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LONDON BOOK FAIR

2019

Non Fiction

LONDON BOOK FAIR 2019 – NON FICTION

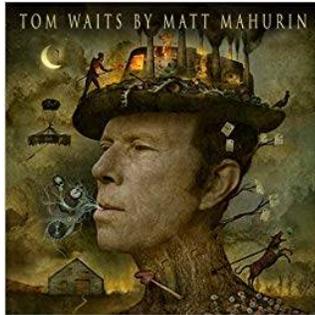
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A collection of wildly inventive portraits of musician Tom Waits, the result of a 30-year collaboration with photographer and illustrator Matt Mahurin

TOM WAITS

by Matt Mahurin

Abrams, October 2019



This visually arresting book is a testament to the unique collaboration, going back three decades, between the photographer and illustrator Matt Mahurin and the musician Tom Waits. Having shot magazine portraits, album covers, and music videos of Waits, Mahurin was inspired to resurrect 100 dormant film negatives as a jumping off point to explore his own surreal, poetic, and occasion-ally dark vision. The images vary from traditional portraits to ones that capture Waits in concert—but the majority are richly imagined scenes in which Waits is more muse than musician. In addition to the diverse images, the book includes a foreword by Waits, an essay by Mahurin on their longtime collaboration, and 20 original paintings, drawings, photographs, and digital images inspired by Waits’s song titles.

Matt Mahurin’s work has appeared in *Time*, *Newsweek*, *Mother Jones*, *Rolling Stone*, *Esquire*, and the *New York Times*. He has directed music videos for Waits, U2, Metallica, Sting, David Byrne, Lou Reed, and Joni Mitchell.

More than 60 female comics creators share their personal experiences with sexual violence and harassment through new and original comics

DRAWING POWER

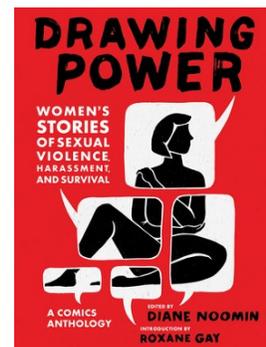
Women's Stories of Sexual Violence, Harassment, and Survival

Edited by Diane Noomin

Abrams Comicarts, September 2019

Inspired by the global #MeToo Movement, DRAWING POWER is a collection of original, nonfiction comics drawn by more than 60 female cartoonists from around the world. Featuring such noted creators as Aline Kominsky-Crumb, MariNaomi, Liana Finck, and Ebony Flowers the anthology’s contributors comprise a diverse group of many ages, sexual orientations, and races—and their personal stories convey the wide spectrum of sexual harassment and abuse that is still all too commonplace. With a percentage of profits going to *RAINN*, DRAWING POWER is an anthology that stokes the fires of progressive social upheaval, in the fight for a better, safer world.

Diane Noomin is the creator of the comics character DiDi Glitz, editor of the “Twisted Sisters” anthologies, and was one of the early contributors to *Wimmen’s Comix*. She has been nominated for Harvey and Eisner Awards and received an Inkpot Award. “Glitz-2-Go”, a collection of Noomin’s art throughout her career, was published in 2013. Her work is included in the Library of Congress Print & Photographs collection.



THE NEW PARISIENNE focuses on one of the city's most prominent features, its women

THE NEW PARISIENNE
The Women And Ideas Transforming The City Of Light

by Lindsey Tramuta

Abrams, Spring 2020

Lifting the veil on the mythologized Parisian woman—white, lithe, ever-fashionable—Tramuta recasts these women as they truly are, in all their complexity. Featuring honest portraits of 50 diverse women, the stories of these activists, creators, healers, educators, tastemakers, visionaries, and disruptors reveal a new movement, with Paris blossoming into a cultural center of feminine power. Beautifully illustrated with striking photographs, Tramuta also offers up her favorite destinations and women-owned businesses throughout the vibrant city. The New Parisienne uncovers the true pillars of "Parisiennes" in all its multiplicity, while highlighting some of the best and brightest that are bucking tradition, making names for themselves, and transforming the city.

Lindsey Tramuta an American writer who has lived in Paris for a decade, is a contributor to the *New York Times*, *AFAR*, and *Condé Nast Traveler*, and the creator of the blog "Lost in Cheeseland", where she writes about Paris and French culture.



First book of a three-book series

SOFT MAGIC
by Upile Chisala
February 2019



"All the lovely women living in your blood are trying to teach you their soft magic, please pay attention to them"

'soft magic.' is the debut collection of prose and poetry by Malawian writer, Upile Chisala. This book explores the self, joy, blackness, gender, matters of the heart, the experience of Diaspora, spirituality and most of all, how we survive. 'soft magic.' is a shared healing journey.

Upile Chisala was born and raised in Malawi. She has been recognized by *Elle*, *Essence*, and the *Huffington Post* as an up-and-coming

A marine biologist dives down with us into the mysterious world of the oceans

DAS BLAUE WUNDER

(The Blue Miracle)

by Frauke Bagusche

Ludwig, May 2019



There are amazing things going on under water: at night the sea mysteriously sparkles, the tiniest of organisms (plankton) have the greatest power, and the fish are by no means taciturn but instead communicate loudly with one another. Marine biologist Frauke Bagusche has some fascinating tales to tell – stories of the smallest and the largest living creatures in the world. She explains where the smell comes from that tickles our nostrils while we are walking along the beach; what causes the sparkle we see in the water at night; and why the sea steers not only our emotions but also our destiny and that of the entire planet. Her account, in which she explores her own intimate relationship with the sea, is based both on the results of the latest scientific research and her personal experience. Because no matter where we are, we are bound to the blue miracle with every breath we take.

Frauke Bagusche is a marine biologist. After gaining her doctorate at the University of Southampton in England she was responsible for marine biological stations on the Maldives and sailed 9,500 kilometres across the Atlantic from the Caribbean to the Mediterranean in order to draw attention to the litter pollution of the oceans.

Why there is no me without you – the new major book by bestselling author Joachim Bauer

WIE WIR WERDEN, WER WIR SIND

(How We Become, Who We Are)

by Joachim Bauer

Blessing, May 2019

Recent neuroscientific research indicates that human beings are born without a self. But how do we develop this "self", this "me" that can later define itself as distinct from others? How do we manage to think and feel in terms of me, you or we? What makes a human being into an individual? These are the central questions Joachim Bauer examines in his new major work, in which he demonstrates that our "true self" does not slumber within us like some natural resource waiting to be found and polished. It is rather the product of our encounters and relationships with others – experiences, joys and fears we share. Joachim Bauer makes us realise that this "me", in contrast to what had long been thought, is not engraved in stone but instead is a process of perpetual self-construction and life-long transition and can grow and change.

Joachim Bauer is a university teacher and professor at the University of Freiburg. He is a doctor of internal medicine, psychosomatic medicine, psychiatry and psycho-therapy. For his research work, he was awarded the renowned Organon Prize of the German Society for Biological Psychiatry.

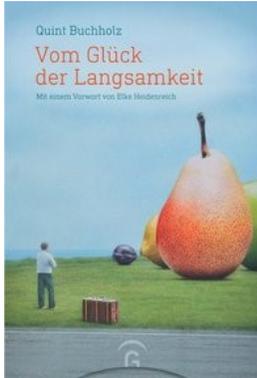


A wonderful and spiritual gift book

**VOM GLÜCK DER LANGSAMKEIT
(On the Joy of Slowness)**

by Quint Buchholz

Gütersloher Verlagshaus, April 2019



“Hours do not strike for a happy man”, Schiller once wrote. Frequently enough our problem is “No time”. Why are we so stingy with our money and wasteful with our lifetime? In VOM GLÜCK DER LANGSAMKEIT, Quint Buchholz calls for a trusting approach to that resource which is time. His unique pictures are closely related to the texts, all of which are focused on the topic of “happiness and time”. Let us make the most of the time given to us and occupy ourselves with worthy things.

Quint Buchholz works as an artist and illustrator for German and international publishing houses and has illustrated over 40 books. His works have been published in more than thirty countries and awarded numerous prizes.

The long legacy of violence

**WIR KINDER DER GEWALT
(We Children of Violence)**

by Miriam Gebhardt

DVA, April 2019

Not only members of the Soviet army became rapists at the end of World War Two – all four occupying armies were guilty of mass crime to German women. The victims of this war violence often struggled with mental problems their entire lives; children resulting from these rapes were, so to speak, born with an inherited guilt and families suffered in many ways – and often still do – from the burdens of the past. On the basis of moving case stories Miriam Gebhardt shows what deep scars the massive experience of violence in the years 1945 to 1955 has left on German society. The end of the war frequently determined the fate of whole families and even today still continues to leave its mark on the now adult generation of the grandchildren. The eminent historian takes a new look at the history of post-War Germany.

Miriam Gebhardt is a historian and journalist and teaches history at the University of Konstanz. She was awarded a PhD for her study “Fear of the Juvenile Tyrant: A History of Upbringing in the 20th Century” (2009). DVA published her books “Rudolf Steiner: A Modern Prophet” (2011) and “Alice in No-Man’s Land: How the German Women’s Movement Lost the Women” (2012). Her bestseller “Crimes Unspoken” (2015) has been translated into several languages.





This is the true follow-up to the classic “The Female Brain”. The new frontier of brain research is aging, and Louann has an intriguing new perspective on how the female brain fundamentally changes, for the better, on a cellular level, after menopause

THE FEMALE BRAIN 2.0

by Louann Brizendine, M.D.

Harmony, February 2020

Since Dr. Brizendine wrote “The Female Brain” ten years ago, the response has been overwhelming. This *New York Times* bestseller has been translated into more than thirty languages, has sold nearly a million copies between editions, and has most recently inspired a romantic comedy. Now, Brizendine brings her unique ability to translate science into human terms to perimenopause, menopause, and beyond, offering an empowering vision of years in a women's life that have too often been ignored. Brizendine's training as a neuropsychiatrist affords her a unique view into women's brains on a scientific level, and her work as a therapist gives her perspective on their psyches and personal dramas. Amounting to a sweeping look at life after 50, she dives deep into the microscopic workings of your mitochondria one moment and zooms out to the biggest picture –family, relationships, and identity–the next. She also offers surprising new research on specific ways women can fend off dementia, increase longevity, wellbeing, and sexuality, and find their best selves at this stage of life.

Dr. Louann Brizendine, MD is a Clinical Professor of Psychiatry at the University of California, San Francisco (UCSF). She is founder and Director of the Women's Mood and Hormone Clinic and the Teen Girl Mood and Hormone Clinic, and is the author of two books: “The Female Brain”, and “The Male Brain”.

In the bestselling tradition of “Lab Girl”, an unforgettable narrative of an Egyptian computer prodigy who, after getting her Ph.D. from Cambridge in computer science, is using her research to build emotional intelligence into our computers to transform how we communicate online

HUMAN TO HUMAN

by Rana el-Kaliouby

Currency, April 2020

Ninety-three percent of meaningful communication between people is non verbal. We glean more information from facial expressions, tone of voice, and body language than we do with language alone. Yet the computers we use every day to share our thoughts and reach out to colleagues, clients and friends are emotionally blind when it comes to conveying our feelings and emotions. With so much of our lives spent online, the emotion and context behind our words is lost. Our computers and gadget—smart as they may be—are functionally autistic when it comes to reading and rendering emotions. And as a result our society, Ranael-Kaliouby claims, has become less empathetic. In a rich narrative into the research and developments in emotion AI, Ranael-Kaliouby shows that we are only scratching the surface of our computers' full potential. She experienced the difficulty of conveying emotions online firsthand when she moved to Cambridge from Cairo to pursue her Ph.D., and found how frustrating and lonely she was trying to maintain her marriage via email and messaging. It was that experience that steered her into her dissertation on bringing emotional intelligence to our machines.

Ranael Kaliouby was named one of Forbes Top 50 Women in Tech and Fortune's 40 under 40. She grew up in Egypt, attended Cambridge University and earned her Ph.D. in computer science. She joined the faculty of the MIT Media Lab and then went on to co-found Affectiva, an artificial intelligence company devoted to emotion recognition. Her company now works with Porsche and BMW and has been courted by Bill Gates and Elon Musk.

Both bold and grounded in current science, this book is a practical guide to reverse -engineering enlightenment in seven steps, written with Rick's trademark warmth, clarity, and relatability

ENGINEERING ENLIGHTENMENT

by Rick Hanson

Harmony, May 2020

Both bold and grounded in current science, this book is a practical guide to reverse-engineering enlightenment in seven steps, written with Rick's trademark warmth, clarity, and relatability. Building on his classic bestseller "Buddha's Brain" (which has sold over 200,000 copies), *New York Times* bestselling author Rick Hanson uses his Buddhist analysis of the mind as a road map for strengthening the neural circuitry of deep calm, contentment, kindness, and wisdom—qualities we all need to succeed in the face of challenges. Most books about transformations of consciousness are theoretical or religious, typically full of jargon, pep talks, and calls to believe on faith alone. Instead, this is a book of practice, of things readers can do immediately in the flow of daily life as well as in simple, powerful guided meditations. Dr. Hanson gets right at the useful essence of neuroscience, psychology, and contemplative practice, organizing it into a step-by-step path of practical ideas and tools, guiding readers along with his usual encouragement, good humor, and personal examples.

Rick Hanson's books are available in 28 languages and include "Resilient", "Hardwiring Happiness", "Just One Thing", "Buddha's Brain", and "Mother Nurture". In English his books have sold over 750,000 copies. A summa cum laude graduate of UCLA and founder of the Well spring Institute for Neuroscience and Contemplative Wisdom, he has been an invited speaker at NASA, Oxford, Stanford, Harvard, and other major universities, and taught in meditation centers worldwide.

Genuine persuasion in today's world doesn't come about as a result of manipulation, pressure tactics or trickery – it is about fostering the habits and traits that one needs to develop in order to be persuasive in any situation. It is about character and core values, rather than salesmanship

THE SOULFUL ART OF PERSUASION

The 11 Habits That Can Make Anyone A Master Influencer

by Jason Harris

Currency, September 2019

In an age of unparalleled transparency and pervasive social media, where our actions and motivations are clear to everyone, being a persuasive person, whether in our work lives or in our personal lives, is not about persuading others to do something they don't really want to do. Genuine persuasion today is about developing the habits that will allow you to listen to others, communicate your goals, values and reason honestly, and win them over to your point of view because it is good for them. To be persuasive today, Jason Harris says, you need to put your true self forward, and stay true to your values. It is not about going for the quick sell, or closing, or trying to sell something you wouldn't buy for yourself.

Jason Harris is the president and CEO of the award-winning creative agency Mekanism, with offices in New York, San Francisco, Chicago and Seattle, creating provocative campaigns for such iconic brands as Adidas, HBO, Nasdaq, Amazon, The North Face and The United Nations. In 2015, Harris was named #5 on the list of the top 10 most influential social impact leaders.

From the author of the mega-bestseller, “The Code of the Extraordinary Mind”, comes a revolutionary guide book that helps business leaders foster positive work culture

THE CODE OF THE EXTRAORDINARY TEAM

by Vishen Lakhiani

Rodale, April 2020

THE CODE OF THE EXTRAORDINARY TEAM is a wake up call. It's not just another candy-coated business book about company culture. This is a call-to-action to do great things for the people in your organization and out in the world. Vishen Lakhiani helps business leaders learn how to curate a team of brilliant minds and steer them to victory and how to create a work culture where people stay motivated and inspired to help each other grow and succeed. Business leaders will learn the four emotions that are dominant across all people looking for jobs or new roles in an organization, and how to use them to attract the right kinds of exceptionally talented people. Vishen observed these truths about human behavior after interviewing over 4,000 people for the companies he runs. At the same time, THE CODE OF THE EXTRAORDINARY TEAM helps us imagine a workplace where we actually get healthier at work, not burned out—where we don't have to hustle an ungodly number of hours to be successful. Lakhiani shares his vision for how leaders and entrepreneurs can stop looking at short-term shareholder value and instead take real ownership of the titles they've been given and start inspiring their employees to do great things for the world and for themselves.

Vishen Lakhiani's company, Mindvalley, curates e-courses with thought leaders ranging from Eckhart Tolle to Andrew Weil. With over 2 million subscribers to their newsletter, 4 million app users, and 100k active subscribers a month, there will be no shortage of excitement and anticipation for this book among the Mindvalley audience.

A feminist comic book history of women's rights, from the ancient world to modern times, in a giftable, visually stunning package

AMAZONS, ABOLITIONISTS, AND ACTIVISTS

A Graphic History of Women's Fight for their Rights

by Mikki Kendall and Anna D'Amico

Ten Speed Press, November 2019

August 26, 2020, marks the 100th anniversary of the passage of the 19th Amendment, which granted American women the right to vote. And while suffrage has been a critical win for women's liberation around the world, the struggle for women's rights has been ongoing for thousands of years, across many cultures, and encompassing an enormous variety of issues. AMAZONS, ABOLITIONISTS, AND ACTIVISTS is a fun, fascinating, and full-color exploration of that important history, tracing its roots from antiquity to show how 21st-century feminism developed. Along the way, you'll meet a wide range of important historical figures and learn about many political movements, including suffrage, abolition, labor, LGBT liberation, the waves of feminism, and more.

Mikki Kendall's nonfiction can be found at *Time.com*, the *Guardian*, *Washington Post*, *Ebony*, *Essence*, *Islamic Monthly*, and a host of other outlets. Her media appearances include BBC, NPR, and Al Jazeera. Her comics work can be found in the “Swords of Sorrow” and “Princeless anthologies”.

Anna D'Amico graduated from the Columbus College of Art & Design with a BFA in Illustration in 2016, and has created comics, watercolor paintings, and digital illustrations.

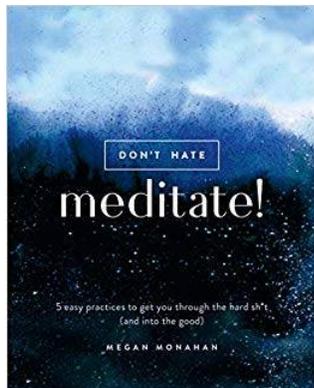
Meditation instructor, Deepak Chopra protégé, Megan Monahan presents a no-nonsense guide to meditation for everyday soul-searchers

DON'T HATE, MEDITATE!

5 Easy Practices to Get You Through the Hard Sh*t (and into the Good)

by Megan Monahan

Ten Speed Press, June 2019



This modern guide to meditation from instructor Megan Monahan takes readers beyond empty Instagram truisms to the simple yet effective ways to "meditate their way through the bad shit and into the good shit." With a fresh voice and perspective, Monahan presents a set of tools grounded in a meditation technique that is impossible to screw up. With her help, you'll unpack the five spiritual mindsets (Presence, Acceptance, Intention, Nonjudgment, and Trust, aka PAINT) that are key to moving out of constriction and fear and into a more expansive space within yourself and your life. This process is applicable to everything in your life, from missing a flight to seeing your ex's engagement photo on social media to losing your job. Wouldn't it be nice to not be completely leveled by any of those occurrences? Plot twist: After reading this book, taking the quizzes, and doing the themed meditations . . . you won't be!

Megan Monahan began her study and work in meditation with Deepak Chopra and continues to partner and share the stage with him as a host and teacher at his events several times a year. Megan's meditation recordings have been shared internationally through multiple media platforms like Wanderlust TV and with apps like Unplug Meditation. She writes for and is featured in *LA Yoga Magazine* and has been featured online in print and video for Origins, Beaming, Sticky Be Socks, Equinox, Be The Career Change, and Spiritual Gangster, among others.

Say goodbye to clutter, reduce stress, and live simply with this easy-to-use guide to downsizing!

LET IT GO

by Peter Walsh

Rodale, March 2020

Whether you are selling your family home, blending households into a new home, or cleaning out your aging parents' home, sorting through a lifetime's worth of accumulated possessions can be a daunting and stressful experience. Decluttering guru Peter Walsh recently went through the process of downsizing his childhood home and dividing his late parents' possessions among his family. He realized that making these decisions about mementos and heirlooms creates strong emotions and can be an overwhelming chore.

This new phase brings unexpected freedoms and opportunities, and Peter walks you through every step of the process. You'll feel freer and happier than you ever thought possible once you let it go.

Peter Walsh is the author of seven previous books, including the *New York Times* bestsellers "It's All Too Much" and "Enough Already!" and most recently "Lose the Clutter, Lose the Weight". He is a popular organization expert who appears regularly on The Rachael Ray Show and writes a quarterly column for *O the Oprah Magazine*. He has hosted several TV shows, including Clean Sweep and Extreme Clutter.

DeFiore & Company

Hidden in everyday foods are the causes of a surprising range of health problems: infertility, weight gain, breast and prostate cancer, early puberty, and hot flashes. All of these conditions have one thing in common: they are fueled by hormones that are hiding in foods or are influenced in various ways by the foods we eat

UNTITLED ON HORMONES AND FOOD

by **Dr. Neal Barnard**

Grand Central Publishing, December 2019

Hormones circulate in the blood and influence bodily functions. Certain hormones influence our metabolism and whether food turns to energy or is stored as fat. They also play major roles in cancer risk, as many women using postmenopausal hormone treatments have tragically learned. Surprisingly, there are traces of hormones in everyday foods. And some foods that do not contain hormones can nonetheless have a major influence on how hormones work in your body. Most people have no idea of any of this, and their health is pummeled day after day by unwanted hormone effects. This book shows where unwanted hormones are coming from and how they cause menstrual cramps and weight gain, and more serious concerns, such as infertility, polycystic ovaries, and cancer. It explains how readers can easily adjust their diets to get back in balance. This book also lets readers know when food is not the issue and when medical care is the way to go. The book includes hormone-balancing recipes. All are low-fat and vegan, drawn from familiar ingredients for easy preparation and accompanied by nutrient analyses.

Dr. Neal Barnard is president of the Physicians Committee for Responsible Medicine, and a faculty member of the George Washington University School of Medicine. He was featured in the hit documentaries “Super Size Me” and “Forks Over Knives”.

To become less machine-like and more human we need to get LAZY...

LAZY

How the Cult of Efficiency is Making us Sadder, Sicker, and Less Productive

by **Celeste Headlee**

Harmony, March 2020

We are overworked and overstressed, constantly dissatisfied, and reaching for a bar that keeps rising higher and higher. We are members of the Cult of Efficiency and we’re killing ourselves with productivity. We are a group whose members believe fervently in the effectiveness of constant activity, in finding the most efficient way to accomplish just about anything and everything. We are busy all the time and take it on faith that all this effort is saving time and making our lives better. This cult is not just about technology. It’s about making ourselves miserable while we work feverishly to make ourselves happy. It’s about losing our capacity for “light-heartedness and play”. We are lonely, sick, and suicidal. Every year a new survey emerges showing more people are isolated and depressed than the year before. It’s time to stop watching the trend move in the wrong direction while we throw up our hands. It’s time to figure out what’s going wrong. LAZY explores what underlies our overwork and overwhelm and our constant desire to improve. We need to make it our quest to push back from the laptop, the iPad, the phone, the email, the apps, the work, the 2-minute reads—all the endless doing— and start living while we still can. Break free from this cultish behavior and mindset and reclaim our fast eroding humanity.

Celeste Headlee is an internationally recognized journalist, speaker, and author. Her TED talk on conversation has more than 19 million views. She recently returned to NPR and American Public Media as a regular guest host and can also be heard on the BBC. Her work and insights have been featured on *TODAY*, *Psychology Today*, *Inc.*, *NPR*, *Time*, and many more. Celeste has presented to over 100 companies, conferences and universities including Apple, Google and, United Airlines.

Persuasion is all around us, and every day we are persuaded myriad times to act in very specific ways. ALLURE will illuminate how the exterior world around us interacts with our interior, biological world, giving readers a new level of understanding both of how our brains are wired and the world we live in

ALLURE

The Neuroscience and Business of Persuasion

by Matt Johnson, PhD and Prince Ghuman

BenBella Books, April 2020

In short, our attention is for sale and it is worth billions. A greater understanding of how we communicate, how we are persuaded—and persuade in turn—and how we form connections, will improve our self-awareness and better help us navigate this ever-changing world. Persuasion lies directly at the intersection of psychology and business, so to have two experts, a neuroscientist (Johnson) and a marketing director (Ghuman) is what gives ALLURE its unique power. Their relative youth (they are both 33) is an asset in a world where neuromarketing and data-driven marketing are still in their infancy and the fast-growing tech industry is particularly focused on psychology and cognitive sciences due to the importance of the user experience. In addition, they are both incredibly articulate and media-genic, and poised to be at the forefront of their respective fields for decades to come. Both Johnson and Ghuman are professors at Hult International Business School in San Francisco, and together they provide the rare blend of scientific expertise and business acumen to tell the vivid story of persuasion.

Matt A Johnson his PhD in Cognitive Psychology / Neuroscience from Princeton University in 2013. His graduate research focused on autism and the neuroscience of human learning, utilizing both behavioral and neuroscientific techniques. Matt was selected as one of ten Hult Research Fellows globally.

Prince Ghuman held dual roles as the U.S. Director of Consumer Marketing and the Global Director of B2B Marketing for OFX, a publicly-traded fintech company handling over \$100B in international payments. He was named as one of the Shakers and Movers by the *San Francisco Chronicle* in December 2015.

AFTERSHOCKS is a rigorously interrogative, poetic, cataclysmic, and genre-bending work of intertwined literary memoir and cultural history that grapples with the fault lines of identity, the meaning of home and “mother”, black womanhood, and the ripple effects, both personal and generational, of emotional trauma

AFTERSHOCKS

by Nadia Owusu

Simon & Schuster, Spring 2020

Thirty-six-year-old Nadia Owusu has, at different points in her life, felt stateless, motherless, and identity-less. At other points in her life, she has felt too full of states (emotional, mental, and literal), griefs, mothers, and identities of which to keep track without cracking under the pressure of trying to hold herself together. It's no wonder that her efforts led to what she calls fault lines, or fissures, in her own sense of self. It's no wonder that those fault lines eventually ruptured. AFTERSHOCKS, is the way she hauled herself out of the wreckage of her life's perpetual quaking, how she finally understood that the only ground firm enough to count on was the one she wrote into existence for herself. Through the lens of the author's own experience, the book touches on everything from the history of Uganda's national fight against AIDS, to the origin of the use of the words “hakuna matata” as related to Tanzanian culture, to Ghana's fraught history with colonialism, and more, all in service to piecing together Nadia's fractured sense of identity. The author employs an overarching metaphor of an earthquake's many stages to organize intellectually the various vignettes and emotional layers of personal and cultural history encompassed within these pages.

Nadia Owusu is a Brooklyn-based writer and urban planner, leading research and racial equity at Living Cities, an economic racial justice organization. Her writing has appeared or is forthcoming in *The New York Times*, *Catapult*, *The Cossack Review*, *Columbia Journal*, *The Huffington Post*, and *The Rumpus*.

BLINDFOLD

by Theo Padnos

Scribner, 2020

Padnos is a literary journalist whose capture by Al Qaeda in 2012 sent him on a terrifying odyssey whose final dispensation will take place in these pages of this, his long-awaited memoir. With the benefit of a few years to decompress, he has distilled his ordeal into a bracing, brilliant work of confession (of his hubris), insight (into human nature, and Islam), compassion (for his captors), and revelation (of their region's tremors, and continuing threat). There is the humane sense of history that Padnos has brought to these intimately personal pages. There is a Netflix documentary, "Theo Who Lived." A French documentary has just come out (Feb. 2019). It will be released in French, German, Spanish, Italian. The London-based film production company 42 has acquired the feature filmrights to his life story. Iain Forsyth and Jane Pollard, the directors of "20,000 Days on Earth" and "Neil Gaiman's Likely Stories," a BBC drama, will direct the script written by Alistair Siddons. Production will begin soon.

Theo Padnos is an American journalist. He has written for the *New Republic*, *Rolling Stone*, *New York Times Magazine*, and the *London Review of Books*. His first book, "My Life Had Stood a Loaded Gun", about teaching poetry to young killers in a Vermont prison, was published by Talk/Miramax (2004). He has a bachelor's degree from Middlebury College and a PhD in comparative literature from the University of Massachusetts, Amherst. He is fluent in Arabic, Russian, German, and French.

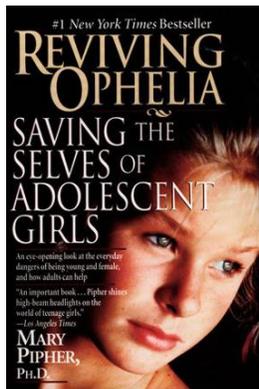
Originally published in 1994, it was a #1 New York Times bestseller for 27 weeks, and spent 3 years on the NYT list

REVIVING OPHELIA

Saving the Selves of Adolescent Girls

by Mary Pipher and Sara Pipher Gilliam

Riverhead Books, June 2019



When REVIVING OPHELIA was published, it shone a much-needed spotlight on the problems faced by adolescent girls. The book reframed the conversation about what Dr. Mary Pipher called "a girl-poisoning culture." Today, despite some positive changes, girls still grapple with misogyny, depression, and issues of identity and self-esteem. They're also more isolated than ever: personal interactions have been replaced with texting and most social gatherings now occur on social media. This new generation of girls has a greater chance than their mothers did of becoming depressed, anxious, or suicidal. Pipher and her daughter, Sara Pipher Gilliam bring to this new edition vivid, illuminating stories from 21st century girls. They offer fresh insights into the challenges facing girls today and practical advice for parents, educators and therapists. Pipher and Gilliam also delve into the impacts of technology on mental health and families and investigate girl's lives in a rapidly changing world. This new edition of REVIVING OPHELIA is a compelling combination of research, reflection, and storytelling, and illuminates the myriad challenges young women face and positive ways to empower girls and those who care about them.

Mary Pipher is a therapist and clinical psychologist specializing in women, trauma, and the effects of culture on mental health. **Sara Pipher Gilliam** is a writer, editor and global advocate for refugee families, as well as a former Fulbright Scholar and middle school English teacher.

CLEAN MIND, CLEAN BODY is a 21-day mental, spiritual, and physical detox plan that hits the reset button on your dietary, wellness, and technology habits. An intensive jumpstart cleanse for both mind and body, this book also lays out a sustainable, long-term plan that will reset your habits for life

CLEAN MIND, CLEAN BODY
A 21-Day Reset for Mind, Body, and Spirit

by Tara Stiles

Dey Street, Spring 2020

The 3-tiered CLEAN MIND, CLEAN BODY plan includes 20-25 recipes, weekly meal plans, and sample daily routines (Waking/Morning/Afternoon/Evening/Bedtime), along with "Clean Living Rules"

- Mental & Spiritual Detox – Daily meditation practice; goal-setting & journaling; establishing healthy technology habits
- East Meets West Detox Diet – A clean, seasonal eating plan that incorporates nourishing superfoods (turmeric, ginger, tonics, apple cider vinegar, bone broth, healing teas, probiotic foods), blending Keto and Ayurvedic principles, and eliminating toxins (sugar, gluten, alcohol, caffeine)

She also reminds us to: eat mindfully, and no technology while eating; eat with people, whenever possible; establish a daily routine – eat breakfast, lunch, dinner at same time each day; unplug in the evening (and don't sleep with your phone!); make time for physical exercise as well as spiritual exercise.

Tara Stiles is the founder and owner of Strala Yoga, widely known for its unpretentious, inclusive, and straightforward approach to yoga and meditation. She is the personal yoga instructor to Deepak Chopra, with whom she's collaborated to create several apps and DVDs, among other projects. Jane Fonda named Tara "the new face of fitness" and *Vanity Fair* declared her the "Coolest Yoga Instructor Ever." Tara has been featured in *Vogue*, *Elle*, *Harpers Bazaar*, *Lucky*, *InStyle*, *Esquire*, *Shape*, and profiled by *The New York Times* (who named her "Yoga Rebel").

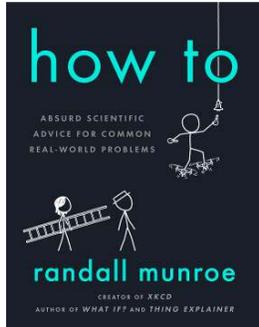
As he did so brilliantly in “What If?”, Munroe invites us to explore the most absurd reaches of the possible

HOW TO

Absurd Scientific Advice for Common Real-World Problems

by **Randall Munroe**

Riverhead, September 2019



For any task you might want to do, there's a right way, a wrong way, and a way so monumentally bad that no one would ever try it. HOW TO is a guide to the third kind of approach. It's full of highly impractical advice for everything from landing a plane to digging a hole. Bestselling author and cartoonist Randall Munroe explains how to predict the weather by analyzing the pixels of your Facebook photos, he offers tips for taking a selfie with a telescope, crossing a river by boiling it, and getting to your appointments on time by destroying the Moon... By exploring the most complicated ways to do simple tasks, Munroe doesn't just make things difficult for himself and his readers.

Randall Munroe is the author of the #1 New York Times bestsellers “What If?” and “Thing Explainer”, and the popular webcomic xkcd.

Rights sold to: John Murray (UK&BC), Penguin Verlag (Germany), Spectrum (The Netherlands), Volante (Sweden), United Sky (China), Commonwealth (Taiwan), Sigongsa (Korea), and Czarna Owca (Poland)

For readers of “Zero Waste Home” and “The Life-Changing Magic of Tidying Up” comes a comprehensive guide to simple, zero-waste living

SIMPLY LIVING WELL

by **Julia Watkins**

Houghton Mifflin Harcourt, Spring 2020

While previous zero waste books educate on circular living, SIMPLY LIVING WELL is the first to provide both tangible step-by-step guidelines and comprehensive and easy recipes for everyday use. SIMPLY LIVING WELL is about re-educating, returning to the old ways, and reducing our footprint for the generations to come, for every parent, millennial, or anyone else who cares about the health of the planet we live on.

Julia Watkins is a creative and conservation specialist who runs the fast-growing instagram account known as Simply.Living.Well as well as a small non-profit called Lookfar Conservation. Her instagram account, which grew 100,000 followers in its first year, chronicles Julia's experience living simply, slowly, and naturally while striving for zero-waste. Her non-profit, which she manages with her husband Scott, helps foundations, non-profits, local communities, and social entrepreneurs conserve and restore biodiverse land in Africa and Latin America. She also writes about sustainability and zero-waste for magazines.

Rights sold to: Fontaine (The Netherlands) and Mosaik Verlag (Germany).

From the philosophers of detachment to modernist architects, decluttering gurus to austere clothing, THE LONGING FOR LESS will explore why and how the desire for less has such a deep hold on us

THE LONGING FOR LESS

Experiments In Absence

by Kyle Chayka

Bloomsbury, January 2020

Why do we want less? The longing is as common as it is diverse: it's the urge to clean out our apartments rather than living with clutter, to wear a uniform every day instead of choosing from a closet of clothes, to tighten our diets rather than indulging, to clear our minds of a wilderness of thoughts, to delete and file until we reach inbox zero, to find a place of silence amid the noise of modern life. This desire itself might be nothing new—from Greek philosophers to the teachings of Jesus, the imperative to make do with less is ancient—but between Marie Kondo and mass market minimalist design, we seem to be experiencing more of less than ever before. In a time of both excess and inequality, this yearning to narrow down reflects some of our deepest aspirations and most persistent anxieties about how to live in the world.

A roving but tightly thematic exploration in the vein of Olivia Laing's "The Lonely City" or Eula Biss's "On Immunity", THE LONGING FOR LESS will merge personal narrative, history, and cultural criticism to consider the enduring allure of reduction.

Kyle Chayka is a freelance writer and critic who has contributed to publications including the *New York Times Magazine*, *The New Republic*, *Rolling Stone*, *The Verge*, and *n+1*. Kyle began his career as a visual art critic working at the Brooklyn-based art blog Hyperallergic. Beyond art and design, his writing over the past six years focuses on cultural trends as well as how technology impacts our daily lives.

« ...what gives the book its frisson is the sound of an intellectual talking dirty. One minute he's quoting Dostoevsky, the next he's asking his wife if he can share her vibrator» - The Guardian

THE TROUBLE WITH MEN

Reflections on Sex, Love, Marriage, Porn, and Power

by David Shields

Mad Creek Books, February 2019



All at once a love letter to his wife, a nervy reckoning with his own fallibility, a meditation on the impact of porn on American culture, and an attempt to understand marriage (one marriage, the idea of marriage, all marriages), THE TROUBLE WITH MEN is exquisitely balanced between the personal and the anthropological, nakedness and restraint. While unashamedly intellectual, it's also irresistibly readable and extremely moving. Over five increasingly intimate chapters, Shields probes the contours of his own psyche and marriage, marshalling a chorus of other voices that leaven, deepen, and universalize his experience; his goal is nothing less than a deconstruction of eros and conventional masculinity.

David Shields is the internationally best-selling author of twenty books, including "Reality Hunger" (named one of the best books of 2010 by more than thirty publications). A recipient of Guggenheim and NEA fellowships and a senior contributing editor of *Conjunctions*, Shields has published essays and stories in the *New York Times Magazine*, *Harper's*, *Esquire*, *Yale Review*, *Salon*, *Slate*, *McSweeney's*, and *Believer*. His work has been translated into two dozen languages.

GROVE ATLANTIC

An Independent Literary Publisher Since 1917

A fascinating examination of the synthetic drug epidemic, diving into the drugs' origins, their rapid spread around the globe, and the efforts to crack down on this illicit and often lethal industry

FENTANYL, INC.

How Rogue Chemists Are Creating the Deadliest Wave of the Opioid Epidemic

by Ben Westhoff

Atlantic Monthly Press, September 2019

Fentanyl now kills more Americans annually than any drug in history, as well as growing numbers in Canada, Europe, Australia, and beyond, one of a crop of new drugs called novel psychoactive substances (NPS). The result of four years of investigation, *FENTANYL, INC.* is the compelling story of the drugs' origins in legitimate laboratories, their hijacking by rogue chemists and rapid spread around the globe, the black market in which they are sold and consumed, and efforts to crack down on or contain the damage of this illicit and often lethal industry. "This is a story that goes well beyond drugs," Westhoff writes. "It's a political story about the clashing of the world's biggest superpowers. It's an economic story about the theft of proprietary pharmaceutical research. It's a higher education story about how university science can go horribly wrong. It's a tech story about incredible innovation happening in real time, a story about marketing genius. It's a physiological and philosophical story about the human body in conflict with the human mind."

Ben Westhoff is an award-winning investigative reporter who has covered stories ranging from gangland Los Angeles to Native American blood feuds to government corruption. He has written at length about music and culture, his entry point to the world of synthetic drugs, in *Rolling Stone*, *the Guardian*, *Village Voice*, *Vice*, *Oxford American*, *the Wall Street Journal*, and elsewhere. He is the author of two previous books: "Original Gangstas: The Untold Story of Dr. Dre, Eazy-E, Ice Cube, Tupac Shakur, and the Birth of West Coast Rap" (Hachette, 2016), and "Dirty South: Outkast, Lil Wayne, Soulja Boy, and the Southern Rappers Who Reinvented Hip-Hop" (Chicago Review Press, 2011).

Rights to *FENTANYL, INC.* have been sold to Planeta (Spain).



This nonfiction title examines science fiction and fantasy's recent explosion into mainstream popular culture

STARSHIPS AND SORCERERS

by Desirina Boskovich

Abrams, August 2019

Evidenced by major movies like *Arrival*, shows like *Game of Thrones*, and the mainstream success of novels like *Ready Player One*, science fiction and fantasy have never been more popular. This popularity is here to stay—and it's accompanied by a relentless curiosity about all things related to these imaginative genres. In *STARSHIPS AND SORCERERS*, sci-fi and fantasy are explored in a way they never have before: as catalysts for culture as a whole, from TV, film, and literature to less expected forms such as music, art, architecture, and fashion. Desirina Boskovich offer a dizzying, visually extravagant peek into the secret history of sci-fi and fantasy.

Desirina Boskovich is a writer of horror and weird SF. She is the editor of *"It Came From the North: An Anthology of Finnish Speculative Fiction"* and the co-author of *"The Steampunk User's Manual"*. Her short fiction has appeared in *Clarkesworld*, *Lightspeed*, *Nightmare*, *Kaleidotrope*, *PodCastle* and more ; her nonfiction in *Lightspeed*, *Weird Fiction Review*, the *Huffington Post*, *Wonderbook*, and *The Steampunk Bible*.



"I have always been proud of my older siblings and felt the stories of individual determination to succeed and be themselves should be told. From inspiring parents, and my father's philosophical comment, "Never Worry What the Neighbours Think," (an aristocratic sentiment, as David says); we each pursued life paths that vary" – John Hockney

THE HOCKNEYS:

Never Worry What the Neighbours Think

by John Hockney

October 2019

The Hockneys is a never-before-seen insight into the lives of this family, from growing up in the Second World War in Bradford through to their diverse lives across three continents. Hardship, successes as well as close and complex relationships are poignantly illustrated by both famous and private pictures and paintings from David Hockney. With a rare and spirited look into the lives of an ordinary family with extraordinary stories, we begin to understand the creative freedom that led to the successful careers of all the Hockney children. How was it that a poor family from Bradford- headed by a whimsical, conscientious objector father and an intense, religiously strict mother- brought into existence an artist whose work has inspired generations?

John Hockney is a storyteller by profession, a writer and a musician. He migrated to Australia in 1968 but has retained strong ties with his large family. His brother is world renowned artist David Hockney.

A manifesto that explores the new midlife crisis that Gen X women face and the unique circumstances that have brought them to this point, based on the author's piece that went viral in Oprah magazine

WHY WE CAN'T SLEEP

Voices from Gen X Women's New Midlife Crisis

by Ada Calhoun

Grove Atlantic, Fall 2019

When the author hit a midlife crisis, she thought that she had no right to complain. She was married, had children, a good career. So why was she miserable? And why did it seem that other women of her generation, Gen X, were miserable, too? She looked into housing costs, HR trends, credit card debt averages, and divorce data. At every turn, she saw a pattern: Gen X, especially its women, were facing new problems. She spoke to many women about their experience, and found that Gen X women are exhausted, terrified about money, under-employed, and feel either profoundly disappointed by their lack of a family or overwhelmed by how much work they're doing to keep one running. Gen X women experiencing this crisis situation in middle-age crave confirmation that they're not alone. They want to know why, despite their best efforts, they feel so behind, and they want to hear that it's secretly happening to all the other women they know, too. This is the book for them. The result is a reassuring, empowering, and essential reading for all middle-aged women, and anyone who hopes to understand them.

Ada Calhoun is the author of the memoir "Wedding Toasts I'll Never Give", named an Amazon Book of the Month and one of the top ten memoirs of 2017 by *W* magazine; and the history "St. Marks Is Dead", one of the best books of 2015, according to *Kirkus* and the *Boston Globe*. She has collaborated on several *New York Times* bestsellers, and freelanced for the *New York Times*, *New York*, and *The New Republic*.

HOW WE CHANGE identifies the 10 reasons not to change and how to overcome them, based on Ellenhorn's decades of experience as a leader in the mental health field and founder/director of a renowned mental health and addictions program

HOW WE CHANGE

(And 10 Reasons Why We Don't)

by Ross Ellenhorn

HarperWave, Fall 2021

Like all of the best big idea books, Dr. Ellenhorn's message is simple, yet transformative: when you decide to change something in your life (to quit drinking, better your marriage, lose weight), a set of reasons to stay the same instantly emerge to block your path, each with their own unique logic. If you don't understand these reasons to stay the same, you will never be able to achieve the change you desire.

Dr. Ross Ellenhorn is CEO of *ellenhorn*, a \$10,000,000 company with a staff of more than 70. He gives lectures and seminars throughout the country, and consults with mental health agencies, psychiatric hospitals, and addiction programs in the U.S. and Europe. He was the first person to receive a joint Ph.D from Brandeis University's Florence Heller School for Social Welfare Policy and Management and Brandeis Department of Sociology.

A new book from the co-authors of “The Carrot Principle” and “All In” - both New York Times and Wall Street Journal bestsellers which have been translated into more than 30 languages and have sold 1.5 million copies worldwide

LEADING WITH GRATITUDE

9 Leadership Practices for Extraordinary Business Results

by Adrian Gostick and Chester Elton

HarperBusiness, Winter 2020

Why a book on gratitude? Because showing gratitude to employees is the easiest, fastest, most inexpensive way to boost performance. Case in point: When the leadership of the Disneyland theme park gave thousands of managers training in expressing gratitude to their employees, the park saw a double-digit percent increase in revenue. Recent research shows that gratitude boosts employee engagement, reduces turnover, and leads team members to express more gratitude to one another—strengthening team bonds. On top of that, a host of studies have shown gratitude is phenomenally good for those expressing it. It’s one of the most powerful variables in predicting a person’s overall wellbeing—over-and-above the most commonly cited influences such as wealth, good physical health, and optimism. Yet despite all these benefits, we have seen through hands-on experience in coaching thousands of executives that dismally few are making effective use of this simple tool. New research reveals “people are less likely to express gratitude at work than anywhere else.” Meanwhile, 81 percent of working adults say they would work harder if their boss were more grateful for their work, and a whopping 96 percent of men and 94 percent of women acknowledge that a boss who expresses gratitude is more likely to be successful.

Adrian Gostick is the New York Times bestselling coauthor of “The Best Team Wins”, “The Carrot Principle”, and “All In”, which are sold in more than fifty countries around the world. **Chester Elton** is coauthor of the titles below, a popular lecturer, and an influential voice in global workplace trends.

Two leaders in the field offer a compelling analysis of the current state of the art and reveal the steps we must take to achieve a truly robust AI

REBOOTING AI

Building Artificial Intelligence We Can Trust

by Gary Marcus and Ernest Davis

Pantheon, October 2019

REBOOTING AI

*Building
Artificial Intelligence
We Can Trust*

Gary Marcus
and
Ernest Davis

Despite the hype surrounding AI, creating an intelligence that rivals or exceeds human levels is far more complicated than we are led to believe. Professors Gary Marcus and Ernest Davis have spent their careers at the forefront of AI research and have witnessed some of the greatest milestones in the field, but they argue that a computer winning in games like Jeopardy and go does not signal that we are on the doorstep of fully autonomous cars or superintelligent machines. The achievements in the field thus far have occurred in closed systems with fixed sets of rules. These approaches are too narrow to achieve genuine intelligence. The world we live in is wildly complex and open-ended. How can we bridge this gap? What will the consequences be when we do? Marcus and Davis show us what we need to first accomplish before we get there and argue that if we are wise along the way, we won't need to worry about a future of machine overlords.

Gary Marcus was CEO and Founder of Geometric Intelligence, a machine learning company founded in 2014 and acquired in 2016 by Uber, where he launched Uber AI labs. **Ernest Davis** is one of the world's leading scientists in the area of automating commonsense reasoning for artificial intelligence programs.

The next phase of the Information Age will transform the way human beings move on planet earth. Beyond the spread of ride-sharing apps and the emergence of electric cars, the mobility revolution will usher in a sprawling new generation of transport options from flying drone taxis to 3D printed cars and virtually all of them will be tracked and managed on digital networks powered by artificial intelligence

HOP SKIP GO

How the Mobility Revolution Will Transform Our Lives and Our Planet

by John Rossant and Stephen Baker

HarperBusiness, November 2019

Human mobility, dominated for a century by cars and trucks, is facing a dramatic transformation. Over the next decade, new networked devices, from electric bikes to fleets of autonomous cars, will change the way we move. They will also disrupt major industries, from energy to cars, give birth to new mobility giants, and lead to a redesign of our cities. For Rossant and Baker, this represents the advance of the Information Revolution into the physical world. This will raise troubling questions about surveillance, privacy, the dangers from hackers and the loss of jobs. But it also promises startling efficiencies, which could turn our cities green and, perhaps, save our planet. In an engaging, deeply reported book, the authors travel to mobility hotspots, from Helsinki to Shanghai, to scout out this future.

John Rossant, a former journalist, is the founder and chairman of the New Cities Foundation and the creator of LA CoMotion. Previously, John has organized and produced conferences around the world, including the World Economic Forum in Davos, Switzerland. He is also the Managing Partner of Rossant & Partners LLC., the global advisory firm based in New York and Paris. **Stephen Baker** is a former senior writer for *BusinessWeek* and author of “The Numerati” and “Final Jeopardy”.

From one of the most powerful social media influencers in the world

THINK LIKE A MONK

How to Stop Overthinking Let Go of Other People’s Expectations and Live a Purposeful Live

by Jay Shetty

TBA

Jay Shetty grew up in a family where you could become one of three things: a doctor, a lawyer, or a failure. His family was convinced he had chosen option three, particularly when Jay—inspired by a monk he had heard speak in London—headed to India to become a monk himself. After three years of training and meditation, one of his teachers told him he would have more impact on the world if he left the monk’s path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his resume, he took that advice and moved back home to north London and reconnected with his old friends, many who were now working for some of the world’s largest organizations – Google, Starbucks, Ernst & Young – yet experiencing tremendous stress, pressure and unhappiness, and asked Jay to coach them on wellbeing, purpose and mindfulness. To expose what he had learned to as many people as possible, he sought out the digital tools and techniques that could allow wisdom to spread as fast as entertainment. His videos caught the attention of Arianna Huffington, who asked him to create a new series for HuffPost. His first few videos hit over 50 million views—a HuffPost record. Now Shetty is considered among the most powerful social media influencers in the world, with 20 million Facebook followers and 4 billion views of his “Making Wisdom Go Viral” videos.

Jay Shetty is a British-born former monk and award-winning digital strategist turned captivating social media influencer and viral content creator.

Rights sold to: Dutch (HarperCollins), Italian (Mondadori), Brazil (Sextante), World Spanish and Catalan (Grijalbo) and UK Commonwealth (Thorsons/HarperCollins). Auctions happening in USA, Israel, Germany, Japan—offers in from Portugal and Romania



The first-ever history of the legendary Barbizon Hotel, told through the generations of women who passed through its halls. TV rights optioned by HBO

THE BARBIZON

by Paulina Bren

Simon & Schuster, Fall 2020

Built in 1927, the Barbizon Hotel in New York was first intended as a home for the Modern Woman seeking a career in the arts, capitalizing on the post WWI influx of women flowing into Manhattan looking for jobs. With its grand lobby, swimming pool, sterling press (The New York Times commented on its “highly feminine boudoirs” and built-in radio in each room), and Bloomingdales down the street, the hotel offered a safe, glamorous place for parents to send daughters itching to pursue their dreams. Over the years, its 688 tiny pink rooms housed Joan Crawford, Grace Kelly (notorious for sneaking in men), Joan Didion, Candice Bergen, Ali McGraw, Cybil Shepherd, Elaine Stritch, Liza Minnelli, Eudora Welty, Phylicia Rashad, Ann Beattie, and Mona Simpson, among many others. Sylvia Plath fictionalized her time at The Barbizon in “The Bell Jar”, and *Mademoiselle* magazine boarded its summer interns there, as did the Ford Modeling Agency its young models... THE BARBIZON is a colorful and stylish portrait of these lives, forming a history of the hotel and of women’s emancipation from the Jazz Age to the present.

Paulina Bren’s first book, “The Greengrocer and His TV” (Cornell UP, 2010), won the Council for European Studies 2012 Book Prize, the Austrian Studies Association 2012 Book Prize, and was shortlisted for the 2011 Vucinich Book Award. Her second book was a collection of essays entitled “Communism Unwrapped” (Oxford UP, 2012).

In this explosive new book, Matt Hart tells an unputdownable story of corporate greed and athletic glory, lifting the lid on corruption at the very highest levels of one of the world’s most iconic brands

BEHIND THE SWOOSH

by Matt Hart

DeyStreet, Spring 2020

Olympic runners Adam and Kara Goucher were two of the world’s most promising young athletes—the “first couple” of long distance running—and when they signed professional contracts with Nike and legendary coach Alberto Salazar, it seemed like a dream come true. But over time evidence of Salazar’s reliance on gray-area techniques and performance-enhancing drugs became impossible to ignore. Soon everything unraveled, and the star athletes blew the whistle on their coach, who is now being investigated by both the US anti-doping authority and the FBI. But the Gouchers’ story is only one in a larger ongoing saga of conspiracy, betrayal, intrigue, and coercion that reaches the highest ranks at Nike. BEHIND THE SWOOSH will reveal for the first time the unsettling details of Nike’s secretive running program, the Nike Oregon Project. It will also uncover a win-at-all-costs culture of deceit and drug misuse at the Nike corporation, as well as abuse of power, gender discrimination, medical malpractice, and systemic cheating at the highest levels of professional athletics.

Matt Hart is an independent journalist. Over the past ten years his work has been featured on the front page of *The New York Times* and in other large national publications, such as *The Atlantic*, *National Geographic*, *Outside*, and *Men’s Journal* magazines. Prior to becoming a journalist, Matt worked as a software engineer for the Microsoft Corporation before becoming a professional ultra-distance runner.

*Part memoir, part scientific detective story, **SEDIMENTS OF TIME** encapsulates Meave Leakey's distinguished life and career on the frontlines of the hunt for our human origins*

SEDIMENTS OF TIME
My Lifelong Search For The Past
by Meave Leakey

Houghton Mifflin Harcourt, Fall 2020

Meave Leakey currently co-heads the significant field efforts in Northern Kenya seeking the fossil records to the roots of humankind. In **SEDIMENTS OF TIME**, she brings us along on her remarkable life's mission to reveal the diversity of our early homo ancestors. She offers a fresh account of our human past, as recent breakthroughs in the field of genetics have allowed new analysis of her team's fossil findings and vastly expanded our understanding of our ancestors and their migratory routes out of Africa. Here, her autobiographical story is interwoven with an up-to-date account of human evolution as we understand it today, including the contributions the field can make to understanding and combatting climate change. Meave's quest is made all the more notable by her stature as a woman in a highly competitive, male-dominated field. **SEDIMENTS OF TIME** is the summation of a lifetime of hard work and incredible science, a high-stakes story of ambition, struggle, hope, and setback. It is the story of a scientist managing motherhood, marriage, and career against the dramatic backdrop of Kenya – all the while working determinedly to uncover the secrets of our past and interpret what they can tell us about our future.

In addition to herfield work, **Meave Leakey** has worked at the National Museums of Kenya since 1969, including as its Head of the Department of Palaeontology, and is Research Professor at Stony Brook University, New York. She is the recipient of several honorary degrees, hasbeen elected an Honorary Fellow of the Geological Society of London, inducted into the National Academy of Sciences in Washington, D.C., was a National Geographic Explorer in Residence, served as a Fellow of the African Academy of Sciences, and received the National Geographic Hubbard Medal, among many other accolades and achievements.

An absolutely fascinating biography of inventor John Moses Browning

THE MASTER AND HIS MACHINES
How John Moses Browning and His Guns Changed the World
by Nathan Gorenstein

Scribner, 2020

THE MASTER AND HIS MACHINES vividly tells the complex and little-known story of this great inventor (who could visualize the most complex of mechanisms and then build a working prototype from that created image in his brain, never using a blueprint, but moving, as he put it “from mind to metal”). But beyond that, the book also presents a sweeping and highly relevant history of the 20th century, told through the decisive influence Browning’s machines had on world scale events and how technological and political issues fundamental to our own times still reflect the impact and reach of his genius and the forces he unleashed. THE MASTER AND HIS MACHINES will synthesize archival material, corporate records, contemporaneous newspaper and magazine accounts, government documents and first-hand combat reports to create a multi-dimensional narrative portrait of Browning and his seminal work, which took him all across America and to Europe.

Nathan Gorenstein, is a former investigative reporter, editor and editorial board member at *The Philadelphia Inquirer*, where he worked for 24 years. During the course of his writing career Gorenstein regularly produced groundbreaking work

Where are all the women geniuses?

THE GENIUS OF WOMEN
by Janice Kaplan

Dutton, 2020

Kaplan's winning formula combining scientific research and real-life stories will tackle a new subject: why more women aren't considered geniuses, and how this can be changed, both in terms of how women's and girls' talents can be nurtured and how we define the word "genius."

Janice Kaplan has enjoyed wide success as a magazine editor, television producer, writer, and journalist. The former editor-in-chief of *Parade magazine*, she is the author of thirteen popular books including the *New York Times* bestseller “The Gratitude Diaries : How a Year Looking On the Bright Side Can Transform Your Life”, which received international praise and sold in eight territories, and “How Luck Happens: Using the Science of Luck to Transform Work, Love and Life”.

International Sales: Arabic /Arab Scientific Publishers

FORGETTING replaces the common belief that everyday forgetting represents a glitch in the memory system with a new view, supported by research in neurobiology, psychology, and medicine, that forgetting not caused by aging or disease is in fact crucial to our health and well-being

FORGETTING
The Benefits of an Open Mind
by Scott A. Small, MD

Holt, 2020

The book is about normal forgetting. In contrast to pathological forgetting, for example that caused by Alzheimer's disease or aging, normal forgetting occurs naturally in all of us. In defiance of collective wisdom, recent work has established that normal forgetting is not a failure of our minds. It's not even just a benign glitch. Rather, studies are beginning to explain how normal forgetting is beneficial, a required function for our minds to work best. This book is about how normal forgetting opens our minds, beneficial to our cognitive and creative abilities, to our emotional well-being, and even to our personal and societal health.

Scott A. Small M.D. is a Professor of Neurology & Psychiatry at Columbia University, where he is the Director of the Alzheimer's Disease Center. Dr. Small is a leading authority on Memory. He has run an NIH-funded laboratory for nearly 20 years and has published over 130 studies on memory function and how it malfunctions. His work has been covered by the general press, including front-page articles in the *New York Times*, and articles in *The New Yorker* and *Time magazine* and such international publications as *Die Welt*, *Le Figaro*, *Globo*, *Sydney Morning Herald*, *Republica*, *The Globe and Mail*, *El Mundo*, *The Times of London*.

A fascinating and provocative global exploration of the past, present, and future of that singular piece of equipment, examining its current, dangerously stagnant technology and the revolution underway with scientists, engineers, and activists focusing on changing nearly everything about toilets and sewers, making us healthier, reducing inequalities, mitigating climate change and water scarcity, and improving agriculture

PIPE DREAMS
Transforming the Toilet
by Chelsea Wald

Simon & Schuster, 2020

With a winning combination of verve, earnestness and humor, Chelsea offers a deep dive into the subject, unearthing the toilet's ancient (largely unexplored) history; telling the stories of the visionary (and often quirky) scientists who are inventing the future today and taking the reader along in a global journey to experience such innovations-in-progress as smart toilets (which can monitor one's health with every flush); sewage-to-fertilizer plants (human waste put into service to feed more people); waste treatment systems that harness the energy and heat in sewage to produce electric power and re-imagined urban sewer systems that bypass massive, expensive infrastructure in favor of self-contained units and much more. Considering that organic human waste is at issue here, *Pipe Dreams* will definitely feature the gross-out appeal of Mary Roach's seminal works combined with the smart, insightful, optimistic, narrative-driven exploration of a "big" subject that readers of Gladwell and Kristof are drawn to. Chelsea will also address the political/social dimensions of the toilet and its symbolism, historically (segregated public restrooms) and in contemporary times (transgender bathroom laws as a partisan flashpoint).

Chelsea Wald has 15 years of experience of writing about science and the environment in both print and audio. She is an active member of the science and environmental writing community, with memberships in the National Association of Science Writers, the Society of Environmental Journalists, the DC Science Writers Association, and the National Writers Union and co-founded the DC Science Writers Association's Newsbrief Awards and continues to serve as an organizer.

A big think book that will delight fans of Malcolm Gladwell, Chip and Dan Heath, and Richard Thaler and Cass Sunstein's "Nudge"

HOW CHANGE HAPPENS

The Surprising Ways New Behaviors, Beliefs, and Ideas Spread

by Damon Centola

Little, Brown, September 2020

Most of what we know about how ideas spread comes from bestselling authors who give us a compelling picture of a world, in which “influencers” are king, “sticky” ideas “go viral,” and good behavior is “nudged” forward. The only problem is that the world they describe is a world where information spreads, but beliefs and behaviors stay the same. It is a world of simple contagions, which spread quickly to everyone, but do not have any lasting impact on what we think or how we live. Since Damon first developed his theory of complex contagions in 2007, it has been applied to everything from the unexpected growth of Arab Spring, to changes in coaching strategy in the NFL, to the rapid rise of the #MeToo movement, to the worldwide spread of Skype and Facebook. This book is the crystallization of fifteen years of groundbreaking research on social networks and behavior change, published in the world’s leading scientific journals, awarded top prizes for theoretical discovery and methodological innovation, and patented by Harvard University.

Damon Centola is an acclaimed thought leader, who is credited with developing the theory of complex contagions that has forever altered our scientific understanding of how change happens. His work has been published across disciplines in the world’s leading journals and popular news outlets.

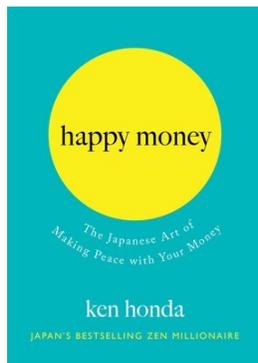
What Marie Kondo’s “The Life-Changing Magic of Tidying Up” did for your living space, Ken Honda’s HAPPY MONEY will do for your wallet

HAPPY MONEY

The Japanese Art of Making Peace with Your Money

by Ken Honda

Gallery, June 2019



Ken Honda—Japan’s #1 bestselling personal development guru—knows that getting rich quick is no way to achieve happiness. Too often, money is a source of fear, stress, and anger, often breaking apart relationships and even ruining lives. We like to think money is just a number or a piece of paper, but it is so much more than that. Money has the ability to smile, it changes when it is given with a certain feeling, and the energy with which it imbues us impacts not only ourselves, but others as well. Learn how to treat money as a welcome guest, allowing it to come and go with respect and without resentment; understand and improve your money EQ; unpack the myth of scarcity; and embrace the process of giving money, not just receiving it.

Ken Honda is a bestselling author of self-development books in Japan, where he has sold more than seven million books since 2001.

Rights sold to: John Murray (UK&BC), Xander (The Netherlands), Macro (Italy), Oceano (Latin America), Sextante (Brazil), Bertrand (Portugal), Russia (Eskmo)

From an acclaimed Harvard professor and one of Time's most influential people, this paradigm-shifting book shows how almost everything we think we know about aging is wrong, offers a front-row seat to the amazing global effort to slow, stop, and reverse aging, and calls readers to consider a future where aging can be treated

LIFESPAN

The Revolutionary Science of Why We Age, and Why We Don't Have To

by David Sinclair

Atria Books, September 2019

For decades, experts have believed that we are at the mercy of our genes, and that natural damage to our genes—the kind that inevitably happens as we get older—makes us become sick and grow old. But what if everything you think you know about aging is wrong? What if aging is a disease—and that disease is treatable? In LIFESPAN, one of the world's foremost experts on aging and genetics reveals a groundbreaking new theory that will forever change the way we think about why we age and what we can do about it. Aging isn't immutable; we can have far more control over it than we realize. This eye-opening and provocative work takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs—many from Dr. David Sinclair's own lab—that demonstrate how we can slow down, or even reverse, the genetic clock. The key is activating newly discovered vitality genes—the decedents of an ancient survival circuit that is both the cause of aging and the key to reversing it. Dr. Sinclair shares the emerging technologies and simple lifestyle changes—such as intermittent fasting, cold exposure, and exercising with the right intensity—that have been shown to help lead to longer lives.

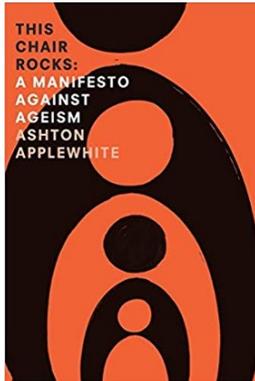
David Sinclair is Professor of Genetics at Harvard Medical School and Founding Director of the Paul F. Glenn Center for the Biological Mechanisms of Aging at Harvard. One of the leading innovators of his generation, he is listed by *Time* magazine as “one of the 100 most influential people in the world” (2014) and top 50 most important influential people in healthcare (2018). Dr. Sinclair and his work have been featured on *60 Minutes*, *Today*, *The Wall Street Journal*, *The New York Times*, *Fortune*, and *Newsweek*, among others.

Whether you're older or hoping to get there, this book will change the way you see the rest of your life

THIS CHAIR ROCKS
A Manifesto Against Ageism

by Ashton Applewhite

Celadon Books, March 2019



In our youth obsessed culture, we're bombarded by media images and messages about the despairs and declines of our later years. Wrinkles are embarrassing. Gray hair should be colored. Older minds and bodies are too frail to keep up with the pace of the modern working world and elders should just step aside for the new generation. Ashton Applewhite once held these beliefs too until she realized where this prejudice comes from and the damage it does. Lively, funny, and deeply researched, *THIS CHAIR ROCKS* traces her journey from apprehensive boomer to pro-aging radical, and in the process debunks myth after myth about late life. Explaining the roots of ageism in history and how it divides and debases, Applewhite examines how ageist stereotypes cripple the way our brains and bodies function, looks at ageism in the workplace and the bedroom, critiques the portrayal of elders as burdens to society, describes what an all-age-friendly world would look like, and offers a rousing call to action. It's time to create a world of age equality by making discrimination on the basis of age as unacceptable as any other kind of bias.

Author and activist **Ashton Applewhite** has been recognized by the *New York Times*, *National Public Radio*, and the American Society on Aging as an expert on ageism. She blogs at This Chair Rocks, speaks widely, has written for Harper's and Playboy, and is the voice of Yo, Is This Ageist? In 2015 she was included in *Salt* magazine's list of the world's 100 inspiring women—along with Naomi Klein, Arundhati Roy, Pussy Riot, and other remarkable activists—who are committed to social change.

From the number one New York Times bestselling author comes another stunning memoir that is tender, touching...and just a little spooky

TOIL & TROUBLE
A Memoir

by Augusten Burroughs

St. Martin's Press, October 2019

For as long as Augusten Burroughs could remember, he knew things he shouldn't have known. He manifested things that shouldn't have come to pass. And he told exactly no one about this, save one person: his mother. His mother reassured him that it was all perfectly normal, that he was descended from a long line of witches, going back to the days of the Pendle witches of Lancashire, England. It was a bond that he and his mother shared—until the day she left him in the care of her psychiatrist to be raised in his family (but that's a whole other story). After that, Augusten was on his own. From the hilarious to the terrifying, *TOIL & TROUBLE* is a chronicle of one man's journey to understand himself, to reconcile the powers he can wield with things with which he is helpless. There are very few coincidences, as you will learn. Ghosts are real, trees can want to kill you, beavers are the spawn of Satan, houses are alive, and in the end, love is the most powerful magic of all.

Augusten Burroughs is the number one New York Times bestselling author of "This is How", "A Wolf at the Table", "You Better Not Cry", "Possible Side Effects", "Magical Thinking", "Dry", "Running with Scissors", and "Sellelevision".

The explosive memoir of legendary DEA agents and the subject of the hit Netflix series Narcos, Steve Murphy and Javier F. Peña

MANHUNTERS

How We Took Down Pablo Escobar, the World's Most Wanted Criminal

by Javier F. Peña and Stephen E. Murphy

St. Martin's Press, November 2019

In the decades they spent at the DEA, Javier Peña and Steve Murphy risked their lives hunting large and small drug traffickers. But their biggest challenge was the hunt for Pablo Escobar in Colombia. Now, for the first time ever, they tell the real story of how they brought down the world's first narco-terrorist, the challenges they faced, and the innovative strategies they employed to successfully end the reign of terror of the world's most wanted criminal. Readers will go deep inside the inner workings of the Search Bloc, the joint Colombian-US task force that resulted in an intensive 18-month operation that tracked Escobar. Between July 1992 and December 1993, Steve and Javier lived on the edge, setting up camp in Medellín at the Carlos Holguín Military Academy. There, they lived and worked with the Colombian authorities, hunting down a man who was thought by many to be untouchable. Their firsthand experience coupled with stories from the DEA's recently declassified files on the search for Escobar forms the beating heart of MANHUNTERS, an epic account of how two American agents risked everything to capture the world's most wanted man.

Javier F. Peña was hired by the DEA in 1984 as a special agent, and spent four years tracking Pablo Escobar with partner Steve Murphy. **Steve Murphy** worked undercover sting operations in Miami, and was eventually dispatched to Colombia where he worked with partner Javier Peña to track Escobar.

The long-hidden diary of a young Polish woman's last days during the Holocaust, translated for the first time into English, with a foreword from American Holocaust historian Deborah Lipstadt

RENIA'S DIARY

A Holocaust Journal

by Renia Spiegel

St. Martin's Press, September 2019

Renia Spiegel was a young girl from an upper-middle class Jewish family living on an estate in Stawki, Poland, near what was at that time the border with Romania. In the summer of 1939, Renia and her sister Elizabeth (née Ariana) were visiting their grandparents in Przemysl, right before the Germans invaded Poland. Like Anne Frank, Renia recorded her days in her beloved diary. She grew up, fell in love, and survived until 1942, when she was rounded up by the invading Nazis and forced to move to the ghetto in Przemysl with all other Jews. Renia was in the ghetto for two weeks, where she documented the horrors she faced in her diary. On July 28, 1942 her boyfriend Zygmunt found a hiding place for Renia and his parents in the attic of a three-story tenement house. A day later, Zygmunt took Elizabeth, Renia's sister, out of the ghetto and took her to stay with the Polish Leszczynski family, where she remained safe. The next day Renia and Zygmunt's parents were discovered hiding in the tenement house. They were murdered in front of the building by Nazis. Zygmunt survived to write the account of their death in her diary, and to finish Renia's story. Renia's diary is a significant historical and psychological document. The raw, yet beautiful account depicts her angst, woes, mundane daily life. Recently discovered, the diary has been translated from the original Polish so the world can hear the story of her life and tragic death.

Renia Spiegel was a young girl from an upper-middle class Jewish family living in Stawki, Poland. In 1939, she began a diary in which she documented her days. In 1942, she was rounded up by the invading Nazis and forced to move to the ghetto in Przemysl with all other Jews. Renia was in the ghetto for two weeks until she was killed.

Foreign sales: Czech Republic/Zed, Hungary/Művelt Nép, Netherlands/HarperCollins Holland, Portugal/Porto, Romania/Litera, Russia/AST, Spain/Plaza y Janes, Sweden/Nona, UK/Ebury

A true story based on historical fact that has a natural dramatic narrative arc

THE NINE

A True Story Of Nine Daring Women And Their Escape From The Third Reich

by Gwen Strauss

St. Martin's Press, Fall 2021

Working in different regions of France, some of the women bravely joined the resistance as early as 1942 and as young as 15. They were arrested by French police and German soldiers and interrogated and tortured by the Gestapo. They were deported to Germany, ending at a forced labor camp, a satellite of Buchenwald. The group formed along the way, meeting at different points, in prison, in transit, and in Ravensbrück. By the time they were enslaved at the labor camp in Leipzig, they were a close-knit team. Not only did The Nine survive, they sabotaged the manufacturing of the Panzerfaust, the German shoulder-held grenade launchers at the factory where they were forced to work twelve hours a day in harrowing conditions. Days away from the end of the war, the women were driven out onto a death march that was designed to kill them. The Nine refused to die. Broken, starving and exhausted - they escaped.

Gwen Strauss authored a collection of poems published by Knopf in 1991. More recently she has authored several middle-grade novels, for which she received multiple awards including the prestigious ALA award for Most Notable Middle-Grade Reader. Since 2005, she has lived in Southern France where she works as the Director of the Brown Foundation Fellowship Program at the Dora Maar House, an artist residency program.

From phones to internet, to eating the wrong kind of food, to the inability to switch off, so many people are now suffering more than ever from lack of sleep or sleep disturbance, and need this book now more than ever!

THE ART OF SLEEPING

The secret to sleeping better at night for a happier, calmer, more successful day

by Rob Hobson

HQ, November 2019

Sleep, or lack thereof, is a subject that never goes out of style, and perhaps there is now a need more than ever for sound, practical advice to help readers find the sleep of their dreams as there are seemingly more distractions than ever interrupting our natural biorhythmic sleep cycles. This practical, straight to the point, and incredibly smart book takes you on a journey that starts with finding your sleep base and identifies the issues that are contributing to your lack of slumber. Using the author's personal experience, the latest scientific research, and expert advice, THE ART OF SLEEPING will work through the three key pillars of a good night's sleep: behaviour, environment and diet (BED). By the end of the book, readers will be equipped with greater knowledge and techniques to aid sleep and relaxation and live a happier, calmer and more successful life.

Rob Hobson is a nutritionist. In addition, he writes columns in *Women's Health* magazine and *Healthista*. He's the author of "The Detox Kitchen Bible" and "The Cheats and Eats Lifestyle Programme".

*The first narrative non-fiction book about Tibet in decades by award-winning journalist and National Book Award finalist
Barbara Demick*

EAT THE BUDDHA

by Barbara Demick

Random House, August 2019

Disenchanted westerners turn to Tibetan Buddhism to salve their existential anxieties, but know little about the six million people living in Tibet. It is a word that rolls easily off the tip of the tongue, a place that everybody knows about but few people know. The omission is not the result of a failure of imagination or effort. Scholars cannot get visas from the Chinese government, while journalists are banned entirely from most of Tibet and restricted from reporting elsewhere. Barbara Demick intends to rectify this with her proposed new book, *EAT THE BUDDHA*, which will discuss what it means to be a Tibetan in the 21st century. It will be the first narrative non-fiction book about Tibet in decades. Demick is several years into the reporting, using the same techniques as with “Nothing to Envy”, her best-selling book about the equally impenetrable realm of North Korea. The book will take place in Aba, a town perched at 12,000 feet altitude in Sichuan province on the eastern edge of the Tibetan plateau. The place has been the engine of Tibetan resistance for decades and in recent years made headlines around the world because of the large number of young Tibetans who immolated themselves in protest of Chinese policies.

Barbara Demick is a Los Angeles Times foreign correspondent who spent seven years as Beijing bureau chief. Her reporting on North Korea has been recognized with awards from the Asia Society, the Overseas Press Club and the American Academy of Diplomacy. She joined the *Los Angeles Times* staff in 2001. She was previously with the *Philadelphia Inquirer*, where she won the Polk Award for international reporting, the Robert F. Kennedy award for international reporting and was a Pulitzer finalist. Demick is the author of “Logavina Street: Life and Death in a Sarajevo Neighborhood”.

The powerful, moving story of the doctor pioneering medically assisted death in Canada

A MOMENT OF CRAZY BEAUTY

One Doctor’s Journey Delivering Life, and Then Death

by Dr. Stefanie Green

Scribner, Winter 2021

After a decade in general practice, and a dozen years as a maternity doctor, a devastating family illness drove Stefanie into a two-year sabbatical: an intensely personal confrontation with pain and suffering from the other side of the gurney. When Stefanie returned to medicine—newly impassioned and with a goal to empower patients who are suffering—she realized what she must do. While sidelined by family commitments, she had followed with fascination a story dominating national headlines: The Supreme Court had finally struck down the law against assisted suicide. The public was greatly in favor of the decision, but where were the doctors who would step forward to help terminally ill patients end their lives? In June 2016, just days after the creation of Canadian law, Stefanie performed the first medically assisted death on Vancouver Island. Since then, she has helped well over 100 patients end their lives. *A MOMENT OF CRAZY BEAUTY* amplifies the universal duets of joy and suffering, patient and healer, nature and nurture. As Stefanie is invited into the most intimate time in the lives of courageous, fascinating people, we experience with her searing instants of emotion, touching expressions of love and unpredictable moments of crazy beauty.

Stefanie Green is the President and co-founder of the Canadian Association of MAiD Assessors and Providers (CAMAP) and webmaster of CAMAP’s national listserv for MD providers. Clinically, she is focused on providing Medical Assistance in Dying in and around Vancouver Island and making Canada a leader in this new field of medicine. Dr. Green is clinical faculty with the University of British Columbia and the University of Victoria.

How do you live a full, adult life—as a parent and wife—when you are committed to someone overwhelmed and haunted by suffering and its grave limitations?

TOO MUCH FIRE
A Marriage
by Eleanor Henderson

Ecco

The very model of responsibility, stability and seeming calm, Eleanor’s marriage to Aaron, who she met in a Florida record store when she was 17, has been riddled with grave complications owing to Aaron’s fearsome, many years-long struggle with a diabolical range of maladies, afflictions and addictions. But for over 20 years, and with two young boys, they persist. In these first 125 pages, appended by a brief but incisive proposal, Eleanor speaks with jolting frankness and relentlessly revealing candor about what it means to commit yourself to someone who suffers so variously and mysteriously, as they seek a diagnosis for the periodic madness that afflicts him to such debilitating ends. How to contend with male vulnerability and weakness when we lack any honest guidelines for doing so? How do you temper your expectations of what you can get or expect from your partner? How can you help your beloved navigate a medical establishment that can’t name, identify or sympathetically treat your elusive, life-warping set of symptoms? How do you live a full, adult life—as a parent and wife—when you are committed to someone this overwhelmed and haunted by suffering and its grave limitations? Can and should you persist? In this memoir, acclaimed novelist Eleanor Henderson addresses these questions with lyrical lucidity and grace.

Eleanor Henderson was born in Greece, grew up in Florida, and attended Middlebury College and the University of Virginia, where she received her MFA in 2005. Her debut novel “Ten Thousand Saints” was named one of the 10 Best Books of 2011 by *The New York Times* and a finalist for the Art Seidenbaum Award for First Fiction from *The Los Angeles Times*. She is also the author of the critically acclaimed novel “The Twelve-Mile Straight”. Her short stories have appeared in *Agni*, *North American Review*, *Ninth Letter*, *Columbia*, *Salon*, and *The Best American Short Stories*. Her nonfiction has appeared in *The New York Times*, *The Wall Street Journal*, *All Things Considered*, *Poets & Writers*, and *The Virginia Quarterly Review*.

From the celebrated author of the beloved bestseller “The Dirty Life”, a “beguiling memoir about the simple life” (Elle), Kristin Kimball describes the delicious highs and sometimes excruciating lows of life on Essex Farm—a 500-acre farm that produces a full diet for a community of 250 people

GOOD HUSBANDRY
by Kristin Kimball
Scribner, September 2019

Kristin Kimball’s second memoir will cover five growing seasons, between the year Kristin was pregnant with their second daughter to her daughter’s fourth birthday. The arc will open with a good year, followed by three years of mild to severe difficulty, ending with another good year. The stories that illuminate it are about animals, plants, foods, accidents, neighbors, children, farmers, floods, plagues, births and deaths, defeats and victories, all set in the midst of abundance, in a landscape we can eat. The central question is, will the farm and her marriage survive? Also, what is a good life, and what is a good childhood? What does a family need in order to be happy? Is happiness more likely to be found in the security of a steady job, or in a field of ripe raspberries? What if you can’t have both? And how do you traverse the dangerous terrain of a maturing marriage, between being a couple and being a family, between the wavy excitement of making and the flat water of having? The book is about farming, food, and love again, but love rewritten in the language of a family.

Kristin Kimball is a farmer and a writer living in northern New York. Prior to farming, Kimball worked as a freelance writer, writing teacher, and as an assistant to a literary agent in New York City. A graduate of Harvard University, she and her husband Mark have run Essex Farm since 2003, where they live with their two daughters. Her first book, “The Dirty Life”, about giving up her fast-paced Manhattan life to live on a farm with her husband, was published in 2010.

Gabor and Daniel Maté

“Gabor Maté is one of the most interesting and original voices now out there addressing the crisis of mental health in our culture. His groundbreaking work on addiction—“In the Realm of Hungry Ghosts”—gave me a whole new way to think about the subject.”—*Michael Polla*

Gabor Maté is a retired physician, international speaker and bestselling Canadian author whose books have sold over 400,000 copies in his own country and over 300,000 in the U.S. His book “In the Realm of Hungry Ghosts” is considered a cornerstone of addiction psychology. During his three decades of medical work, Gabor specialized in addiction and psychotherapy, childhood trauma, and the mind/body connection in regard to illness. More than 100,000 people follow his Facebook page, and his YouTube lectures have multiple hundred thousand views. He was awarded his country’s highest civilian distinction, the Order of Canada, for his pioneering medical work in July 2018. **Daniel Maté** is an award-winning composer, lyricist, dramatist and educator who holds an MFA from Tisch/NYU in Musical Theatre Writing. He leads the *Hello Again* workshop for parents and adult children with his father.

“Normal” is not a standard by which we succeed or fail, it is what each of us already is; understanding and unpacking this truth allows us to break free of illness, addiction and unhappiness to reach our full potential

THE MYTH OF NORMAL

Illness and Health in an Insane Culture

Knopf Canada (Canada) / Avery (US), Spring 2021

THE MYTH OF NORMAL is a multifaceted investigation into the causes of illness and a compassionate guide for health and healing. Demonstrating that economics, politics, social trends and culture are inseparable from health and pathology, Gabor Maté shows how our society breeds disease not accidentally, but by its very nature.

Rights sold: Arabic (Arab Scientific) China (Huazhang) Korea (Hanbit Biz)

Provides a candid and insightful path for parents and adult children to reconceive their relationship – from one of disillusionment, hurt and discomfort to one of genuine trust, mutual respect, and unfettered love

HELLO AGAIN

A Fresh Start for Adult Children and Their Parents

Knopf Canada (Canada) / Avery (US), Spring 2022

This collaboration of bestselling author Gabor Maté M.D. with his son, award-winning songwriter and dramatist Daniel, is a highly original, richly textured guide to the gifts available within the unique relationship between parents and their adult children as well as a candid exploration of the obstacles to accessing these gifts.

Rights sold: China (Huazhang)



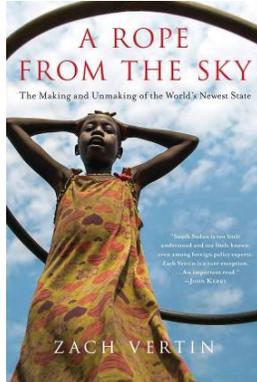
A remarkable chronicle of America's attempt to forge a nation from scratch, from euphoric birth to heart-wrenching collapse

A ROPE FROM THE SKY

The Making and Unmaking of the World's Newest State

by Zach Vertin

Pegasus Books, October 2018



South Sudan's historic independence was celebrated around the world—a triumph for global justice and an end to one of the world's most devastating wars. But the party would not last long; South Sudan's freedom fighters soon plunged their new nation into chaos, shattering the promise of liberation and exposing the hubris of their foreign backers. Zach Vertin's firsthand accounts, from deadly war zones to the halls of Washington power, bring readers inside this unique episode in global history—an unprecedented experiment in state-building, and a cautionary tale. From battlefields and ballrooms to the emerald green marshes of the Nile, *A ROPE FROM THE SKY* is brilliant and breathtaking, a modern-day Greek tragedy that will challenge our perspectives on global politics.

Zach Vertin is an American writer, foreign policy expert, and former diplomat; he has spent the last twelve years working in international peace and conflict issues, not least in South Sudan. He is currently a Lecturer at Princeton University and a Visiting Fellow at the Brookings Institution's Doha Center. He previously served in the Obama Administration as a Senior Adviser to the U.S. Special Envoy to Sudan and Sudan South Sudan.

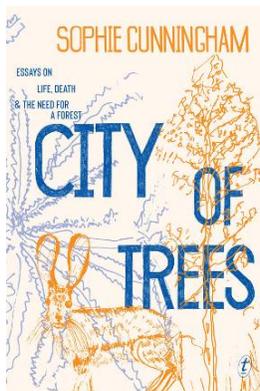
A powerful collection of nature, travel and memoir writing set in the context of global climate change. It meanders through, circles around and sometimes faces head on the most pressing issues of the day. It never loses sight of the trees

CITY OF TREES

Essays on Life, Death and the Need for a Forest

by Sophie Cunningham

April 2019



How do we take in the beauty of our planet while processing the losses? What trees can survive in the city? Which animals can survive in the wild? How do any of us—humans, animals, trees—find a forest we can call home? In these moving, thought-provoking essays Sophie Cunningham considers the meaning of trees and our love of them. She chronicles the deaths of both her fathers, and the survival of P-22, a mountain lion in Griffith Park, Los Angeles; contemplates the loneliness of Raneer, the first elephant in Australia; celebrates the iconic eucalyptus and explores its international status as an invasive species.

Sophie Cunningham is the author of four books, “Geography”, “Bird”, “Melbourne”, and “Warning: The Story of Cyclone Tracy”. She is a former publisher and editor, was a co-founder of The Stella Prize and is now an Adjunct Professor at RMIT University’s Non/fiction Lab.

The sequel to Bitter Wash Road, which was shortlisted for the Ned Kelly Awards for Best Crime Novel

UNTITLED COLLECTED ESSAYS

by Tim Flannery

September 2019

“No one tells it better than Tim Flannery” - *David Suzuki*

Tim Flannery is one of the world’s great thinkers, environmental scientists and writers. Sir David Attenborough described him as being “in the league of the all-time great explorers like Dr David Livingstone.” This definitive collection of his work brings together thirty years of essays, speeches and occasional writing on palaeontology, mammology, environmental science and history, including the science of climate change and the challenges and opportunities we face in addressing this critical issue.

Tim Flannery is a paleontologist, explorer and conservationist, a leading writer on climate change and the 2007 Australian of the Year. His books include the award-winning international bestseller “The Weather Makers”, “Here on Earth” and “Atmosphere of Hope”. He is currently chief councillor of the Climate Council.

Twenty-three-year-old Irene Bröker was fleeing the town. Only little Holger, her two-year-old son, was still with her. She was careful not to let him stray from her side. She knew that difficulties lay ahead; she had even provided for a time when she might no longer want to live. On a string around her neck, Irene carried a small, watertight pouch

PROMISE ME YOU'LL SHOOT YOURSELF

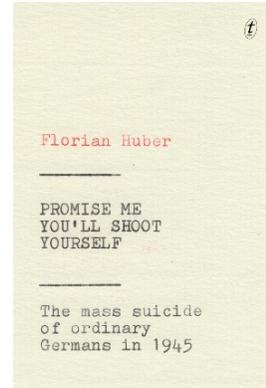
by Florian Huber

June 2019

Translated from the German by Imogen Taylor

In 1945, as Nazi defences crumbled, the German people were surrendered to the enemy with no means of defence. A wave of suicides rolled across the country as thousands chose death—for themselves and their children—rather than face the defeat of the Third Reich and what they feared might follow. Drawing on eyewitness accounts, historian Florian Huber tells the compelling story of the largest mass suicide in German history and its suppression by the survivors—a fascinating insight into the feelings of ordinary people caught in the tide of history who saw no other way out.

Florian Huber was born in 1967 and wrote his PhD on British policy regarding the postwar occupation of Germany. He is the author of several works of history and has also produced awardwinning documentaries on contemporary subjects, including the fall of the Wall, the mysterious end of the poet Antoine de Saint-Exupéry, and the 1936 Olympic Games.





The fourth volume in the Dalai Lama's comprehensive introductory series, "The Library of Wisdom and Compassion"

FOLLOWING IN THE BUDDHA'S FOOTSTEPS
by H. H. the Dalai Lama and Venerable Thubten Chodron

October 2019

The fourth volume of the Dalai Lama's definitive series on the path to awakening, FOLLOWING IN THE BUDDHA'S FOOTSTEPS delves into the substance of spiritual practice. You'll first hear His Holiness's explanation of the Buddha, Dharma, and Sangha; why they are reliable guides on the path; and how to relate to them. His Holiness then describes the three essential trainings common to all Buddhist traditions: the higher trainings in ethical conduct, concentration, and wisdom. The chapters on ethical conduct show us how to live a life free of harm to self or others. The chapters on wisdom contain in-depth teachings on the noble eightfold path and the four establishments of mindfulness for developing greater awareness and understanding of our body, feelings, mind, and other phenomena. This is a book to treasure and refer to repeatedly as you begin the path, progress on it, and near the final goal of nirvāna.

Venerable Thubten Chodron is the founder and abbess of Sravasti Abbey, the only Tibetan Buddhist training monastery for Western nuns and monks in the US. She graduated from UCLA, has published many books on Buddhist philosophy and meditation, and has co-authored a book with His Holiness the Dalai Lama "Buddhism: One Teacher, Many Traditions".

The definitive and beloved masterpiece on mindfulness, distilled down to a pocket-sized guide

START HERE, START NOW
A Short Guide To Mindfulness Meditation
by Bhante Gunaratana

November 2019

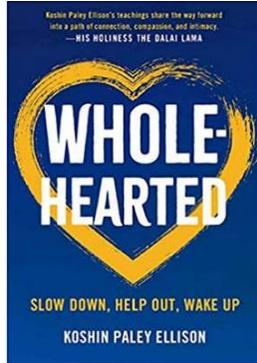
In a clear, friendly voice, this concise distillation of beloved and renowned meditation master Bhante G's best-selling instructions will teach you everything you need to know to start—and maintain!—your mindfulness meditation practice. The book includes practical advice for meditation on what to do with the body and mind; what to do when the mind wanders; how to deal with physical discomfort; how to overcome the inability to concentrate; how to work with fear and agitation, judgments, and self-criticism; how to avoid trying too hard, expecting too much, and getting discouraged; how to get the most out of your practice; 11 common misconceptions; and 10 tips for effective practice.

Bhante Gunaratana was ordained at the age of twelve as a Buddhist monk in Sri Lanka, earned his PhD in philosophy from The American University, and has led meditation retreats, taught Buddhism, and lectured widely throughout the United States, Canada, Europe, and Australia. Bhante Henepola Gunaratana is the president of the Bhavana Society in High View, West Virginia, where he lives.

An inspiring book that will help readers rediscover their values and discover a way to truly live life to the fullest

WHOLEHEARTED
Slow Down, Help Out, Wake Up
by Koshin Paley Ellison

June 2019



Each of us has an enormous capacity for love—a deep well of attention and care that we can offer to ourselves and others. With guidance that is both simple and wholly transformative, Koshin Paley Ellison, Zen teacher and psychotherapist, shows us how to uncover it: pay attention, be of service, and be with others. With this inspiring and down-to-earth book, drawn from the Zen precepts and illustrated with anecdotes from Koshin’s own life and practice, you’ll learn how to explore and investigate with your own core values, identify the mental habits that could be unconsciously hurting yourself and others, and overcome isolation. Each chapter closes with a contemplation to help integrate the teachings into your life. This book is about getting back in touch with your values, so you can live energetically, authentically, and lovingly. This an invitation to close the gaps we create between ourselves and others—to wake up to ourselves and the world around us. It’s time to live wholeheartedly.

Koshin Paley Ellison, MFA, LMSW, DMIN, co-founded the New York Zen Center for Contemplative Care, a non-profit which offers contemplative approaches to care through education, direct service, and Zen meditation practice.

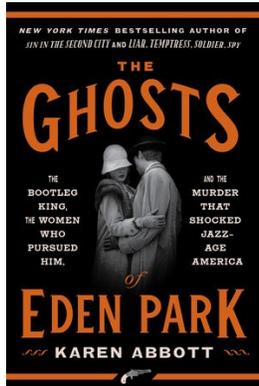
The epic true crime story of bootlegger George Remus and the murder that shocked the nation, from the New York Times bestselling author of "Sin in the Second City" and "Liar, Temptress, Soldier, Spy"

THE GHOSTS OF EDEN PARK

The Bootleg King, the Women Who Pursued Him, and the Murder That Shocked Jazz- Age America

by Karen Abbott

Crown, October 2019



In the early days of Prohibition, long before Al Capone became a household name, a German immigrant named George Remus quits practicing law and starts trafficking whiskey. Within two years he's a multi-millionaire. The press calls him "King of the Bootleggers," writing breathless stories about the Gatsby-esque events he and his glamorous second wife, Imogene, host at their Cincinnati mansion, with party favors ranging from diamond jewelry for the men to brand-new Pontiacs for the women. By the summer of 1921, Remus owns 35 percent of all the liquor in the United States. Pioneering prosecutor Mabel Walker Willebrandt is determined to bring him down. Willebrandt's bosses at the U.S. Attorney's office hired her right out of law school, assuming she'd pose no real threat to the cozy relationship they maintain with Remus. Eager to prove them wrong, she dispatches her best investigator, Franklin Dodge, to look into his empire. It's a decision with deadly consequences: with Remus behind bars, Franklin and Imogene begin an affair and plot to ruin him, sparking a bitter feud that soon reaches the highest levels of government—and that can only end in murder.

Karen Abbott is the New York Times bestselling author of "Sin in The Second City", "American Rose", and "Liar Temptress Soldier Spy", named one of the best books of 2014 by *Library Journal*, the *Christian Science Monitor*, and *Amazon*. She has written for *newyorker.com*, the *Wall Street Journal*, the *Washington Post*, *Smithsonian Magazine*, *Salon* and other publications.
