and *Esquire Russia*. Chris lives in Toronto, Ontario.

Kitra Cahana works as a documentary photographer and videographer. She has chronicled the daily lives of teens at a Texas high school, told the story of a Venezuelan cult, and followed a group of nomadic youth across the U.S.

Micah White is the lifelong activist who co-created Occupy Wall Street, a global social movement, while an editor of *Adbusters* magazine. Named by *Esquire* as one of the most influential young thinkers of today, Micah is the author of *The End of Protest: A New Playbook for Revolution*. He lives in Nehalem, Oregon.

Rights available: World all languages (excluding North America)

224 pages • 16 b&w photos throughout • Fall 2017



GREYSTONE BOOKS

Diving for Seahorses
A Book about Memory
HILDE ØTSBY and YLVA ØTSBY

A fascinating journey through the science of memory

Perhaps more than anything else, the ability to remember shapes who we are and how we experience the world. But what is a memory, exactly? How do we hold onto the experiences we've had, and where do we store them in our brains? And can those memories be trusted?

With lightness and humor, *Diving for Seahorses* answers those questions, taking readers on an exploration of memory science from its humble beginnings in a Renaissance operating theatre to present-day laboratories filled with state-of-the-art MRIs that can almost, but not quite, read our thoughts. Along the way, the authors—two Norwegian sisters, one a neuropsychologist, and the other an acclaimed writer—introduce us to the hippocampus, the little seahorse-shaped part of the brain that stores our memories; take us diving deep into a fjord to replicate a famous memory experiment; explore the first-hand experience of traumatic memories with someone who survived being shot by the notorious terrorist Anders Behring Breivik; play games with some of the people with the best memories of all, chess grandmasters; and step through the doors of the so-called Doomsday Vault, the Global Seed Bank in northern Norway, to figure out how memory is tied to evolution. They talk to experts of all stripes, from the world's top neuroscientists to famous novelists, from taxi drivers to quizmasters, to help explain why we remember what we do, whether our memories are accurate, how we can train our brains, and what makes us forget.

Filled with cutting-edge science and nimble storytelling, *Diving for Seahorses* is a charming—and memorable—adventure through human memory.

Ylva Østby is a clinical neuropsychologist with a PhD from the University of Oslo who devotes her research to the study of memory. She is also vice-president of the Norwegian Neuropsychology Association. She lives in Oslo, Norway.

Hilde Østby is a writer and editor and the author of *Encyclopedia of Love and Longing*, a novel about unrequited love that was published to critical acclaim in Norway. She has a master's degree in History of Ideas from the University of Oslo. She lives in Oslo, Norway.

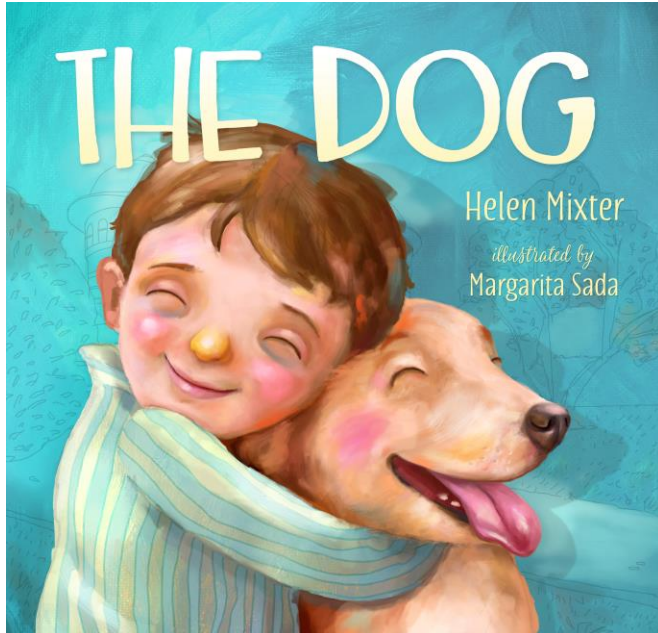
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300 pages • Fall 2017



The Dog

HELEN MIXTER, Illustrated by MARGARITA SADA

A testament to the comforting power of an animal's love.



The uncomplicated love and dedication of a dog can make anyone feel better—particularly a child who is small and vulnerable. Through beautiful, simple illustrations and words, *The Dog* shows how one animal helps a young boy who is ill. She is his comfort, his companion, and his friend; when he's unhappy, she places her paw on his hand to show him she's there.

The Dog is a story for young readers, and for anyone who has ever owned a pet. But most of all, it shows how important animal companionship is for children. The warmth of animal friends helps make life worth living, especially when times are tough.

Helen Mixer is a writer and the translator of several children's books, including the Governor General's Award-winning *Harvey*. She lives in Toronto, Ontario.

Margarita Sada is a well-known Mexican artist who has illustrated picture books, nonfiction books, and fairy tales, including the award-winning *Venir del Mar* by José Alberto Caban and *Oloyou* by Teresa Cárdenas. She lives in Mexico City.

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32 pages • full color illustrations throughout • ages 4 and up • Fall 2017



GREYSTONE BOOKS

Happy Down Below
Everything You Want to Know about the Penis and Other Bits

DR. OLIVER GRALLA, foreword by PETER MOORE

An informative, accessible, and funny guide to male anatomy and men's health.

Men are notoriously reluctant to see a doctor. Indeed, only three in five men report going for an annual physical, and just over 40 percent only ever visit the clinic when their symptoms become unbearable. Many know little or nothing about their bodies, with dire consequences for their well-being.

In *Happy Down Below*, men's health specialist Dr. Oliver Gralla provides a clever and highly entertaining remedy to that situation. Packed with colorful anecdotes and quirky illustrations, this cheeky guidebook offers practical tips and clear, accessible explanations for helping men (and women) better understand the male body, learn to care for it, and become more comfortable speaking about it with their doctors when things go wrong. With plenty of relatable metaphors and a light, conversational tone, Dr. Gralla provides simple, research-based answers to questions such as: Do male enhancement pills actually work? Why does erectile dysfunction happen and how is it treated? What is a "normal" penis—and how big is it *really*? And much, much more.

Dr. Oliver Gralla is a well-known German urologist and specialist in men's health. Following a year of research at Harvard University, he began his career in Berlin's Charité teaching hospital, earning himself the nickname "The Stork of Berlin" for his work with men facing infertility. He lives in Cologne, Germany.

Peter Moore is the Editor of *Men's Health Magazine*, and the cohost of the *Men's Health Live* podcast. He won a 2004 National Magazine Award for his article on heart disease, *A Tale of Three Hearts*. He lives in Fort Collins, Colorado.

Rights available: World English (excluding North America)
224 pages • b&w illustrations throughout • Spring 2018



GREYSTONE BOOKS

The Hidden Life of Trees, Illustrated Edition
A Visual Celebration of a Magnificent World
PETER WOHLLEBEN

A visual journey into the diversity and wonders of forests.

In his international bestseller, *The Hidden Life of Trees*, Peter Wohlleben opened readers' eyes to the wonders and amazing processes at work in the forest. In fall 2018, Greystone Books will publish an original illustrated edition, pairing selections from *The Hidden Life of Trees* with gorgeous photographs.

The Hidden Life of Trees Illustrated Edition is a celebration of forests around the world. The book distills the essence of Peter Wohlleben's message and shows trees in all their glory and diversity, from close-ups of bark and seeds to panoramas of green, from tiny trees just embarking on life to one of the most ancient trees on the planet.

Award-winning author **Peter Wohlleben** spent over twenty years working for the forestry commission in Germany before leaving to put his ideas of ecology into practice. He now runs a woodland in Huemmel, Germany.

176 pages • Fall 2018 • full colour photographs throughout • For rights availability queries, please contact rights@greystonebooks.com



GREYSTONE BOOKS

Rick Hansen's Man In Motion World Tour

30 Years Later – A Celebration of Courage, Strength, and the Power of Community

JAKE MACDONALD, foreword RICK HANSEN

A beautifully illustrated thirtieth-anniversary celebration of Rick Hansen's Man in Motion Tour, which broke barriers for people with disabilities and inspired ordinary citizens to realize impossible dreams.

On March 21, 1985, world-class wheelchair marathoner and multiple Paralympic medalist Rick Hansen set out from Vancouver, British Columbia, on his Man in Motion World Tour. The twenty-six-month trek took him and a small but determined crew almost 25,000 miles through 34 countries on four continents before crossing Canada. In the process, they raised \$26 million for spinal cord research and for initiatives to improve the quality of life and accessibility for people with disabilities. Thirty years after the journey ended, *Rick Hansen's Man In Motion Tour* celebrates that ground-breaking accomplishment and, with a foreword from Rick himself, highlights the legacy of the Man in Motion World Tour and the amazing progress it has spurred up to the present day. Illustrated with exclusive photographs from the Rick Hansen Foundation archives, it is a universal story of courage and adversity, human strength and personal suffering, and a testament to the power of community to effect lasting social change.

Jake Macdonald is the author of *Houseboat Chronicles: Notes from a Life in the Shield Country*, as well as numerous books of fiction and nonfiction. He is also an award-winning journalist whose work has appeared in *Canadian Geographic*, the *Globe and Mail*, and the *New York Times*. He lives in Winnipeg, Manitoba.

Rick Hansen is a three-time Paralympic gold medalist. He is now the CEO of the Rick Hansen Foundation, an organization committed to creating a world without barriers for people with disabilities.

Rights available: World all languages (excluding North America)

168 words • 153 full colour photographs throughout • Fall 2017



GREYSTONE BOOKS

No Refuge for Women
The Tragic Fate of Syrian Refugees
MARIA VON WELSER

An exposé of the hidden suffering that over half of Syria's refugees endure and the conflicts they continue to flee.

No refuge: this is the harsh reality encountered by the women and children who flee Syria in search of safety. When boatloads of Syrian refugees began arriving on European shores in the spring of 2015, Western television screens were filled with images of men. Where, journalist Maria von Welser asked herself, were the women and children, whom she knew made up over half the population of refugee camps?

In these pages, von Welser reveals the hidden stories of those Syrian women and children. There are stories of desperation and predation: loss of wealth and of life, child marriage, rape, kidnapping, and sex slavery. But there are also stories of empowerment and hope—including the conviction that we can turn compassion into real change.

No Refuge for Women provides insight into the “refugee crisis” from Syria to Europe (and beyond) and the desperation that forced Syrians to flee their homes. But it is the stories of the women and children in particular which obsessed von Welser and made her undertake this book.

Maria von Welser is a German journalist, television presenter, and author. During her time with German public broadcaster ZDF, she reported from Chechnya, Croatia, Gaza, and India, and was a longtime host of *ML Mona Lisa*. She was Director of Northern German Broadcasting and is the former Vice Chair of UNICEF Germany. She lives in Hamburg, Germany.

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296 pages • 16 b&w photos • Fall 2017



GREYSTONE BOOKS

Papa Goose
The Joys and Challenges of Raising a Gaggle of Geese
MICHAEL QUETTING

The amazing experience of one man as a patient parent, demanding teacher, ambitious researcher, courageous lead goose, and adventurous air traffic controller to seven goslings.

Michael Quetting is exhausted and covered in goose shit. One moment a gosling is sleeping soundly under his sweater and the next, there's one tugging at his shoelaces. Being father to a gaggle of seven goslings that won't let you out of their sight, this charming book reveals, is a full-time job.

Quetting's task at the Max Planck Institute for Ornithology is to transform the motley gang into a disciplined flight crew so researchers can gather data about weather and flight patterns. As soon as Quetting receives his assignment, he starts obsessively checking the eggs, reading to them and serenading them with the sounds of the plane's motor. After the eggs hatch, the family moves to a trailer near a lake.

The newly minted dad leads his young geese on daily swims, tracks them down when they go astray, and watches their personalities develop—feisty, churlish, loveable—all the while solving practical problems such as how to roll down the runway without running the geese over before they even get airborne. As the summer unfolds, Quetting loses touch with the demands of civilization and becomes immersed in the rhythms of the geese. Readers become part of the adventure as Gloria, Nemo, and the rest of the crew conquer land, water, and air. By the time the experiment draws to a close and the geese fly free, Quetting has learned from his charges how to immerse himself in the moment and celebrate the joy of being alive. He knows his life will never be the same.

Michael Quetting is a laboratory director and ultralight pilot at the Max Planck Institute for Ornithology, which gave him a unique opportunity to combine his love of flying with his love of birds. Quetting has two human children and lives close to Lake Constance, Germany.

Rights available: World English (excluding North America) • **224 pages** • **Fall 2018**



Rise of the Necrofauna *The Science, Ethics, and Risks of De-Extinction*

BRITT WRAY, Foreword by GEORGE CHURCH

Jurassic Park meets The Sixth Extinction in this provocative look at de-extinction from an acclaimed documentarist and science writer.



What happens when you try to recreate a woolly mammoth—fascinating science, or conservation catastrophe? In *Rise of the Necrofauna*, Wray takes us deep into the minds and labs of some of the world’s most progressive thinkers to find out. She introduces us to renowned futurists like Stewart Brand and scientists like George Church, who are harnessing the powers of CRISPR gene editing in the hopes of “reviving” extinct passenger pigeons, woolly mammoths, and heath hens. But we also hear from more cautionary voices, like those of researcher and award-winning author Beth Shapiro (*How to Clone a Woolly Mammoth*) and environmental philosopher Thomas van Dooren.

Through interviews with these and other thought leaders, Wray reminds us that de-extinction could bring just as many dangers as it does possibilities. What happens, for example, when we bring an “unextinct” creature back into the wild? How can we care for these strange animals and ensure their comfort and safety—not to mention our own? By unpacking the many biological, technological, ethical, environmental, and legal questions raised by this fascinating new field, *Rise of the Necrofauna* offers a captivating look at the best and worst of resurrection science.

Britt Wray is a writer and award-winning radio broadcaster, a presenter for BBC’s *Tomorrow’s World*, and has worked as a host and producer on programs for CBC Radio. She holds a BSc in Biology from Queen’s University and is a PhD candidate at the University of Copenhagen in Media, Cognition, and Communication. She lives in Copenhagen, Denmark. www.brittwrap.com

George Church is the Robert Winthrop Professor of Genetics at Harvard Medical School, where his lab is trying to recreate the woolly mammoth using gene-editing techniques.

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308 pages • b&w illustrations throughout • Fall 2017 • Published in partnership with the David Suzuki Institute



GREYSTONE BOOKS

When Winter was Still Winter

BERND BRUNNER

Filled with insights from the history of perception and culture, Brunner's book is an exciting and knowledgeable account of the mythology of winter.

Many of us are familiar with winter's dark side: the sense of disorientation in winter wastelands, snow blindness, avalanches, and the treacherous warmth of snow-enclosed spaces that keeps hibernating animals alive but can spell death for humans. But as this fascinating book reveals, winter also has ineffable beauty in its drifts and flakes, vast muffled spaces, and cozy candle-lit interiors. People have adapted to it, perished in it, and celebrated it. They have welcomed its arrival with carnivals and competitions, and celebrated its departure with spring rituals and festivals.

In *When Winter was Still Winter*, acclaimed author Bernd Brunner embarks on a search for the stories and moods inspired by winter in different regions and times. The phenomena he encounters along the way are as fascinating and as the people, like the American Wilson A. Bentley, who devoted thousands of hours to painstakingly creating 5,381 photographs of snowflakes, or German filmmaker Werner Herzog, who made extensive notes on snow as he hiked from Munich to Paris in winter.

Pairing with insights from the history of perception and culture with a selection of gorgeous illustrations and photographs, *When Winter was Still Winter* sheds new light on this darkest of seasons.

Bernd Brunner is an acclaimed writer whose books have been translated into a variety of languages. His work has been published in *Lapham's Quarterly*, the *Paris Review*, the *Wall Street Journal Speakeasy*, and the *Huffington Post*, and he has lectured at New York's Bard Graduate Center for Studies in the Decorative Arts and Culture, the Bancroft Library of the University of California at Berkeley, and the Goethe Institute in San Francisco. He splits his time between Berlin and Istanbul.

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55,000 words • b&w illustrations, maps, and photographs throughout • Fall 2018



GREYSTONE BOOKS

Tree, A Life Story ***New Edition***

DAVID SUZUKI and WAYNE GRADY, foreword by PETER WOHLLEBEN

A new edition of a contemporary classic, with a new foreword by Peter Wohlleben, author of The Hidden Life of Trees

"Only God can make a tree," wrote Joyce Kilmer in one of the most celebrated of poems. In *Tree: A Life Story*, authors David Suzuki and Wayne Grady extend that celebration in a "biography" of this extraordinary—and extraordinarily important—organism. A story that spans a millennium and includes a cast of millions but focuses on a single tree—one Douglas fir. *Tree* describes in poetic detail the organism's modest origins that begin with a dramatic burst of millions of microscopic grains of pollen. The authors recount the amazing characteristics of the species, how they reproduce and how they receive from and offer nourishment to generations of other plants and animals. The tree's pivotal role in making life possible for the creatures around it—including human beings—is lovingly explored. The richly detailed text pays tribute to this ubiquitous organism that is too often taken for granted.

David Suzuki is an internationally renowned geneticist and environmentalist and a recipient of UNESCO's Kalinga Prize for the Popularization of Science and the 2009 Right Livelihood Award. Host of the long running CBC television program *The Nature of Things*, he is also the author of more than fifty books. He lives in Vancouver, British Columbia.

Wayne Grady is one of Canada's finest science writers, novelists, and a Governor General's Award-winning translator. He has authored eleven books of nonfiction and an acclaimed novel, translated fourteen novels, and edited more than a dozen anthologies of short stories and creative nonfiction. He lives in Toronto, Ontario.

Peter Wohlleben spent over twenty years working for the forestry commission in Germany before leaving to put his ideas of ecology into practice. He now runs an environmentally-friendly woodland in Germany, where he is working for the return of primeval forests. He is the author of the hugely successful *The Hidden Life of Trees*. He lives in Huemmel, Germany.

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LifeTree Media books are authored by leading thinkers in areas of personal development, business, psychology, health, and personal finance with the aim to help, heal, and inspire. LifeTree books are distributed across North America and represented internationally by Greystone Books.

Growing Strong Girls
Practical Tools to Cultivate Connection in the Preteen Years
LINDSAY SEALEY, MA ED

An inspiring and accessible exploration of the world of girls, and a guide to preparing them for self-discovery, self-compassion, and confident navigation of a changing world.

Girls today face incredible pressure to grow up fast and be “perfect” in every way. They yearn to connect, but sometimes this yearning turns into negative, even destructive behavioral patterns such as being passive-aggressive, gossiping, or experiencing excessive stress and anxiety. It’s heart-breaking to watch even the most confident little girls disconnect and lose their spark—and their way—when they hit the preteen years.

In *Growing Strong Girls*, educator, girl expert, and advocate Lindsay Sealey reveals the tremendous power of connection to activate self-awareness, self-acceptance, and healthy social and emotional development in girls. This wide-ranging and positive book is chock-full of ideas, tips, activities, stories, and ways to connect with and equip girls for a changing and challenging world. Teach your girl how to know and trust herself, to create vibrant friendships and communities, and to step into her tween and teen years with inner strength.

Lindsay Sealey, MA Ed, is a passionate educator and girl-advocate. She has worked in counseling, curriculum development, and special education for over fifteen years, and is the founder and CEO of Bold New Girls, a coaching company for girls and young women and their parents, teachers, and caregivers. She lives in Vancouver, British Columbia.

Rights represented: World all languages (excluding North America)
232 pages • Fall 2017



Featured Backlist



Big Fit Girl: Embrace the Body You Have

Louise Green
2017

Rights available: World all languages (excluding North America and UK)

An inspiring account of how plus-size women can be fit and healthy, and embrace the body they have.



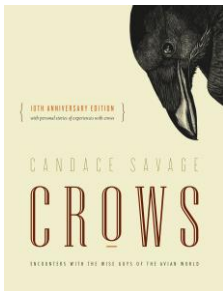
Cowboys of the Americas

Luis Fabini
2016

Rights available: World all languages (excluding North America)

Rights sold: German

An awe-inspiring portrait of cowboys throughout the Americas in images and words and a passionate exploration of their bond with horses and the land.



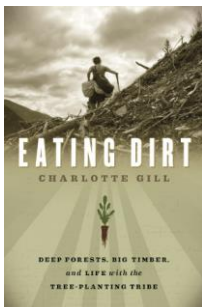
Crows: Encounters with the Wise Guys of the Avian World

Candace Savage
2015

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Rights sold: French Canada, US

Based on two decades of audacious research by scientists around the world, *Crows* also provides an unprecedented glimpse into corvids' intellectual, social, and emotional lives.



Eating Dirt: Deep Forests, Big Timber, and Life with the Tree-Planting Tribe

Charlotte Gill
2012

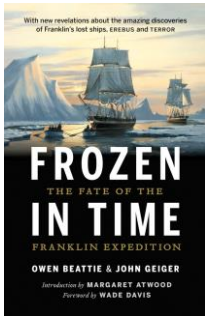
Rights available: World all languages (excluding North America)

Rights sold: Korea

A tree planer's vivid story of a unique subculture and the magical life of the forest.



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Frozen in Time: The Fate of the Franklin Expedition

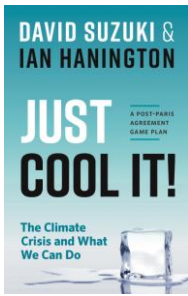
John Geiger

2017

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Rights sold: Germany, Russia, and UK & Commonwealth

The international bestseller revealing the fate of the doomed Franklin Expedition—now with a new afterword on the discovery of Erebus and Terror, and a new section of color photos.



Just Cool It! The Climate Crisis and What We Can Do

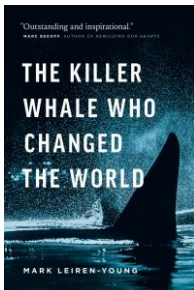
David Suzuki and Ian Hanington

2017

Rights held: World all languages (excluding North America)

Rights sold: ANZ

A resounding post–Paris Agreement wake-up call about the urgency of the climate crisis that offers a range of practical solutions—and above all, hope.



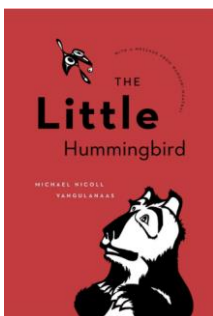
The Killer Whale Who Changed the World

Mark Leiren-Young

2016

Rights available: World all languages (excluding North America)

The fascinating and heartbreaking account of the first publicly exhibited captive killer whale—a story that forever changed the way we see orcas and that sparked the movement to save them.



The Little Hummingbird

Michael Nicoll Yahgulanaas

2010

Rights available: World all languages (excluding North America, Korea and Japan)

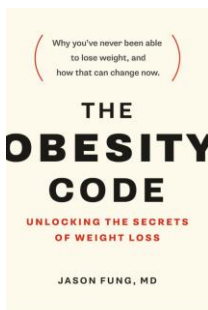
This inspiring children's book is based on a South American Indigenous story about a courageous hummingbird who defies fear and expectations in her attempt to save the forest from fire.

Greystone Books Ltd. 343 Railway Street, Suite 201, Vancouver, B.C., V6A 1A4

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The Obesity Code

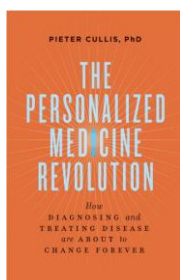
Dr. Jason Fung

2016

Rights available: World all languages (excluding North America and the UK)

Rights sold: Brazil, China, French Canada, Germany, Korea, Poland, Romania, Spain, Sweden, and UK & Commonwealth

Why you've never been able to lose weight, and how that can change now.



The Personalized Medicine Revolution: How Diagnosing and Treating Disease are About the Change Forever

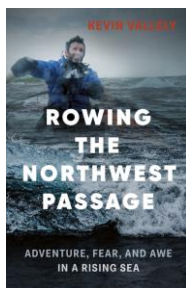
Pieter Cullis

2015

Rights available: World all languages (excluding North America)

Rights sold: Spain, UK

An incisive look at how personalized medicine is revolutionizing health care for everyone.



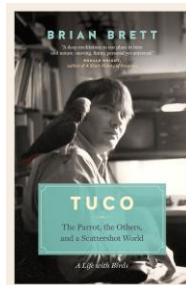
Rowing the Northwest Passage

Kevin Vallely

2017

Rights available: Word, all languages (excluding North America and the UK)

In this gripping first-hand account, four seasoned adventurers navigate a sophisticated, high-tech rowboat across the Northwest Passage.



Tucú: The Parrot, the Others, and a Scattershot World

Brian Brett

2015

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A raucous biography of a remarkable parrot and an incisive exploration of how we relate to those who are different from us.



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