

FRONTLINE CEO

ERIC STRAFEL

The pace of the change in the world today is so great that no company can afford to wait to respond to new developments. They need intelligent, efficient decision making, and the most intelligent and efficient decision making doesn't come from executives -- it comes from the employees on the frontlines. Frontline employees are the ones who interact with customers and have the ability to see and respond to the shifting landscape before anyone else.

Almost every company still relies on a top-down leadership strategy, where a small nucleus of people makes the majority of the decisions and passes them down. This works fine for start-ups, when the business is so small that the leadership core has direct access to the situation on the ground. As a business grows, however, new layers of employees are introduced and the top-level executives at the decision-making core become insulated from the information they need to make the best decisions. Thus, they begin to lose touch with the basis of their company's success: the customer and the customer's needs. At the same time, these highest-level managers must oversee an ever-expanding set of employees and projects. How could they possibly juggle the growing business while still keeping their hand firmly on the pulse of their customers' needs? The answer is, simply, they can't.

Once a company reaches a certain size, to be able to continue to grow or, in some cases even to stay where they are, its leadership needs to reconsider its approach to strategy. While this problem is prevalent among large corporations, it also can negatively affect almost any size business that has graduated from the start-up phase and is thrown into the competitive waters, fighting to survive. Success goes to the ones that remain customer-focused and authentic to their purpose-- but many fail to make the transition.

The organizations that are best able to thrive, grow and increase profits during this era of rapid change will be the ones who not only realize that everyone, from the CEO down to the lowest level employee is a leader, but figure out a way to capitalize on that knowledge and use it to grow, The information in this book will show you how.

Eric Strafel's model of helping big corporations lead from the front lines developed over a 20-year period of practice and refining scalable leadership to the point where, in 2020, he was appointed Boeing's Head of Strategy and Innovation, a \$20 billion department with 25,000 employees. He has received the Pros to Know Award in 2019 and The Patriot Award in 2013. He sits on the Board of Directors of the Texas Diversity Council. He holds an MBA from Carnegie Mellon, a BA of Mechanical Engineering from Binghamton University.

McGraw Hill / Spring 2021

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The Self-Love SUPERPOWER

TESS WHITEHURST

It's a natural tendency of humans to assume we are the weird one, or the unloveable one, the one nobody likes, or the only one who has no friends. Self-love does not mean you are the best thing to ever arrive on the planet, the one who has all relationships figured out; or that the world owes you special favors.

Self-love means believing you have a right to be here exactly as you are, you are allowed to value your own happiness over what the world tells you about who you should be or what your lie should look like. When we are able to encourage ourselves with love and don't demand perfection, we improve our performance, our relationships and life feels better!

- self-love helps you hear your intention clearly and bring about positive change in your world
- helps you respect and believe in yourself
- brings genuine excitement and enthusiasm for the things you care about

When you learn to love yourself, you can navigate the challenging aspects of this life and cultivate the pleasant and transcendent things. Learning to love yourself is a process. By the end of this book - each chapter contains practical action steps - you will be able to lean into challenge, breathe through pain, develop patience in impossible situations, respond to mistakes with love and forgiveness, and truly experience the joy you will find all around you.

Tess Whitehurst teaches magical and intuitive arts in live workshops and via her online community and learning hub, the Good Vibe Tribe Online School of Magical Arts. An award-winning author, she's written eight books, which have been translated into eighteen languages. She has appeared on the Bravo TV show Flipping Out as well as morning shows on both Fox and NBC, and her writing has been featured in Writer's Digest, Spirit and Destiny (in the UK), and online at elephantjournal.com. Tess resides in Boulder, Colorado.



Llewellyn / Summer 2021

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We Need to Talk: A Memoir About Wealth

JENNIFER RISHER

We Need to Talk: A Memoir About Wealth

JENNIFER RISHER



"In an era of income inequality, her book, which offers discussion questions about money and wealth throughout, offers a starting point for an uncomfortable subject of increasing importance to everyone...candid and topical." -Kirkus Reviews

An enlightening, deeply personal story written with introspection and grace, We Need to Talk explores how financial success impacts friendships, children, charity, and family. You need to read this book.

-Scott Cook, co-founder of Intuit and member of the Giving Pledge

Too often we either envy or disparage the wealthy. Rarely do we think about them as 'just like us.' But in this heartfelt memoir, Risher walks us through both the advantages and the challenges that wealth cultivates. Ultimately, as she says, 'We are all ninety-nine percent the same.' In a particularly divided country, it is helpful to be reminded of the fact that most of our needs and aspirations—for security, for health, for connection, and for love—are the same regardless of our bank account. -Madeline Levine, PhD, author of *The Price of Privilege*, *Teach Your Children Well*, and *Ready or Not*.



When Jennifer Risher joined Microsoft in 1991, she met her husband, and with him became an extra-lucky beneficiary of the dot-com boom. By their early thirties, they had tens of millions of dollars. Today, there are millions of people like her. Jennifer's thought-provoking, personal story includes the voices of others in her demographic and explores the hidden impact of wealth on identity, relationships, and sense of place in the world. At a time when income inequality is a huge problem, our country's economic system is broken, and money is still a taboo subject even among those closest to us, this engaging, introspective memoir is essential reading: a catalyst for conversation that demystifies wealth and inspires us to connect.

Jennifer Risher was born in Seattle, Washington, grew up in Oregon, and graduated from Connecticut College. She joined Microsoft in 1991 where she worked as a recruiter and then as a product manager. She and her husband, David, have two daughters and live in San Francisco, where David is CEO of Worldreader, a nonprofit he cofounded with a mission to create a world where everyone is a reader. *We Need to Talk* is Jennifer's first book.

Xeno Books / September 2020

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GREAT *Pajama* JOBS

Your Complete Guide to Working from Home



KERRY HANNON

WILEY

GREAT *Pajama* JOBS

KERRY HANNON

Find out how to secure and thrive in a work-from-home or remote-access job. Get out of your work clothes and into pajamas for good!

Did you fall in love with working from home during the months of coronavirus restrictions? Is working in your pajamas appealing? Do you want to earn some income on the side?

In 2020, the workplace has been transformed and working from home has exploded. It may, in fact, be the new reality of working for many of us, some fulltime, some as a hybrid work scenario.

With some information and expert guidance, you can transform your workday, take control of your time, and explore exciting new opportunities. Great Pajama Jobs: Your Complete Guide to Working from Home is your playbook.

Until recently, you may have gone to an office that was uninspiring or chaotic, or spent a large part of your busy day responding to emails and working on computer-tasks that could easily be accomplished from home. You may have spent hours commuting each day.

Then too, you may be a military spouse in search of an ideal remote job to take with you to a new base, or you may need to manage your personal health issues or caregiving duties. Or you may simply want to inch a little closer to a more favorable work-life balance. The truth is you may need the autonomy and flexibility of working remotely for a myriad of reasons.

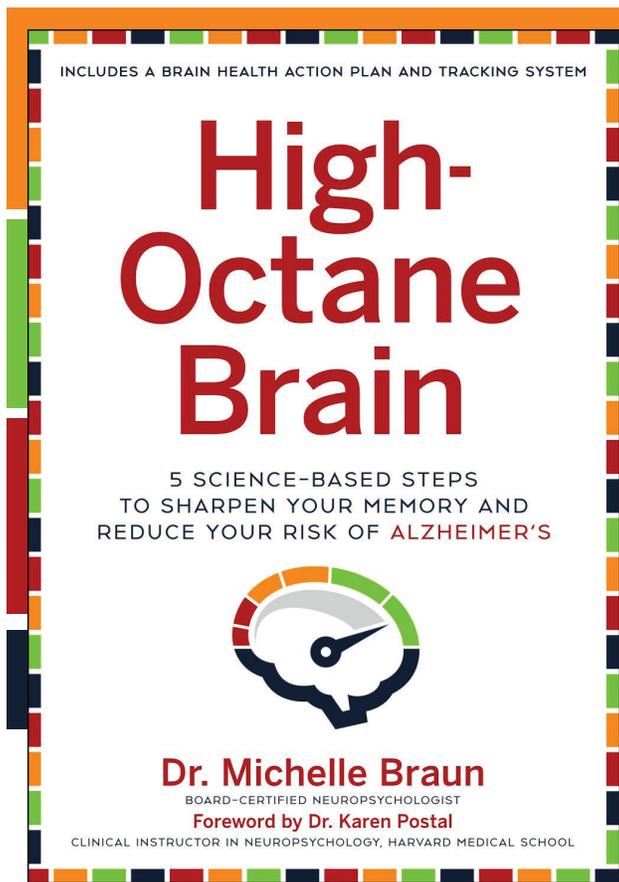
Great Pajama Jobs is your ultimate guide to finding a job where you can work remotely and advance your career while working in pajamas (or certainly something more comfortable than traditional work garb).

Kerry Hannon is a nationally recognized expert and strategist on career transitions, personal finance and retirement. She is a frequent TV and radio commentator and a sought-after keynote speaker at conferences across the country. She has spent more than two decades covering all aspects of careers, business and personal finance as a columnist, editor, and writer for the nation's leading media companies, including The New York Times, Forbes, Money, U.S. News & World Report, and USA Today. She has appeared as a career and financial expert on The Dr. Phil Show, ABC, CBS, CNBC, NBC Nightly News, NPR, and PBS.

Wiley / August 2020

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High- Octane Brain

Dr. Michelle Braun

From a board-certified neuropsychologist and a national leader in the field of brain health, a science-backed program to prevent Alzheimer's that offers five strategies to avert cognitive decline.

American adults fear Alzheimer's more than any other disease (including cancer), and because many people do not realize there is no direct genetic cause for 95 percent of Alzheimer's cases, they do not take the necessary steps to change lifestyle factors shown to significantly protect against the disease. In her debut book, Harvard- and Yale-trained board-certified neuropsychologist Dr. Michelle Braun inspires readers to make lasting improvements by helping them understand the truth about brain health and providing guidance through the maze of conflicting media advice. Braun interviews eight leading brain health experts, combining their insights with cutting-edge research to offer proven strategies to implement the five features of the High-Octane Brain: improved nutrition, regular exercise, sufficient sleep, reduced stress, and increased engagement. Then readers can evaluate where they stand on the High-Octane Brain spectrum with a memory and brain health assessment quiz, and develop a personalized program for optimal brain health. Dr. Braun offers a tracking system to provide a visual depiction of your progress. Packed with valuable tips that you can implement immediately to minimize common "brain blips," memory exercises to boost your memory within minutes, and personal accounts from nine High-Octane Brain role models ages 44 to 103, this groundbreaking book will finally put the future of your brain in your control.

Dr. Michelle Braun is a Harvard- and Yale-trained, board-certified neuropsychologist and a national leader in the field of brain health and cognitive functioning. She is a former instructor of psychiatry at Harvard Medical School and Assistant Director of Inpatient Mental Health at the Boston Veterans' Administration Hospital. She was the featured presenter in a live PBS Next Avenue television program on brain health, and has been interviewed as a brain health expert on Fox Morning News, CBS, and iHeart Radio. Her work has been featured in national media outlets such as Family Circle, Medical Daily, and HealthNewsDigest.com. Dr. Braun has a popular column on brain health in Psychology Today and has been an invited speaker for the Alzheimer's Association for the past 14 years. She lives and works in Wisconsin.



Sterling / September 2020

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ROAR:

HOW TO *Really* LIVE THE SECOND HALF OF YOUR LIFE

Michael Clinton

You can change your life at any time, at any point. And you don't need to be rich or wait until you're no longer working to do it. Opportunity is everywhere if you can take a moment to Reimagine your life.

Is there something you wanted to do that you just didn't? Are you living someone else's dream but not your own? ROAR shows you how to take a brutal inventory of your life as well as your abilities, personality and relationships and helps you to understand where you want to make changes and adjustments - or a radical change.

Reimagining your life isn't only about work, you can also reimagine your leisure activities by adding new experiences, achieving something momentous to celebrate every 10-year milestones, revisiting interests you had when you were younger and developing them fully.

What are your strengths, weaknesses, opportunities and threats Own who you are, what and who you love and what you still haven't accomplished. Own your own health, finances, and age as well as your losses and weaknesses so you can move on to own your own strength and success in order to achieve even more by asking yourself what you are best at doing, what do others think is special about you, and what relationships are important to you. Then be courageous, stay focused, take advantage of every opportunity, learn as much as you can, and find the time to do it all.

Michael Clinton has more than forty years as a magazine publishing executive. He is currently Special Media Advisor to the CEO of Heart Corporation, a diverse media company with 360 businesses. He has travelled to 124 countries and run marathons on all 7 continents.

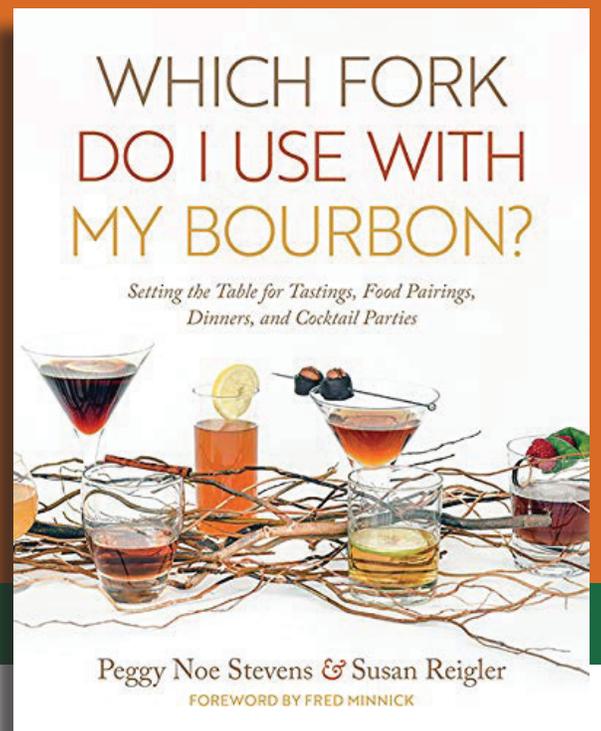
Beyond Words / Fall 2021

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WHICH FORK DO I USE WITH MY BOURBON?

Peggy Noe & Susan Reigler



"[A]n elegant book...helps us dream of party days ahead."
-Booze Dancing

"The book is as beautifully presented as the authors intend your bourbon tastings and parties to be."
-Travel Distilled

A good bottle of bourbon should be enjoyed in good company. During their travels in bourbon country and beyond to conduct tastings and seminars, entertainment experts Peggy Noe Stevens and Susan Reigler often heard the question, "How do I do this in my home?" This book is their definitive answer. *Which Fork Do I Use with My Bourbon?* offers a step-by-step guide to hosting a successful bourbon-tasting party—complete with recipes, photos, and tips for beginners and experienced aficionados alike.

From decorations to glassware, this one-stop resource will guide readers from the day they mail invitations to the moment they welcome guests through the door. Alongside their favorite snack, entrée, dessert, and cocktail recipes, Stevens and Reigler offer expert tricks of the trade on how to set up a bar, arrange tables, and pair recipes with specific bourbons. Once readers are ready, Stevens and Reigler move on to advanced pairings for the bourbon foodie and present two innovative examples of tasting parties—a bourbon cocktail soiree and, of course, the traditional Kentucky Derby party. Inspired by the hosting traditions of five Kentucky distilleries, this book will introduce casual fans to bourbon-tasting methods and expand the expertise of long-time bourbon enthusiasts.



Peggy Noe Stevens is president of Peggy Noe Stevens & Associates, founder of the Bourbon Women Association, and the first female master bourbon taster in the world. A lifestyle expert, she is also a professional speaker. As an inductee to both the Bourbon and Whiskey Halls of Fame, she has planned hundreds of experiences and events globally over the last thirty years, often working with distilleries and master distillers.

Susan Reigler is a former restaurant critic for the Louisville Courier-Journal and a current correspondent for *Bourbon+* and *American Whiskey* magazines. She has also authored or coauthored six books on bourbon, including *Kentucky Bourbon Country: The Essential Travel Guide* and *The Kentucky Bourbon Cocktail Book*. In 2019, she was inducted into the Order of the Writ.



University Press of Kentucky / Spring 2020

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RUN LIKE A PRO

(even if you're slow)

MATT FITZGERALD

"Fitzgerald is going to go down as one of the most competent and prolific authors of books for serious runners covering just about every legitimate aspect of the all-important runner's lifestyle." -Letsrun.com

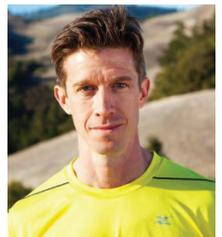
From one of the world's most respected and successful running authors, Matt Fitzgerald, this is the first book that rigorously describes current best practices in elite running, showing everyday runners how to adopt them within the limits of their physical ability, lifestyle and budget. Sidebars contributed by Ben Rosario, head coach of Flagstaff-based Northern Arizona Elite professional running team and one of the hottest running coaches today, are included throughout the book.

Most recreational runners, unlike amateurs in other sports do not often look to elites for guidance despite the fact that elites use the best science to improve their performance. They sequence their training, cross-train, perform 80 percent of their training at low intensity and adhere to an 80/20 balance.

RUN LIKE A PRO shows the reader how to master the art of pacing, improve stride and efficiency, recover, eat for maximum performance, and shares critical tips to think like a pro.

The book includes training plans for the 5K, 10K Half-Marathon, and Ultra-Marathon.

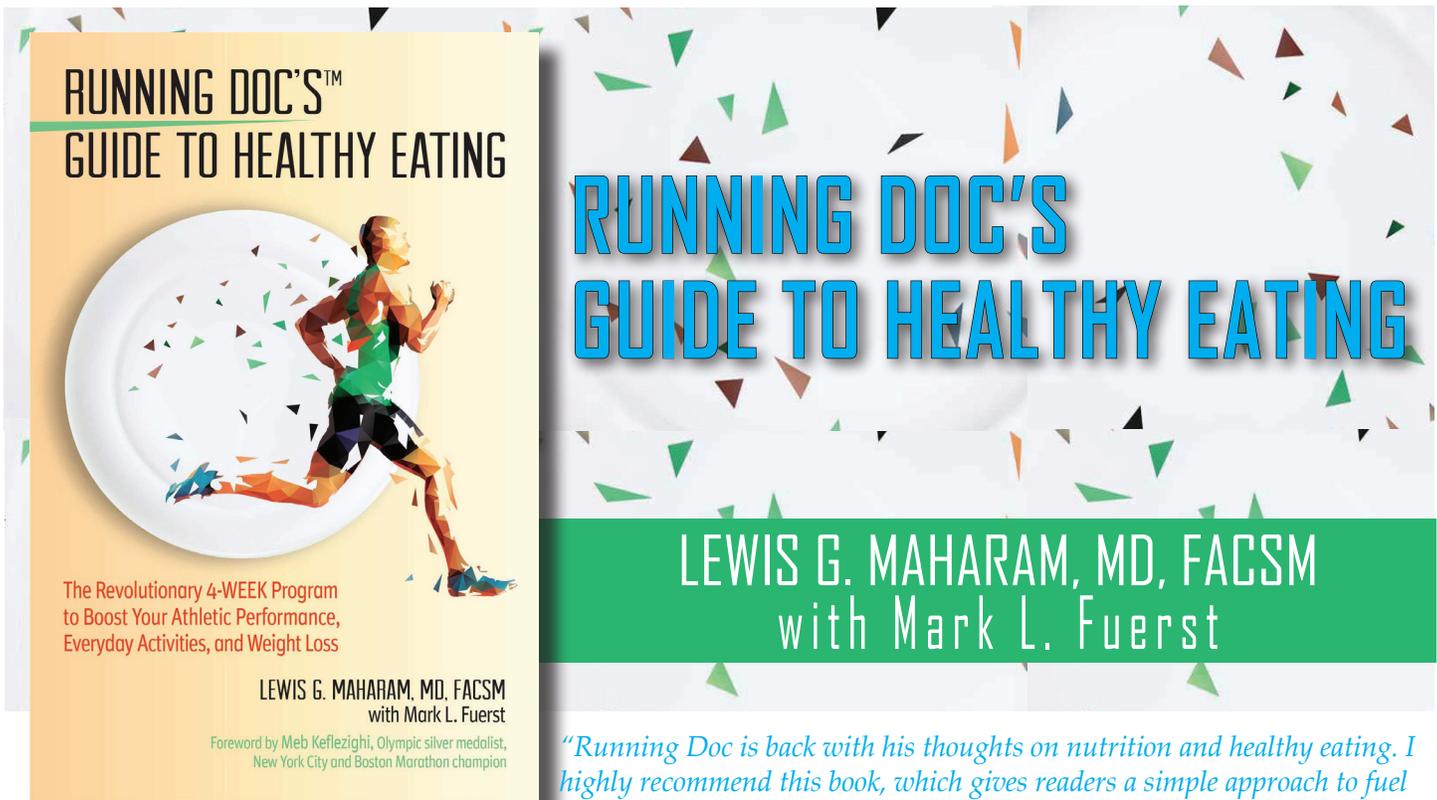
Matt Fitzgerald is an acclaimed endurance sports and nutrition writer and a certified sports nutritionist. He is the bestselling author of more than a dozen books on running and fitness, including 80/20 Running, How Bad Do You Want It, Racing Weight, and Iron War, which was longlisted for the William Hill Sports Book of the Year and Diet Cults, also available from Pegasus Books. He is a columnist on Competitor.com and Active.com, and has contributed to Bicycling, Men's Health, Triathlete, Men's Journal, Outside, Runner's World, Shape, and Women's Health. He lives in San Diego, California.



Berkley / Spring 2021

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—Steve Van Camp, MD, cardiologist, past president of the American College of Sports Medicine

“With this book, [The Running Doc] talks to you in a simple, easy to understand manner so you can eat healthy and perform better.” —Rod Dixon, four-time Olympian, Olympic medalist; two-time World Cross-Country medalist; New York City Marathon champion

In ***Running Doc’s Guide to Healthy Eating***, readers will discover Dr. Lewis G. Maharam’s Fueling Plates Program. Developed in 2012, it has helped countless sofa spuds who just want to get off the couch and lose weight, marathoners competing for a place at the Olympic trials, and everyone in between, including recreational athletes who play tennis, soccer, basketball and other running sports. The Fueling Plates Program is designed to boost the performance of athletes, but can also improve the health of the average person, athletic or not.

Every day at Maharam’s busy New York City practice, in addition to treating sports injuries, he offers his patients nutritional advice. They ask him: “When should I eat before the marathon?” “Do I really need to drink eight glasses of water a day?” “What about sports drinks?” “Should I use Gingko?” “Glucosamine?” The questions come because the bulk of the sports-nutrition books make fueling your body sound like a scientific experiment. The Running Doc’s Guide to Healthy Eating explains why it’s time to ditch the difficult-to-use food pyramid put out by the USDA in favor of a hands-on experience of your actual plate – what Maharam calls Fueling Plates. It shows, step by step, how readers can apply the program to feel and perform better and have more energy. Those who are already exercising will get faster by eating to fuel their body more efficiently. Even everyday activities become easier with the Fueling Plates Program. Readers who are willing to take advantage of all that’s in the book, from what to eat to reduce muscle soreness after exercising to how much to drink to be hydrated, will transform their lives.

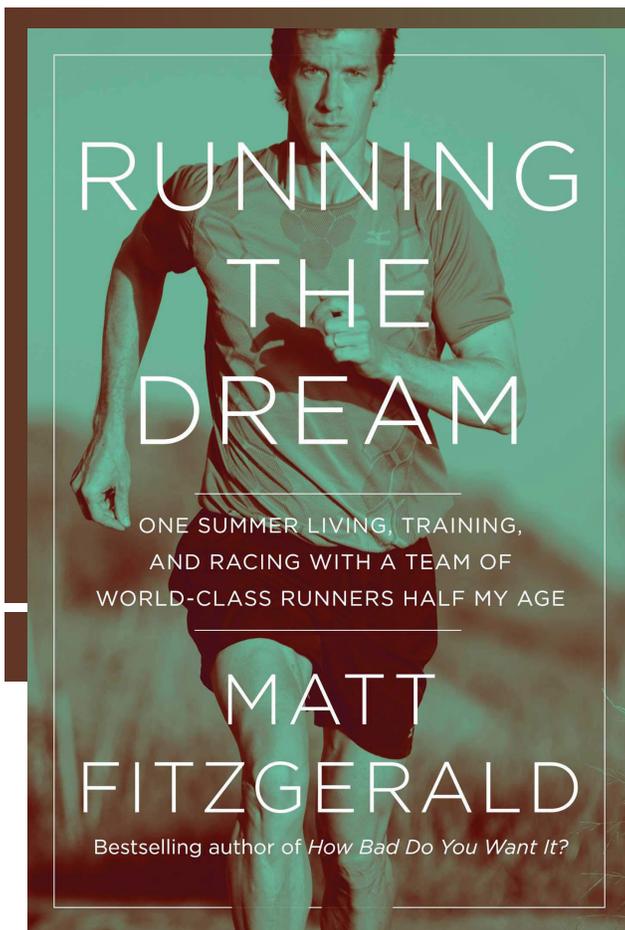
Dr. Lewis G. Maharam is the world’s premier running physician. He is medical director of Competitor Group’s Rock ‘n’ Roll Marathon series throughout the country and The Leukemia & Lymphoma Society’s Team in Training program. He also serves as Chairman of the Board of Governors, International Marathon Medical Directors Association.

Mark L. Fuerst is an award-winning health and medical writer and the co-author of eleven books, including The Harvard Medical School Guide to Tai Chi, A Baby At Last!, and three editions of The Couple’s Guide to Fertility.

Health Communications, Inc. / April 2020

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RUNNING THE DREAM

MATT FITZGERALD

Praise for Matt Fitzgerald:

"A book that every endurance athlete should own...A page-turning read both for the narrative content and hard information...For all athletes drawn to pushing up against the red line to see what they've got." -LAVA magazine

"Fitzgerald is going to go down as one of the most competent and prolific authors of books for serious runners covering just about every legitimate aspect of the all-important runner's lifestyle." -Letsrun.com

Matt Fitzgerald has already made a name for himself in the endurance sport community with books like 80/20 Running, How Bad Do You Want It? and Iron War. He is an accomplished amateur runner, but if he follows the training, nutrition and lifestyle of an elite runner, just how fast could he go? He is approaching his mid-forties, so the time to do this is now. He at last has the financial means to do nothing but train. He accepts the goodwill of a friend who will let him crash at his apartment in the running mecca of Flagstaff, Arizona, and convinces the coach of Northern Arizona Elite, one of the country's premier professional running teams, to let him train with a roster of national champions and Olympic hopefuls for an entire summer leading in to the Chicago Marathon.

The results were astounding...Filled with a vibrant cast of characters, rigorous and gut-wrenching training, Matt's knowledgeable yet self-deprecating voice allows us to vicariously live out our own fantasies of having the opportunity to go all the way. Yet for the runners Matt trains with, it's no mere fantasy, but a calling and their individual stories enrich this inspiring narrative. Running the Dream is a chance for us all to experience a bit of this rarified and wild world, and to take away pieces of this amazing journey to try to achieve our own potential.

Matt Fitzgerald is an acclaimed endurance sports and nutrition writer and a certified sports nutritionist. He is the bestselling author of more than a dozen books on running and fitness, including 80/20 Running, How Bad Do You Want It, Racing Weight, and Iron War, which was longlisted for the William Hill Sports Book of the Year and Diet Cults, also available from Pegasus Books. He is a columnist on Competitor.com and Active.com, and has contributed to Bicycling, Men's Health, Triathlete, Men's Journal, Outside, Runner's World, Shape, and Women's Health. He lives in San Diego, California.



Pegasus Books / May 2020

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TEETERING

KEN REES

TEETERING

How to Bring
Stability to the
Millions of
Americans Living
on a Financial
Tightrope

KEN REES

Economic instability and accelerating change are here to stay. To complicate that new reality, according to a study published in the Quarterly Journal of Economics, we are now living in a time in of the largest discrepancy between the top 1% and the rest of the population since the Gilded Age. TEETERING explains how to deal with unexpected debt and job and career adjustments experienced by the growing population of Tightropers, who are navigating their uncertain times. Tightropers consist of: millennials who are paying off student debt while overwhelmed by the cost of housing; mid-lifers, who are supporting aging family members, dealing with medical challenges, and financing their children's education in a shaky career economy; and entrepreneurs who are using their savings to cash in on their dreams.

Tightropers themselves are creative, responsible and resourceful heroes. TEETERING goes beyond the "unbanked" world and champions the need for a new generation of financial services based on technology innovation, Silicon Valley investment, and a reorientation of traditional financial institutions.

With its blend of grassroots insight from Tightropers themselves, compelling new research, and analysis that frequently challenges common assumptions, TEETERING adds an important perspective on increasing financial pressures that stress people at every level: millennials, hard-working middle class families, entrepreneurs, workers in the gig economy, and mid-lifers trying to fulfill the responsibilities of unexpected care-giving situations. All of whom live rich lives balancing family, community, and in many cases multiple jobs. They need fast-paced solutions to match the world in which they succeed.

KEN REES is widely profiled and quoted in national media including The Corner Office column of the NY Times, and business media such as CNBC. He is a high-profile influencer in the financial-technology community. He is founder, CEO and Chairman of the Board of Elevate, a financial-technology company he took public in 2017. Elevate is a leading provider of online credit in the US and UK and has originated over 7 billion in credit to over 2 million non-prime consumers. More recently Mr. Rees founded Covered, a company dedicated to using newly available data sources to replace traditional financial services.

Radius Diversion / Spring 2021

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Between GRIT and GRACE

Sasha Shillcutt, MD

Women need to know it's okay to be kind and assertive.

Between Grit and Grace will show you that success comes when you are comfortable living in the space between grit and grace—grit meaning being resilient and taking charge of your life (socially-acceptable masculine attributes), and grace meaning showing others mercy (socially-acceptable feminine trait).

Author Sasha Shillcutt, MD, a nationally lauded, award-winning physician and speaker, will explain how to give yourself permission to disappoint nice people (and know that you are still a nice person anyway). You'll learn how to stop apologizing for showing your strength and grit, and embrace your grace, too. This is where personal peace lives.

Dr. Shillcutt, taught herself how to be a gritty, grace-filled leader and live authentically. Now, she wants to help other women be brave enough to do the same. Her passion is empowering and encouraging women to be brave enough in their professional and personal lives. She believes women cannot be too brave, too kind, too strong, too smart, too funny, too beautiful, or too authentic.

Using real-life stories—ranging from women in law and medicine to women in education—the book explains how women can be feminine and formidable. Leadership and lipstick are not mutually exclusive. You'll realize you can be bossy and caring, fearless and vulnerable, relentless and forgiving, smart and humble—and make it to the top. Across the space of ten chapters, you'll learn how to navigate the forces that have shaped the modern workplace while doing so with grit and grace. When a woman lives authentically—she succeeds.

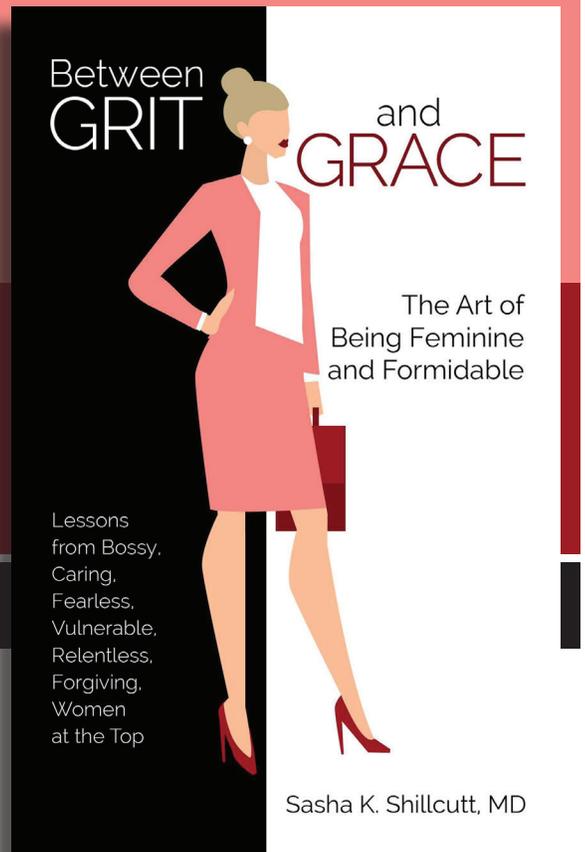


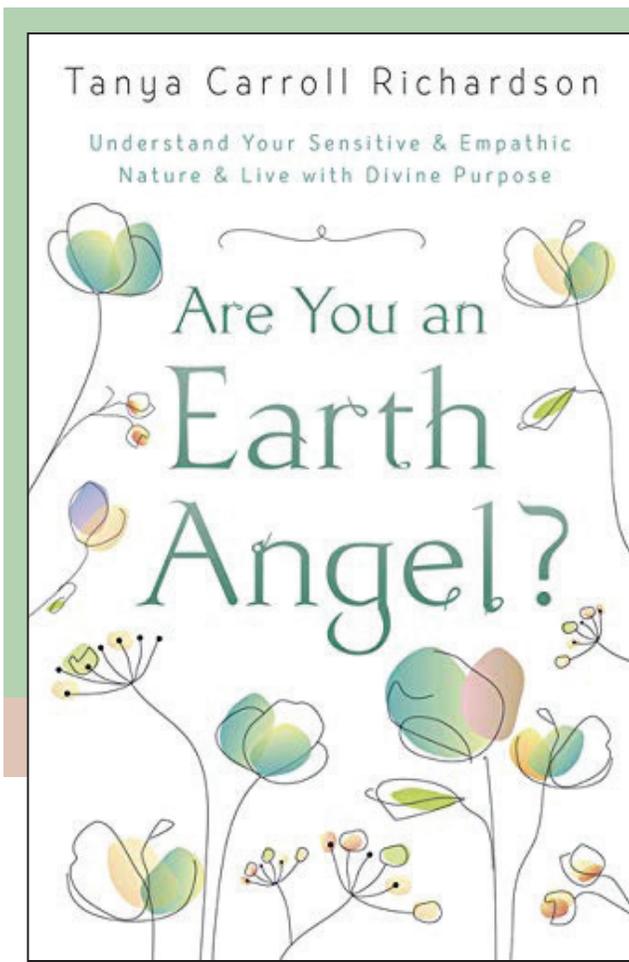
Sasha Shillcutt, MD, is a wife, mother, award-winning physician, clinical scientist, national educator, writer, and speaker. A board-certified cardiac anesthesiologist and tenured associate professor, she received a bachelors' degree in biology from William Jewell College, and her MD degree from the University of Nebraska Medical Center. After finishing a residency in anesthesiology during which she served as chief resident, she completed an executive fellowship in perioperative echocardiography at the University of Utah Medical Center. She has published close to 30 peer-reviewed scientific articles in professional journals including the prestigious *New England Journal of Medicine* and the *Journal of the American Medical Association* and contributed chapters to four books. In 2016, Sasha was awarded the national American Medical Association's Women Physician's Inspiring Physician Award by her peers.

Health Communications, Inc. / February 2020

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Are You an Earth Angel?

Tanya Carroll Richardson

**Understand, Honor & Protect
Your Sensitivity & Destiny**

Discover what it means to be a compassionate earth angel—a highly sensitive and empathic person who loves to give to others. This timely book teaches you to celebrate and maximize your sensitivity to be of greater service to the world. Explore the characteristics earth angels share, their biggest strengths and challenges, and self-care guidelines to follow.

Professional intuitive and bestselling author Tanya Carroll Richardson offers practical, grounded ways to align with your earth angel destiny and live with more purpose. Through enlightening quizzes, hands-on exercises, engaging stories, and intuitive practices, Tanya helps you master your abilities and create better emotional and energetic boundaries. This unique book also addresses earth angel burnout and provides antidotes so you can enjoy a balanced, magical life.

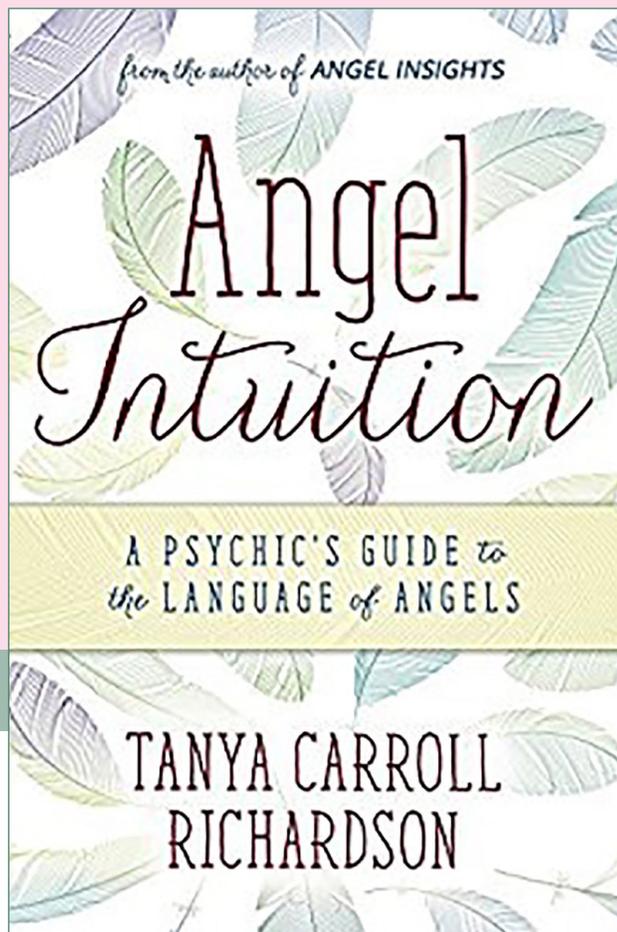
Tanya Carroll Richardson is a self-improvement/spiritual author, professional intuitive, and regular contributor to MindBodyGreen.com. Her books include *Self-Care for Empaths*, *Are You an Earth Angel?*, *Angel Intuition*, *Angel Insights*, *Forever in My Heart: A Grief Journal*, *Heaven on Earth*, and *Zen Teen*. Tanya is also the author of the page-a-day calendar *A Year of Self-Love*.



Llewellyn Publications / June 2020

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Angel *Intuition*

TANYA CARROLL RICHARDSON

Have you ever wondered what it's like to be a psychic, or how psychics use their intuition? Get a look into the life of a professional psychic with Tanya Carroll Richardson's new book *Angel Intuition*. An intuitive who works with clients all over the world, Tanya teaches you all about your sixth sense, provides you with tips and insider knowledge, and guides you on improving your own intuition with tons of fun exercises.

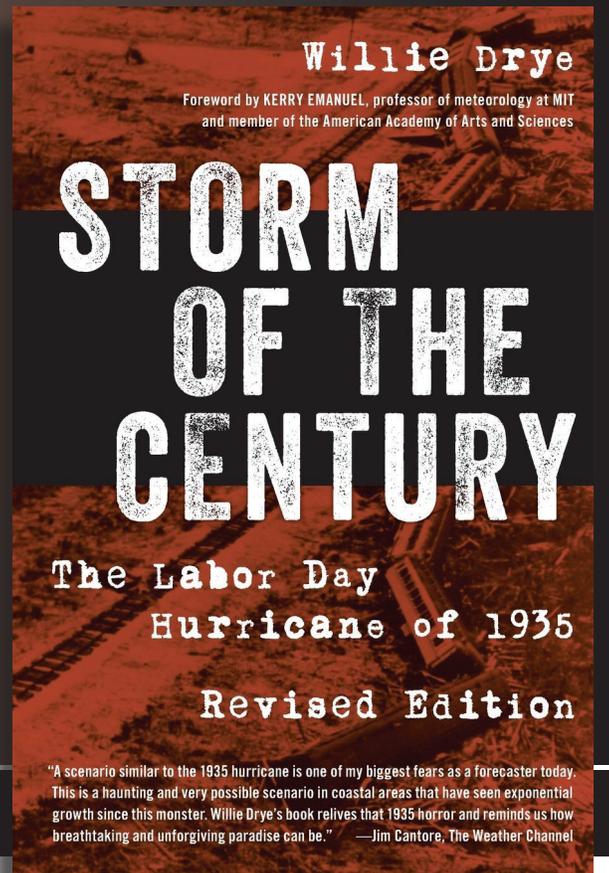
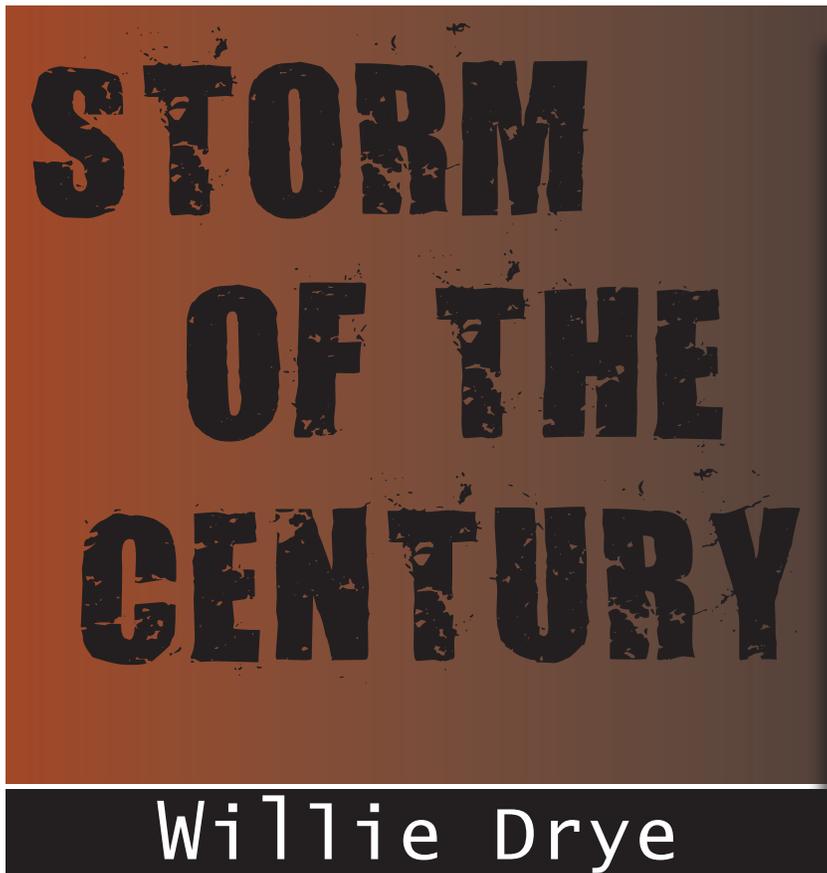
Tanya is an angel expert and picks up where she left off in her first Amazon-bestselling angel book, *Angel Insights*, offering even more information about angels as well as spirit animals, ascended masters like Buddha and Mother Mary, archangels, and the soul's own higher self.

Learn how psychics receive information via the four clairs (clairaudience or hearing intuitive guidance, clairvoyance or seeing intuitive guidance, claircognizance or knowing intuitive guidance, and clairsentience or feeling intuitive guidance). Read about the intuition spectrum and take a quiz to learn where you fall on it. Learn about sensitivity and take a quiz to help you get more in touch with and understand your sensitivity. Discover the 12 most common ways that angels send you guidance (besides the four clairs, this includes synchronicities, angel numbers, dreams, oracle cards, music, angel nudges, wise words from people in your life, and more). Learn the 25 Golden Rules of Intuition—or what to emphasize and what to watch out for.

Tanya is a regular contributor to popular wellness site MindBodyGreen.com, and her writing style is insightful, down-to-earth loving, and encouraging. You might be reading a book by a professional psychic, but it will feel like a chat with an old friend—an old friend who has a lot to teach you about your helpers in the Spirit world and how to improve your intuition to live at your highest potential.

Llewellyn Publications / December 2018 Translation Rights Available

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In 1934, hundreds of jobless World War I veterans were sent to the remote Florida Keys to build a highway from Miami to Key West. The Roosevelt Administration was making a genuine effort to help these down-and-out vets, many of whom suffered from what is known today as post-traumatic stress disorder. But the attempt to help them turned into a tragedy. The supervisors in charge of the veterans misunderstood the danger posed by hurricanes in the low-lying Florida Keys. In late August 1935, a small, stealthy tropical storm crossed the Bahamas, causing little damage. When it entered the Straits of Florida, however, it exploded into one of the most powerful hurricanes on record. But US Weather Bureau forecasters could only guess at its exact position, and their calculations were well off the mark. The hurricane that struck the Upper Florida Keys on the evening of September 2, 1935 is still the most powerful hurricane to make landfall in the US. Supervisors waited too long to call for an evacuation train from Miami to move the vets out of harm's way. The train was slammed by the storm surge soon after it reached Islamorada. Only the 160-ton locomotive was left upright on the tracks. About 400 veterans were left unprotected in flimsy work camps. Around 260 of them were killed. This is their story, with newly discovered photos and stories of some of the heroes of the Labor Day 1935 calamity.



Willie Drye has been chasing stories since the early 1980s, first as a reporter and editor for newspapers in Georgia, North Carolina and Florida and then as an award-winning author and freelance journalist. His latest book, *For Sale—American Paradise: How Americans Were Sold and Impossible Dream in Florida*, was a winner of a 2016 IPPY Award Silver Medal for non-fiction.

Lyons Press / August 2019

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WIND, FIRE, AND ICE

The Perils of A Coast Guard Icebreaker in Antarctica



ROBERT M. BUNES, M.D.

In 1969, during the Viet Nam War, Robert Bunes MD volunteered to serve as a doctor aboard a United States Coast Guard icebreaker bound for Antarctica. As ship's doctor, he was an essential worker. His major responsibility was for the health and welfare of the crew.

Dr. Bunes specifically asked to be assigned to *THE GLACIER* because it was the largest, toughest and most powerful icebreaker in the free world. Operation Deep Freeze wasn't a glorious expedition. It was supposed to be a simple and modest mission. Part of the task was to open a channel for supply ships going to the US Naval base on the Antarctic Peninsula. It was also to provide logistical support for research scientists, including some that stayed on the ship.

The crew understood the deployment would expose them to certain inevitable and unavoidable risks such as sailing into iceberg filled, uncharted waters. The Coast Guard did not consider the mission particularly dangerous for a large icebreaker. But no deployment deep into the Weddell Sea should ever be considered "routine." Soon *THE GLACIER* found itself trapped in the ice, one hundred miles from open water. Ironically seventy miles and fifty years later from Sir Ernest Shackleton's ill-fated ship, *THE ENDURANCE*, and the most heroic and epic expedition in Antarctica's history.

It became apparent that *THE GLACIER* would have to winter over. One thing was certain, the crew's orders did not include wintering over in the cold, dark, Antarctic night.

ROBERT M BUNES, M.D grew up in a suburb of Minnesota and served his internship in California, where a doctor off-handedly advised him to join the Coast Guard in order to see exotic places. Public Health Service Doctors serving with the Coast Guard in 1969 did not receive an introductory military training. As medical professionals, they were not expected to always follow military protocol, however both doctors and the Coast Guard have the same goal: to save lives. Dr. Bunes has served faithfully in the Public Health Service for his entire medical career.

Globe Pequot / Fall 2021

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BE THE AWESOME MAN

DENNIS GAZAREK

Discover the extraordinary power of Positive Aging to prepare you for the greatest challenge of your life—growing old.

A diagnosis and a prescription for a generation of young men in crisis, *Be the Awesome Man* is a must-read guide for young men who want to achieve lasting success and personal happiness.

Young men are underachieving in unprecedented numbers. More and more young men are not attaining standard benchmarks of maturity, such as entering and graduating from higher education, finding a career, establishing their financial independence, and living on their own. *Be the Awesome Man* approaches the challenges of being a young man from a unique and practical perspective. Written in a sensible, easy-to-read format, *Be the Awesome Man* delves into the roots of male underachievement and provides practical guidance for young men and their parents, teachers, ministers, coaches, and other mentors.

Drawing on real-world experience as a coach, mentor, and father, author Dennis Gazarek provides methods to counter the negative influences that encourage underachievement, and shows how effective decision making can lead to a better life. *Be the Awesome Man* emphasizes that freedom requires responsibility and offers specific guides and advice for taking full responsibility and control over one's life.

Combining old-fashioned wisdom, a critical analysis of modern culture, and a pragmatic program of character development, *Be the Awesome Man* offers a better way of life for young men who want to break out of mediocrity and underachievement.

Born in a working-class neighborhood of Windsor, Ontario, Dennis Gazarek paid for college by working on farms, in factories, and in horse-racing tracks. His early work experience taught him the reality of heavy manual labor and an appreciation for the challenges faced by working people in everyday life. After receiving an honors degree in business administration from the University of Windsor, Gazarek worked in sales for Procter & Gamble and General Motors, as well as working in real estate and as a business consultant. He is the author of *Whacked! How GM Careened into Bankruptcy and Took the Innocent with Them*. Gazarek lives with his wife in the Toronto area, where he plays saxophone with the Markham Concert Band.

Quill Driver Books / November 2020

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BE THE AWESOME MAN

A MAN'S GUIDE
TO ACHIEVING DISCIPLINE,
SUCCESS, AND HAPPINESS

DENNIS GAZAREK

RECOVERING FROM YOUR CAR ACCIDENT

JAMES F. ZENDER

Road traffic injuries are a neglected global pandemic. Up to 50 million people a year worldwide are injured or disabled in car accidents. Thousands of those injured die of opiate overdoses, trying to deal with chronic pain.

Recovering From Your Car Accident is the first book to offer comprehensive, evidence-based information to both the survivors and their caregivers on understanding, managing, and healing physical and emotional traumas sustained in auto accidents. Based on James Zender's more than fifteen years' experience as a clinical psychologist specializing in auto-accident trauma care, *Recovering From Your Car Accident* leads survivors and their families through the extensive process of emotional and physical recovery.

With empathy and compassion, Dr. Zender explains how to conquer the multitude of challenges that often result from auto accidents, including managing pain, depression, and anxiety, addressing concerns about the future and finances, personality changes, emotional and cognitive dysfunction, post-traumatic stress, traumatic brain injury, and strained personal relationships. Through stories recounted by Dr. Zender's patients, survivors will learn that they are not alone and that there is hope for a better tomorrow. Policymakers will gain insight into accident prevention and will be inspired to implement policy improvements to better meet the needs of the auto accident community. Helpful tips throughout this book and a resource section featuring the best online and community support options will aid survivors and their families with rehabilitation. *Recovering from Your Car Accident* will assist survivors with rebuilding their lives and discovering new ways to thrive.

James Zender, PhD, is a clinical psychologist, certified brain injury specialist and certified traumatologist. His Psychology Today blog, *The New Normal*, made *Heathline's* List of best traumatic brain injury blogs of 2019. Zender was the founding director of The Center for the Prevention and Treatment of Psychological Trauma at Detroit Receiving Hospital and University Health Center and was a full time Affiliate Instructor in Psychiatry at The Wayne State University School of Medicine. For the past 15 years, his private practice in the Detroit Metro area has focused on vehicular trauma injury recovery. He has lectured at the The World Psychiatric Association, Harvard Medical School, The International Society of Traumatic Stress Studies, and The American Psychological Association.

Rowman & Littlefield Publishers / October 2020

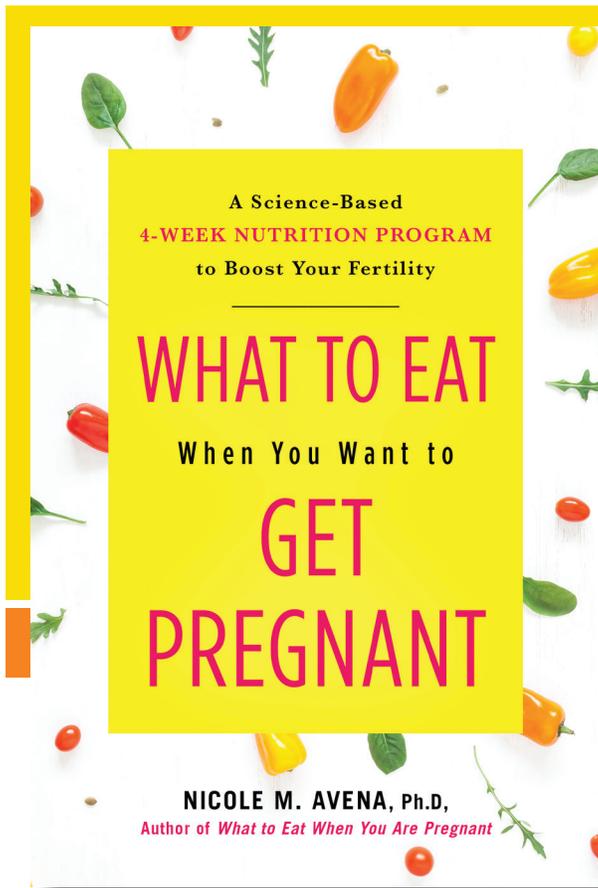
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RECOVERING FROM YOUR CAR ACCIDENT

The Complete Guide to
Reclaiming Your Life

JAMES F. ZENDER



WHAT TO EAT

When You Want to

GET PREGNANT

NICOLE AVENA, PhD

Psychologist, nutrition expert and author Nicole Avena, PhD has conducted research on appetite and brain development for over 15 years, and in her new book, **WHAT TO EAT WHEN YOU WANT TO GET PREGNANT**, she shares her revolutionary new research on how nutrition impacts pregnancy and the ability to conceive. Her findings include these facts:

- The popular plant-based diets so many of us follow may actually include certain chemicals that can disrupt estrogen levels and interfere with fertility.
- Research suggests that prenatal environment can have a long-term effect on the health outcome of the baby, and there are many ways to help “prepare the womb” even before getting pregnant.
- Men’s nutrition is just as critical during this time as women’s, and there are ways men can boost their nutrition levels to enhance fertility
- ... and much, much more.

In addition to explaining to readers how they can use nutrition to optimize their reproductive health and create the best possible environment for their baby-to-be -- in a simple 4-week program-- Dr. Avena provides 40 easy and delicious recipes, 25 foods to eat and to avoid, and lifestyle tips to help apply the nutrition science to real life.

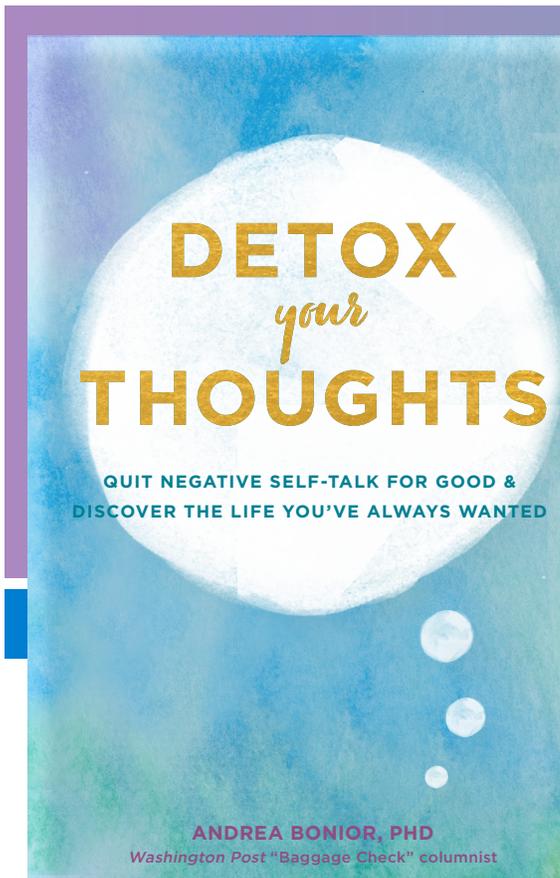
Nicole Avena is a highly respected doctor and researcher as well as assistant professor of neuroscience at Mt. Sinai School of Medicine and visiting professor of health psychology at Princeton. She is also a much in-demand speaker at conferences here and around the world. Her TED-ED talk, “How Sugar Affects Your Brain,” received 8+ million views and praise from educators and public health groups. Dr. Avena is also a familiar face on national TV and has appeared frequently on Dr. Oz as a nutrition expert, as well as on The Doctors, CNN, Good Day NY and many others. Her work has been featured on the cover of Time, Scientific American, The NY Times, US News & World Report, and more. Her earlier book, What to Eat When You’re Pregnant, has sold over 40,000 copies.



Kensington Books

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DETOX *your* THOUGHTS

ANDREA BONIOR, PHD

What do you do when you're stressed or anxious and even mindfulness and meditation don't help?

What if you know your dysfunctional thoughts aren't healthy or even valid, but you can't stop thinking them anyway?

How can you let go of a negative inner voice so ingrained in you that it feels like it IS you – and you're sure you'll never get rid of it?

We've all struggled with these issues at one time or another. They zap our joy, poison our peace of mind and wreak havoc on our relationships. But while most of us can recognize that these inner voices are doing us harm, the far harder part is to stop listening to them. How do you get this negative self-talk to quit, for good?

For many years, experts have advised us to try everything from reassuring ourselves, distracting ourselves or seeking pleasure in the form of "self-care." But an increasing amount of psychological research indicates that these techniques are all futile in the long run. Otherwise, why are we seeing epidemic rates of depression and anxiety disorders in the US that only continue to rise?

To the rescue comes **DETOX YOUR THOUGHTS**, by popular psychologist and BuzzFeed and Washington Post contributor Andrea Bonior, PhD. In her new book she identifies 14 mental traps that keep us locked in negative thinking but – most importantly – she illuminates a surprising path to get free of these harmful thoughts: It's all about taking away their ability to stick.

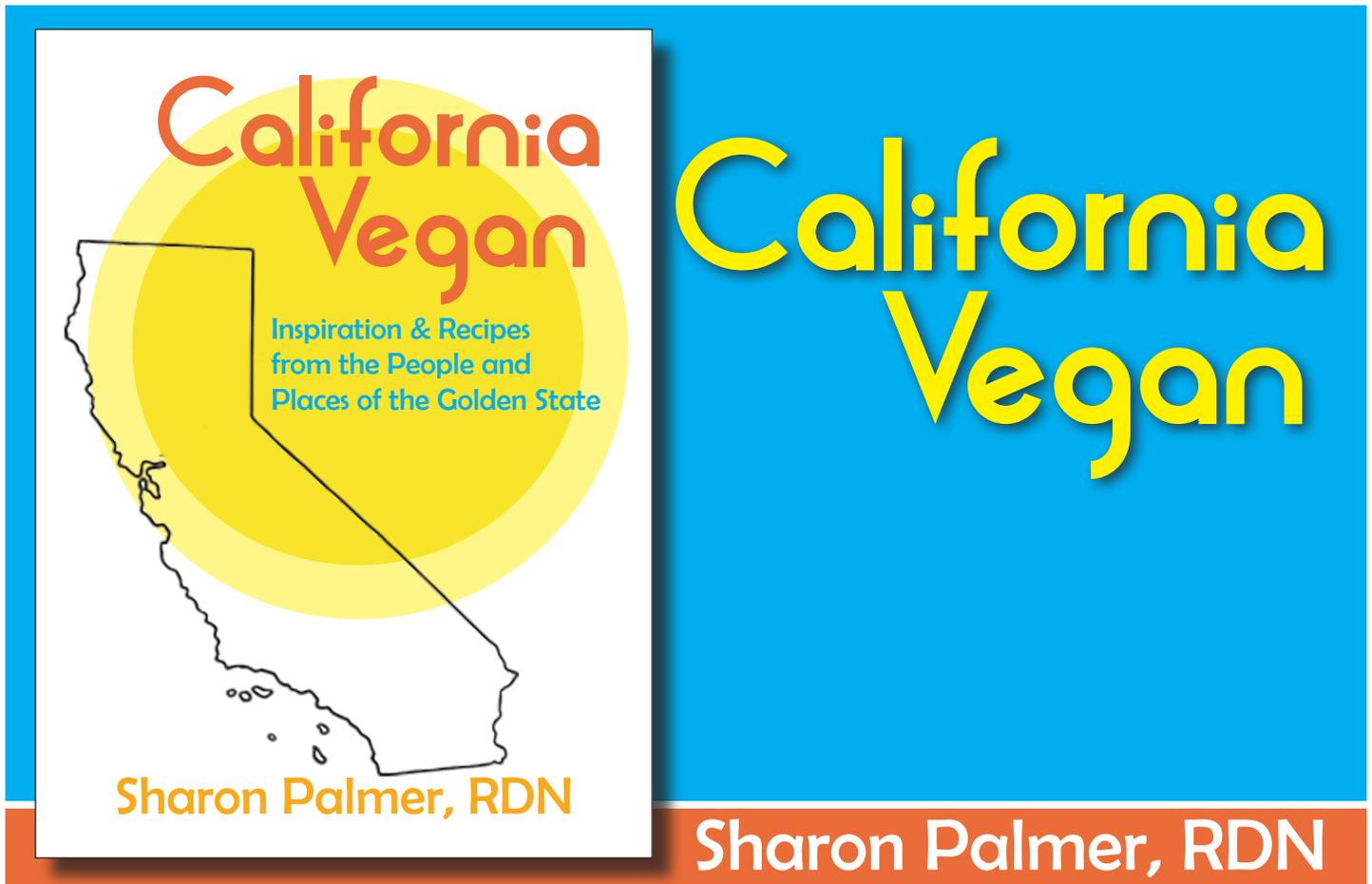
Andrea Bonior is a licensed clinical psychologist, media commentator, and author who specializes in the treatment of anxiety and relationship issues. She has served on the staff of four university counseling centers and has studied problems such as eating disorders, women's issues, alcohol abuse, depression, athletic performance anxiety, life transitions, and grief and loss. She has taught Abnormal Psychology for more than ten years at Georgetown and is the author of the Publisher's Weekly Best-Seller **PSYCHOLOGY: ESSENTIAL THINKERS, CLASSIC THEORIES, AND HOW THEY INFORM YOUR WORLD** and **THE FRIENDSHIP FIX**. Dr. Bonior is also a media commentator about the psychological and sociological aspects of pop culture and current events, and appears frequently in print, and in broadcast media. She is the voice behind the mental health advice column "Baggage Check" in the Washington Post Express, writes Psychology Today's "Friendship 2.0" blog and speaks nationwide to audiences about motivation, relationships, and emotional health.



Chronicle Books / Spring 2020

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Plant-powered dietician Sharon Palmer tells the diverse story of California veganism with recipes showcasing local produce and features celebrating the legacy and future of plant-based pioneers in the state. California is where vegan culture all began, and where farm, food, and technology innovators continue breaking new ground. From Alice Waters pioneering California cuisine at Chez Panisse since 1971 to Silicon Valley startups revolutionizing the way America eats meat, the Golden State starts the veggie trends the rest of the country follows.

This cookbook stars more than 80 plant-based recipes, illustrated with original photography and featuring sidebars for cultural context to inform and welcome Californians into veganism and vegans into California.

Sharon Palmer, RDN, is a registered dietitian nutritionist, editor of the award-winning health newsletter Environmental Nutrition, and a nationally recognized nutrition expert who has personally impacted thousands of people's lives through her writing and clinical work. She lives outside of Los Angeles with her husband and two sons.



Globe Pequot / March 2021

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LESSONS IN HATE

Christia Spears Brown, PhD

A quick scan of news headlines shows bias and prejudice harms adults and children alike. The science of childhood has shown that biases, stereotypes, and prejudices don't wait until adulthood, but begin when children are young, slowly growing, becoming more entrenched each year, and becoming harder and harder to erase. And, many of the biased policies in the country today directly target children in their homes, neighborhoods, and schools. This means that children are being raised in a world where biases penetrate like arrows from all sides – at times, marginalizing them and limiting their development, and at times, being believed, internalized, and passed along to others.

Lessons in Hate is part science, part history lesson and part current events. It describes how biased policies, schools, and media harm children, how they have done so in the past, and how they do it today. It describes the science behind why children develop their own biases and prejudices about others. It also describes how we can protect children from these biases, how we have protected them in the past (with help from school boards to Supreme Courts), and what modern-day science tell us about protecting children from the biases of today. Along the way, it tells the stories of the social scientists themselves, who often belonged to marginalized groups.

As a developmental psychologist and international expert on stereotypes and discrimination in children, Dr. Christia Spears Brown knows that biases and prejudice don't just develop as people become adults (or CEOs or politicians). They begin when children are young, slowly growing and exposed to prejudice in their school, after-school activities and, yes, even in their homes, no matter how enlightened their parents may consider themselves to be. As she says, the only way to have a more just and equitable world – not to mention more broad-minded, empathetic children – is for parents to closely examine biases beginning in childhood and how they infiltrate our kids' lives.

In her new book *Lessons in Hate*, using everyday language and linking scientific findings to current and historical events, *Lessons in Hate* provides readers with the answers to three vital questions:

1. How do biased policies, schools and media harm our children?
2. How do children develop their prejudices about others, and how do these prejudices shape their behavior, goals, relationships and beliefs about themselves?
3. What can we learn from modern-day science to help us protect our children from these biases?

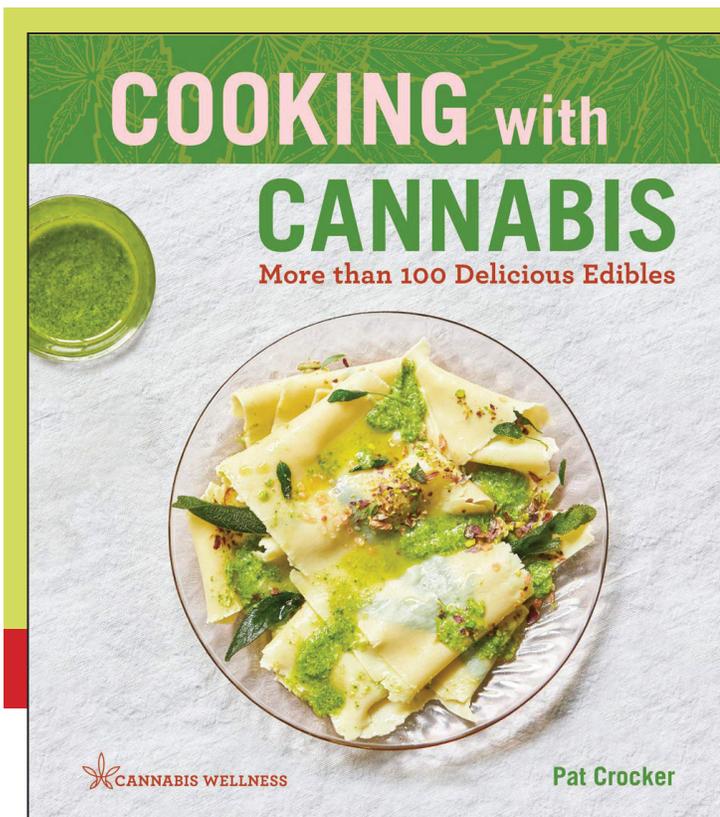
Few issues today are as critical as being aware of bias and prejudice all around us and making sure our kids don't succumb to them. While there have certainly been many books published on the subject of prejudice and how it develops, none are focused on children.

CHRISTIA SPEARS BROWN, PhD, is an associate professor of developmental psychology at the University of Kentucky. Her work on the impact of gender stereotypes on children and adolescents has been published widely in scientific journals and featured in numerous newspapers, magazines, local radio shows, NPR, and the CBS Evening News. She blogs regularly for Psychology Today in her column "Beyond Pink and Blue." She is also an expert panelist for the ACLU.

Ben Bella / Oct 2021

Translation

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COOKING with CANNABIS

Pat Crocker

Food to make you feel good! In 100+ recipes, Pat Crocker demonstrates how easy, safe, and delicious it is to cook with canna-

bis—especially with the help of her unique, foolproof dosing chart.

This cookbook makes it easy to master the art of cooking and baking with cannabis! More than 100 recipes feature a spectrum of single-serve dishes, from healthy to decadent, all of which include raw or decarboxylated cannabis (a heating process that converts THCA into psychoactive THC). Plenty of practical information covers key issues such as extracting the maximum benefit from cannabis, dosing, and infusing with cannabis, as well as tips for first-time users who wish to safely make delicious cannabis edibles. Every serving delivers 5mg THC, just the right amount to experience both the recreational and gustatory pleasures of cannabis. There are so many delicious choices for every meal—Canna-Pancakes or a Mini Quiche with Arugula & Smoked Salmon for breakfast, for example, or a Black Bean Burger or Asparagus-Stuffed Mushrooms for later in the day. You'll also find innovative riffs on popular snacks, like hummus and tostadas, along with a stellar list of desserts, including Grilled Bananas with Canna-Honey, Savory Pears, and Chocolate Truffles.

Teacher, photographer, and author of 22 cookbooks, Pat Crocker is first and foremost a culinary herbalist with more than 1.25 million books in print. She was honored twice by the International Herb Association's Professional Award for outstanding contributions to the Herb Industry, and also received the 2009 Gertrude H. Foster award from the Herb Society of America for Excellence in Herbal Literature. Her books, *The Juicing Bible* and *The Vegan Cook's Bible*, have won "Best in the World" awards from the International Gourmand Culinary Guild. Crocker has been growing, photographing, teaching, and writing about herbs, herb gardens, food, and healthy diets for more than two decades. She is the author of *The Herbalist's Kitchen*. She lives in Neustadt, Ontario, Canada.



Sterling / June 2020

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GETTING YOUR BRAIN AND BODY BACK

Bradford C. Berk, MD, PhD
with Martha W. Murphy and Eric Topol, MD

GETTING YOUR BRAIN AND BODY BACK

Bradford C. Berk, MD, PhD
with Martha W. Murphy and Eric Topol, MD

On Memorial Day 2009—at the peak of his career as a physician, medical researcher, and medical center CEO—Dr. Brad Berk took a bike ride that would change his life forever. To avoid an oncoming car, he swerved, fell, and broke his neck, sustaining a spinal cord injury that would leave him permanently paralyzed. Hospitalized for 129 days, he was told that the first twelve months would reveal the limits of his recovery, the “this is as good as it’s gonna get for you” scenario.

But that prediction proved to be untrue. Dr. Berk’s recovery continues to this day, and now, he has a new mission: to help others who have experienced an acute neurological injury (stroke, spinal cord injury, or traumatic brain injury). In *Getting Your Brain and Body Back*, he shows them, and their families, how to achieve the best possible continuous recovery. He offers hope, compassion, and understanding from a guy who’s been there, plus the most up-to-date information on recovery therapies from his work as a pioneering medical researcher.

This is the definitive guide to recovery, required reading for the millions of people who suffer from neurological injury every year. Each chapter gives readers accessible information on specific topics in bite-size pieces. They learn cutting-edge ways to prevent and treat the most common medical problems; how to find, get, and pay for today’s life-changing rehabilitation therapies; how to harness the power of the mind; how to build a better lifestyle; how to return to work; how to deal with anxiety and depression; how to be sexually intimate; and much more. With examples spanning Eastern and Western medicine, and the most up-to-date information on drugs and devices for restoring physical and mental function, *Getting Your Brain and Body Back* helps readers play a more active role in their treatment. By sharing what he’s learned as a patient and as a physician (along with what the brightest minds in the field have to say)—Dr. Berk helps others get back to life.

Bradford C. Berk, MD, PhD, is a board-certified cardiologist and a Distinguished University Professor in Medicine, Neurology, Pathology, Pharmacology & Physiology, and Physical Medicine & Rehabilitation. He is the founder and Director of the University of Rochester Neurorestoration Institute. He was formerly Chief of the Cardiology Division at the University of Rochester Medical Center, and then Chairman of Medicine, before being named CEO of University of Rochester Medical Center and Senior Vice President of Health Sciences at the University of Rochester. He lives in Pittsford, New York.

Martha W. Murphy’s first book was published in 1991, and since then she has written or co-written scores of magazine articles and books. Since 2007, she has served on the faculty for the annual Harvard Medical School-sponsored CME course, “Writing, Publishing, and Social Media for Healthcare Professionals.” She is a writing instructor at the University of Rhode Island’s Harrington School of Communication and Media and has taught in the continuing education program at Brown University. She is the executive editor for four healthcare newsletters, and an award-winning healthcare communications and marketing professional. She lives in southern New England.

Eric Topol, MD, is the director of the Scripps Translational Science Institute and co-founder and vice-chairman of the West Wireless Health Institute in La Jolla, California. He is a practicing cardiologist at the Scripps Clinic and a professor of genomics at The Scripps Research Institute. One of the top ten most cited researchers in medicine, Topol was elected to the Institute of Medicine of the National Academy of Sciences and has led many of the trials that have shaped contemporary treatment for heart disease. He lives in La Jolla, California.

The Experiment / April 2021

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Joy Fixes for Weary Parents

101 Quick, Research-Based Ideas
for Overcoming Stress and
Building a Life You Love

Erin Leyba, PhD

Joy Fixes for Weary Parents

Erin Leyba, PhD

"Joy Fixes for Weary Parents is the guide we have all been hoping for. Filled with practical ideas and research-based tips, this book will breathe new life into your parenting. Leyba is a sage

whose words, wisdom, and honesty are sure to fill your days with more joy and less stress."

-Mandy Arioto, president and CEO of Mothers of Preschoolers International and author of Starry-Eyed: Seeing Grace in the Unfolding Constellation of Life and Motherhood

"A couples counselor's advice on keeping romance, humor, love, and laughter alive! What family doesn't need that?"

-Emma Seppälä, PhD, Yale University Center for Emotional Intelligence, author of The Happiness Track

Modern parenting presents fresh challenges, including unrelenting time pressures, lack of support systems, and work demands, that often leave parents drained and worn-out. Erin Leyba, the mother of three young children, has been counseling parents on these issues for almost twenty years. She has developed techniques that help parents not only cope but also feel joy — in their parenting and in their relationships with their partners.

Leyba draws from the latest research about child development, attachment, successful marriages, and mindfulness to create effective, doable solutions for balancing, simplifying, and communicating. She presents powerful tools that parents can use right away to de-stress, stay energized, and create more warmth and passion with loved ones. Whether new, veteran, overwhelmed, exhausted, or just interested in doing better than they are, parents will find proven help here.

Erin Leyba, PhD, an individual and marriage counselor, specializes in helping parents of young children. In addition to her popular blogs, she speaks often to parenting and child-care groups. Leyba lives in the Chicago area.



Pegasus Books / 2020

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RAISING *Resilient* CHILDREN

ROBERT BROOKS, PH.D., AND
SAM GOLDSTEIN, PH.D.

**Top Child Psychologists Offer Expert Insight
and Practical Advice for
Raising Strong Kids in Today's Complicated World**

"Thoughtful and sound in its approach, practical and clear in its suggestions, direct and supportive in its tone, Raising Resilient Children is the perfect book for parents searching for a caring method to help their children grow into healthy, happy, loving, and mature adults." -William Pollack, Ph.D., author of *Real Boys*

"... the down-to-earth strategies ensure this title will be used as well as read ... truly valuable material."
-Publishers Weekly

"... a remarkable book that pulls together the research on resilience and makes it readable, understandable, and practical." -Work and Family Life

"A very important work. This not-to-be-missed book debunks the paradigm ('Good enough for me: I turned out OK') and replaces it with a new model fostering resilience capable of meeting obstacles head-on."
-Library Journal, starred review

In this seminal parenting work, renowned psychologists Robert Brooks and Sam Goldstein explain why some kids are able to overcome overwhelming obstacles while others become victims of early experiences and environments. From this research they have developed effective strategies you can add to your parenting practice to prepare your children for the challenges of today's complicated, ever-changing world.

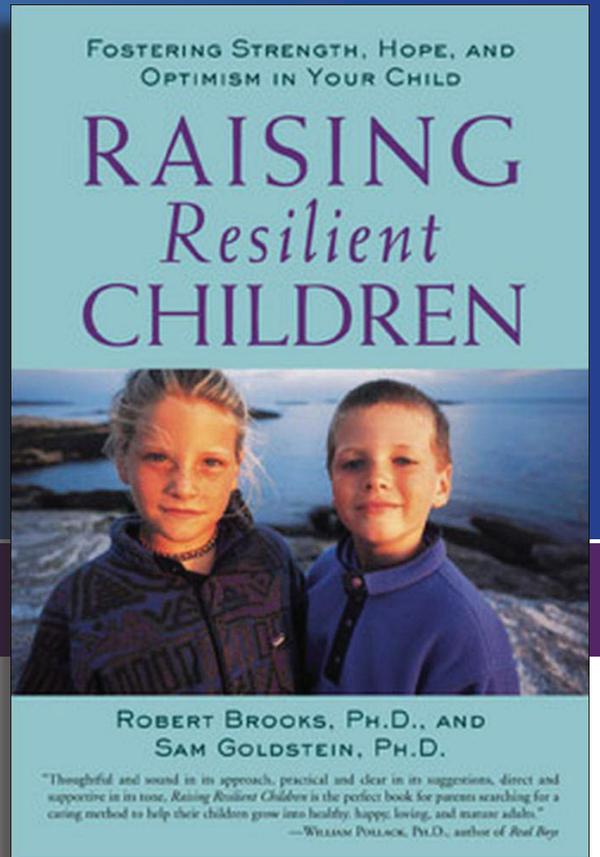
Robert Brooks, Ph.D., on the faculty of Harvard Medical School, is one of today's leading speakers and authors on the themes of resilience, self-esteem, motivation, and family relationships.

Sam Goldstein, Ph.D., a clinical instructor in the Department of Psychiatry at the University of Utah and a staff member of the Primary Children's Hospital and the University Neuropsychiatric Institute, is one of today's leading speakers and authorities on child development and neuropsychology.

Tyndale / Spring 2021

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CREATE CONNECTIONS

Rhonda Williams, EdD

Sameen DeBard & Joseph Wehrman, PhD

Create Connections: How to Facilitate Small Groups

offers fun and insightful techniques and resources for developing the necessary skills to facilitate groups. While small-group work is the most time-efficient and functional way of developing non-cognitive competencies, direct instruction in teaching facilitation skills for those leading these groups is also necessary. Intention, purpose, thought, structure, and lesson planning are essential components to initiate a meaningful group experience.

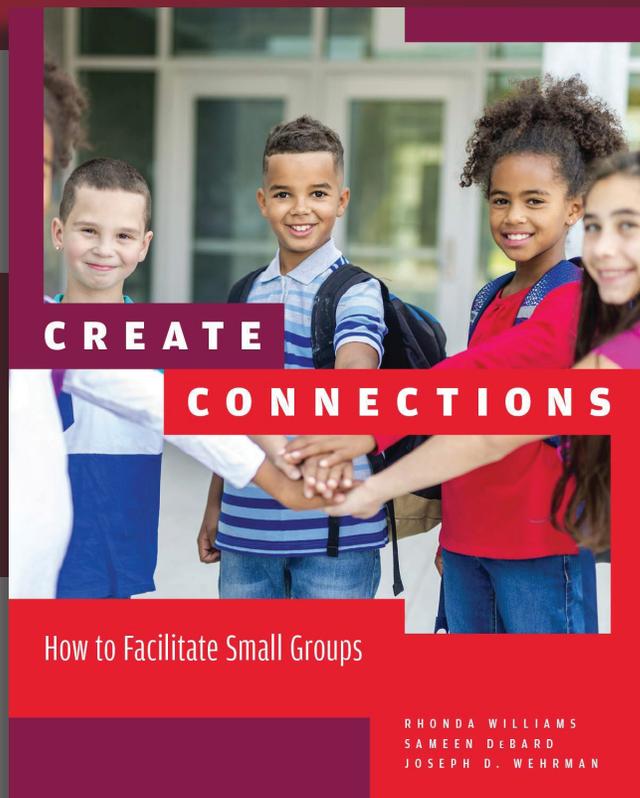
The focus of this book is to guide the facilitator on how to lead engaging activities that will be applicable in everyday life for the participants. **Create Connections** is designed to help school counselors, therapists and psychologists explore, in detail: group facilitator skills; member dynamics; and thought-provoking initiatives within the included lesson plans. People commonly assume that creating, developing and implementing a group is an easy task of simply convening a collection of like-minded individuals together. Rather than haphazard group development, we suggest a structured, intentional and purposeful group selection and process. This book is designed to help make the group-development process both enjoyable and productive. The more one front-loads the planning process, the easier it will be to create connections in your group.

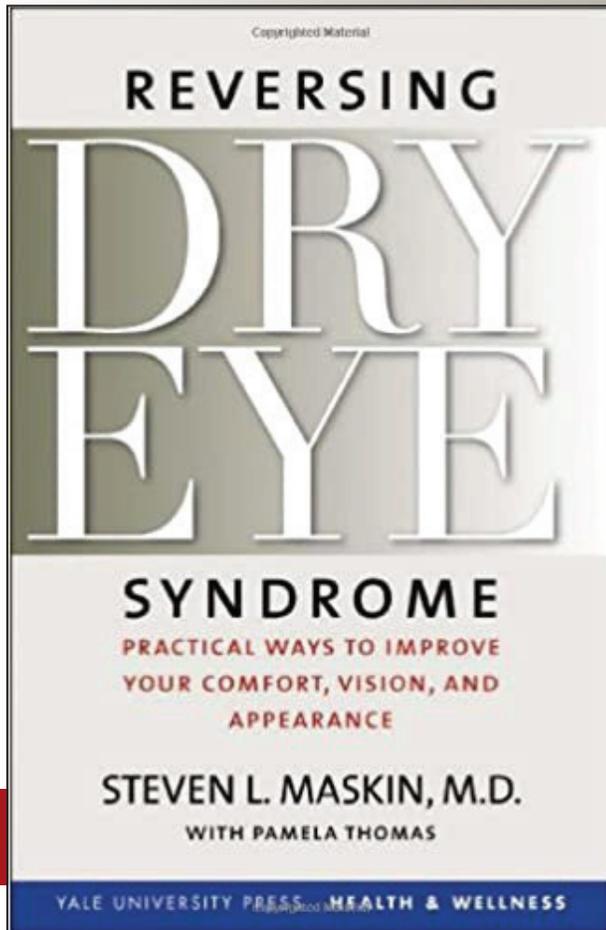
Rhonda Williams, EdD is a professor in the Counseling and Human Services Department at the University of Colorado, where she serves as the School Counseling Program Coordinator. She has served as President-Elect and President in both Colorado and Kansas School Counselor Associations, and is currently the Executive Director of the Colorado School Counselor Association. At the national level, Williams has served as ASCA Ethics chair, and Ethics Co-Chair for 7 years. Rhonda has received the Colorado Middle School Counselor of the Year award, and the American School Counselor Association Middle School Counselor of the year and most recently the ASCA Counselor Educator of the Year. She was recently awarded the inaugural Rhonda Williams Lifetime Achievement Award from the Colorado School Counselor Association. Dr. Williams continues to pursue her interest and research in experiential education, bullying behavior and adolescent and gender issues. She was the co-coordinator for the First Lady's Reach Higher Convening at the University of Colorado, Colorado Springs in the summer of 2016. **Sameen Noorulamin DeBard** has provided training for teachers and school counselors throughout the United States on effective facilitation skills for small groups and advisory programs. DeBard is an adjunct faculty member at the University of Colorado, Colorado Springs and a group facilitation trainer/consultant. **Joseph Wehrman, PhD**, currently serves as the Department Chair for Counseling and Human Services at the University of Colorado, Colorado Springs. He is an Associate Professor for the Counseling and Human Services program at the University of Colorado. He is a former faculty member of The Citadel in Charleston, SC, a former coordinator of the counseling and leadership program with the United States Air Force Academy, and a former coordinator of the Clinical Mental Health track. He has expertise and a long history of service in the areas of early childhood, child development, and counseling children and families.

Research Press / September 2019

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REVERSING DRY EYE SYNDROME

Second Edition

STEVEN L. MASKIN, M.D.
WITH PAMELA THOMAS

**The first book on dry eye syndrome for patients and their families
looking for the best current information and practical advice**

This clear, accessible book combines detailed medical information with expert treatment advice for the estimated twenty million Americans who suffer from dry eye syndrome. Dr. Steven L. Maskin, an ophthalmologist who has been caring for dry eye patients for more than fifteen years, explains exactly what the syndrome is, why it occurs, and how it can best be managed and treated. He dispels the misunderstandings that surround dry eye syndrome and presents an easy-to-understand guide that may be read cover-to-cover or dipped into for specific topics of interest. Dr. Maskin begins with an overview of dry eye syndrome, then explains the myriad ways it can develop (allergies, aging, contact-lens use, LASIK surgery, diabetes, and various other diseases). He discusses how it can be successfully diagnosed and treated, offers guidelines for choosing a doctor and appropriate medications, and describes useful home remedies. In a concise final chapter, the doctor provides welcome answers to frequently asked questions. For patients who want to understand their disease and to participate actively in its management, this book is an essential reference.

Steven L. Maskin, M.D., is director, Cornea and Eye Surface Center, Tampa, FL. Pamela Thomas is a freelance writer and editor in New York City.

Yale University Press / Spring 2021

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Skillstreaming the Adolescent

Ellen McGinnis

Skillstreaming the Adolescent

Student Workbook

Ellen McGinnis

Skillstreaming the Adolescent helps reinforce the 50 social-emotional skills learned in the Skillstreaming the Adolescent curriculum. Students learn through discussion, exploration and practice of essential life skills. Thirty new activities help students learn to start conversations, ask for help, deal with their feelings, find alternatives to aggression, manage stress and develop planning skills. The Student Workbook jumpstarts student learning, structures the Skillstreaming teaching process for both new and experienced group leaders, and is an excellent tool for promoting parental involvement.

Ellen McGinnis, PhD, holds degrees in elementary education, special education, and school administration. She has taught elementary and secondary students in the public schools and has served as special education consultant in both public and hospital schools, school principal, special education director, executive director of student support services, and a program consultant at the state level. The author of numerous articles on identifying and teaching youth with emotional/behavioral disorders, she collaborated with Dr. Arnold P. Goldstein on early Skillstreaming books and is author of the most recently released editions of Skillstreaming in Early Childhood, Skillstreaming the Elementary School Child, and Skillstreaming the Adolescent. She is also co-author with Rich Simpson, PhD, of Skillstreaming Children and Youth with High-Functioning Autism and Social Skills Success for Students With Asperger Syndrome and High-Functioning Autism.

Research Press / February 2020

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Skillstreaming in the Elementary School

Ellen McGinnis

Skillstreaming in the Elementary School

Student Workbook

Ellen McGinnis

Skillstreaming in the Elementary School: Student Workbook helps children move from classroom modeling to real world mastery of the 60 pro-social skills introduced in the instructional curriculum Skillstreaming the Elementary School Child. Thirty new activities help students learn to generalize and refine social-emotional skills such as making friends, dealing with their feelings, alternatives to aggression and coping with stress. These activities assist students in not only learning the Skillstreaming process, but key social nuances that will help them be more successful in their skill use.

Ellen McGinnis, PhD, holds degrees in elementary education, special education, and school administration. She has taught elementary and secondary students in the public schools and has served as special education consultant in both public and hospital schools, school principal, special education director, executive director of student support services, and a program consultant at the state level. The author of numerous articles on identifying and teaching youth with emotional/behavioral disorders, she collaborated with Dr. Arnold P. Goldstein on early Skillstreaming books and is author of the most recently released editions of Skillstreaming in Early Childhood, Skillstreaming the Elementary School Child, and Skillstreaming the Adolescent. She is also co-author with Rich Simpson, PhD, of Skillstreaming Children and Youth with High-Functioning Autism and Social Skills Success for Students With Asperger Syndrome and High-Functioning Autism.

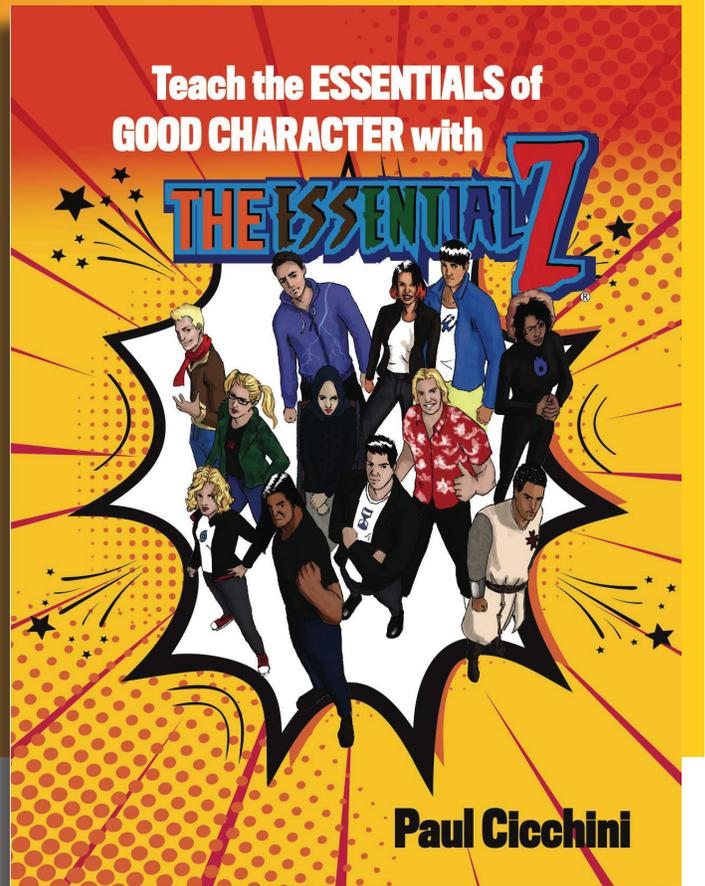
Research Press / January 2020

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Teach the ESSENTIALS of GOOD CHARACTER with **THE ESSENTIALZ**

Paul Cicchini



Kids think they need to be super to conquer the challenges holding them back from being heroic in everyday life. In Teach the Essentials of Good Character with The Essentialz®, kids will learn how to master simple but essential character skills like the 12 superheroes who are The Essentialz.

In this book, each of the characters represents an important trait to teach students how to be comfortable in their own skin. This program is not only fun and engaging, but dialogue-provoking as well. Kids learn that even superheroes have flaws, which makes it easy for students to identify with the characters.

In Teach the Essentials of Good Character with The Essentialz®, each character has an intriguing backstory, compelling personality traits or quirks, and a private challenge they must conquer that should be very familiar to the participants.

Paul Cicchini, Ed.S., NCSP, is a school psychologist in the Camden School District, Camden, New Jersey. He was mentored by Rutgers professor Dr. Maurice Elias, and is now one of the few school psychologists in the country who is certified in School Leadership/Character Education. Cicchini is the author of the novels *Young Cyrano*, *Godsmacked*, and *The Essentialz*. He emphasizes elements of character education in his stories. His love of superheroes is what inspired him to create these characters and write *The Essentialz* and to create the curriculum *Teach the Essentials of Good Character with the Essentialz®*

Research Press / November 2019

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The Healing Otherness Handbook

Overcome the Trauma
of Identity-Based Bullying
and Find Power in Your Difference

STACEE REICHERZER, PhD

Were you the victim of childhood bullying based on your identity? Do you carry those scars into adulthood in the form of anxiety, depression, post-traumatic stress disorder (PTSD), dysfunctional relationships, substance abuse, or suicidal thoughts? If so, you're not alone. Our cultural and political climate has reopened old wounds for many people who have felt "othered" at different points in their life, starting with childhood bullying. This breakthrough book will guide you as you learn to identify your deeply rooted fears, and help you heal the invisible wounds of identity-based childhood rejection, bullying, and belittling.

In *The Healing Otherness Handbook*, Stacey Reicherzer—nationally known transgender psychotherapist and expert on trauma, otherness, and self-sabotage—shares her own personal story of childhood bullying, and how it inspired her to help others heal from the same wounds. Drawing from mindfulness-based cognitive-behavioral therapy (CBT), Reicherzer will help you gain a better understanding of how past trauma has limited your life, and show you the keys to freeing yourself from self-defeating, destructive beliefs.

If you're ready to heal from the past, find power in your difference, and live an authentic life full of confidence—this handbook will help guide you, step by step.

Stacey Reicherzer, PhD, is a Chicago, IL, transgender counselor, educator, and public speaker [for the stories of the bullied, forgotten, and oppressed.] The San Antonio, TX, native serves as clinical faculty of counseling at Southern New Hampshire University, where she received the distinguished faculty award in 2018. She travels the globe to teach and engage audiences around diverse topics of otherness, self-sabotage, and imposter phenomenon. Dr. Reicherzer lives in Chicago, IL



New Harbinger Publications

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THE APPALACHIAN TRAIL

PHILIP D'ANIERI

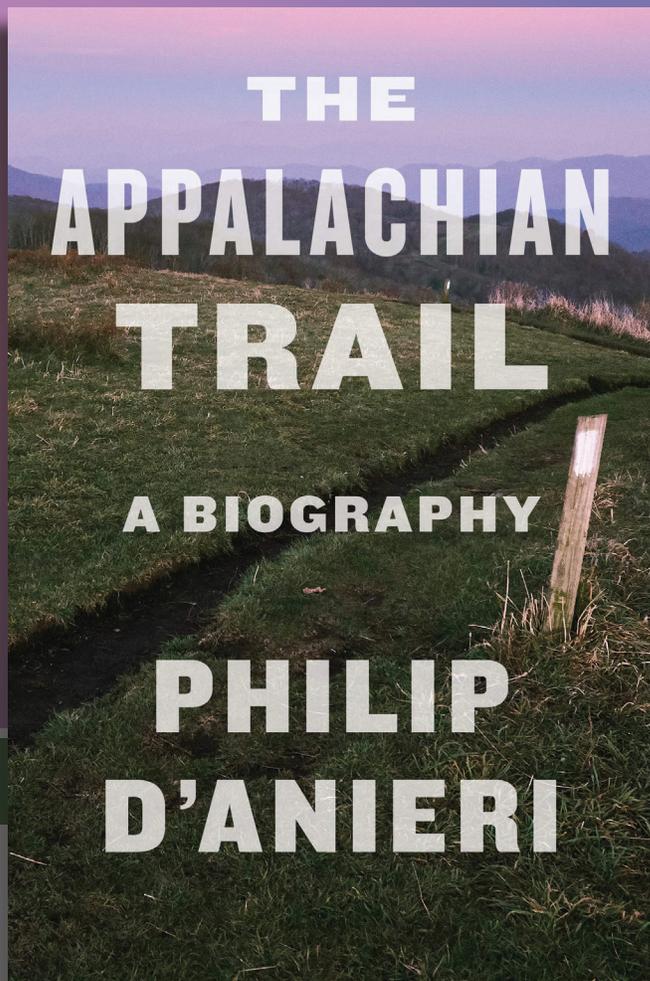
The Appalachian Trail is America's most beloved trek, with millions of hikers setting foot on it every year. Yet few are aware of the fascinating backstory of the odd-balls and obsessives who helped bring it to life over the past century.

The conception and building of the Appalachian Trail is a story of unforgettable characters who explored it, defined it, and captured national attention by hiking it. From Grandma Gatewood—a mother of twelve who thru-hiked in canvas sneakers and a drawstring duffle—to Bill Bryson, author of the best-selling *A Walk in the Woods*, the AT has seized the American imagination like no other hiking path. The 2,000-mile-long hike from Georgia to Maine is not just a trail through the woods, but a set of ideas about nature etched in the forest floor. This character-driven biography of the trail is a must-read not just for ambitious hikers, but for anyone who wonders about our relationship with the great outdoors and dreams of getting away from urban life for a pilgrimage in the wild.

PHILLIP D'ANIERI teaches courses on the built environment at the University of Michigan. He worked in public radio journalism and state government before earning a PhD in urban and regional planning at Michigan. He lives in Ann Arbor.

Houghton Mifflin / June 2021

Translation Rights Available



THE BACKPACK

TIMOTHY COLE

“Powerful story of survival and true grit from a remarkable officer. Brandon has not allowed Sept. 25th, 2000, to define his character, but rather to reveal it. His story is raw, painful, and courageous as he takes us through the ups and down of his healing journey, the impact physically, mentally, and emotionally on him and his family -- it was not easy. Once Brandon realized this suffering was uniquely his own to bare, it allowed him to believe in the healing power of his faith, his family and himself. A must read for your emotional survival toolkit.”, Battle Creek Police Chief Jim Blocker

Wounded in the line of duty and paralyzed, police officer Brandon Hultink made an amazing journey from despair to hope.

“I can still remember the taste of metal in my mouth from the barrel of the gun ...” After the shootout that put him in a wheelchair, police officer Brandon Hultink was ready to put an end to it all. In his frank and compelling memoir *The Backpack*, Hultink tells how he came to the worst moment of his life, and how faith in God and the humility to accept help brought him out of depression, addiction, and the wheelchair and back into successful life.

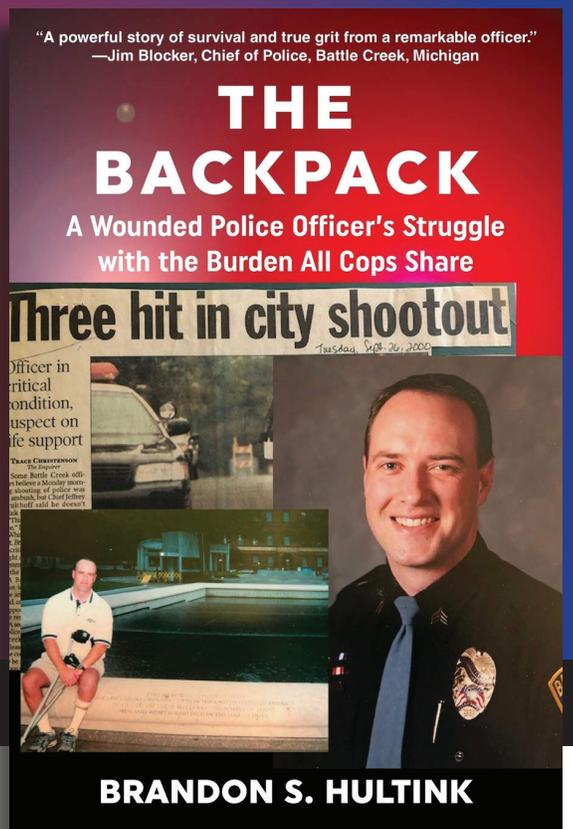
But Hultink’s story isn’t his alone—it is also the story of the thousands of police officers who struggle with depression and post-traumatic stress. Cops don’t do touchy-feely; they stuff every trauma into a metaphorical “backpack” until the burden overwhelms them. Hultink writes unflinchingly of the mental health crisis affecting police officers and offers proposals for improving mental health services for police. An intensely personal story of anguish and survival, *The Backpack* offers hope to everyone—police and civilian alike—who struggles with depression and pain.

A graduate of Western Michigan University and the Thomas M. Cooley Law School, Brandon S. Hultink served for fifteen years as an officer with the Battle Creek, Michigan, Police Department and for ten years as an assistant prosecutor with the Calhoun County Prosecutor’s Office. Hultink currently works as a parole agent for the Michigan Department of Corrections. He lives in Battle Creek with his wife and three sons. *The Backpack* is his first book.

Quill Driver Books / 2020

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The Golden Girls Reference Guide

Matt Browning

As an ardent fan of the TV show, *The Golden Girls*, Matt Browning has compiled the ultimate Golden Girls reference guide. Series star Betty White, the last surviving cast member, has herself experienced a career resurgence, amassing a universally beloved stature and 1.4 million Twitter followers. With merchandise flooding store shelves and episodes available at the click of a button, it appears that *The Golden Girls* will be around forever.

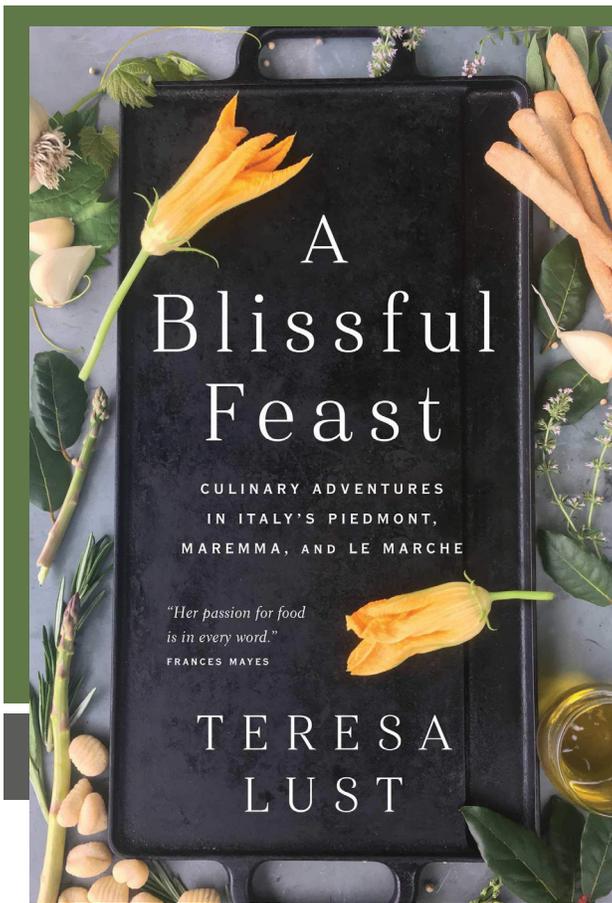
Matt Browning lives in South Charleston, West Virginia. He is the author of *Bookstore Explorer: West Virginia* (2019), a celebration of the state's independent bookstores, and the forthcoming *Chicks and the City* (Headline Books, 2020), a children's picture book. He has a master's degree and nearly two decades of experience in marketing and communications.



Lyons Press / Rowman & Littlefield // Fall 2021

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A Blissful Feast

TERESA LUST

A delicious journey through Italy and a celebration of the relationship between family and food.

Moving from the Italian Piedmont to the Maremma and then to Le Marche, chef Teresa Lust interweaves portraits of the people who served as her culinary guides with cultural and natural history in this charming exploration of authentic Italian cuisine.

We learn how to prepare bagna cauda—a robust dipping sauce of anchovies, garlic, and olive oil—with Lust’s relatives outside Torino. We learn about making hand-stretched grissini, Italy’s iconic breadstick, the secrets of whipping up zabaione, a classic dessert of ethereal foam made with egg yolks, sugar, and marsala. Then there is acquacotta, a rustic soup that nourished generations of the area’s shepherds and cowhands. In the town of Camerano, an eighty-year-old woman reveals the art of hand-rolling pasta with a three-foot rolling pin.

Underpinning Lust’s travels is our journey from chef to cook, mirroring the fact that Italians have been masters of home cooking for generations, so they are an obvious source of inspiration. Today, more and more people are rediscovering the pleasures of cooking at home, and Lust’s account—and wonderful recipes—will help readers bring an Italian sensibility to their home tables.

Teresa Lust is the author of *Pass the Polenta: and Other Writings from the Kitchen*. She is a graduate of Washington State University and holds a master’s degree from Dartmouth College. Lust currently teaches Italian for the Rassias Center for World Languages at Dartmouth and teaches cooking classes. She lives in New Hampshire.



Pegasus Books / 2020

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The Helper's Journey

Dale G. Larson

Dale G. Larson

The Helper's Journey

*Empathy,
Compassion,
and the Challenge
of Caring*

Second Edition

The power of empathy and compassion is revolutionizing our approach to person-centered counseling and caregiving. The new edition of *The Helper's Journey* builds on themes of altruism and purpose in life, which were presented in Larson's bestselling first edition. Drawing from the field of positive psychology, it explores the brighter side of human nature and helping. Real-world caregiver experience in hospice and palliative care, oncology, and counseling bring to light fresh perspectives. New research on empathy, altruism, resilience, the helping relationship, and empathetic counseling skills are illuminated through clinical vignettes and verbatim helper disclosures. This book charts a clear path to clinical effectiveness and personal growth for providers of compassionate, person-centered care.

Dale G. Larson, PhD is a Professor of Counseling Psychology at Santa Clara University, where he directs the graduate Health Psychology Program. A national leader in end-of-life research, theory, and training, he co-directed a national mental health skills training program for hospice workers and was Senior Editor and a contributing author for *Finding Our Way: Living with Dying in America*, a national newspaper series which reached seven million Americans. Dale Larson is a Fulbright Scholar, a Fellow in the American Psychological Association, a clinician, and publishes widely on grief and grief counseling, end-of-life issues, self-concealment, professional stress and stress management, and counselling skills. In 2016 Dr. Larson was honored with the Death Educator Award by the Association for Death Education and Counseling.

Research Press / January 2020

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the
POWER of
POSITIVE
AGING

DAVID ALAN LEREAH, PHD

"David Lereah's book The Power of Positive Aging provides a no-nonsense, fact-based approach to tackling the challenges of aging with grace and dignity. A cancer survivor himself, his reflections enhance the reader's understanding of how growing old comes with 'inconveniences.' This informative how-to guide provides instructions and solutions for his vision of aging positively while at the same time fostering an age-friendly society that will benefit anyone who reads it." -Angela G. Gentile, MSW, RSW

Discover the extraordinary power of Positive Aging to prepare you for the greatest challenge of your life—growing old.

Americans now live longer than ever—a full 30 years longer than they did in the early 20th century. Our forever-young culture and personal expectations have not yet adapted to that change. These extra years can be a burden or an adventure, depending on your mental attitude. You can't fight the inevitable changes to your aging body, but author David Lereah says these changes are at worst inconveniences that won't prevent living a fulfilling life.

The Power of Positive Aging offers a practical training guide to successfully cope with the physical and mental decline that accompanies aging. Based on life lessons learned during Lereah's successful battle against cancer, The Power of Positive Aging gives readers an easy-to-follow program of mental and spiritual exercises teaching mindfulness and acceptance, plus strategies for pursuing a balanced life and seeking and accepting social support.

The Power of Positive Aging shows how simple lifestyle modifications will transform your everyday life, helping you to live more joyously for the rest of your years. Growing older can be the best part of living when you embrace the power of positive aging.

David Lereah is an economist, cancer survivor, motivational speaker, and founder of the nonprofit organization United We Age. He previously was the chief economist for the National Association of Realtors and the Mortgage Bankers Association. He is the author of four books, the most recent being All Real Estate Is Local. Lereah's economic commentary has regularly appeared in the Wall Street Journal, the New York Times, and Businessweek, and on CNN, CNBC, and other media. Lereah began his career on the faculties of the University of Virginia and Rutgers University. He earned his PhD in Economics from the University of Virginia. Lereah lives in Port St. Lucie, Florida.

Quill Driver Books / 2020

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"An essential resource ... adeptly shows how aging does not have to be the negative experience we've been taught it is."
—Lawrence R. Samuel, author of *Aging in America* and *Boomers 3.0*

the
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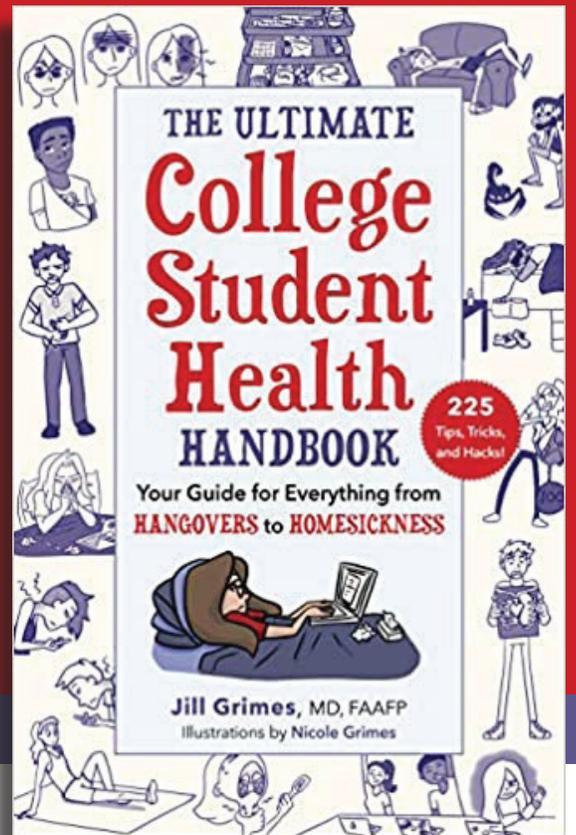
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DAVID ALAN LEREAH, PHD

THE ULTIMATE College Student Health HANDBOOK

Jill Grimes, M.D. FAAFP

Gold Medal Winner of the 2020 Literary Titan Award!



The COVID pandemic has focused our attention on health like never before. Soon millions of students will begin or continue their college careers and be responsible for their own health and wellness. They will be dealing with anxiety, homesickness, hangovers and injuries. As a physician in the University Health Services at the University of Texas and mother of two college students, Grimes began writing helpful tips and creating first aid kits for common college ailments which steadily evolved into **THE ULTIMATE COLLEGE STUDENT HEALTH HANDBOOK**.

Not intended to replace your next doctor appointment, the book is armed with quality information to help students know when to seek medical help. It explains how to describe their condition, what questions to ask, and what dorm-friendly or off campus living tips might help before they are seen. Organized literally from head to toe, the book goes far beyond "Dr. Google" to provide the knowledge of evidence-based medicine every college student should know. It helps them plan for a worst-case scenario if they don't seek help; realize what you can do now to prevent seeing a doctor; understand the diagnostic and treatment options.

College students facing their first illness, accident, or anxiety away from home often flip-flop between wanting to handle it themselves and wishing their parents could swoop in and fix everything. Advice from peers and "Dr. Google" can be questionable. The Ultimate College Student Health Handbook provides accurate, trustworthy, evidence-based medical information (served with a dose of humor) to reduce anxiety and stress and help set appropriate expectations for more than fifty common issues.

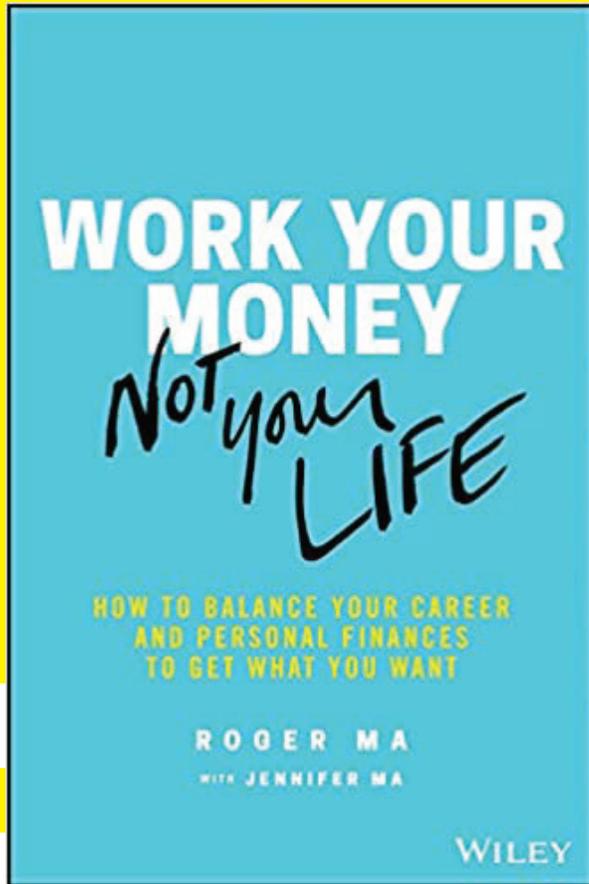
The topics of tattoos, smoking, vaping, pot, piercings, and prescription drugs will also be tackled throughout the pages of this handbook, ensuring you, your roommates, and your friends have a healthy semester.

Jill Grimes MD FAAFP is a nationally recognized medical media expert, award-winning author and proud mom of two awesome collegiate daughters. After twenty years of private practice, Dr. Grimes now works at the University of Texas at Austin. She speaks at American Academy of Family Physicians, Pri-Med, and Harvard Medical School Conferences.

Skyhorse Publishing / 2020

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WORK YOUR MONEY

NOT your LIFE

BY ROGER MA

Money affects every other part of our live and efficient money management can empower readers to find a meaningful career and create a satisfying personal life. WORK YOUR MONEY NOT YOUR LIFE provides readers with actionable advice on how people can find the right career path and determine their desired lifestyle while learning the financial strategies they need to make their path a reality. The book draws on Roger Ma's personal and professional experiences as well as case studies, interviews and research reports in order to address the intersection of money, work and happiness. Exercises are included to further illustrate and simplify key financial and work concepts.

Work, money and happiness connect when we learn financial flexibility as a framework for understanding how much money it takes to undergo certain personal and professional risks. Because our jobs affect all other aspects of our lives, WORK YOUR MONEY NOT YOUR LIFE walks readers through finding work they like, are good at, and fits their lifestyle with a 3month, 6month and one-year plan to transition jobs if necessary.

Readers learn concrete strategies to monitor financial health and grow and protect their money. Finally, readers are taught how to stay balanced and happily focused throughout the process.

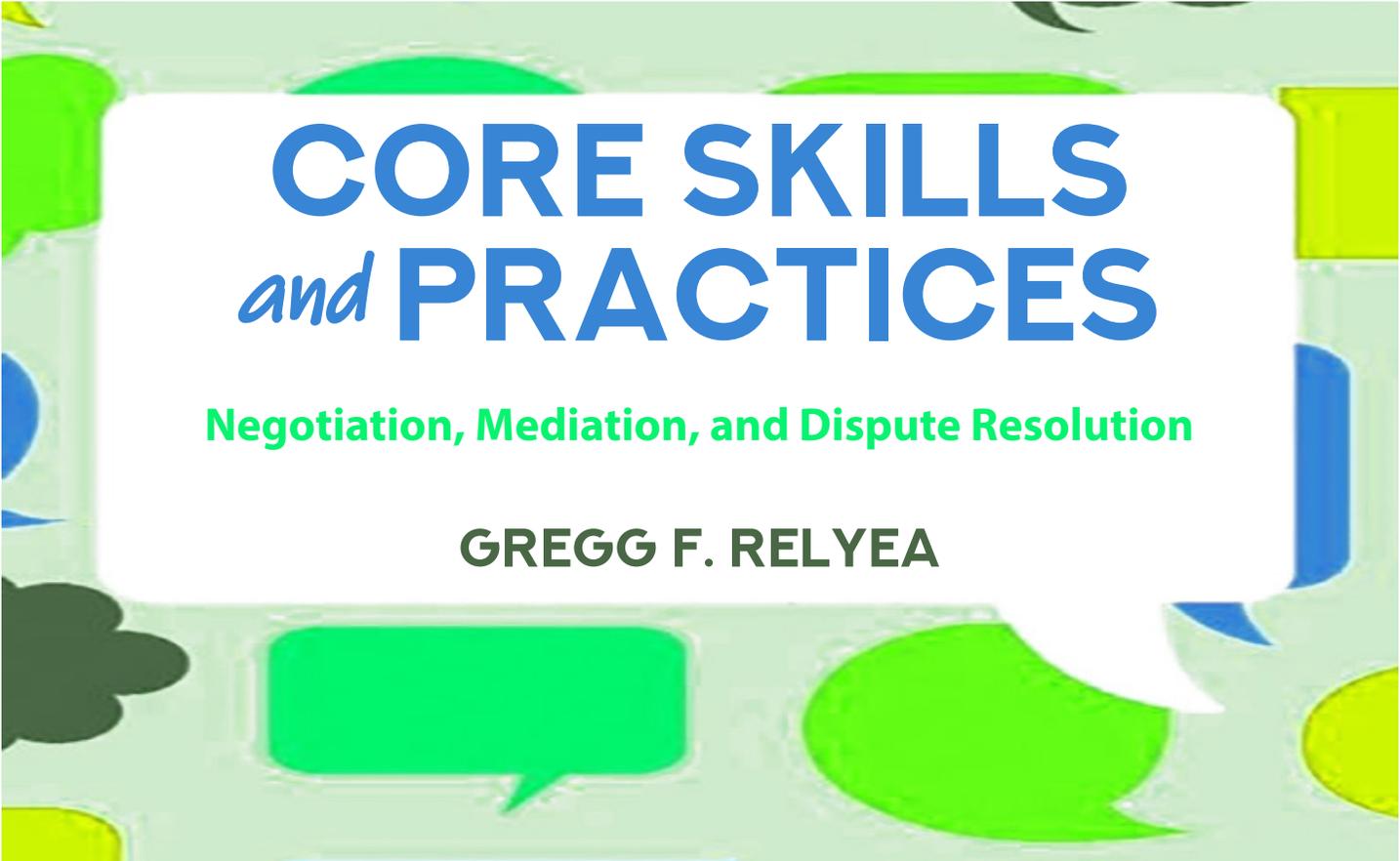
ROGER MA is an investment banker, former contributor to The Street, award-winning Certified Financial Planner and founder of Lifelaidout, Forbes Contributor, and Publisher Strategist at Google. He balances his role at Google with a successful entrepreneurial career that cuts across financial planning, real estate and publishing. He has been quotes in 75 print and online articles, including CNBC, CNN Money, Market Watch and Business Insider.



Wiley / Spring 2020

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CORE SKILLS *and* PRACTICES

Negotiation, Mediation, and Dispute Resolution

GREGG F. RELYEA

Throughout history, members of every society have resolved disputes through various processes of informal dispute resolution. The use of indigenous informal dispute resolution processes pre-dated the establishment of modern courts. Village elders, tribal chiefs, religious leaders, wise men and women, commercial trade groups and community leaders have all served as intermediaries in resolving disputes. Beginning in the 1970s these processes were collectively referred to as alternative dispute resolution (ADR) in general usage.

This book describes the core skills used in ADR to help people resolve their disputes. The focus is on how to manage conflict constructively and effectively. This book isn't merely about ADR. The unique feature of this book is that it answers the questions, "How do I...?" and "What do I do when...?" In each section, the book will address ways to identify the need for the use of a specialized skill, help in choosing the appropriate skill for the circumstances, and describe how to use the skill for the benefit of the parties involved.

The book describes basic terms and techniques and includes experiential exercises such as role-play and interactive exercises. It describes the four levels of competence in every skills-based activity through which the book will lead the reader. Skills must be learned, practiced, used regularly, and attempted both inside and outside the learning environment; vividly imagined and actively put into practice.

As one of the most experienced neutrals in the field of private dispute resolution, Mr. Relyea has mediated and arbitrated on a private full-time basis for 26 years. Mr. Relyea teaches mediation, arbitration and alternative dispute resolution at the University of San Diego School of Law, University of California, San Diego (UCSD) and California Western School of Law. He has provided formal mediation training to lawyers, judges and business people in Asia and Europe.

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THE PROFESSIONAL YOGA TEACHER'S HANDBOOK

The Ultimate Guide for Current
and Aspiring Instructors



SET YOUR INTENTION, DEVELOP YOUR VOICE,
AND BUILD YOUR CAREER

SAGE ROUNTREE

Coauthor of *Teaching Yoga Beyond the Poses*

THE PROFESSIONAL YOGA TEACHER'S HANDBOOK

SAGE ROUNTREE

The ultimate guide to the yoga profession—at every stage of your teaching career

Yoga has helped you, and now you want to share what you've learned. Maybe you've just graduated from yoga teacher training, and you're wondering how to take your next steps. Or perhaps you've been teaching for a while, but you feel unsure about how to get a studio job, develop a workshop, establish clear boundaries with your students, or level up in your career.

Wherever you are, *The Professional Yoga Teacher's Handbook* will help you choose a wise path toward where you want to be. Sage Rountree mines her decades of experience as a yoga teacher, teacher trainer, and studio owner to offer guidance at every turn:

- Land your first job, and smartly manage your schedule, money, and energy
- Prepare outside the classroom to ensure that each class is a good one
- Keep pace with changing Yoga Alliance standards and the expanding world of online teaching
- React in real time to students' needs (and gently teach studio etiquette)
- Figure out whether you want to become a full-time teacher, own a studio, take private clients, lead yoga teacher trainings—or all of the above.

Throughout, thoughtful prompts encourage you to articulate your principles, vision, and plans. Instead of telling you *what* to teach, this book will guide you to your own answers—first and foremost, by asking: How can my teaching be of greatest service to my students?

Sage Rountree, PhD, E-RYT 500, is the co-owner of the three-studio Carolina Yoga Company and the author of eight other books, most recently coauthoring *Teaching Yoga Beyond the Poses*. Her teacher trainings draw students from around the world. She lives in Carrboro, North Carolina.



The Experiment / Fall 2020

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MATT FITZGERALD



THE RUNNING BUM

What I Learned one Summer Living, Training & Racing
With a Team of World Class Runners Half My Age

THE RUNNING BUM

What I Learned one Summer Living, Training & Racing
With a Team of World Class Runners Half My Age

MATT FITZGERALD

Running is, after all, a sport, and regardless of natural ability, men and women who develop a passion for it want to find out how much faster they can get.

Unable to come up with a reason why acclaimed endurance sports author Matt Fitzgerald should not chase the dream, he persuaded the coach of Northern Arizona Elite to accept him as a fully participating member of his roster of national champions and Olympic hopefuls for an entire summer leading up to the 2017 Chicago Marathon. Matt finished the race 144 overall and third in his age category with a new lifetime best.

But the true richness of Matt's Running Bum experience was in the journey itself. Matt formed close bonds with his elite teammates, all of whom were remarkable individuals. Matt Llano was the first openly gay professional runner in the United States. Rochelle Kanuho endured a traumatic childhood, briefly homeless as a teenager before bootstrapping her way to her current life situation. Futsum Zeinaselassie escaped to America from his war-torn homeland of Eritrea at age 13, speaking almost no English. Kellyn Taylor was training to become a professional firefighter at the same time she pursued her dream of making it to the Olympics while raising a daughter.

In the company of those extraordinary people, Matt experienced a lifetime of unforgettable moments in three short months as The Running Bum chronicles Matt's transformative journey as "fake professional runner." The book reads like a novel, featuring a strong sense of place, a vibrant cast of characters and a simple linear quest.

Matt Fitzgerald is an acclaimed endurance sports and nutrition writer and a certified sports nutritionist. He is the bestselling author of more than a dozen books on running and fitness, including 80/20 Running, Brain Training for Runners, Racing Weight, and Iron War, which was long-listed for the 2012 William Hill Sports Book of the Year. He is a columnist on Competitor.com and Active.com, and has contributed to Bicycling, Men's Health, Triathlete, Men's Journal, Outside, Runner's World, Shape, and Women's Health. He lives in San Diego, California.



Pegasus Spring 2020

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BE A STARTUP SUPERSTAR



STEVEN MARK KAHAN

If you're like so many recent college graduates, your current career bears little resemblance to what you imagined for yourself while still in school. You feel stuck. Stuck in an unfulfilling job, where the prospects of advancement and earning an excellent income seem light-years away. You have the education, the business acumen, and the ambition to succeed, but things are at a standstill.

Do you ever ask yourself: Why is it that all of the massive success stories appear to come from the tech world? You're not alone. Author Steven Mark Kahan was in your situation and found a way to build a great career and achieve immense financial and personal success. Steve will be the first to admit that he knew nothing about tech when he started his journey through the world of tech startups. But his willingness to take risks and jump on opportunities more than made up for his lack of technology skills and experience. In *Be a Startup Superstar*, Steve shows you where to find the best opportunities, how to take advantage of them, and how to choose a startup with the best chance for success.

Divided into two parts, this real-world guide enables you to find exceptional opportunities, seize them when the moment is right, and ignite your career in tech. Acknowledging that many startups fail, Part One focuses on how to mitigate the risks and provides you with the Five Key Traits to look for when selecting a tech startup before applying for a job. Part Two shares the Seven Keys to the C-Suite, the traits they don't teach you in college or on the job. These leadership attributes and an entrepreneurial mindset will separate you from the crowd and accelerate your career.

Be a Startup Superstar will help you make better decisions, get better outcomes, and raise your potential to the next level of success. There has never been a better time to stop climbing corporate ladders and start riding the tech startup rocket—straight to the top!

STEVEN MARK KAHAN is the CMO of Thycotic, an IT security company based in Washington, DC. An award-winning cybersecurity marketer and startup entrepreneur, Steve has successfully helped to grow seven startup companies from early-stage development to going public or being sold, resulting in more than \$3 billion in shareholder value. He is known for his ability to plan and execute marketing strategies that accelerate a company's revenue, grow its market share, and consistently deliver superior returns for its shareholders.

Wiley / November 2019

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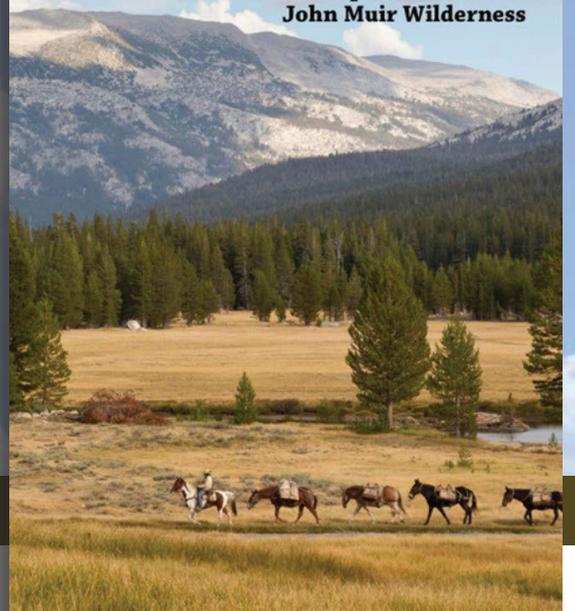
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Life Lessons on the Sierra Trail

Allen Clyde

Life Lessons on the Sierra Trail

40 Years' Experiences in the
John Muir Wilderness



Allen Clyde

A young man takes a summer job with a horse packer in the Sierra Nevada mountains—and receives a valuable education in the art of living—in a modern-day parable filled with love for horses, nature, and the majesty of the Sierras, based on the author's real-life experience of 40 years horse packing in the John Muir Wilderness.

Pablo is 18, a young man bound for college and a promising future, but also directionless and drifting toward the gang life. Pablo's mother, remembering his childhood love of horses back home in Mexico, arranges a summer job for him with podiatrist and commercial horse packer Dr. Clyde. Pablo finds himself far from the distractions of the city, leading pack horse trains through the stunning natural beauty of the John Muir Wilderness.

Along the way, Pablo receives a remarkable series of life lessons based on Dr. Clyde's 40 years' experience leading riders and hikers through the mountains. The guests that Clyde and Pablo encounter present many different models of how to live, both positive and negative, from arrogant know-it-all tourists to experienced and respectful outdoorsmen. As Dr. Clyde says, "You'll find in this world, Pablo, that some people make very poor decisions. Sometimes it adversely affects others and sometimes it negatively affects themselves big-time." Pablo and the reader learn that self-reliance, preparedness, and taking responsibility for one's own safety help develop a confident and responsible adult.

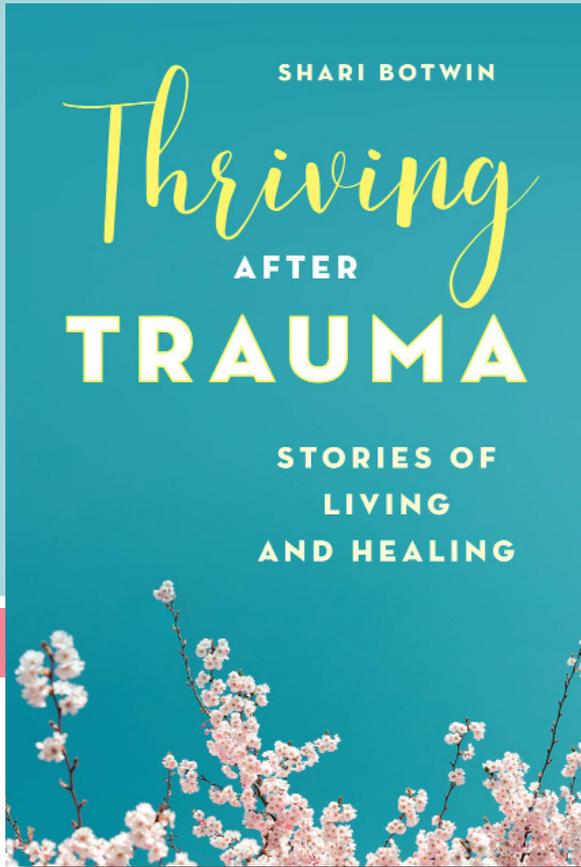
With lyrical descriptions of the natural splendor of the mountains and charming line drawings of horses and scenery, ***Life Lessons on the Sierra Trail*** is a celebration of the outdoor life and how it builds character.

Dr. Allen Clyde has operated a horse packing service in the Sierra Nevada's John Muir Wilderness for 40 years, transporting or delivering supplies to over 20,000 visitors. He is also a podiatric physician and surgeon. Dr. Clyde has served on the Fresno County (California) Board of Education for nearly 20 years. He lives in Clovis, California. *Life Lessons on the Sierra Trail* is his first book.

Craven Street Books / November 2020

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Thriving AFTER TRAUMA

SHARI BOTWIN, LCSW

"Sharing her gift of translating the language and culture of psychological trauma to plain English, Botwin, a survivor herself, blends her personal anguish with the painful experience of others she counseled through the years. At its finest points this book not only informs but opens the soul."

-Bob Stewart, Freelance Journalist, New York Daily News, Philadelphia Inquirer, Daily Beast

Every year millions of men and women develop addictions, eating disorders, depression, and related illnesses due to trauma. Trauma victims are more likely to suffer from drug or alcohol abuse, to smoke, or to engage in other self-destructive practices in an effort to avoid emotions they cannot handle and cope the hopelessness, despair, and painful feelings often associated with traumatic experiences. But it doesn't have to be this way.

A change is finally happening. Society is talking about sexual assault and abuse, about PTSD and associated disorders. And as people begin to acknowledge the traumas they've endured, they seek assistance for overcoming their experiences so they may live full lives free from shame, guilt, and despair.

Thriving After Trauma discusses the many ways trauma victims have overcome the consequences of a wide-array of circumstances, including physical or sexual abuse, war-related injury, and loss due to tragedy, illness, and natural disasters. Real stories illustrate the many types of trauma people experience and the actions they took to help them survive, grieve, and move on. Letting go of the shame, guilt, anger, and fear associated with trauma is crucial to reclaiming a full life, and Shari Botwin provides insight into strategies such as journaling, bodywork, mindfulness, and using healing relationships, such as group therapy, to aid recovery. Any reader who has experienced trauma or knows someone who has will find comfort and hope in these pages, and a path forward to a full life

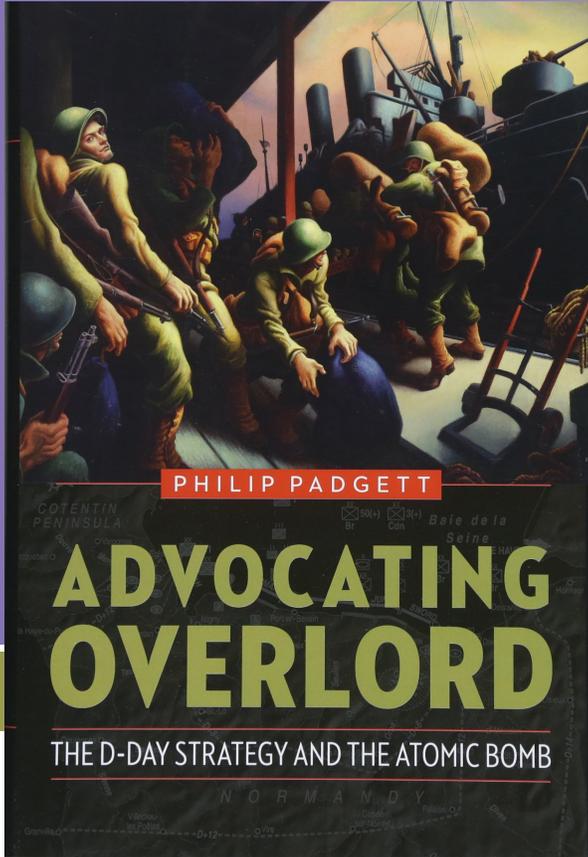
Shari Botwin, LCSW, has been counseling survivors of all types of trauma in her Cherry Hill, New Jersey private practice for over twenty-two years. Shari has conducted Keynote presentations for Universities and professional conferences throughout the country. She has given expert testimony on breaking stories related to trauma on a variety of international media outlets; including ABC News, CBS News, CBC News and Radio Europe. Shari has also published feature articles in several online trade magazines including Thrive Global, Huffington Post, The Associated Press, The Toronto Star and the Philadelphia Inquirer. Shari is a freelance writer for The Authority Magazine.



Rowman & Littlefield / November 2019

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ADVOCATING OVERLORD

PHILIP PADGETT

"Advocating Overlord is a welcome reminder of what can be accomplished when allied nations' military and political leaders overcome national biases and rival-

ries to recognize common interests."-Francis P. Sempa, New York Journal of Books

"Well there it is. It won't work, but you must bloody well make it," said the chief of Britain's military leaders, when he gave orders to begin planning for what became known as Operation Overlord. While many view D-Day as one of the most successful operations of World War II, most aren't aware of the intensive year of planning and political tension between the Allies that preceded the amphibious military landing on June 6, 1944. This intriguing history reveals how President Franklin D. Roosevelt, while on a fishing trip in the middle of World War II, altered his attitude toward Winston Churchill and became an advocate for Operation Overlord.

Philip Padgett challenges the known narrative of this watershed moment in history and illuminates the diplomatic link between Normandy and the atomic bomb. He shows how the Allies came to agree on a liberation strategy that began with D-Day—and the difficult forging of British and American scientific cooperation that produced the atomic bomb. At its core this story is about how a new generation of leaders found the courage to step beyond national biases in a truly allied endeavor to carry out one of history's most successful military operations.

Philip Padgett spent forty years working in national security and preparedness analysis in the military, government, and the private sector. As deputy intelligence adviser at the U.S. Arms Control and Disarmament Agency, he supported negotiations for five international treaties and agreements. On contract, he has led integrated analyses for studies of the East-West military balance, nuclear doctrine and deterrence, NATO command and control, and arms control compliance monitoring. In his retirement Padgett joined the Federal Emergency Management Agency's Reserve Corps and assisted in national emergencies such as Superstorm Sandy.

Potomac Books / May 2018

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Everything you ever wanted to know about funeral etiquette but were afraid to ask

When is attending a funeral or memorial service “a must,” and when is it optional? Can a eulogy be funny? Can I scatter my brother’s ashes in the backyard? Should I place a death notice or an obituary? What’s the difference?

These are all questions that Florence Isaacs has been asked as a blogger for Legacy.com, a role that earned her the nickname of the “Dear Abby of Death.”

In ***Do I Have to Wear Black to a Funeral?***, she answers urgent questions about grief, funerals, different religious ceremonies, and more, offering practical guidelines for modern situations—and, yes, what to wear. Isaacs’ honest, often entertaining, responses provide no-nonsense information to millennials, while also helping older generations navigate new waters, like how to send condolences through social media. She offers fresh insights, plus an etiquette map of the right things to do and say, in her familiar, sensitive, and sincere style.

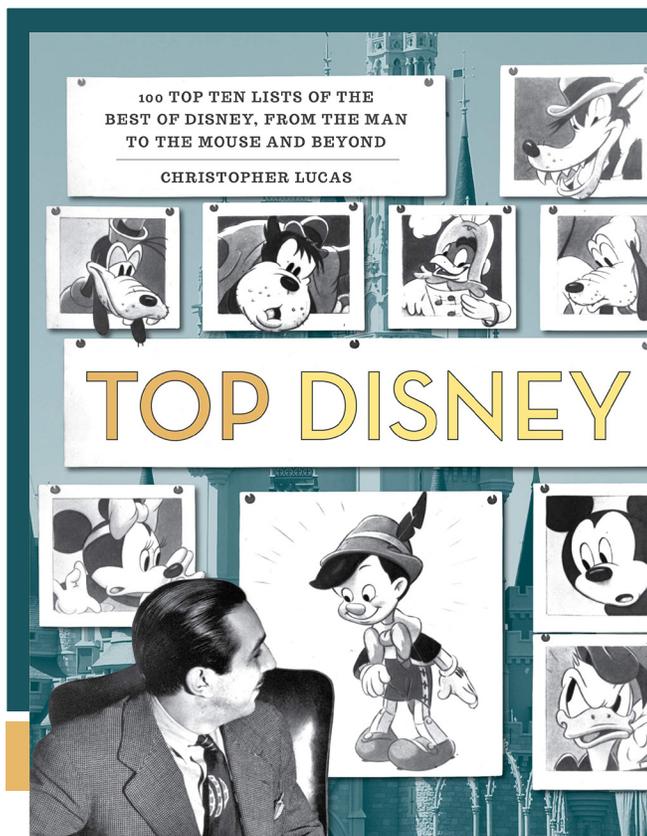
Florence Isaacs is the “Dear Abby of Death” and a freelance writer and author or coauthor of seven books, including the bestselling *Just a Note to Say...Perfect Words for Every Occasion*. For many years, she wrote two blogs every month for Legacy.com, the world’s largest commercial provider of online obituaries and memorials. She has contributed articles on health and relationships to a number of magazines and is a past president of The American Society of Journalists and Authors. She lives in New York City.



Countryman Press / January 2020

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TOP DISNEY

100 TOP TEN LISTS OF THE
BEST OF DISNEY, FROM THE MAN TO
THE MOUSE AND BEYOND

CHRISTOPHER LUCAS

Long before David Letterman made it a nightly ritual, groupings of ten seemed to be the most common form of list making (commandments, amendments, FBI most wanted, etc.) Top 10 lists abound for everything today, from movies and music to sports and politics. There is so much Disney history to cover, however, that it can't be contained in one simple list, thus "The 100 Top Ten of Disney."

There is not a person on Earth who hasn't come into contact with Disney in some way. Whether seeing a Disney film, hearing a Disney song, recognizing a Disney character or visiting a Disney park, the company's reach is global.

Top Disney collects the best of the best of Disney in a book of lists. From Walt himself and the beginning of his company, to his successors who have broadened the reach of the Disney brand well beyond where even Walt could have imagined it, this book covers every aspect of the 93 years of history that Disney has to offer. In it you will find information on everything from Oswald the Lucky Rabbit and Queen Elsa, to the billion dollar acquisitions of Marvel and Lucasfilm.

Written for casual and die-hard fans alike, The Top 100 Top Ten of Disney revisits some familiar characters, films, songs, rides, and personalities associated with Disney and uncovers some forgotten, obscure and overlooked parts of the company as well, such as the unlikely Disney films Victory Through Air Power (1943) and The Story of Menstruation (1946). It is laid out in easy to read "bite size" pieces that is one of those books that the whole family can enjoy and can be picked up and referred to again and again.

Christopher Lucas is a lifelong fan of all things Disney. His admiration for Walt, and the company he built, led Chris to create a one person show called "Of Mouse and Man" which has been performed in several colleges, theaters and civic centers. He is also the co-author of Seeing Home: The Ed Lucas Story, the critically acclaimed book released by Simon & Schuster and Derek Jeter Publishing in April 2015. Christopher lives in suburban New Jersey with his two young sons. His goal someday is to take a vacation somewhere that doesn't involve a visit to a Disney theme park.

Lyons Press / April 2019

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PASS THE *POLENTA*
and other writings from the kitchen



"How appropriately named is Teresa Lust – her passion for food is in every word of her evocative *Pass the Polenta*. I'd like to be at the table when her platters come around."

—Frances Mayes, Author of the *New York Times* bestseller *Under the Tuscan Sun*

TERESA LUST

PASS THE *POLENTA*

TERESA LUST

"Food is not merely about calories and minimum daily requirements and metabolic pathways. At its very heart, food is about people."
-from *Pass the Polenta*

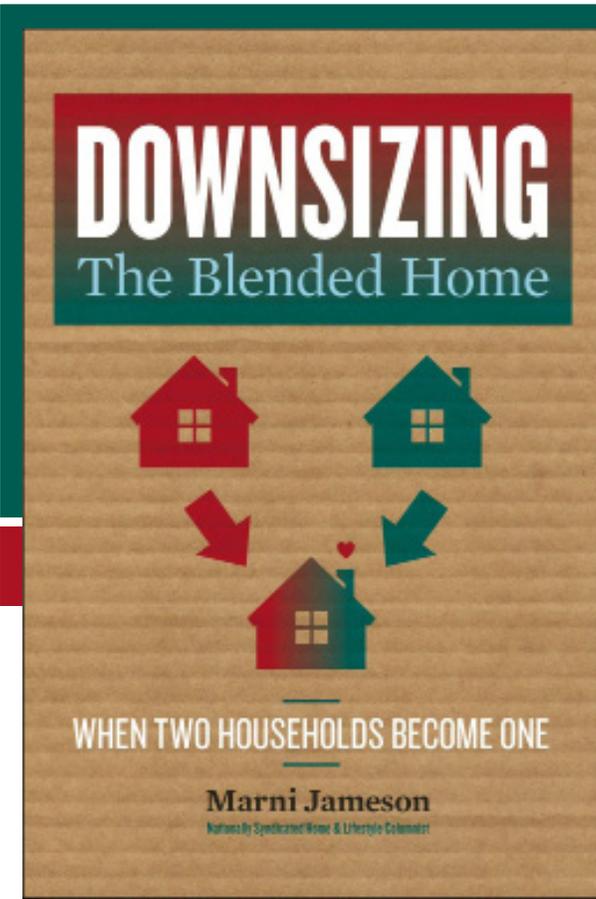
Likewise, people are at the heart of this warm, personal collection of food- and family-inspired essays by former professional chef and food historian Teresa Lust. An Italian immigrant grandmother who plucked chickens in the backyard; an introverted mushroom forager who collected chanterelles in the woods; a German auntie who learned to knead bread in a wooden bucket; an unassuming wine shop owner who, after closing, offers a bottle of Châteauneuf-du-Pape and a delightfully unpretentious way to value a wine--all are key ingredients in the zesty culinary heritage that Teresa Lust lovingly serves up. Like the creamy, sweet polenta that wooed her father into her mother's robust Italian family, this book is filled with a myriad of rich flavors, history, kitchen tips, and recipes. Lessons in life learned at the stoves of the many seasoned cooks in Lust's world, these wonderful true stories are an expression of art and love, family and self, soil and the seasons.

Teresa Lust is the author of *Pass the Polenta: and Other Writings from the Kitchen*, a culinary memoir drawn from family stories and her experiences cooking in farm-to-table restaurants along the West Coast and in New England. She holds a Master of Arts degree in Liberal Studies from Dartmouth College, with a concentration in creative writing. She went on to study the Italian language at Dartmouth and at private schools in Italy for many years. Teresa currently teaches Italian for the Rassias Center for World Languages at Dartmouth and gives cooking classes. She lives in New Hampshire with her husband and two children, their two chocolate labs, and a backyard flock of chickens. When Teresa's not in the kitchen, at her writing desk, or in the classroom, you can find her outside in the garden, or in the woods—on foot, on her bike, or on cross-country skis..



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DOWNSIZING The Blended Home

Marni Jameson

When merging households, one plus one needs to equal . . . one. The path toward that fundamental fact, however, is not so easy. Since something's got to give—and you don't want it to be the relationship—Downsizing the Blended Home is here to help you meet the challenge of figuring out what to keep, what to let go of, and what to create together. With the same warm, narrative tone that made Downsizing the Family Home such a success—and using her own story of marriage and merger in midlife as a backdrop—Marni Jameson guides you through the turf wars and transitions, so you understand what matters and

what doesn't, and can discover a style that suits you both. Along the way she interviews psychologists, designers, and couples who've made it through the process, passing along tips, tricks, and marriage-bolstering advice.

The wise advice includes:

- If you want to transform a space from me to we, the fastest, cheapest way is with paint.
- Look around you for the five or so nonnegotiable items that ground you, items that tether you so you're not adrift. Give those a place in your remodeled space and build on them.
- The old marital bed is a charged item, as are family photos of the former spouse or partner. A new bed is ideal, and new bedding is a must.
- Injecting a contemporary rug or piece of art, or a modern lamp or sculpture is a safe way to start moving toward modern in a room full of traditional furnishings.
- A blend in the master bedroom is especially important. If her bedroom is pink and purple, and his is burgundy and tan, a new gender-neutral color scheme is in order.
- Buying furniture together is a great way to invest in your look and your future. Start with something big in your combined style.

Marni Jameson is one of America's most-loved home and lifestyle columnists. Her humorous and helpful column appears in 25 papers nationwide, reaching 7 million readers each week. Jameson is the author of four critically acclaimed books: Downsizing the Family Home (Sterling), the companion book Downsizing the Family Home: A Workbook, The House Always Wins, and House of Havoc. She has written for many magazines, including Woman's Day and Family Circle, and major metropolitan newspapers. Jameson has appeared on a wide range of programs, including NBC Nightly News, Martha Stewart Living, and Fox and Friends. She lives in Winter Park, FL.



Sterling / December 2019

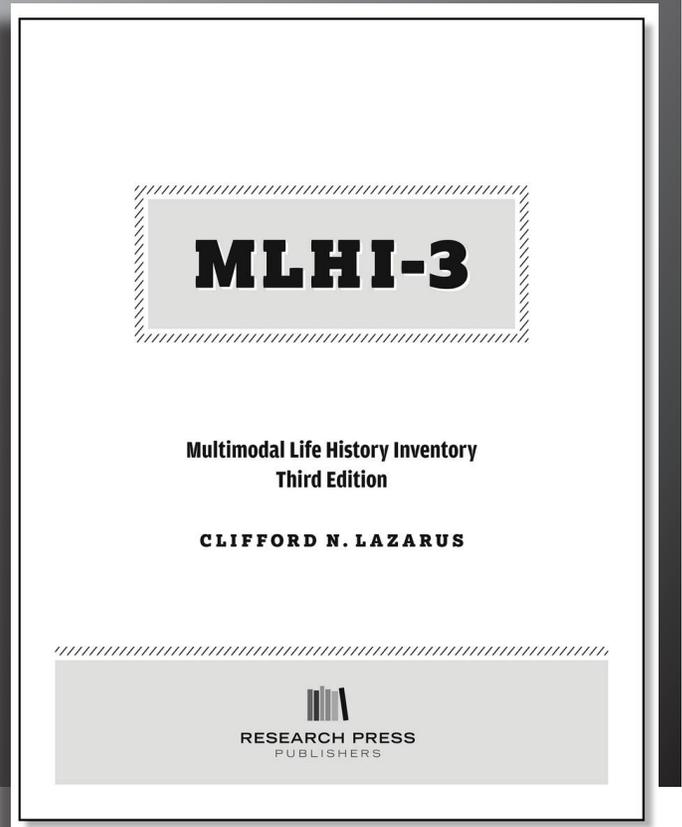
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Multimodal Life History Inventory

Third Edition

CLIFFORD N. LAZARUS



This thoroughly revised comprehensive assessment instrument used to evaluate mental health allows clients to provide their therapists with a rich sense of who they are and what difficulties they're having. MLHI-3 updates the best-selling second edition, a vital resource for mental health professionals. In addition to its core modality analysis that has been its backbone since the first edition, it now addresses the evolving lifestyle changes and cultural awareness of those changes. This 24-page questionnaire has been expanded from five intake sections to twelve. After years of field-testing, this current edition has been expanded and refined to assess biopsychosocial aspects of people's functioning and difficulties that are relevant in the current atmosphere.

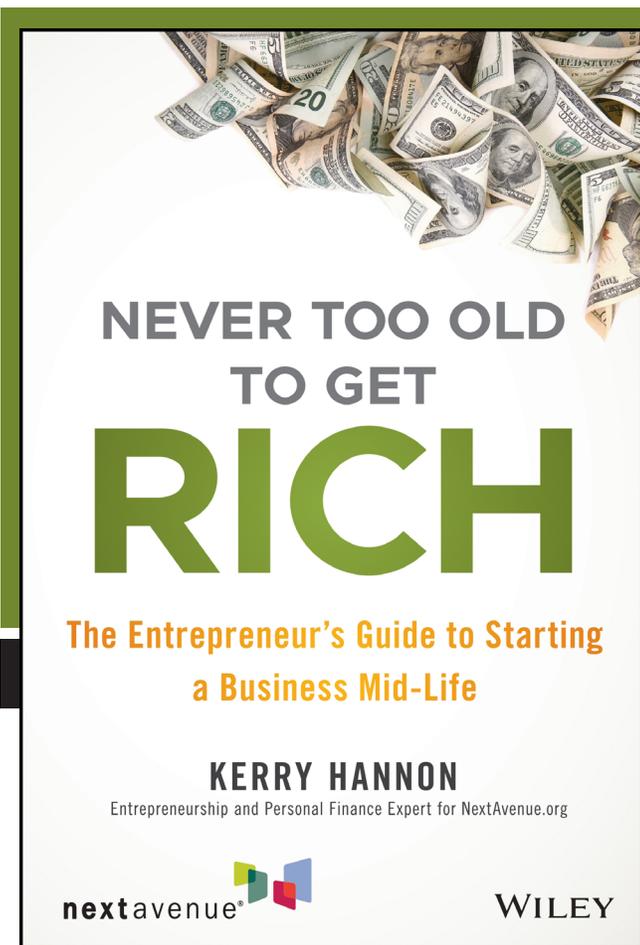
Clifford N. Lazarus, PhD, is a licensed psychologist and Clinical Director of The Lazarus Institute. In addition to his general psychotherapy practice, Dr. Lazarus specializes in health and neuropsychology. He received his B.A., M.S., and Ph.D. in psychology from Rutgers University. An internationally respected lecturer, Dr. Lazarus consults widely on matters of health psychology, evidence-based psychological treatment, and integrating medical and psychological treatments.



Research Press / March 2019

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NEVER TOO OLD TO GET RICH

KERRY HANNON

When you think of someone launching a start-up, the image of a twenty-something techie probably springs to mind. However, Gen Xers and Baby Boomers are just as likely to start businesses and reinvent themselves later in life. ***Never Too Old to Get Rich*** is an exciting road-map for anyone age 50+ looking to be their own boss and launch their dream business.

This book provides up-to-date resources and guidance for launching a business when you're 50+.

There are snappy profiles of more than a dozen successful older entrepreneurs, describing their inspirational journeys launching businesses and nonprofits, followed by Q&A conversations, and pull-out boxes containing action steps. The author walks you through her three-part fitness program: guidelines for becoming financially fit, physically fit, and spiritually fit, before delving more deeply into how would-be entrepreneurs over 50 can succeed.

- Describes how you can find capital to start your own business
- Offers encouraging stories of real people who have become their own bosses and succeeded as entrepreneurs
- Written by PBS Next Avenue's entrepreneur expert, Kerry Hannon
- Teaches you how to start your own business

Never Too Old to Get Rich is the ideal book for older readers looking to pursue new business ventures later in life.

Kerry Hannon is a nationally recognized expert, spokesperson and strategist on career transitions, personal finance and retirement.

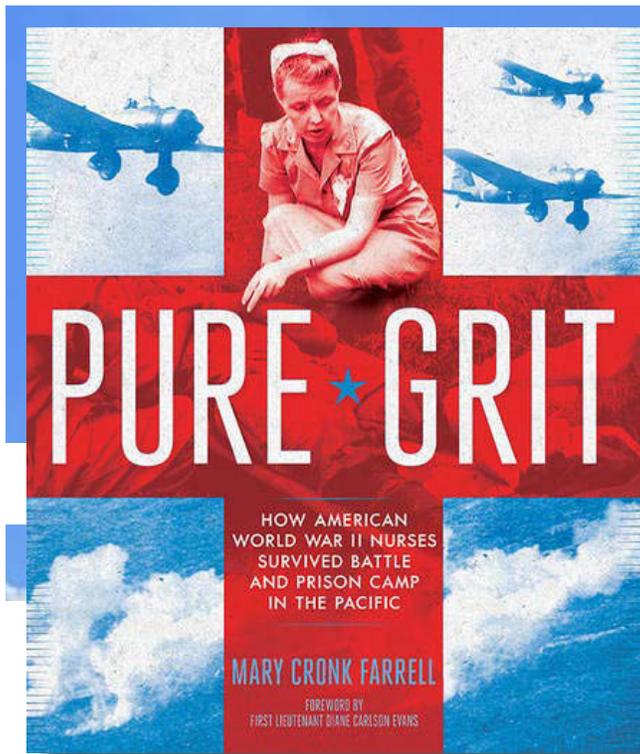
She is a frequent TV and radio commentator and is a sought-after keynote speaker and moderator at conferences across the country. Kerry focuses on empowering yourself to do more with your career and personal finances - now and for the future.



Wiley / July 2019

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PURE GRIT

MARY CRONK FARRELL

"Details of many nurses' individual trials combine to form a memorable portrayal of their shared experience, one which will emotionally impact readers." -Booklist, starred review

"Primary source materials, especially the movingly matter-of-fact recollections of several of the nurses and personal snapshots, bring the story to life." -Kirkus Reviews

"Farrell doesn't spare her young readers any grim details . . . She includes the challenges these women faced and the joy they felt on returning home. As awful as history can be, now might be the right time to introduce the next generation to this important period." -The Washington Post

"In addition to photographs and helpful maps, the page layouts include facsimiles of the nurses' letters and diaries. Young readers who enjoyed Tanya Lee Stone's Almost Astronauts: 13 Women Who Dared to Dream will also appreciate this story of courageous women whose story was nearly forgotten." -School Library Journal

In the early 1940s, young women enlisted for peacetime duty as U.S. Army nurses. But when the Japanese attack on Pearl Harbor in 1941 blasted the United States into World War II, 101 American Army and Navy nurses serving in the Philippines were suddenly treating wounded and dying soldiers while bombs exploded all around them. The women served in jerry-rigged jungle hospitals on the Bataan Peninsula and in underground tunnels on Corregidor Island. Later, when most of them were captured by the Japanese as prisoners of war, they suffered disease and near-starvation for three years. Pure Grit is a story of sisterhood and suffering, of tragedy and betrayal, of death and life. The women cared for one another, maintained discipline, and honored their vocation to nurse anyone in need—all 101 coming home alive.

The book is illustrated with archival photographs and includes an index, glossary, and timeline.

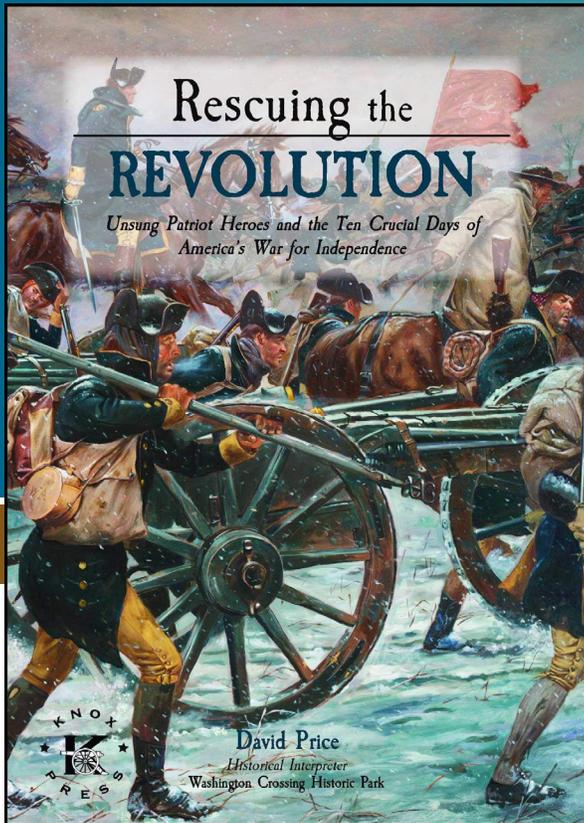
Mary Cronk Farrell is a former award-winning journalist and author of fiction and nonfiction books for children. She writes with passion about little-known people of history who face great adversity with courage. Her book Pure Grit: How American World War II Nurses Survived Battle and Prison Camp in the Pacific has been named a Notable Social Studies Trade Book for Young People, Jefferson Cup Honor Book, Washington State Book Award Finalist, Booklist Editor's Choice, to the Amelia Bloomer Project List and awarded a EUREKA! Children's Book Award for Excellence in Nonfiction. She lives in Washington State.



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Rescuing the REVOLUTION

David Price

This book offers a concise but detailed account of a critical moment in our national saga by focusing on the exploits of several obscure individuals and their importance to the momentous events that altered the course of the conflict. The author shares the stories of nine men and one woman who distinguished themselves in the service of what George Washington famously termed "the glorious cause".

Among the unsung heroes that are the subject of this chronicle are:

- Captain William Blackler of Massachusetts, who commanded the boat that carried George Washington across an ice-choked Delaware River on Christmas night 1776 to attack the Hessian brigade occupying Trenton.
- Colonel Samuel Griffin of Virginia, who together with a woman known as the "Mysterious Widow" (whose identity is still unknown to us), managed to divert Hessian troops who were posted south of Trenton away from the scene of the battle on December 26, 1776, when Washington's army attacked the Hessians stationed in Trenton, so that the enemy brigade there could not be rescued from the American assault.
- Dr. John Riker of New Jersey, who saved the life of a future President, James Monroe, during the December 26th battle at Trenton.
- Colonel Edward Hand of Pennsylvania, who commanded a vastly outnumbered force of American skirmishers that fought a daylong running battle against British and Hessian troops marching from Princeton to Trenton on January 2, 1777 and thereby gave Washington the time he needed to organize his defenses and fight off the enemy attack at the Second Battle of Trenton (or the Battle of Assunpink Creek).
- Colonel John Haslet of Delaware, who provided inspirational leadership and survived one danger after another, including an accidental tumble in freezing Delaware River waters, only to make the supreme sacrifice at the Battle of Princeton on January 3, 1777, during what became the capstone event of the "Ten Crucial Days."
- Captain Joseph Moulder of Pennsylvania, 62 years of age, who commanded a youthful artillery company that stood its ground against an elite force of onrushing British infantry at Princeton and gave Washington the time he needed to organize a counterattack that carried the army to its climactic victory of the "Ten Crucial Days."

Philip Padgett spent forty years working in national security and preparedness analysis in the military, government, and the private sector. As deputy intelligence adviser at the U.S. Arms Control and Disarmament Agency, he supported negotiations for five international treaties and agreements. On contract, he has led integrated analyses for studies of the East-West military balance, nuclear doctrine and deterrence, NATO command and control, and arms control compliance monitoring. In his retirement Padgett joined the Federal Emergency Management Agency's Reserve Corps and assisted in national emergencies such as Superstorm Sandy.

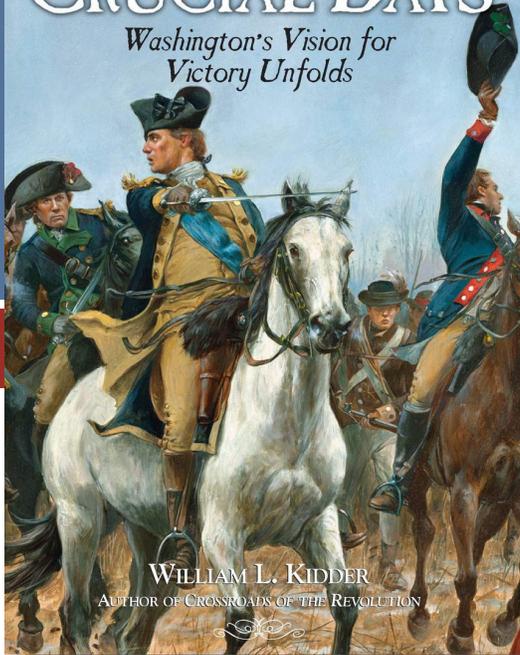
Knox Press

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TEN CRUCIAL DAYS

*Washington's Vision for
Victory Unfolds*



TEN CRUCIAL DAYS

WILLIAM L. KIDDER

On December 25, 1776 the American Revolution seemed all but defeated just six months after the Declaration of Independence had been adopted. General George Washington's army had suffered a series of defeats in New York, retreated under British pressure across New Jersey, and then crossed the Delaware River to temporary sanctuary in Pennsylvania. This left the British army in a string of winter cantonments across the middle of New Jersey, the New Jersey state government in total disarray,

and the Continental Congress fleeing Philadelphia, fearfully perceived to be the next British target. Loyalists in New Jersey felt empowered and Patriots felt abandoned. Washington needed not only a battlefield victory, but also to reestablish Patriot control in New Jersey.

The story of these ten crucial days is one that displays Washington's military and interpersonal abilities along with his personal determination and bravery to keep the Revolution alive through restoring the psychological confidence of the Patriots, while reducing that of his British political and military opponents. Throughout these ten days, Washington's efforts faced constantly changing situations, requiring modifications or completely new plans that fortunately often benefitted from elements of luck, such as the weather or British decisions, which he could not control.

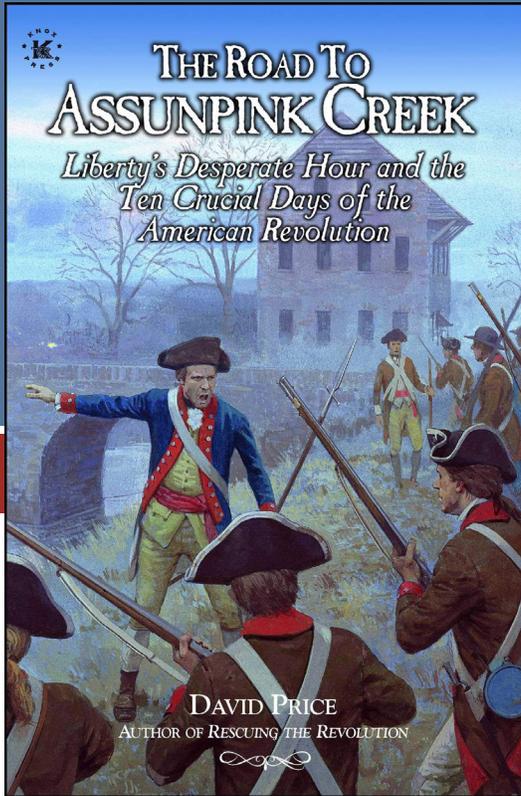
Join the winter patriots who marched with Washington, fought, and died in frigid temperatures during those "times that tried men's souls". Through meticulous primary source research and masterful storytelling, author William L. Kidder corrects the record and presents what we now know about how Washington exploited his enemy's hubris by leading his upstart army in daring maneuvers that humiliated His Majesty's forces in just ten short days that changed the course of history.

William "Larry" Kidder was born in California and raised in California, Indiana, New York, and New Jersey. He received his bachelor's and master's degrees from Allegheny College. A US Navy veteran, with service in Vietnam, he considers teaching to be both his vocation and avocation, continuing in retirement after having taught for forty years in public and private schools. For thirty years, Larry has been a volunteer historian, interpreter, and draft horse teamster for Howell Living History Farm. He is active in central New Jersey historical societies and is an avid member of the Association for Living History, Farm, and Agricultural Museums, the Washington's Crossing Roundtable of the American Revolution, the New Jersey Living History Advisory Council, and the Advisory Council for Crossroads of the American Revolution.

Knox Press / January 2019

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THE ROAD TO ASSUNPINK CREEK

DAVID PRICE

The Battle of Assunpink Creek on January 2, 1777 was the second of three victories by George Washington's army during the "Ten Crucial Days" of the American Revolution—the period from December 25, 1776 through January 3, 1777. Those rapid-fire triumphs, the first significant successes by the Continental Army, reversed the momentum of the war when it appeared that America's quest for independence from Great Britain was on the verge of total defeat.

When Washington's army made its legendary Christmas night crossing of the Delaware River and captured the Hessian garrison in Trenton, the British and Hessian commanders sought a revenge that would destroy Washington's dwindling army. Lt. General Charles Cornwallis was sent south with a force of over 7,000 men toward Trenton where Washington had set up a defensive position on the south bank of the Assunpink Creek. The ensuing engagement, also known as The Second Battle of Trenton, was in fact part of the Princeton Campaign.

The engagement at Assunpink Creek was arguably the most critical moment of the "Ten Crucial Days" and the victory there perhaps the most undervalued of the entire war. Washington's forces were at mortal peril of being trapped between two waterways with no way to escape if they were outflanked and pinned against the Delaware River. American soldiers described their situation as a "crisis" and "desperate". Nathaniel Philbrick writes that by choosing to fight on this ground, "Washington had managed to . . . create what was, even if it is largely unappreciated today, the make-or-break moment of the War of Independence."

Had the rebel army failed to stop the advance by the elite British and Hessian units at Assunpink Creek, the result would in all probability have been the destruction of that army and possibly with it the cause of American independence. And that scenario would almost certainly have entailed fatal consequences for Washington, either on the battlefield or at the end of a British rope.

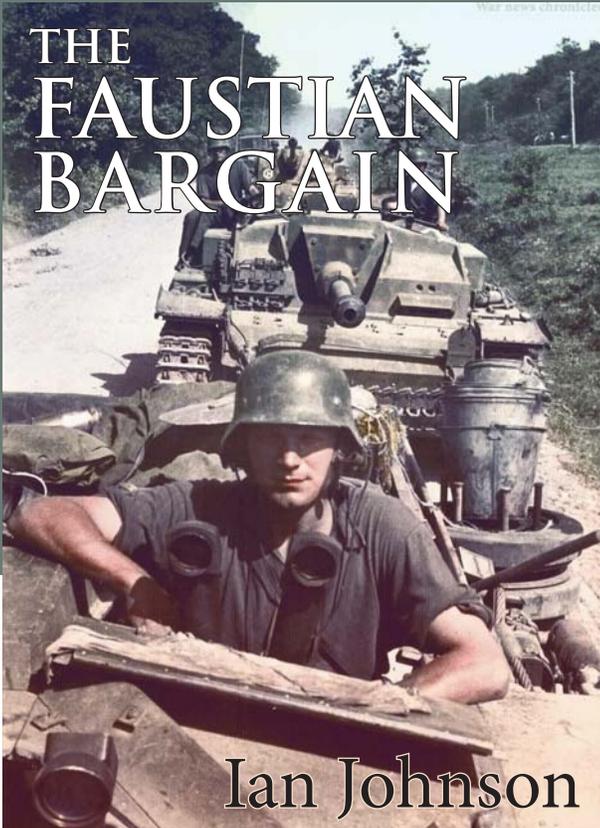
In this deftly crafted narrative, the author explains how Washington's desperate gamble paid off when the Continental Army fought a daylong battle and made a successful stand with its back to the Delaware River, avoiding total defeat and setting the stage for a dramatic counterattack against a surprised enemy. Price weaves the details of these events into an exciting and unforgettable story and illuminates what most historians treat as an afterthought.

David Price has been a historical interpreter for the Friends of Washington Crossing Park since 2014 and leads guided tours focusing on historical aspects of Washington Crossing Historic Park. He is also a historical interpreter at Princeton Battlefield State Park on behalf of the Princeton Battlefield Society. David is a member of various national and local organizations relating to the Revolution. A graduate of Drew University, he holds an M.A. in political science from Rutgers University, where he worked as a research analyst with the Office of Legislative Services of the New Jersey State Legislature for 31 years. He lives in Lawrence Township, NJ.

Knox Press / January 2019

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THE FAUSTIAN BARGAIN

Secret Soviet-German Military Cooperation in the Interwar Period

Two short decades before the Second World War, Germany was an utterly defeated country. The victorious Allies demobilized the German Army, occupied Germany's industrial heartland and forbid the production or purchase of aircraft, armored vehicles and submarines. Yet by 1941, Germany possessed an army of 4.2 million and some of the world's most advanced

technologies. How did Germany rearm itself so effectively and quickly despite the limitations imposed by the Treaty of Versailles?

The answer lies before Hitler came to power. Beginning in 1922, the Soviet Union and the German Army reached a secret agreement to cooperate militarily. They built secret facilities within Soviet Russia where they jointly tested tank and plane designs, trained officers and experimented with chemical weapons. This vast secret rearmament program would allow Germany to develop the technologies and tactics essential for the next world war. In return, the Soviet Union received vital military, technological, and economic assistance. At its core, this interwar exchange was a wager upon which the coming war depended.

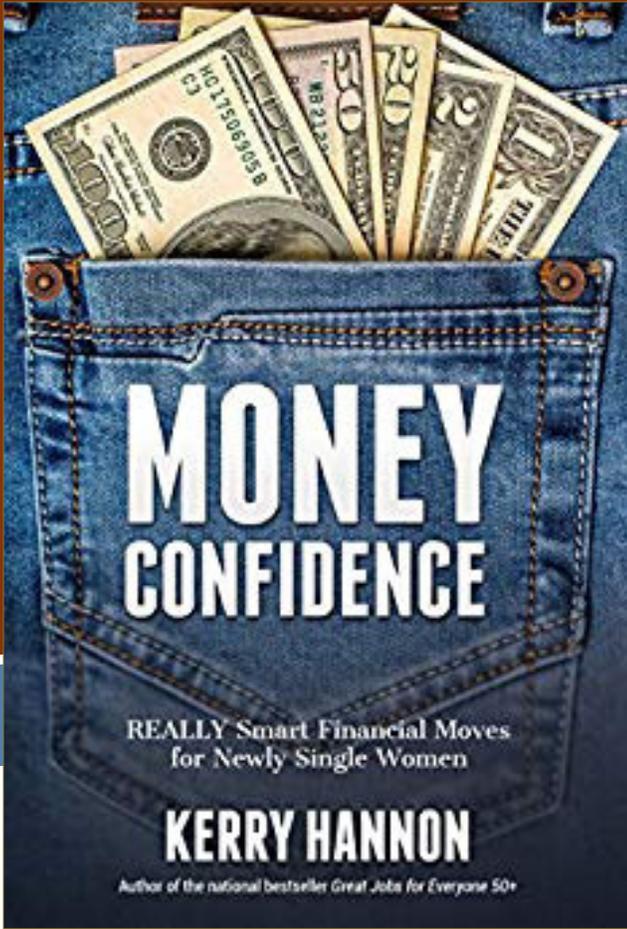
Ian Johnson is currently the a Postdoctoral Fellow at the Clements Center for National Security Studies at the University of Texas at Austin. He received his Ph.D. in history from The Ohio State University in 2016. He is the recipient of fellowships from the Fulbright Commission, the Guggenheim, Smith-Richardson and Bradley Foundations. He has received grants, awards and prizes from the Society for the History of Technology, the Society for Military History and the Mershon Center for International Security Studies, among others. He has published two peer reviewed articles and has two more currently under peer review. He has been invited to speak at a range of international and domestic events, including conferences at Royal Military Academy at Sandhurst, the Society for Military History's annual conference and at Yale University's International Security Studies Seminar.



Roger Williams Agency

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MONEY CONFIDENCE

KERRY HANNON

The loss of a spouse or partner is traumatic and having to deal with money issues can be challenging. To rebuild your life, you need to get a grip on your finances as quickly as possible. That means

figuring out your sources of income, devising a budget, and much more.

Making the effort to learn about money will give you the knowledge and confidence to handle your own finances. Financial security is personal freedom. Money Confidence provides practical, can-do advice that covers the gamut from creating a budget that works to investing, where to turn for financial advice and estate planning. In addition, it will include a short tutorial on Kerry's 3-part financial fitness plan: How to get financially, physically, and spiritually fit. These three steps are at the core of building a rich, independent life.

Money Confidence provides divorced or widowed women with essential information that can transform their lives. This book should be viewed as a survival kit to help you protect the assets you have, pay the bills, organize your income, and help you navigate the grief with positive action steps through difficult transitions.

Kerry Hannon is a nationally recognized expert on career transitions, personal finance, and retirement. She is a frequent TV and radio commentator and is a sought-after keynote speaker at conferences.

Hannon has spent more than two decades covering all aspects of careers, business, and personal finance as a columnist, editor, and writer for the nation's leading media companies, including The New York Times, Forbes, Money, US News and World Report, and USA Today. She has appeared as a financial expert on ABC News, CBS, CNBC, NBC Nightly News, NPR, and PBS.

Post Hill Press

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Aging Happy

How to
Knock Out
the Nonsense and Live the
Best Years
of Your Life

Raeleen Mautner, PhD

Aging Happy

Raeleen Mautner, PhD

As you grow older, the power to be happy is under your control.

The true story of the second half of life is having more, not less—more control over your life, more independence, more fun, more emotional connection, more real contentment, more happiness. **Aging Happy** teaches practical skills to manage your health, your finances, your personal relationships, and your attitude to make your coming years your happiest years.

Combining the wisdom of ancient Stoic philosophers with the latest research on human happiness, psychologist Raeleen Mautner presents an action plan for taking control of your own well-being and developing the mental flexibility to bounce back from life's inevitable disappointments with a can-do attitude.

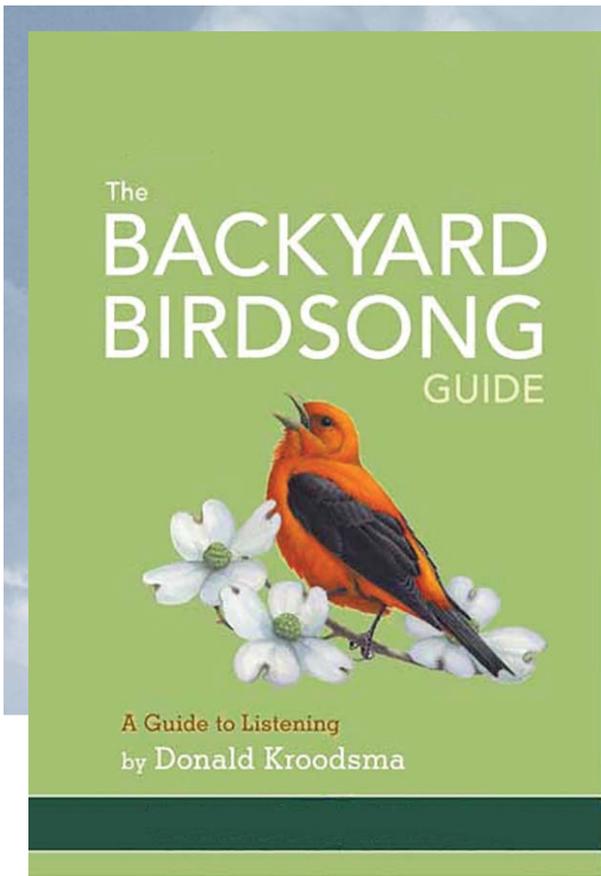
Raeleen Mautner holds a research psychology Ph.D. (education & cognition) and in addition to specializing in body image, and general self-help behavioral strategies, also conducts cross-cultural lifestyle comparisons (US-Italy) in order to share some of the Italian "Old World" traditions with her readers, that may help enrich their lives. **AGING HAPPY** is for every woman over 40 who wants to bring out their innate beauty and change how they feel about themselves..



Quill Driver Books / November 2019

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The BACKYARD BIRDSONG GUIDE

DONALD KROODSMA

"There is no better guide to the fascinating world of birdsong than Don Kroodsma, who in this handy book shows that even in the average backyard there is drama, mystery, and excitement, all bound up in

the song of a bird." -Scott Weidensaul, author of *Living on the Wind* and *Of a Feather*

"Don Kroodsma's passion for birdsong is infectious, and this guide will have any birder (including me) listening to birds with new insight and appreciation after reading it."

- David Allen Sibley, author and illustrator of *The Sibley Guide to Birds*

Building on the tremendous success of *Bird Songs* (250,000 copies sold), *The Backyard Birdsong Guides* are regional, interactive handbooks of birds and their songs for beginning bird-watchers. With a touch-button electronic module housing common vocalizations of 75 species from across Eastern and Central North America, this volume offers a truly sensory way to identify and get to know local birds. Crisply detailed and scientifically accurate illustrations accompany each entry, and up-to-date range maps from the Cornell Lab of Ornithology provide clear geographical reference points. Complete with an introduction to birdsong that will inspire readers to look out their kitchen windows and venture out in the field, this unique book provides an exciting entryway into the subtle art of birding.

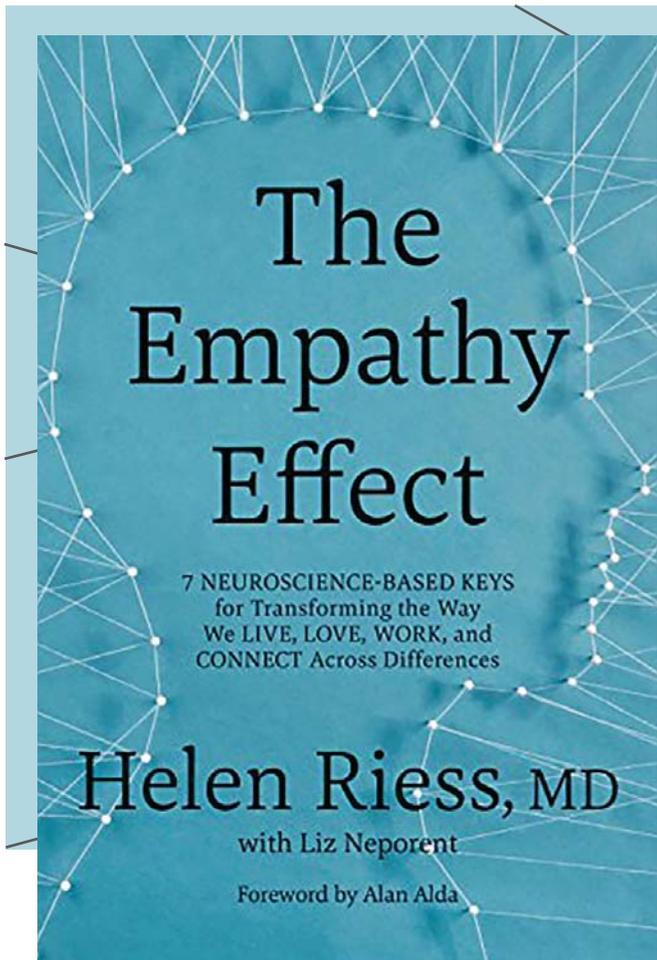
A retired biology professor at the University of Massachusetts, Donald Kroodsma's work on bird song is legendary. His book *The Singing Life of Birds* won the 2006 John Burroughs Medal Award and the American Birding Association's Robert Ridgway Distinguished Service Award for excellence in publications pertaining to field ornithology. In 2003 the American Ornithologists' Union called him the "reigning authority on the biology of avian vocal behavior." Kroodsma received his Ph.D. at Oregon State University and has traveled all over North and South America researching bird song.



Cornell Lab Publishing Group / April 2016

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The Empathy Effect

Helen Riess, MD
with Liz Liz Neporent

“tribe.” As Dr. Helen Riess of Harvard Medical School has learned, our capacity for empathy is not just an innate trait—it is also a skill that we can learn and expand. With *The Empathy Effect*, the leading researcher presents a groundbreaking teaching book to help us learn essential skills for transforming the way we relate to others in any situation.

“Nourishing empathy lets us help not just ourselves,” says Dr. Riess, “but also everyone we interact with, whether for a moment or a lifetime.” Drawing from her empathy training curricula now used internationally in health care, business, and education, she takes us step by step through her EMPATHY program. Here you’ll learn to enhance empathic behavior in yourself and others; recognize and reverse dehumanization and scapegoating tactics; practice empathy at work, home, and in everyday settings; discover ways to build empathy in groups and leadership positions; and much more.

Dr. Riess champions the idea that empathy can dramatically change lives for the better. Best of all, she insists it can be taught and learned, and that it’s crucial not just for doctors but for all of us.

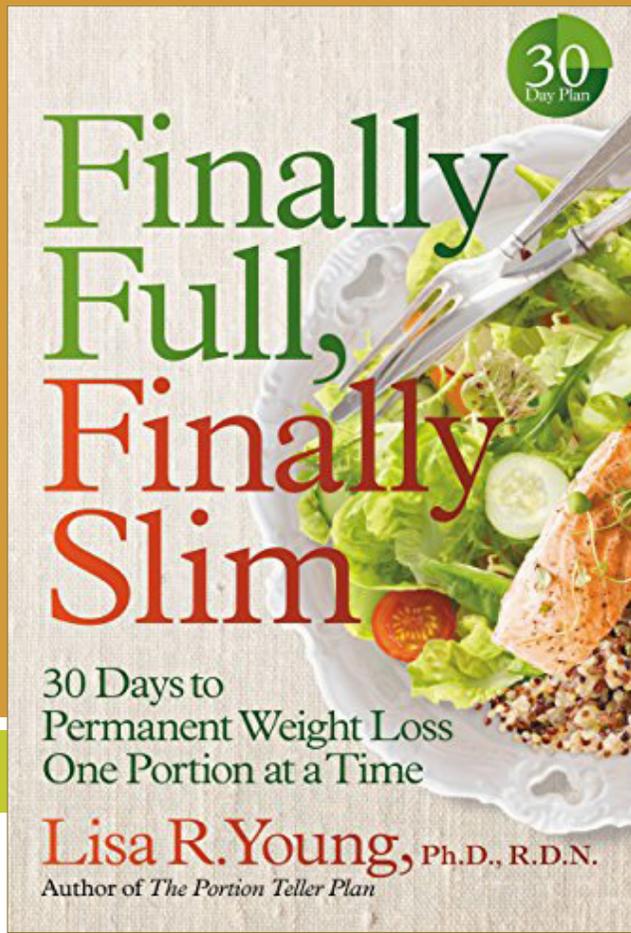
Dr. Helen Riess serves as Director of the Empathy and Relational Science Program in the Dept. of Psychiatry at Massachusetts General Hospital, where she has devoted her career to researching and teaching the art and science of patient-doctor relationships. Her research team conducted the first randomized controlled trial of her Empathy Training approach, which proved that empathy can be taught and learned. Her work has been featured in *The NY Times*, *US News & World Report*, the *Washington Post*, *Huffington Post*, *WRUR*, *JAMA*, *The Harvard Review of Psychiatry*, and elsewhere. Her popular TEDx talk, “The Power of Empathy,” has been shared by nearly 200,000 viewers across all social media platforms.



Sounds True Publishing / November 2018

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Finally Full, Finally Slim

Lisa R. Young, Ph.D., R.D.N.

Nutrition and portion-size expert Lisa R. Young shows readers how to use portion control to eat what they want while losing excess weight.

Researchers have spent the past few decades looking for the culprit to our ever-growing bodies, blaming everything from high-fructose corn syrup to too many simple carbs to restaurant dining. The “average American” is now 15 pounds heavier than the “average American” was 20 years ago. While we get fatter we remain confused about what we can or cannot eat, when, and whether we can ever eat a chocolate bar again--when the solution is so simple: Eat whatever food you want, in reasonable portions, and you will lose your excess weight and keep it off for good.

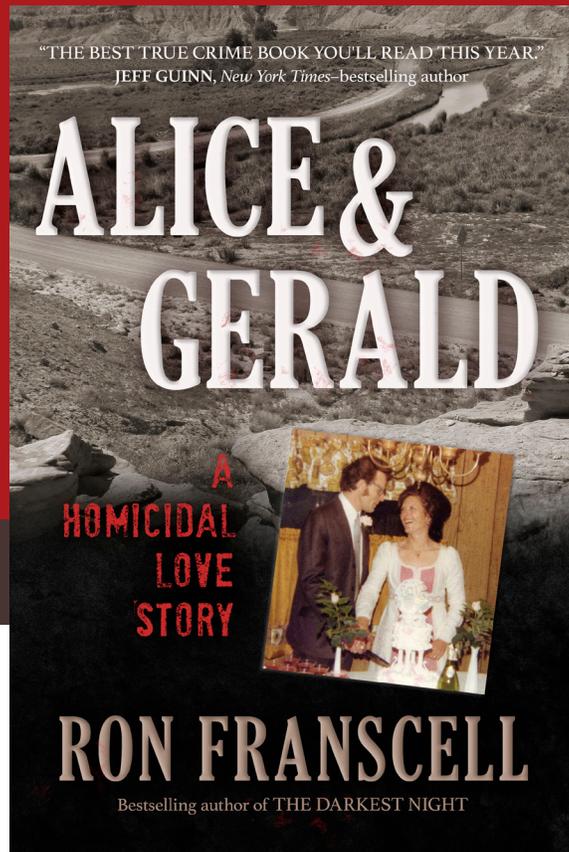
You can lose weight without spending hundreds (or even thousands) of dollars to join a weight-loss group, eliminating entire categories of food, or living on chicken breasts and steamed broccoli. You can continue to eat the foods you love AND slim down once you learn how to “right-size” your portions. You can teach your eyes to snap a “selfie” of the food on your plate and automatically know if your portions are the right sizes. Based on cutting-edge research, **FINALLY FULL, FINALLY SLIM** teaches you how you can easily slash an average 527 calories a day, without hunger or frustration. This step-by-step guide shows how--by making one small modification a day for 30 days--you can transform your urges, your thinking and your behavior toward food, leading you to permanent weight-loss success.

Dr. Lisa Young is an internationally recognized nutritionist and portion control expert. She is an adjunct professor of nutrition at New York University, author, international lecturer, and a media consultant. As a registered dietitian nutritionist in private practice, Young counsels adults and children on a wide variety of nutrition and health issues. Dr. Young received her doctorate and master’s degrees in nutrition from New York University and her bachelor’s degree in economics and health care administration from the Wharton School of the University of Pennsylvania. She lives in New York City.

Hachette / January 2019

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ALICE & GERALD

RON FRANSCCELL

"...the best true-crime book you read in 2019... reminds the rest of us who write in this genre how it ought to be done."

-Jeff Guinn, *New York Times*-bestselling author of *Manson* and *The Road to Jonestown*

"The dark, murderous secrets of Gerald and Alice Uden are almost Shakespearean. Ron Franscell has done amazing research and writing in this book."

-Skip Hollandsworth, author of *The Midnight Assassin: The Hunt for America's First Serial Killer*

Would you kill for love? True-crime master Ron Franscell tells the grisly story of a loving couple who killed at least four, and lived happily ever after--while cops desperately tried for decades to piece together a petrifying tale of murder and secrets. The appalling details are made even more vivid by the author's familiarity with the Wyoming times and places that formed the backdrop of his national bestseller *The Darkest Night*.

After Alice, a desperate young mother in a gritty Wyoming boomtown, kills her husband in 1974 and dumps his body where it will never be found, she slips away and starts a new life with a new love. But when her new love's ex-wife and two kids start demanding more of him, Alice delivers an ultimatum: Fix the problem or lose her forever. With Alice's help, he "fixes" the problem in an extraordinarily ghastly way ... and they live happily ever after. That is, until 2013, almost forty years later, when somebody finds a dead man's skeleton in a place where Alice thought he'd never be found.

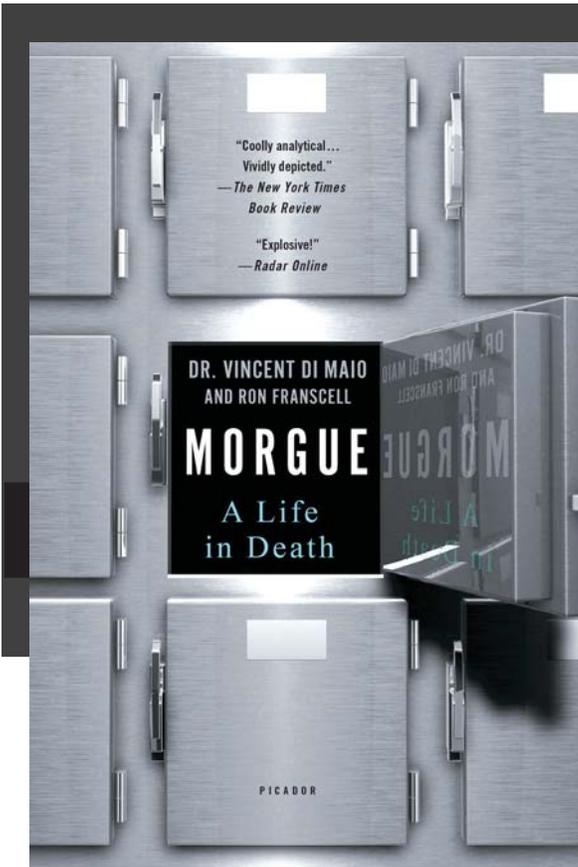
Featuring a femme fatale whose manipulative, cold-blooded character rivals *Lady Macbeth*, this page-turner by bestselling true-crime author Ron Franscell revisits a shocking cold case that was finally solved just when the murderers thought they'd never be caught.

Ron Franscell is the acclaimed author of numerous books, including both fiction and nonfiction. His true-crime work, *Morgue: A Life in Death* (coauthored with renowned medical examiner Dr. Vincent Di Maio), was a 2017 Edgar® Award finalist; his debut novel *Angel Fire* was listed by the *San Francisco Chronicle* among the 100 Best Novels of the 20th Century West. During thirty years as a newspaper journalist, Franscell won many national awards, including the prestigious national Freedom of Information Award by Associated Press, and a Best of the West Award from Investigative Reporters and Editors. He lives in San Antonio, Texas.

Prometheus Books / April 2019

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A Life in Death

MORGUE

DR. VINCENT DIMAIO AND RON FRANSCCELL

No doubt about it: Forensic science is booming. TV dramas, books and movies have made morgues cool. Dead men now can tell tales. Complex technology and intricate research can take curdled blood, bone shards and flakes of skin – and turn them into justice. Forensic science's ability to see what we humans often cannot is at the root of our fascination. We need credible, honorable people to explain it all to us...And Vincent Di Maio, MD, is one of the lions of forensic science.

In *Morgue*, his long overdue memoir, Dr. Di Maio guides us into the inner sanctum, telling his fascinating life story through the cases that have made headlines and made him famous. Most recently you saw his provocative testimony in the Trayvon Martin case in 2013. But he has played other pivotal roles in many other high-profile cases, from the exhumation of assassin Lee Harvey Oswald to the chilling Texas Slave Ranch horror. He has testified or consulted in some of the most sensational murder trials of our time – music mogul Phil Spector, socialite Claus von Bulow, the West Memphis Three, Playboy bunny Bambi Bembenek and wife-killer Drew Peterson. An internationally renowned expert on gunshot wounds, he has even examined the deaths of troubled genius Vincent Van Gogh and Osama bin Laden's brother. Dr. Di Maio shares these findings and so much more in *Morgue*. His stories are puzzling, poignant, spellbinding- even funny. And they add color to the portrait of a real-life forensic pioneer whose career parallels forensic medicine's modern era. Helping Vincent Di Maio tell his story is top true-crime writer Ron Franscell, who Vincent Bugliosi - Charles Manson prosecutor and *Helter Skelter* author - calls "one of the very finest and exciting true crime writers in America."

Vincent J. M. Di Maio, MD, is an American pathologist and an internationally renowned expert on gunshot wounds. Now a private consultant who's performed more than 9,000 autopsies, he's played pivotal roles in some of the most provocative trials and death investigations of the past 40 years. Di Maio was chief medical examiner of San Antonio, Texas, until 2006. He is editor-in-chief of *The American Journal of Forensic Medicine and Pathology*, and has been awarded many honors. In 2014, he was appointed to the U.S. Department of Justice's first-ever National Commission on Forensic Science to help develop uniform federal codes in death investigations.



Ron Franscell is the bestselling crime author of *The Darkest Night* and *Delivered from Evil*. He has been praised by Ann Rule, Vincent Bugliosi and other true-crime heavyweights as one of the most provocative new voices in narrative nonfiction. His work regularly appears in publications such as the *Washington Post*, *Chicago Sun-Times*, *San Francisco Chronicle*, *Denver Post*, *San Jose Mercury-News*, *St. Louis Post-Dispatch*, and *Milwaukee Journal-Sentinel*. He is also a novelist, whose books include *Angel Fire* and *The Deadline*. He now lives in Texas.

St. Martin's Press / May 2016

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Skillstreaming

in Early Childhood

Ellen McGinnis
Shawnda K. Goerish

Skillstreaming in Early Childhood

Lesson Plans and Activities

Ellen McGinnis • Shawnda K. Goerish

Skillstreaming in Early Childhood Lesson Plans and Activities is an engaging skill-building component designed to supplement the curriculum of the highly interactive Skillstreaming in Early Childhood program. Lesson Plans and Activities provides a comprehensive resource that instructors and school counselors can use to help children move successfully from skill introduction to

confident mastery in real life social situations. Students can learn important strategies, such as how to set goals, solve problems, develop impulse control, cooperate, anticipate consequences and think aloud. Age appropriate and fun exercises help children refine skills and successfully apply them in complex, human interactions, both in and out of the classroom. This manual features more than 350 easy-to-use lesson plans and related activities. In addition, there are over 160 printable exercises available for download.

Ellen McGinnis, PhD, holds degrees in elementary education, special education, and school administration. She has taught elementary and secondary students in the public schools and has served as special education consultant in both public and hospital schools, school principal, special education director, executive director of student support services, and a program consultant at the state level. The author of numerous articles on identifying and teaching youth with emotional/behavioral disorders, she collaborated with Dr. Arnold P. Goldstein on early Skillstreaming books and is author of the most recently released editions of Skillstreaming in Early Childhood, Skillstreaming the Elementary School Child, and Skillstreaming the Adolescent. She is also co-author with Rich Simpson, PhD, of Skillstreaming Children and Youth with High-Functioning Autism and Social Skills Success for Students With Asperger Syndrome and High-Functioning Autism.

Shawnda K. Goerish attended the University of Northern Iowa, graduating with a Special Education degree in Mental Disabilities K-12 and Behavior Disorders K-6. She began her teaching career in Saint Paul, Minnesota where she taught young students with severe emotional and behavior disorders. Shawnda moved to Des Moines, Iowa and began teaching at Orchard Place, a residential treatment school. She worked with young students for five years. For the past 14 years she has worked as a special education support teacher, where she supports teachers with instructional and behavior strategies. Shawnda has provided numerous trainings and workshops for educators on Skillstreaming, social skills instruction, de-escalation strategies, avoiding power struggles, classroom management, and positive behavior interventions and supports.

Research Press / June 2019

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TAKING STOCK

How I Made Millions Insider Trading
and Helped Take Down a
Major Wall Street Hedge Fund



ROOMY KHAN

TAKING STOCK

ROOMY KHAN

This compelling memoir by former investment analyst Roomy Khan describes her meteoric rise to great wealth on Wall Street and her eventual crash to earth.

In 2013, Khan appeared on 60 Minutes to discuss her role in an epic insider-trading scandal. This is the full story of her journey from immigrant roots to astounding financial success, her involvement in an illegal trading scheme, and her subsequent roles as government informant and convicted felon. Her road to success included Ivy League schools, multimillion-dollar homes, and top jobs in Silicon Valley -- fertile ground for sharing information about the high-tech companies that would change the face of the American economy. Omitted from the 60 Minutes piece were many intriguing details of how she worked with the feds, how she used cell phones belonging to her maid and gardener, and much, much more.

Khan presents the first account of the entire series of events leading to the downfall of Raj Rajaratnam, founder of the Galleon Group hedge fund. She was his primary source of information during the years leading up to his trial and imprisonment. With twenty-plus years in the technology industry and on Wall Street, she was in a position to feed him valuable information about the booming computer industry.

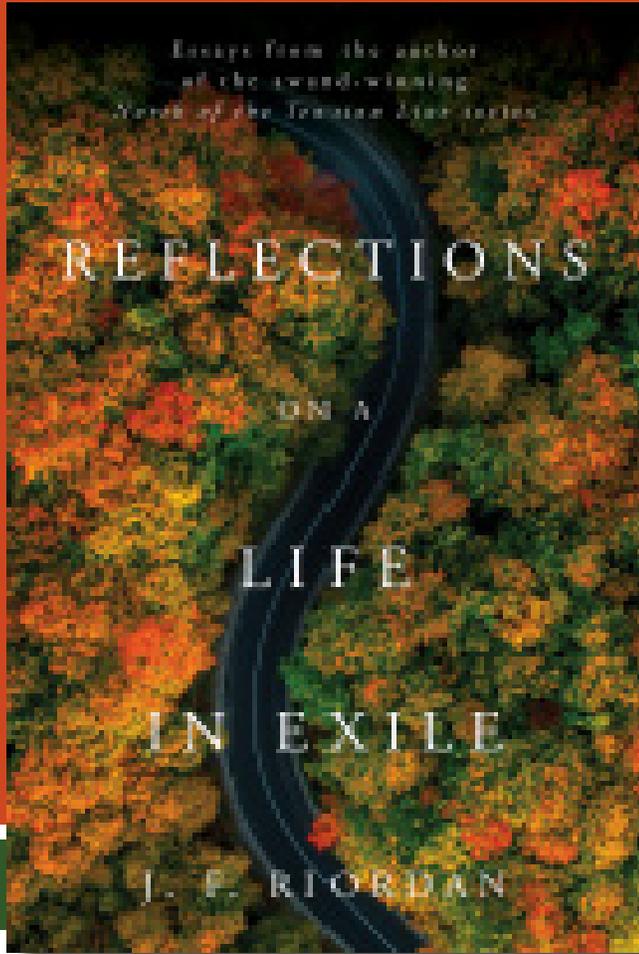
This sobering cautionary tale offers startling insights into the true nature of insider trading on Wall Street and the culture that spawned the excesses of the period.

Roomy Khan now lectures on business ethics and corporate compliance at business schools and corporate-training seminars. She is also an occasional contributor to Forbes. She holds a master's degree in physics from Kent State University, a master's in electrical engineering from Columbia University, and an MBA from the University of California Berkeley. Besides her experience with the Galleon Group, she also worked for Trivium Capital, Digital Age Capital, Intel, National Semi-Conductor, Rohm, and IBM.

Prometheus / Fall 2018

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REFLECTIONS

ON A

LIFE

IN EXILE

J. F. RIORDAN

A collection of essays by novelist J.F. Riordan, *Reflections on a Life in Exile* is easy to pick up, and hard to put down. By turns deeply spiritual and gently comic, these brief meditations range from the inconveniences of modern life to the shifting nature of grief. Whether it's an unexpected revelation from a trip to the hardware store, a casual encounter with a tow-truck driver, the changing seasons, or a conversation with a store clerk grieving for a dog, J. F. Riordan captures and magnifies the passing beauty of the ordinary and the extraordinary that lingers near the surface of daily life.

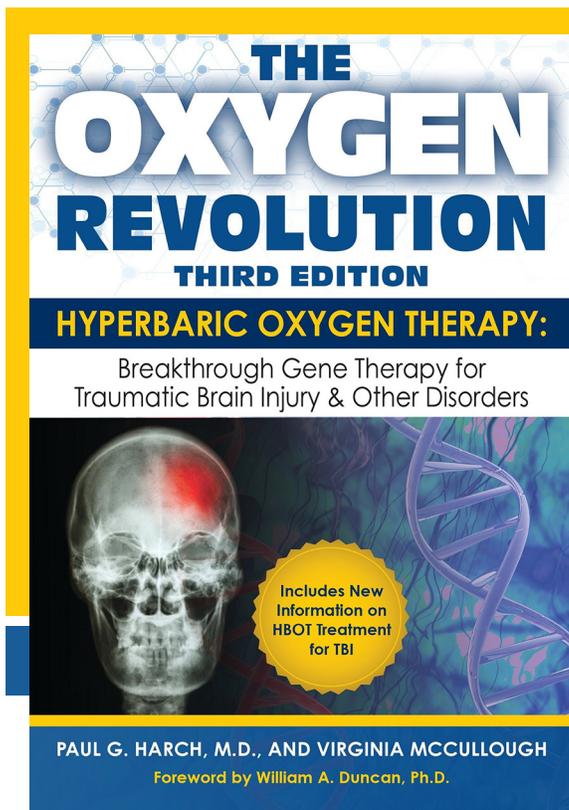
J.F. Riordan was born in New Jersey and first moved to Michigan, then Wisconsin as a child. At the age of 14 she decided to become an opera singer, and was fortunate in the aftermath to have been able to sing. At 16, after two years of high school, she went to the University of New Mexico to study voice, continued her music studies in Chicago and Milwaukee, and ultimately became a professional singer. Homesick after years of travel, she came home to the Midwest, finished her college degree, and became certified to teach high school. She taught for three years in the inner city before taking a position as a program officer for a foundation. She lives in exile from Washington Island with her husband and two dogs. *North of the Tension Line* is her first novel.



Beaufort Books / March 2019

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THE OXYGEN REVOLUTION

PAUL G. HARCH, M.D.

NEW EDITION INCLUDES NEW RESEARCH ON HBOT AS A GENE THERAPY TO TREAT TRAUMATIC BRAIN INJURY AND OTHER DISORDERS.

Hyperbaric oxygen therapy (HBOT) is based on a simple idea—that oxygen can be used therapeutically for a wide range of conditions where tissues have been damaged by oxygen deprivation.

Inspiring and informative, *The Oxygen Revolution*, Third Edition is the comprehensive, definitive guide to the miracle of hyperbaric oxygen therapy. HBOT directly affects the body at the genetic level, affecting over 8,000 individual genes—those responsible for healing, growth, and anti-inflammation.

Dr. Paul G. Harch's research and clinical practice has shown that this noninvasive and painless treatment can help those suffering from brain injury or such diseases as:

- Stroke
- Autism and other learning disabilities
- Cerebral palsy and other birth injuries
- Alzheimer's, Parkinson's, multiple sclerosis, and other degenerative neurological diseases
- Emergency situations requiring resuscitation, such as cardiac arrest, carbon monoxide poisoning, or near drowning

For those affected by these seemingly "hopeless" diseases, there is finally hope in a proven solution: HBOT.

Paul G. Harch, M.D. is a hyperbaric medicine, diving, and emergency medicine physician and Diplomate of the American Board of Hyperbaric Medicine. The first President of the International Hyperbaric Medical Association and a semi-finalist for the National Institutes of Health Director's Pioneer Award, he has seen the positive effects of HBOT firsthand through the treatment of family members with stroke, dementia, and learning disability. A graduate of Johns Hopkins University School of Medicine and Director of the Louisiana State University School of Medicine's Hyperbaric Medicine Department, Dr. Harch currently divides his time between international consulting, lecturing, and his practice and research in the New Orleans area.



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PERIMENOPAUSE

The Savvy Sister's Guide To

Hormone Harmony



You're not too young.

You're not alone.

We've got this!

DR. ANNA GARRETT

PERIMENOPAUSE

The Savvy Sister's Guide To
Hormone Harmony

DR. ANNA GARRETT

"At last...this is the "perimenopause manual" we have all longed for! Dr. Anna explains it all in a way that feels neither demeaning nor overly scientific. She provides solutions, suggestions and actual steps to take to regain control of our moods, our bodies, our lives. From lifestyle tweaks to supplement suggestions, every page brings awareness and hope. ...Thank you, Dr. Anna!" -Sheree Clark Midlife Courage Coach

"Perimenopause? What?! I'm way too young!" If you're suddenly struggling with weight gain, insomnia, irregular bleeding or flooding, mood swings, and relationship challenges, perimenopause may be knocking at your door. And there's more! Burning tongue, itchy skin, electric shock feelings? Yes, these can be part of perimenopause too.

Women are inundated with information on how to have healthy, happy pregnancies, but we get left out on the opposite end of the reproductive spectrum. That stops now! In this entertaining, information-packed, empowering book, Dr. Anna Garrett shares everything you need to know about your body and how to care for it to create hormone harmony.

Here are just a few of the things you'll learn:

- Perimenopause can start as young as 35
- Why perimenopause is very different from menopause
- How you CAN balance your hormones and find symptom relief
- Why you're not going crazy
- Tips for creating a healthcare team that gets you the care you deserve

Dr. Anna offers realistic, holistic solutions for diet challenges, sleep, stress reduction, supplements and more in her savvy sister's guide. Perimenopause is a revolutionary book focused on giving you the tools to navigate this transition with grace and ease so you can rock your mojo through midlife and beyond!

Dr. Anna Garrett has been a clinical pharmacist for over 20 years and has worked in a variety of practice settings. She offers a variety of services including hormone balancing, weight loss and health coaching designed to help women in perimenopause and menopause escape from hormone hell and feel amazing in their bodies through midlife and beyond. She is passionate about helping women get their hormones balanced as well as teaching women how to advocate for themselves in the healthcare system. Dr. Anna received her Bachelor of Science and Doctor of Pharmacy degrees from UNC-Chapel Hill and is a Board Certified Pharmacotherapy Specialist.

Lachesis Press

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≡ NO-NONSENSE, NO-FRILLS, AND NO-BS GUIDE ≡

WRITING FLASH

HOW TO CRAFT & PUBLISH FLASH FICTION
FOR A BOOMING MARKET



FRED D. WHITE

WRITING FLASH

FRED D. WHITE

Writing Flash is a fast and informative guide to developing your writing skills in one of fiction's most challenging genres. Flash fiction- the art of the ultra short story - is a challenging skill-building exercise for any writer. Learning how to compress a story to its most essential elements will help make your writing vigorous, evocative, and full of emotion.

Learn how traditional storytelling works in flash fiction, how to create character profiles and describe settings, how to experiment with metafiction along with some thoughts on hybridity. Discover definitions of humour and how to write effective satire.

Ready to market your work? White explains how to build readership, use social media to fine-tune your flash fiction, maintain a submissions record, and prepare a volume or chapbook of your own flash fiction. Each discussion includes exercises in a section called **Time to Pick Up Your Pen**.

Writing Flash presents a complete guide to the writing techniques and creative possibilities of writing flash fiction, plus tips on publishing and marketing your own flash fiction focused on helping you build your writing career. White also shows how the writing techniques of flash fiction are invaluable tools for any kind of writing, including writing novels and longer short fiction. *Writing Flash* won't just help you become a better flash fiction writer, this book will help you become a better writer, period.

Fred D. White has taught courses in writing and literature in Minnesota and since 1980 at Santa Clara University in Northern California, where he is now Professor of English, emeritus. In 1996 White received the Louis and Dorina Brutocao Award for Teaching Excellence. He has published several books on writing as well as dozens of stories essays, poems and plays. He lives with his wife in Rancho Cordoba, CA

Quill Driver Books / June 2018

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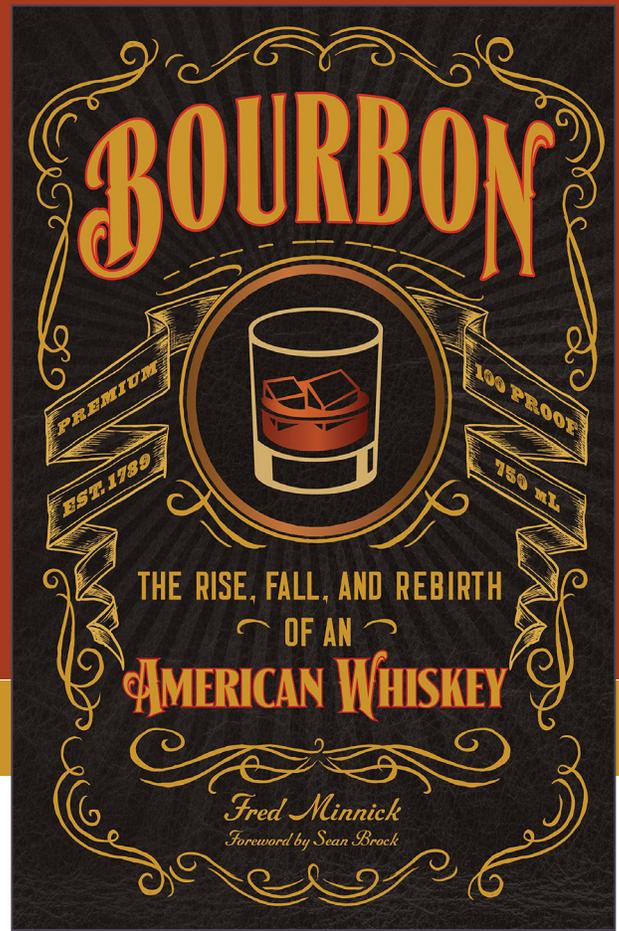
BOURBON

THE RISE, FALL, AND REBIRTH
OF AN

AMERICAN WHISKEY

FRED MINNICK

**Once and for all, America learns the likely
inventor of its beloved bourbon.**



Bourbon is not just alcohol -- this amber-colored drink is deeply ingrained in American culture and tangled in American history. From the early days of raw corn liquor to the myriad distilleries that have proliferated around the country today, bourbon has come to symbolize America. In *Bourbon: The Rise, Fall, and Rebirth of an American Whiskey*, award-winning whiskey author Fred Minnick traces bourbon's entire history, from the 1700s with Irish, Scottish, and French settlers setting up stills and making distilled spirits in the New World through today's booming resurgence. He also lays out in expert detail the critical role this spirit has played throughout the cultural and even political history of the nation -- from Congress passing whiskey-protection laws to consumers standing in long lines just for a glimpse of a rare bottle of Pappy Van Winkle -- complemented by more than 100 illustrations and photos. And most importantly, Minnick explores the mystery of who most likely created the sweet corn liquor we now know as bourbon. He studies the men who've been championed as its inventors over time -- from Daniel Boone's cousin to Baptist minister Elijah Craig -- and, based on new research and never-before-seen documentation, answers the question of who deserves the credit.

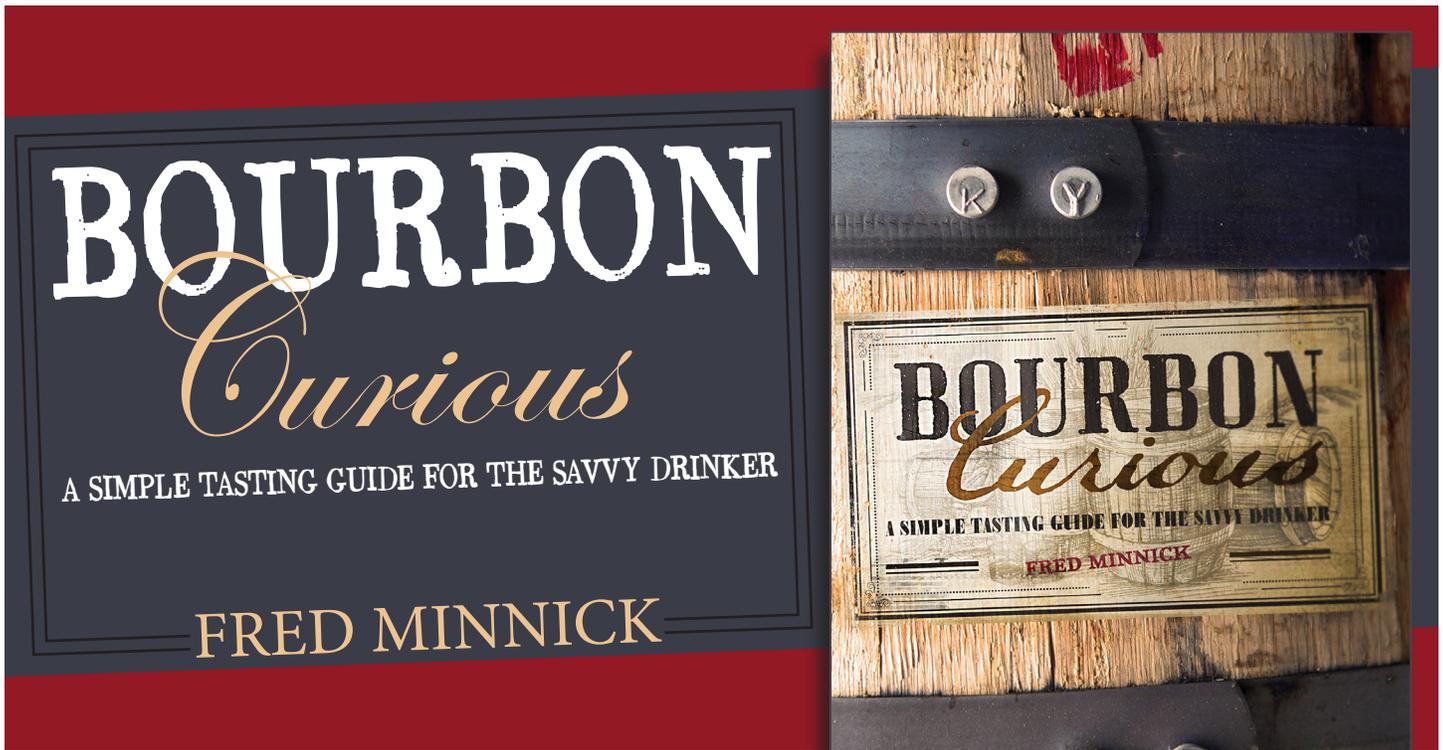


Fred Minnick is an award-winning author and spirits expert. His previous titles *Whiskey Women*, *Bourbon Curious*, and *Bourbon: The Rise, Fall, and Rebirth of an American Spirit* paved the way for the artisanal whiskey resurgence, and he is a frequent beverage contributor for major publications, including the *Huffington Post* and *Parade*. Fred is the Bourbon Authority for the Kentucky Derby Museum and speaks regularly at nationwide cocktail conferences. He lives in Louisville, Kentucky.

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Finalist, Spirited Awards

*2015, Men's Journal:
Best New Book for Whiskey Lovers*

In *Bourbon Curious: A Simple Tasting Guide for the Savvy Drinker*, award-winning whiskey writer and Wall Street Journal best-selling author Fred Minnick creates an easy-to-read interactive tasting journey that helps you select barrel-aged bourbons based on your flavor preferences. Using the same tasting principles he offers in his Kentucky Derby Museum classes and as a judge at the San Francisco World Spirits Competition, Minnick cuts to the chase, dismissing brand marketing and judging only the flavor of the bourbon.

Bourbon Curious groups bourbon into four main flavor profiles--grain, nutmeg, caramel, and cinnamon. While many bourbons boast all four flavor notes, one delicious sensation typically overpowers the rest. This book reveals more than fifty bourbon brands' predominate tastes and suggests cocktail recipes to complement them. In addition, Minnick spends some time busting bourbon's myths, unraveling its mysteries, and exploring distiller secrets, disclosing the recipes you won't find on a bottle's label.

As bourbon becomes more ingrained in the culinary world, foodies and drink enthusiasts alike are looking for a basic understanding of America's spirit. *Bourbon Curious* will help curious minds take their first step in learning about this highly celebrated spirit.

Like good-tasting bourbon, *Bourbon Curious* is approachable to all!



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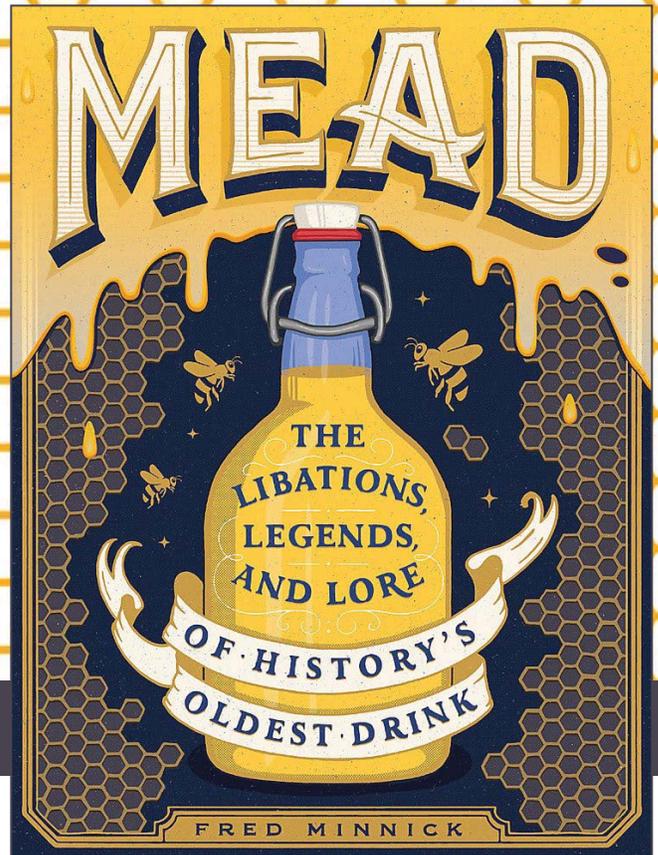
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MEAD

THE LIBATIONS, LEGENDS
AND LORE OF HISTORY'S
OLDEST DRINK

FRED MINNICK



With fantastical narratives, home-brewing instructions, and original craft cocktail recipes, Mead is the ultimate exploration of the resurgent alcoholic beverage that is nearly as old as time itself.

Beloved by figures as diverse as Queen Elizabeth and Thor, the Vikings and the Greek gods, mead is one of history's most storied beverages. But this mixture of fermented honey isn't just a relic of bygone eras -- it's experiencing a cultural renaissance, taking pride of place in trendy cocktail bars and craft breweries across the country. Equal parts quirky historical narrative, DIY manual, and cocktail guide, Mead is a spirited look at the drink that's been with us even longer than wine.

Mead gives readers a fascinating introduction to the rich story of this beloved beverage -- from its humble beginnings to its newfound popularity, along with its vital importance in seven historic kingdoms: Greece, Rome, the Vikings, Poland, Ethiopia, England, and Russia. Pairing a quirky, historical narrative with real practical advice, beverage expert Fred Minnick guides readers through making 25 different types of mead, as well as more than 50 cocktails, with recipes from some of the country's most sought-after mixologists.



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Running Press / June 2018

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DRINK LIKE GREEK GODS, VIKINGS AND QUEENS: *Making and Mixing Mead*

By Fred Minnick,
Wall Street Journal-bestselling author and award-winning drinks author

Mead, the world's oldest alcoholic beverage.

Mead is consumed in Beowulf and many medieval-themed television characters drink it by the cup and sometimes the barrel. Mead's contemporary popularity is attributed to the HBO hit fantasy series Game of Thrones, set in a medieval-like timeframe, with Tyrion Lannister guzzling the drink in nearly every scene.

And as it happens, Game of Thrones' plot centers on seven kingdoms -- just as mead has been greatly influenced over the centuries by seven territories and peoples, including Greece, Rome, the Vikings, Poland, Ethiopia, England and Russia.

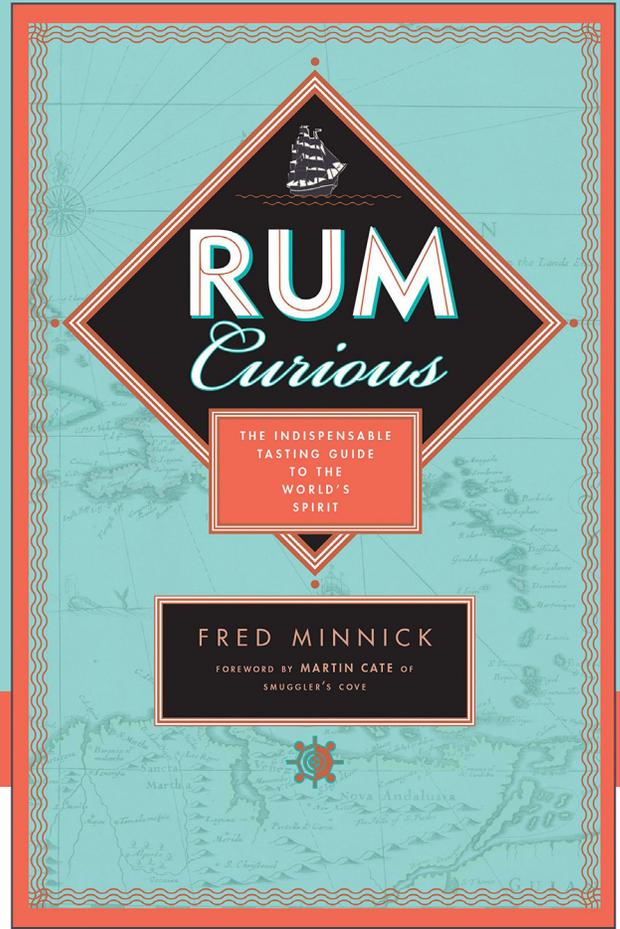
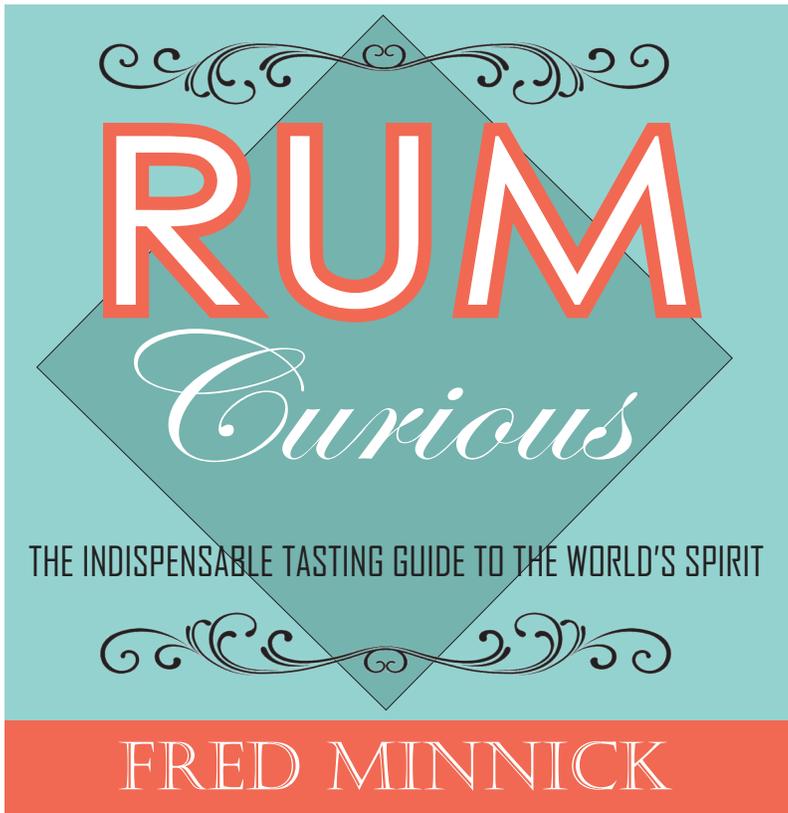
Mead is one of the fastest-growing alcoholic beverages in the United States, with mead-focused bars and meaderies opening throughout the country. In fact, the American Mead Makers Association reports mead sales increased 30% to 42% every year since Game of Thrones hit the screens. Furthermore, at-home and professional bartenders are brewing mead and mixing it with whiskey, rum, gin and vodka, making now the perfect time to capitalize on this incredibly versatile drink.

With rich history and easy-to-make recipes, Drink Like Greek Gods, Vikings and Queens: Making and Mixing Mead follows the formula of the drinks category's all-time bestsellers, using history to enhance drinking experiences - a history that is so surreal it almost feels like fiction. The British accepted mead as rent payments. Queen Elizabeth 1's mead consumption was so vast that brewers were commissioned to make it for her. It was valued as medicine, intoxication, and for religious use. Many Biblical scholars believe Jesus Christ drank mead..

Mead means fermented honey, but some mead makers add syrups, fruits, hops and even distilled spirits, giving the category more diversity than craft beer and the mixing flexibility of liqueurs. One could put a gallon of honey in a paint bucket, leave outside during the rain, wait for natural fermentation and call it mead.

The fact is, homebrewers make mead around the world, but this book focuses specifically on the techniques and recipes from the alcohol's most renowned kingdoms. For example, in a country not known for its alcohol-making prowess, Ethiopia brews honey and flavors it with gesho twigs, an aromatic hop leaf that's widely available in U.S. specialty grocery stores. Ethiopia's so-called Tej mead presents bitter and grapefruit notes, while Polish meads pack more honey than most and yields a heavy sweetness -- almost like eating a spoonful of honey.

The book offers more than 70 cocktail recipes using mead from the author and renowned bartenders. The recipes include the simple and multi-level step recipes, such as the two below.



One of the Best Drinks Books, Summer of 2017, Punch.com

Best Spirits Book of 2017, Atlanta Journal-Constitution

Rum Curious takes the you on a tour of the world of rum by teaching you how to taste and appreciate all of its glorious variety.

Once the drink of sailors and swashbuckling pirates, rum is the most versatile--and the most varied--spirit in the world. It is consumed neat as a sipping drink, on the rocks, and in a dizzying variety of cocktails, like the mai tai, mojito, and pina colada.

In *Rum Curious*, author Fred Minnick first takes you on a whirlwind tour of the world of rum, describing its many styles; explaining the great variety of fermenting, distilling and maturing processes; and highlighting distillers and distilleries. Minnick explains the finer point of how to properly taste rum -- how to reveal the experience offered by brands ranging from the familiar to the unusual and obscure.

The book's final section is a highly curated collection of recipes for classic and innovative rum cocktails from around the world. *Rum Curious* is the one book the reader will need to understand and appreciate rum in all its glorious variety.

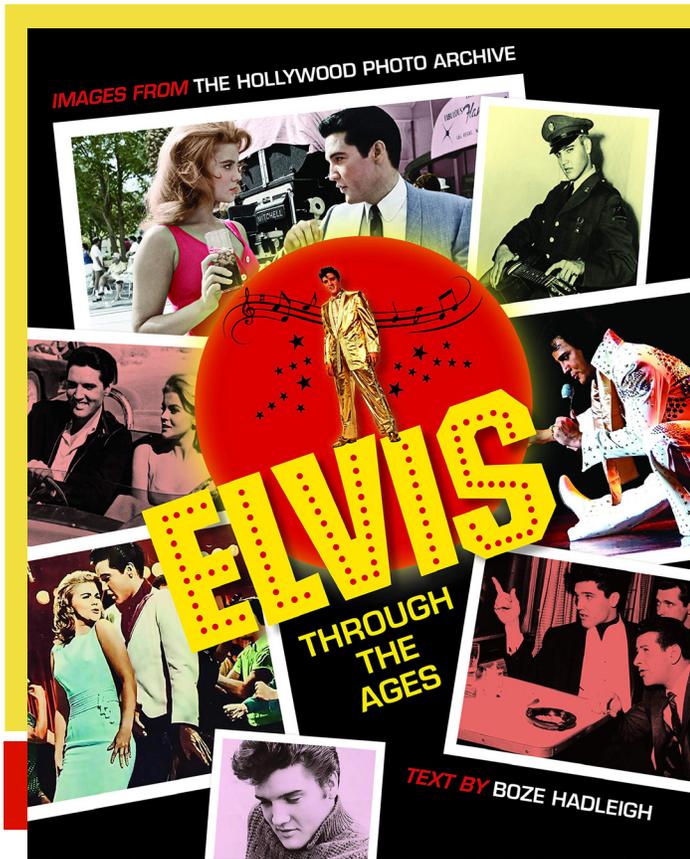


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ELVIS

THROUGH THE AGES

BOZE HADLEIGH

From the beginning of his career to his death as the Hollywood icon Elvis Presley sang and enchanted thousands of people. Publicity photos and behind-the-scenes shots from the Hollywood Photo Archives include scores of long been forgotten or abandoned images in neglected studio archives. This book collects 100 of the rarest of the rare, seldom previously seen images of his career. For the Elvis fans who think that they have seen it all, this book will provide a new lens on a beloved American icon.

The Hollywood Photo Archive is not only a wonderful collection of cinematic history, it captures the collective memories of Hollywood. The gunmen, the gallants, the ghosts and the stars of the big screen are represented in an impressive archive of more than 180,000 pieces.

The collection has been assembled over forty years by Director Colin Slater. In Slater's early days, as he began to learn his craft, it was the great Directors, Wilder, Lean and Welles, who advised him to study and learn from the film stills. Slater went on to own an important public relations agency, The Adventurers, in association with the legendary Journalist and Film Executive, Fred Hift. Together with 500 stringers the company worked on almost every motion picture produced and released in the UK, gathering stills from the stars and press collateral from the studios. Added with Hift's lifetime of files the Hollywood Archive was born. The outstanding archive provides a treasure trove of prints for film buffs; delve in and discover wonderful film stills, celebrity portraits and heroic stage performances.

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From the beginning of her modeling career in 1944 as Norma Jeane Mortensen to her death as the voluptuous Hollywood icon in 1962, Marilyn Monroe posed for thousands of modeling and publicity photos, scores of which have long been forgotten or abandoned in neglected studio archives. This book collects 100 of the rarest of the rare, seldom previously seen images of her brief modeling career, early days on the 20th Century Fox lot, then in candid between scene takes and traveling as a public figure as the wife of Arthur Miller and Joe DiMaggio. For the Monroe fans who think that they have seen it all, this book will provide a new lens on a beloved American icon.

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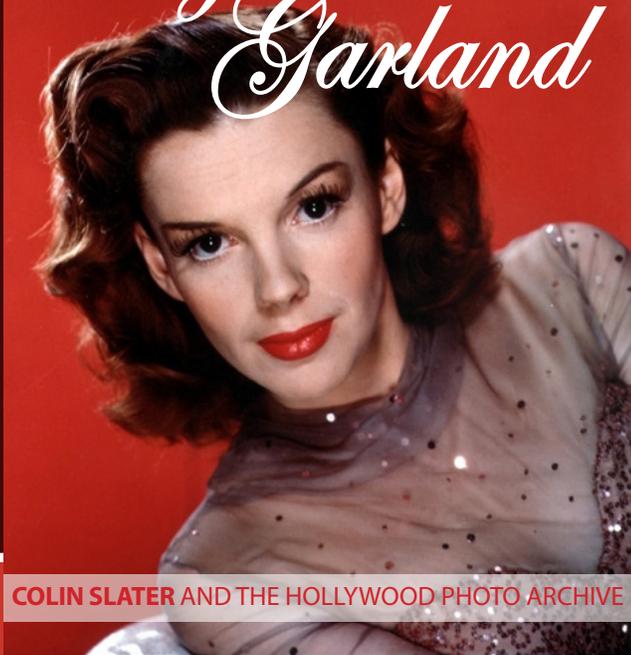
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Judy Garland



COLIN SLATER AND THE HOLLYWOOD PHOTO ARCHIVE

Judy Garland

COLIN SLATER

AND THE HOLLYWOOD PHOTO ARCHIVE

Before the Wizard of Oz made her a star, the studios gave her a regimen of uppers by day and downers by night as well as orders about who to date and lunch with. Controlling her life, Judy transcended studio management and gave a brilliant performance of Dorothy even though she was just 17 at the time, beating out Shirley Temple for the part. At the time, Shirley Temple was even more well known than international star Charlie Chapman.

Judy Garland was a Star who lived a tragic life and her life story captivated fans, who delighted in the fact that they could live the tragedy vicariously.

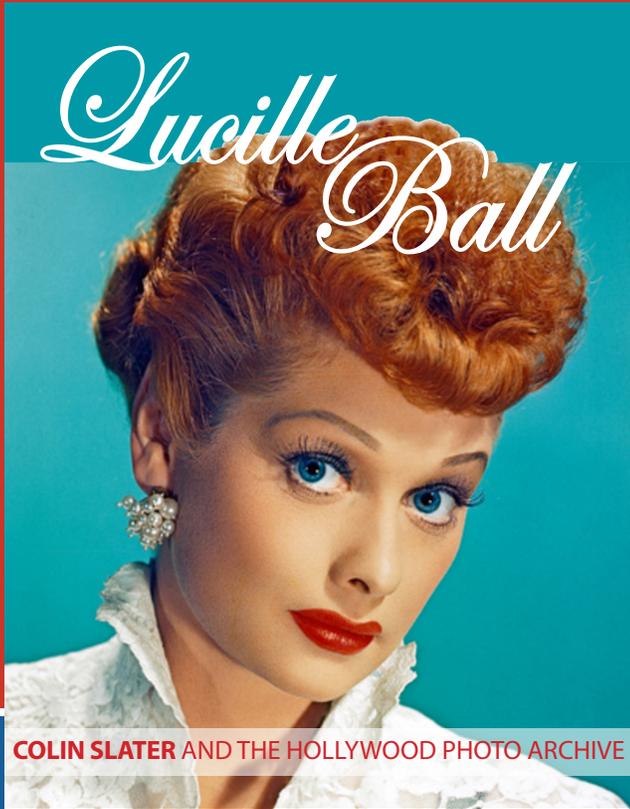
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Lucille Ball

COLIN SLATER
AND THE HOLLYWOOD PHOTO ARCHIVE

Before she played the buffoon as I love Lucy on everyone's TV set, Lucille Ball acted in over 100 feature films. As she turned to television, when many actors of the '50's would not, she introduced viewers to single episode series, joining in her on camera romps. At the same time she created her TV show, she was inventing modern TV. She introduced the three camera shoot, where the cameraman and the stage manager essentially became directors. And she invested in Star Trek, where three cameras tracking across side by side sets make this budget compliant for the networks.

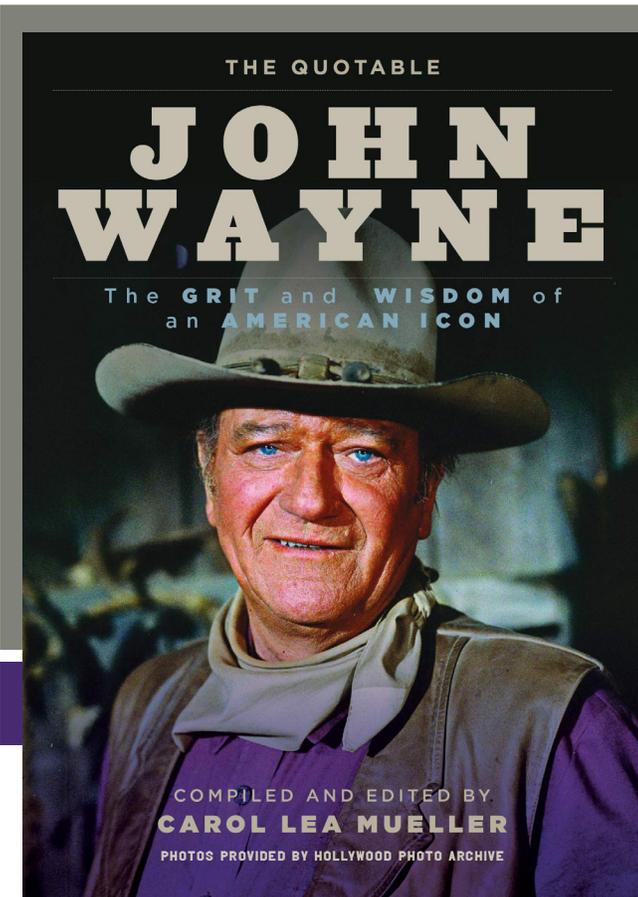
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THE QUOTABLE
**JOHN
WAYNE**

CAROL LEA MUELLER

There is no one who more exemplifies the devotion to our country, its goodness, its industry, and its strength than John Wayne."-President Ronald Reagan

"No man's lifetime of work has better expressed the land of the free and the home of the brave. No man's lifetime of work has given proof to the world that our flag is still there. John Wayne is in truth a star-spangled man who so proudly we hail."-Frank Sinatra

"John Wayne is loved the world over as a man who represents independence, the love of freedom, and the hearty strength of character which made our country great. For audiences at home, John Wayne, through his films, remains an authentic folk hero. In this era of shifting moral values and cynicism, he has made a contribution of inestimable value to American culture and is deserving of this tribute [a Congressional Gold Medal] from the American people."-Gregory Peck

Perhaps best known for his classic movie lines, such as "Fill your hands, you sons-of-bitches!" from True Grit, the late actor John Wayne often displayed a spontaneous and biting wit when away from the screen as well. When a reporter from the Harvard Crimson sarcastically asked Wayne if he looked at himself as an "American Legend," for example, the Duke replied: "Well, not being a Harvard man, I don't look at myself any more than necessary." This small gem of inspiration contains Wayne anecdotes on God and country, the old West, friends and family, and acting, and concludes with quotes from others about John Wayne the actor and John Wayne the man.

Carol Lea Mueller is the editor and author of *The Quotable John Wayne*, *The Quotable Winston Churchill*, and *Name That Boat!*

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CONTENT AND INBOUND MARKETING SUCCESS



**BUILD YOUR BRAND, INFLUENCE YOUR INDUSTRY,
AND GENERATE QUALIFIED LEADS**

PAUL M. KAPLAN

CONTENT AND INBOUND MARKETING SUCCESS

PAUL M. KAPLAN

What's the connection between thought leadership and increased sales? ...Consistent strategy.

Thought leadership and content marketing can be powerful tools for your business but to use them to their fullest potential, you need to have a plan. *Content and Inbound Marketing Success* covers every aspect of content marketing: researching customer needs, identifying your company's area of expertise, generating thought leadership articles and other content, communicating content through email, social media, web marketing and traditional media: evaluating response: generating sales leads and measuring results. More important, *Content and Inbound Marketing Success* shows how to coordinate these strategic elements to an overall plan. Interviews with business leaders and case studies show how content marketing concepts work in the real world.

The idea book for marketers, advertising professionals, entrepreneurs and anyone who works with content – whether in B2B or B2C business, for profit or nonprofit – *Content and Inbound Marketing Success* is a practical, step-by-step guide to achieving our content marketing goals.

Fred Kaplan has working in marketing for over fifteen years, focusing on content marketing and thought leadership, digital media, and project strategy for industry-leading companies, including Barnes & Noble, Inc. American Express, Broadridge Financial Solutions, and McGraw-Hill. Kaplan earned a BA from Yale College and an MBA from Yale School of Management. He is the author of three previous books.

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PLAY, LEARN, AND ENJOY!

A Self-Regulation Curriculum For Children

Elena Savina, Lindsay Anmuth, Kelly Atwood,
Whitney Giesing, Virginia Larsen

"...a fun set of activities designed to enhance social-emotional and executive functioning in elementary school children. The use of themes to tie all the elements together is very creative and will be very engaging for children." -Daniel C. Miller, PhD, Director, School of Neuropsychology Post-Graduate Program, KIDS, Inc.

"...embeds numerous skills in each lesson and provides a variety of activities to keep children interested during the session. ...a ground-breaking tool for children to improve their emotional-regulation skills." -Erin C. Stone, BCBA-D, LBA, Autism and Behavior Services Coordinator

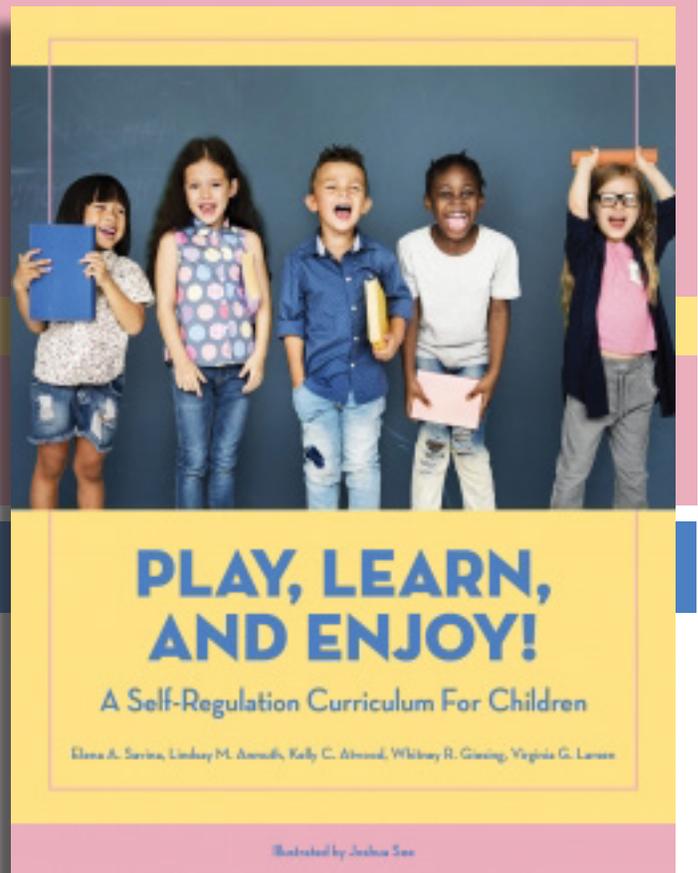
For teachers, counselors and school psychologists, Play, Learn, and Enjoy! is a social-emotional learning curriculum for elementary school children that bridges self-regulation skills with social-emotional competencies. It covers a broad range of self-regulation and social skills including executive functioning (attention, working memory, and inhibition), strategic skills (time-management and planning), self-awareness, emotional regulation, decision-making, communication, and collaboration with others. The curriculum is designed in a thematic, game-like format where children, together with story characters, go on imaginary trips into the wilderness. For example, they travel to mountains, a desert, a rainforest, and the Arctic. They take a riverboat trip, go ocean sailing and snorkeling. The curriculum consists of self-regulation games, social stories, collaborative problem-solving and planning activities, movement games, and mindfulness. It includes audio tracks and reproducible worksheets. This curriculum can be implemented in group counseling, after-school programs, and summer camps.

Elena Savina received a Ph.D. in Developmental and Educational Psychology from Moscow State Pedagogical University, Russia, and a Ph.D. in School Psychology from the University of Central Arkansas. Presently, she is an associate professor at the Department of Graduate Psychology at James Madison University. Lindsay M. Anmuth received her Psy.D. in Combined-Integrated Clinical and School Psychology from James Madison University and M.A. in Clinical Mental Health Counseling from Rowan University. Kelly Atwood received a Psy.D. in Combined Integrated Clinical and School Psychology from James Madison University in Harrisonburg, Virginia. Presently, she is completing a post-doctoral residency in health service psychology at James Madison University and Page Valley Memorial Hospital. Whitney Giesing received a Psy.D. in Combined Integrated Clinical and School Psychology from James Madison University. She recently completed her predoctoral internship at St. Elizabeth's Hospital in Washington, D.C. Virginia G. Larsen received a M.A. and C.A.G.S in School Psychology and a M.Ed. in Community Agency Counseling from George Mason University. She is nationally certified in School Psychology and School Neuropsychology.

Research Press

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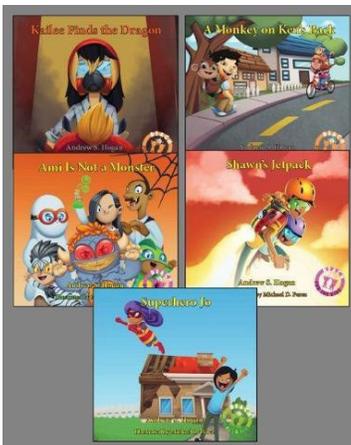
REACH For The Kids

Five unique stories to help you
talk to children about mental illness

Andrew S. Hogan



REACH for the Kids is a series of five storybooks for children dealing with emotional disorders and mental illness. The vividly-illustrated stories deal with anxiety, ADD, ADHD, bipolar disorder, and depression. They use author Andrew S. Hogan's five REACH steps to beat emotional disorders: R-recognize the source of symptoms, E-emerge from isolation, A-authenticate self and disorder, C-control the disorder as you are able, and H-heighten your life! This item bundles five unique storybooks for children. Suitable for ages 5-10. Each book contains 40 pages and includes tips to adults of how to use the stories and illustrations when talking to children about emotional disorders and mental illness. The books are: Kailee Finds the Dragon, A Monkey on Ken's Back, Ami Is Not a Monster, Shawn's Jetpack, and Superhero Jo.

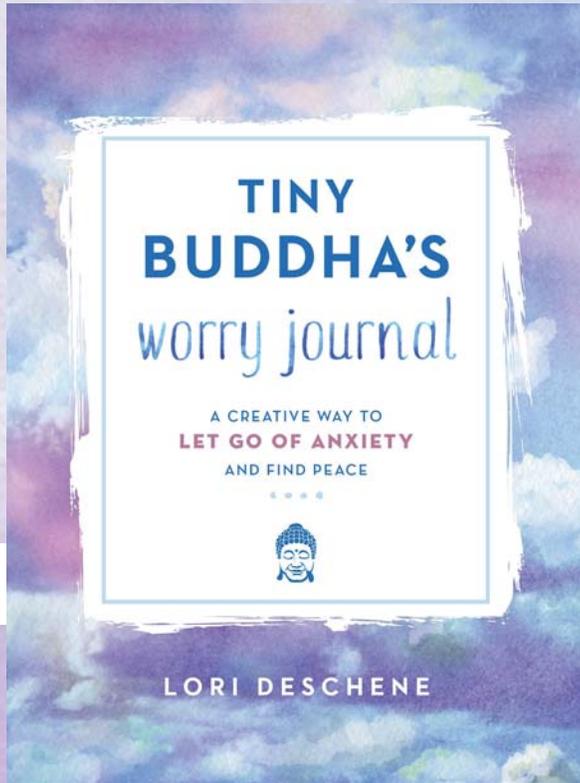


Andrew S. Hogan understands mental illness. He is doing internships as he finishes his Masters of Mental Health Counseling, and is a member of Chi Sigma Iota Counseling Academic and Professional Honor Society. Andy had published 18 books and has spoken to thousands in university, radio, and podcast settings throughout the US, China and Taiwan. At age 20, Andy was hospitalized twice for manic psychosis and has lived with chronic, type I bipolar disorder ever since. After successfully raising two children with diagnosed mental illness, Andy took the five steps from his best-selling, self-help book, *Beating Mental Illness*, and wrote a children's story for each step.

Research Press

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TINY BUDDHA'S worry journal

LORI DESCHENE

A beautifully designed, inviting interactive journal to help you destress, reduce anxiety, and find peace from the founder of the popular online community Tiny Buddha, and author of *Tiny Buddha's 365 Tiny Love Challenges* and *Tiny Buddha's Gratitude Journal*.

Filled with prompts, quotes, questions for reflection, and coloring and doodle pages, *Tiny Buddha's Worry Journal* can help you feel calmer and cultivate a more mindful, peaceful spirit every day. In addition to prompts, the journal features three recurring sections:

"Let It Go"—identify what is currently creating anxiety in your life and suggestions for working through it;

"Plan Ahead"—help to navigate particular situations and devise a plan to approach them in productive ways;

"Color and Draw Yourself Calm"—fifteen coloring pages and fifteen doodle pages carefully designed to inspire you to use your own creativity to soothe worries and focus on the moment.

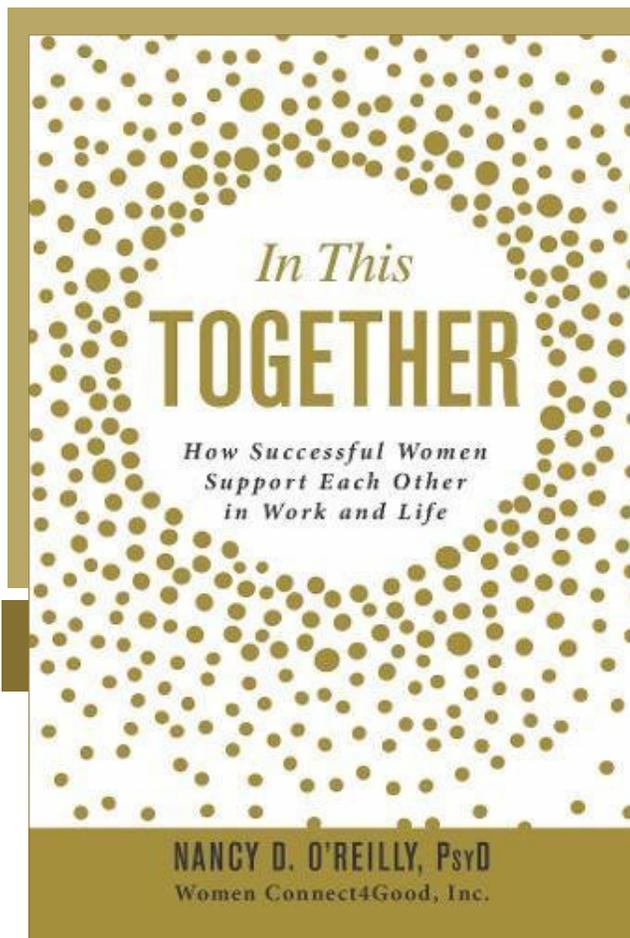
Don't let anxiety control you. *Tiny Buddha's Worry Journal* lets you carve a little time for yourself every day, and gives you tools to help you improve your mood, focus on the present moment, and kindle your unique creativity.

Lori is the author of *Tiny Buddha: Simple Wisdom for Life's Hard Questions*, *Tiny Buddha's Guide to Loving Yourself*, *Tiny Buddha's 365 Tiny Love Challenges*, *Tiny Buddha's Gratitude Journal*, and *Tiny Buddha's Worry Journal*. Formerly a contributor for nationally distributed girls' magazines, Lori dreams of one day writing and illustrating her own picture books. But first she's devoting her energy to the newly launched *Tiny Buddha Productions* and working on her first feature film. Who knows—that one-woman show may eventually see the light of day.



Harper One / June 2018

UK and Translation Rights Available



In This **TOGETHER.**

NANCY D. O'REILLY, PsyD

It's time for women to support one another in setting their intentions and in carrying out their plans for advancement. Women who have learned to lead in collaborative, caring partnerships create success in business and in life. Together we really can do anything, and in this book we offer tools for earning more, advancing in leadership, and achieving true equality. No one will do this for us. Every human right that women have obtained over the past 250 years—from the

right to own property rather than be property, to the rights to hold a job, vote, and run for public office—powerful women warriors have won for themselves. We banded together, strategized, organized, fought, sacrificed, persisted, and at last prevailed. Have all the battles been won? Of course not. Can women work together and join with like-minded people to continue this progress? Of course we can, and we will.

Yet despite today's unprecedented surge of woman power, too many of us still feel anxious and uncertain. We often doubt ourselves, our qualifications, our abilities, our vision, and our right to lead. In this book we explain the ways gender stereotypes undermine women's ability to see themselves as leaders, and then show that the research is crystal clear: companies and organizations that invest in gender equality and promote women to top leadership are more successful, period. According to McKinsey & Company's Women Matter 2016 report, "When there is gender equality in organizations, teams perform at a higher level and profits are higher." The lack of women in so many boardrooms and C-suites, especially the absence of women of color, results not from a shortage of qualifications but from too few opportunities. We are seeing a backlash against women's advances by those who believe that when women gain, they lose. Misogynistic attacks are increasing in politics, communities, and online.

We believe that women working together is the best way to counteract these external forces. This book focuses on overcoming the unconscious or implicit gender biases that limit women's aspirations, intentions, and opportunities.

Nancy D. O'Reilly, PsyD, is an author of *Leading Women: 20 Influential Women Share Their Secrets to Leadership, Business, and Life* and urges women to connect to help each other create a better world. As a licensed psychologist, motivational speaker, and women's empowerment expert, O'Reilly helps women create the satisfying and purposeful lives they want to benefit themselves, their families, and their communities. She is the founder of Women Connect4Good, a foundation which empowers women to participate in social-profit activities and improve their careers, finances, health, and relationships..

S&S / January 2019

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Live. Work. Succeed.

LEADING WOMEN

20 Influential Women
Share Their Secrets to

LEADERSHIP, BUSINESS, AND LIFE

NANCY D. O'REILLY, PSYD

LEADING WOMEN

NANCY D. O'REILLY, PsyD

Now is the time...

Stop waiting around for the career--and life--that you deserve and start taking the reins! **Leading Women** shows you how to claim power and respect, conquer your internal barriers, and change the world by helping other women do

the same. Featuring stories from twenty nationally acclaimed female leaders, this empowering guide offers real-life advice for breaking free of the predetermined roles in the business world and life. Powerful women such as New York Times bestselling author Marci Shimoff, advocacy leader Gloria Feldt, and Emmy-winning television host Aurea McGarry describe what it's like to go beyond their comfort zones, hold their own in a male-dominated environment, and take control of the situations that keep many women from achieving their goals. From corporate coach Lois Frankel's key ways to becoming a natural and necessary leader to bestselling author M. Bridget Cook-Burch's struggles after years of abuse, their insight will help you embrace your purpose, seize important opportunities, and overcome any obstacle that comes your way.

With the guidance of these influential, resourceful leaders, you'll maximize your personal power, exceed your business goals, and establish a network designed to support and celebrate your fellow women.

Contributors include: Kristin Andress, Cheryl Benton, Claire Damken Brown, PhD, M. Bridget Cook-Burch, Vivian Diller, PhD, Gloria Feldt, Lois P. Frankel, PhD, Joanna L. Krotz, Aurea McGarry, Lisa Mininni, Shirley Osbourne, Lois Phillips, PhD, Birute Regine, PhD, Linda Rendleman, Marcia Reynolds, PhD, Marci Shimoff, Rebecca Tinsley, Sandra Ford Walston, Michele Willens, and Janet Rose Wojtalik, EdD

Nancy D. O'Reilly, PsyD, is an author of *Leading Women: 20 Influential Women Share Their Secrets to Leadership, Business, and Life* and urges women to connect to help each other create a better world. As a licensed psychologist, motivational speaker, and women's empowerment expert, O'Reilly helps women create the satisfying and purposeful lives they want to benefit themselves, their families, and their communities. She is the founder of Women Connect4Good, a foundation which empowers women to participate in social-profit activities and improve their careers, finances, health, and relationships.



Adams Media

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BRAIDED IN FIRE

Black GIs and Tuscan Villagers
on the Gothic Line 1944



SOLACE WALES

BRAIDED IN FIRE

Black GIs and Tuscan Villagers
on the Gothic Line 1944

SOLACE WALES

Cultures and relationships are intertwined to become ***BRAIDED IN FIRE*** in Sommocolonia, a medieval Tuscan village in the Apennines directly on the highly fortified Third Reich's 'Gothic Line' stretching across northern Italy.

Only at Sommocolonia did attacking German troops break through that formidable line, with dire consequences to the inhabitants and their defenders, a handful of black GIs, who were outnumbered three to one by the Axis troops. In the desperate fight, Lt. John Fox sacrificed himself with supreme heroism. (He was posthumously awarded the Medal of Honor 52 years later.) Although the military action, (and tragic inaction of certain senior white officers), is described in detail, ***BRAIDED IN FIRE*** is not just military history, but tells of the human toll of war: the drama, the folly, the heartache – all present in grand measure for two peoples marginalized over the years for reasons of race and economic circumstances.

BRAIDED IN FIRE is a celebration of human dignity in desperate circumstances. This book is painted in a narrative befitting the beauty and rich hues of the Tuscan hills and its people, juxtaposed by the toils of a segregated America in black versus white, even while in Army green. Together these two worlds are ***BRAIDED IN FIRE*** with all of the passion, heartbreak, and violence of war, ultimately providing the reader with a redemptive peace, and cultural harmony.

Solace Wales is the former director of the International Child Art Center in San Francisco, Ms. Wales, and her artist husband have lived part of the year in Sommocolonia since the early 1970s. She has interviewed both the villagers in Italy and surviving Buffalo Soldier African-American veterans and their families across the United States. In 1997, she was invited by the White House to attend the long overdue ceremony where President Clinton recognized African Americans serving in WWII, including ***BRAIDED IN FIRE***'s protagonist, Lt. John Fox.

Knox Press/June 2020

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POLICE CRAFT

What Cops Know
About Crime, Community
and Violence



ADAM PLANTINGA

Praise for 400 Things Cops Know:

"The author pulls no punches or keeps any secrets. "400 Things Cops Know" delves into topics not normally on most people's minds, but at some point things they may have wondered about ... an intimate look at what really happens in police work." -New York Journal of Books

"The new Bible for crime writers." -The Wall Street Journal

A veteran police officer gives his thoughtful, balanced views on police shootings, racial profiling, community relations, and every other aspect of policing--and he'll change what you think about the police.

From the author of the acclaimed 400 Things Cops Know, *Police Craft* is a thought-provoking and revelatory examination of policing in America, as seen by a working police officer. Adam Plantinga, a 17-year veteran sergeant with the San Francisco Police Department, gives an inside view of the police officer's job, from handling evidence and conducting interrogations to coping with danger, violence, and death. Not hesitating to confront controversial issues, Plantinga presents the police officer's views on police shootings, racial profiling, and relationships between police and the community--and offers reasoned proposals on what the police and the public can do better.

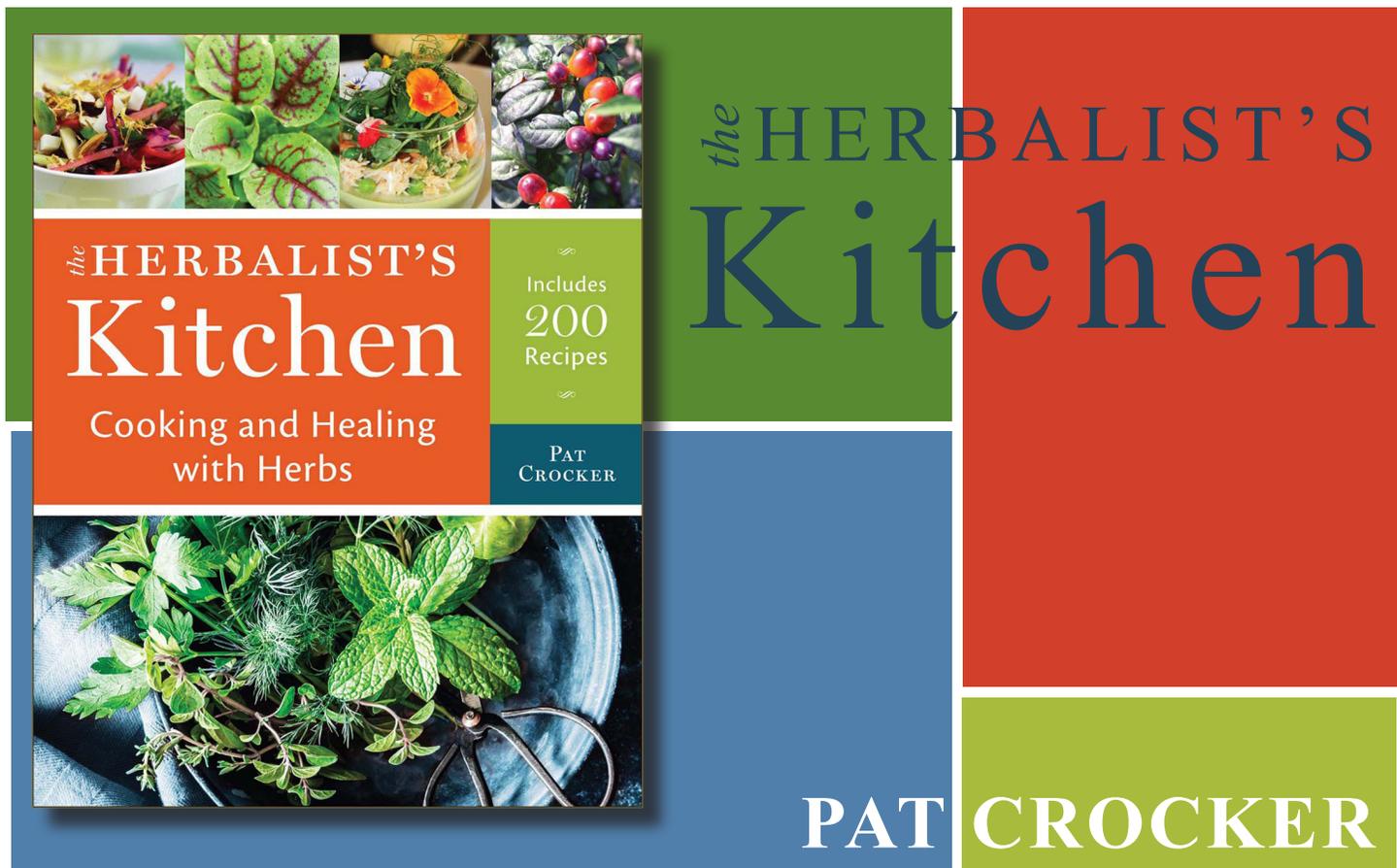
Hard-boiled, humorous, and compassionate, Plantinga wrestles with the complexities and contradictions of a job he loves in which he witnesses so much suffering. Transcending today's strident pro-cop/anti-cop rhetoric, *Police Craft* will give every reader a greater respect for the police and greater understanding of the job they do.

Adam Plantinga holds a B.A. in English with a second major in Criminology/Law Studies from Marquette University, where he graduated Phi Beta Kappa and magna cum laude in 1995. He has been a police officer for 17 years, and is currently a sergeant with the San Francisco Police Department. Plantinga's first book, *400 Things Cops Know*, received rave reviews from star crime writers such as Lee Child, Edward Conlon, and Joseph Wambaugh and was hailed as "the new bible for crime writers" in the *Wall Street Journal*. Plantinga lives in the Bay Area with his wife and daughters.

Quill Driver Books / September 2018

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This is your ultimate herb cookbook . . . and more! Along with 200 recipes, this comprehensive guide profiles 40 herbs with culinary, medicinal, and beauty-enhancing benefits.

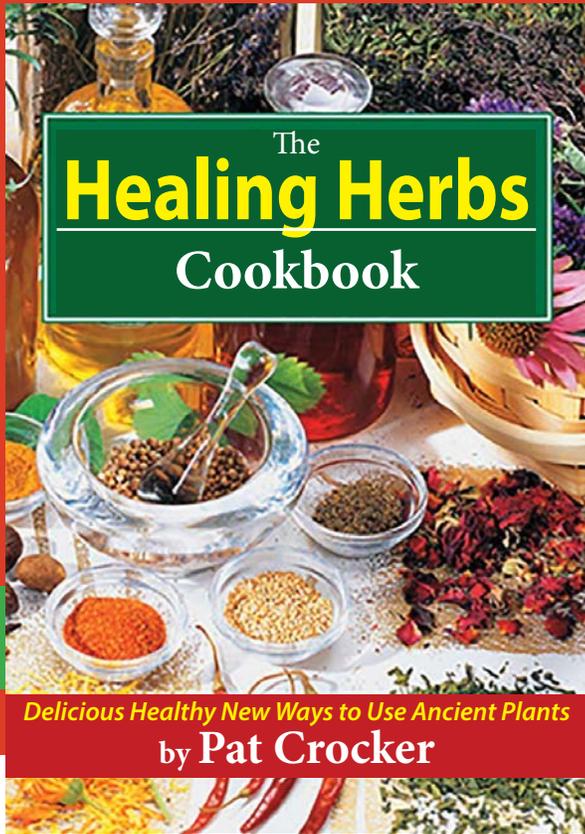
First and foremost, *The Herbalist's Kitchen* is a cookbook, with 200 fresh and delicious, health-supportive recipes including an Asiago, Apple, and Sage Tart Tatin; Rosemary-Roasted Vegetable Spaghetti; Thyme and Pear Cake; Lemon Glazed Scallops with Citrus Salsa; and Elderberry Chicken Tagine. But it goes beyond food, with information and preparations for 40 herbs—from angelica, bergamot, calendula, and chamomile to lavender, tarragon, thyme, and turmeric—that work not just in the kitchen, but also as tinctures, infusions, and essential oils.

Author of 18 cookbooks, Pat Crocker is a culinary herbalist with more than 1.25 million books in print. She was honored twice by the International Herb Association's Professional Award, and also received the 2009 Gertrude H. Foster award from the Herb Society of America for Excellence in Herbal Literature. Her books, *The Juicing Bible* and *The Vegan Cook's Bible* (both published by Robert Rose) have won "Best in the World" awards from the International Gourmand Culinary Guild. The past president of both the Ontario Herbalists' Association and Home Economics Associations, Pat actively participates in the Herb Society of America, the International Herb Association, the International Association of Culinary Professionals, Cuisine Canada, and the Culinary Historians of Canada. She lives in Neustadt, Ontario, Canada.

Sterling Epicure / June 2018

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The Healing Herbs Cookbook

Delicious Healthy New Ways to Use Ancient Plants

Pat Crocker

Pat Crocker is perhaps the best example of the “culinary herbalist,” a term she coined to describe someone with vast herbal knowledge and, specifically, one who grows and uses herbs extensively in cooking.

The author of several best-selling cookbooks, including *The Healing Herbs Cookbook*, Pat was twice honored with the International Herb Association’s Professional Award for contributions to the herb industry. She was also the winner some years ago of an award given by the Herb Society of America for Excellence in Herbal Literature. So there is no question she is the ideal author for *HEALING HERBS: Delicious & Healthy New Ways to Use Ancient Plants*

Her lavish, visually stunning new book, brimming with delicious recipes and 800 four-color photographs, is actually three books in one:

- As a cookbook, it provides new ways to use herbs in 200+ easy, everyday recipes and features new techniques that will appeal to new as well as long-time foodies. But the recipes are not limited to edibles – KITCHEN HERBAL will also feature spa recipes for skin and hand creams, and much more.
- As a modern herbal, it contains 42 fascinating profiles of culinary herbs.
- As a reference guide, it will become the go-to book for gardeners and cooks alike.

Pat Crocker is an author of 18 books, a photographer and cooking teacher. Her *Juicing Bible* (Robert Rose, 2 editions) has sold 800,000+ copies. Her *Smoothies Bible* has sold 250,000+ copies, in English and in multiple foreign languages. She lectures extensively at food, garden and herb festivals throughout Canada and the US, and she is a media-savvy professional with hundreds of TV, radio and print interviews and live demos to her credit.

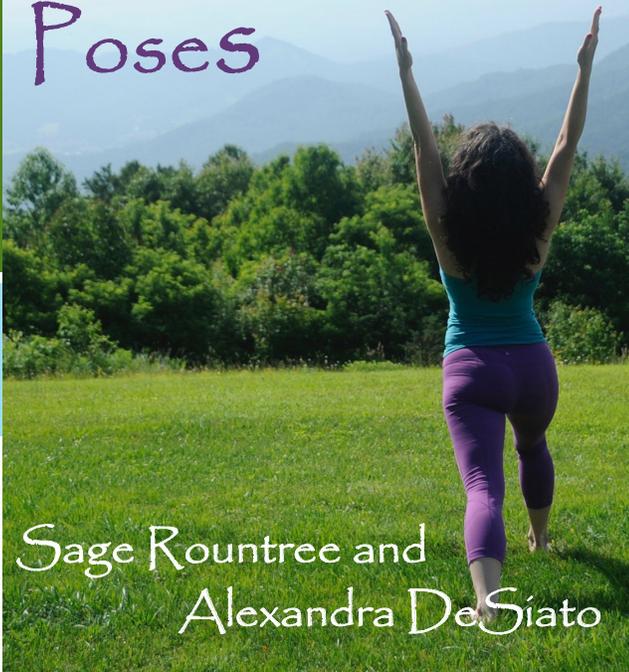


Sterling / Spring '18

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Teaching Yoga Beyond the Poses



Sage Rountree and
Alexandra DeSiato

Teaching Yoga Beyond the Poses

Sage Rountree and
Alexandra DeSiato

New yoga teachers are often taught the poses but not themes or phrases that will make students come back and seasoned instructors often want a fresh approach or new theme to explore. Experienced yoga instructors Sage Rountree and Alexandra DeSiato give yoga teachers tools to find a genuine voice and tap into innate wisdom; offer ready-made, detailed themes to use in and provide guidance and useful, flexible templates for building a toolkit of

authentic themes for future use. The workbook begins with a section on voice, authenticity, emulation, phrasing, practice, repetition, and finding inspiration. While offering guidance for new or experienced teachers so that they feel confident speaking from a place of authority and offering their students memorable themes, the authors explore what it means to be authentic and how teachers can approach authenticity without feeling overly exposed or turning their yoga classes into a therapy session. The second section of the book contains 54 complete themes in template form, so instructors can easily use them in a class. These themes are broken down in chapters such as: yoga philosophy, seasonal themes, meditations, quotes, and spiritual ideas and stories from other traditions that translate well to yoga. Each theme is explored in a way that allows teachers to add their own voice, take, and spin. The final section of the book includes gentle advice and prompts with 54 blank templates, so instructors can create their own themes. With a unique angle and a practical feel, this workbook will appeal to yoga teachers, teacher trainers, and at-home practitioners who are moving to the next level.

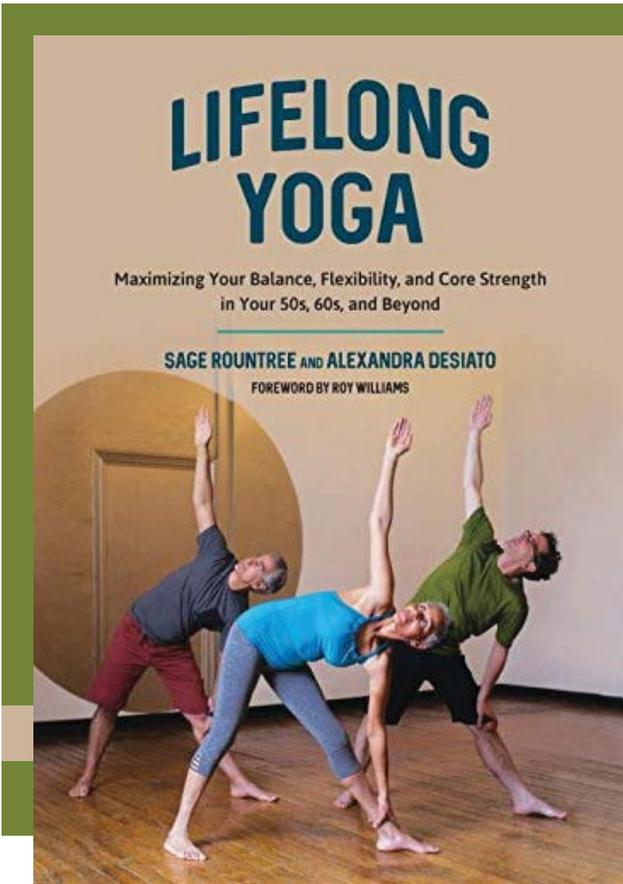
SAGE ROUNTREE, PhD, is a teacher trainer at the highest level and director of the yoga teacher trainings at the Carolina Yoga Company, which she co-owns. Rountree is the author of *The Athlete's Guide to Yoga*, *Racing Wisely* and *Everyday Yoga* among others and, with Alexandra DeSiato, *Lifelong Yoga*. Her writing has appeared in and she has been cited many periodicals, including *Runner's World*, *Yoga Journal*, *ESPN*, *Vogue* and *Men's Fitness*. She presents internationally on yoga, meditation, and athletics at venues including the U.S. Olympic Training Center and the Pentagon.

ALEXANDRA DESIATO, MA, holds the highest accreditation of yoga teaching and is the coauthor of *Lifelong Yoga*. She is an expert in yoga for healthy aging and yoga for prenatal and postnatal women. DeSiato holds a Master's in English literature from Appalachian State University, and in addition to teaching yoga classes has taught writing and literature at the college level for over 15 years..

Atlantic Books / Fall 2020

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LIFELONG YOGA

Maximizing Your Balance, Flexibility, and Core Strength in Your 50s, 60s, and Beyond

SAGE ROUNTREE & ALEXANDRA DESIATO

Yoga offers vital tools for healthy aging: strength, flexibility, balance, and peace of mind. In this one-of-a-kind book, Sage Rountree and Alexandra DeSiato describe the poses and routines that can help keep people of any age fit and injury free. In addition to demonstrating simple ways to maintain and even increase our ability to be active into our 50s, 60s, and beyond, the authors—both yoga teachers with decades of experience—offer poses and routines aimed toward specific goals, such as improving balance, maintaining strength and flexibility, and recovering properly between workouts. Each fully illustrated sequence is introduced with a brief overview of its benefits, along with modifications and options suited to individual requirements. Rountree and DeSiato also offer sequences that help support specific activities such as running, swimming, or golf, as well as yard work, travel, and caring for grandchildren. An essential and easy-to-follow guide, *Lifelong Yoga* offers key practices for maintaining and improving physical and mental well-being throughout a lifetime.

Sage Rountree is an internationally recognized authority in yoga for athletes and an endurance sports coach specializing in athletic recovery. Sage is the author of six books, including *The Athlete's Guide to Yoga*, *Racing Wisely*, and *Everyday Yoga*. Her seventh book, *Lifelong Yoga*, cowritten with Alexandra DeSiato, will be published summer 2017. Sage's classes, training plans, videos, books, and articles make yoga and healthy living accessible to everyone.

Alexandra DeSiato thinks of yoga as a tool for pregnancy, aging, and injury. Her most common in-class cue is "just squirm around on your mat," which follows from her belief that the best yoga practice is the one that comes from deep self-listening. You can find tips and sequences—and a fresh approach to yoga for healthy aging—at *Lifelong Yoga*, the blog she co-writes with Sage Rountree.



North Atlantic Books / August 2017

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A Harvard Medical School Guide

Trusted advice for a healthier life

The
**Harvard Medical
School Guide to
Yoga**

8 Weeks to Strength, Awareness & Flexibility

**Marlynn Wei, MD, JD, Alumni Clinical Fellow of Psychiatry, HMS,
and James E. Groves, MD, Associate Clinical Professor of Psychiatry, HMS**



The
**Harvard
Medical
School
Guide to
Yoga**

8 Weeks to Strength, Awareness & Flexibility

Marlynn Wei, MD, JD, Alumni Fellow of Psychiatry, HMS
James E. Groves, MD, Associate Clinical Professor of Psychiatry, HMS

Da Capo / Perseus

According to a recent National Institute of Health study, yoga is a leading form of complementary health care. The Harvard Medical School Guide to Yoga— is a comprehensive guide to understanding an integrated approach to yoga. While there are many yoga books available on the market, most are based on an individual yogi’s expertise. Our book relies on modern medical science to illustrate the benefits of yoga. It provides an indispensable, simplified 8-week yoga program that integrates the physical postures of yoga with self-reflection, yoga breathing, teachings, and meditation—an approach that is far more effective and comprehensive than just learning the postures alone.

What makes our program unique?

The Western approach to teaching yoga emphasizes the physical postures and positions. But there is far more to yoga than that. In fact, true yoga includes eight “limbs.” These include two categories of ethical principles for how to be true to oneself and to others, breathing exercises, poses, and four levels of concentration and meditation. Scientific research and clinical experience have shown that an integrated approach that includes multiple yoga limbs does far more to improve physical and mental health than merely doing yoga exercises.

Our streamlined 8-week program features user-friendly, step-by-step exercises that are easy to learn and practice at home with minimal equipment. It also highlights major yoga themes that tie in many aspects of the classical 8-limbed practice such as breath control (pranayama), postures (asanas), guided meditation, and self-reflective writing exercises based on fundamental yoga principles such as self-compassion and kindness.

Marlynn Wei, MD, JD, and James E. Groves, MD, have a combined experience of over 30 years of yoga practice and 45 years of using yoga to treat patients with anxiety, depression, and addiction. Together they bring in-depth scientific research about the benefits of yoga for body and mind to readers in their simplified 8-week integrated yoga program. Medical School, HHP reaches millions of consumers each year, and will actively help promote *The HMS Guide to Yoga*

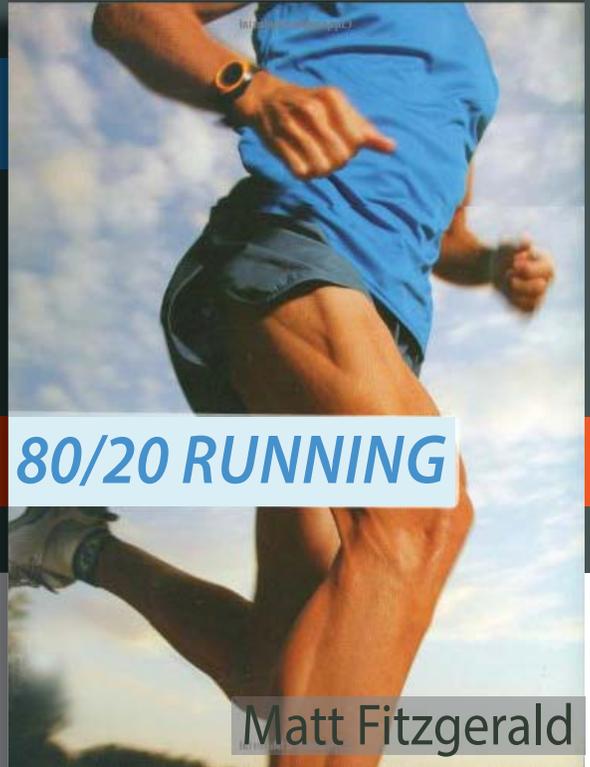
Da Capo / Perseus // Spring 2017

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80/20 RUNNING

Matt Fitzgerald



This revolutionary training method has been embraced by elite runners—with extraordinary results—and now you can do it, too.

Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running program—in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity—is the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, 80/20 Running is a hands-on guide for runners of all levels with training programs for 5K, 10K, half-marathon, and marathon distances.

In 80/20 Running, you'll discover how to transform your workouts to avoid burnout.

- Runs will become more pleasant and less draining
- You'll carry less fatigue from one run to the next
- Your performance will improve in the few high-intensity runs
- Your fitness levels will reach new heights

80/20 Running promotes a message that all runners—as well as cyclists, triathletes, and even weight-loss seekers—can embrace: Get better results by making the majority of your workouts easier.

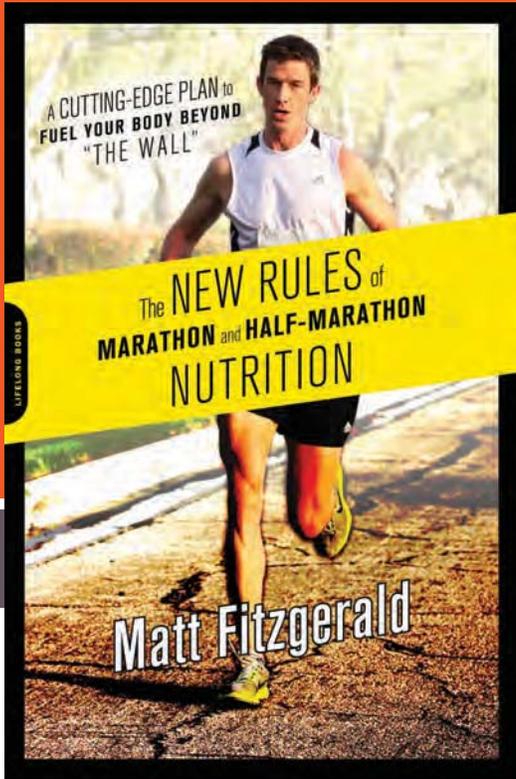


Matt Fitzgerald has authored or coauthored 17 books on topics related to running, triathlon, fitness, and nutrition, including *The Runner's Body* and *Brain Training for Runners*. He has written for *Bicycling*, *Men's Fitness*, *Men's Health*, *Men's Journal*, *Outside*, *Runner's World*, *Shape*, and *Women's Running*, among other major national publications and his byline appears regularly in *Competitor*, *Inside Triathlon*, and *Triathlete* and on *competitor.com*, *triathlete.com*, and *active.com* (where he is a featured running and triathlon expert). A certified sports nutritionist, he has served as a consultant to a number of sports nutrition companies, including Energy First, Next Proteins, and PacificHealth Labs. As a coach, he designs running and triathlon training plans that are sold through *trainingpeaks.com* and consults for PEAR Sports—maker of a new training device for runners—as a training intelligence specialist. Fitzgerald continues to run competitively.

Penguin / Fall 2014

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The **NEW RULES** of **MARATHON** and **HALF-MARATHON** **NUTRITION**

A CUTTING-EDGE PLAN to
FUEL YOUR BODY BEYOND
"THE WALL"

Matt Fitzgerald

Every year, roughly 2 million people participate in marathons and half marathons in the United States, and, no matter what level they are, every one of these runners has likely hit "The Wall," running out of muscle fuel in the final miles and slowing down precipitously. This setback and other common running disappointments are nutritional (or metabolic) in nature. In *The New Rules*, renowned fitness journalist and training coach Matt Fitzgerald cuts through the myths, distilling the most up-to-date science to help runners overcome the universally experienced nutritional barriers that prevent success in the marathon and half marathon.

From basic tenets of training to nutrition guidelines, *The New Rules* is the first resource for runners to fully integrate nutrition with training for a complete and systematic prerace plan. Fitzgerald's powerful and easy-to-use tools will enable runners of all levels to attain their ideal racing weight, calculate their precise daily energy needs, and formulate a custom nutrition plan.

Matt Fitzgerald is an endurance sports writer, coach, and nutritionist. His work appears regularly in publications such as *Competitor*, *Men's Journal*, and *Triathlete*. His many books include the bestsellers *Iron War* and *Racing Weight*.

An International Society of Sports Nutrition-certified sports nutritionist, Matt has aided in the formulation and marketing of several popular sports nutrition products, including Accelerade sports drink and 2nd Surge energy gel. Matt also serves as a training intelligence specialist for PEAR Sports, an audio-based biofeedback training system for runners and other endurance athletes.



Matt has been a competitive runner since age 12 and also dabbles in triathlons.

Perseus / February 2013

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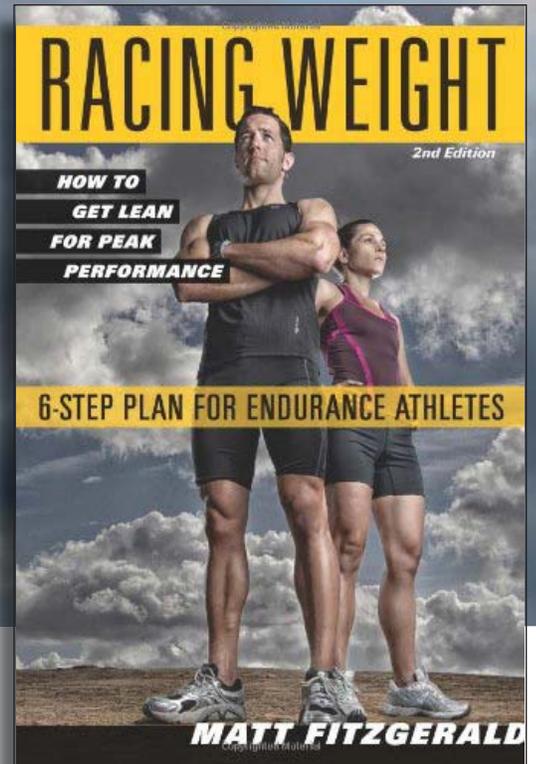
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RACING WEIGHT

MATT FITZGERALD

"Sports nutritionist Matt Fitzgerald lets us in on his no-diet secrets that can help endurance athletes get leaner, stronger, and faster." -Men's Fitness



Racing Weight is a proven weight-management program designed specifically for endurance athletes. Revealing new research and drawing from the best practices of elite athletes, coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training.

This comprehensive and science-based program shows athletes the best ways to lose weight and avoid the common lifestyle and training hang-ups that keep new PRs out of reach. The updated Racing Weight program helps athletes:

- Improve diet quality
- Manage appetite
- Balance energy sources
- Easily monitor weight and performance
- Time nutrition throughout the day
- Train to get—and stay—lean

Racing Weight offers practical tools to make weight management easy. Fitzgerald's no-nonsense Diet Quality Score improves diet without counting calories. Racing Weight superfoods are diet foods high in the nutrients athletes need for training. Supplemental strength training workouts can accelerate changes in body composition. Daily food diaries from 18 pro athletes reveal how the elites maintain an athletic diet while managing appetite.

Athletes know that every extra pound wastes energy and hurts performance. With Racing Weight, cyclists, triathletes, and runners have a simple program and practical tools to hit their target numbers on both the race course and the scale.

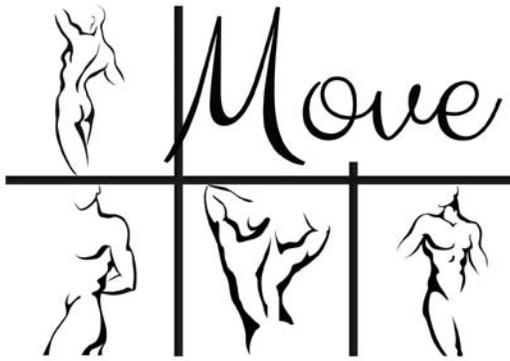


Matt Fitzgerald is an award-winning endurance sports journalist and bestselling author of more than 20 books on running, triathlon, fitness, nutrition, and weight loss, including *Brain Training for Runners* and *Racing Weight*. His byline appears regularly in national publications including *Men's Journal*, *Outside*, and *Women's Running*. An experienced running and triathlon coach and certified sports nutritionist, Matt serves as a Training Intelligence Specialist for PEAR Sports and as a featured coach on active.com.

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DESIGNED TO



A SCIENCE-BACKED PROGRAM TO
FIGHT SITTING DISEASE
& REVERSE AGING

DR. JOAN VERNIKOS
AUTHOR OF "SITTING KILLS, MOVING HEALS"

DESIGNED TO

Move

A SCIENCE-BACKED PROGRAM TO
FIGHT SITTING DISEASE & REVERSE AGING

DR. JOAN VERNIKOS

Science has proven that sitting too much is bad for your health, but what can you do about it if you're stuck at your desk all day? *Designed to Move* gives deskbound professionals a practical, easy-to-follow movement plan to fight the debilitating and life-shortening effects of sitting disease. Dr. Joan Vernikos, former director of NASA's Life Sciences Division, draws on decades of scientific research on astronauts to show readers how to use gravity-based movement to counteract the effects of prolonged sitting and maintain lifelong good health.

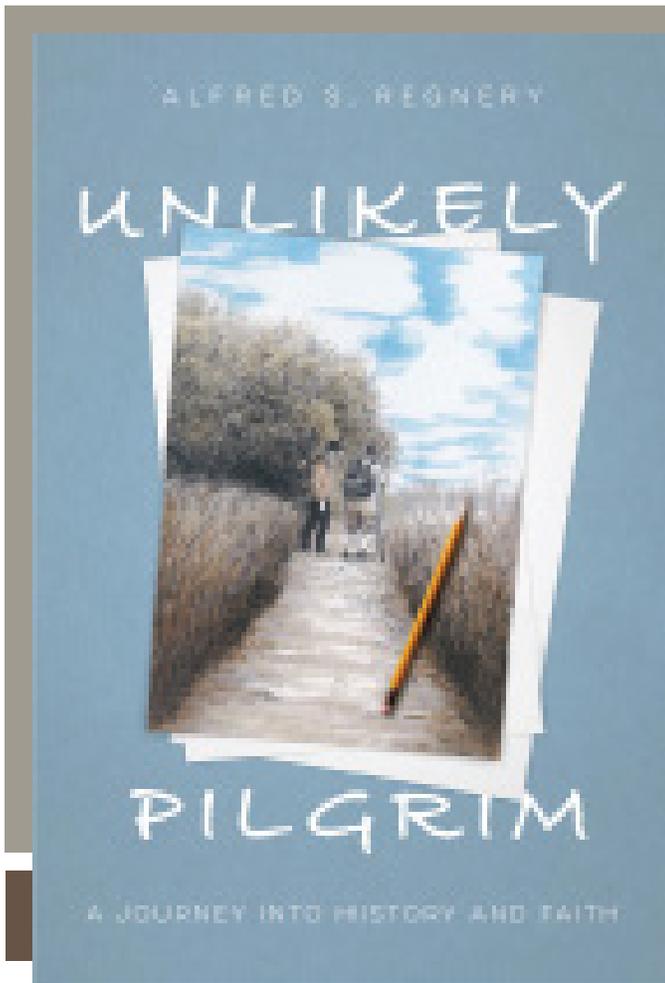
Written for everyone who spends most of their lives sitting in chairs, *Designed to Move* provides readers with a science-backed health program that helps people stay healthy while at work. Expanding upon her groundbreaking previous book, "Sitting Kills, Moving Heals," Dr. Vernikos shows how developing simple new lifestyle habits at the office can reverse the symptoms of sitting disease and even aging itself, and lead to a life of bountiful health.

Joan Vernikos, Ph.D., is a pioneering medical research scientist who has conducted seminal studies in space medicine, inactivity physiology, stress and healthy aging. In 1964 she began working as a researcher at the NASA Ames Research center, where she spearheaded groundbreaking medical studies on the effects of weightlessness. Vernikos served as Life Sciences Director at the NASA Ames Research Center from 1986 to 1993 and Director of the Life Sciences Division at NASA headquarters from 1993 to 2000. Vernikos is also a prolific journalist and science writer. She has written about space, defense and foreign affairs, medicine, health, stress, aging and physical fitness for numerous scientific, academic and popular publications, including *Defense & Foreign Affairs*, *The New York Times*, *Popular Science*, *Muscle and Fitness*, and *Gerontology*. Vernikos has written four previous books: *Inactivity: Physiological Effects*, *The G-Connection: Harness Gravity and Reverse Aging*, *Stress Fitness for Seniors*, and *Sitting Kills, Moving Heals*.

Linden Publishing / September 2016

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UNLIKELY PILGRIM

ALFRED REGNERY

Two middle-aged men, fast friends, make eleven foreign trips—pilgrimages you might call them—to parts of the world rich in the history of Christianity. The trips combine adventure, strenuous physical activity, exhilaration, discovery, and friendship. Three of the journeys were to Western Europe; six were to Eastern Europe and the Balkans and two to the Middle East. The trips were spontaneous and unplanned, often requiring improvisation along the way. Told in a lighthearted and often amusing style, *An Unlikely Pilgrim* provides a vivid and colorful picture of parts of the world often out of the range of American tourists, but deep in both ancient and current geopolitical, historical, and cultural wealth.

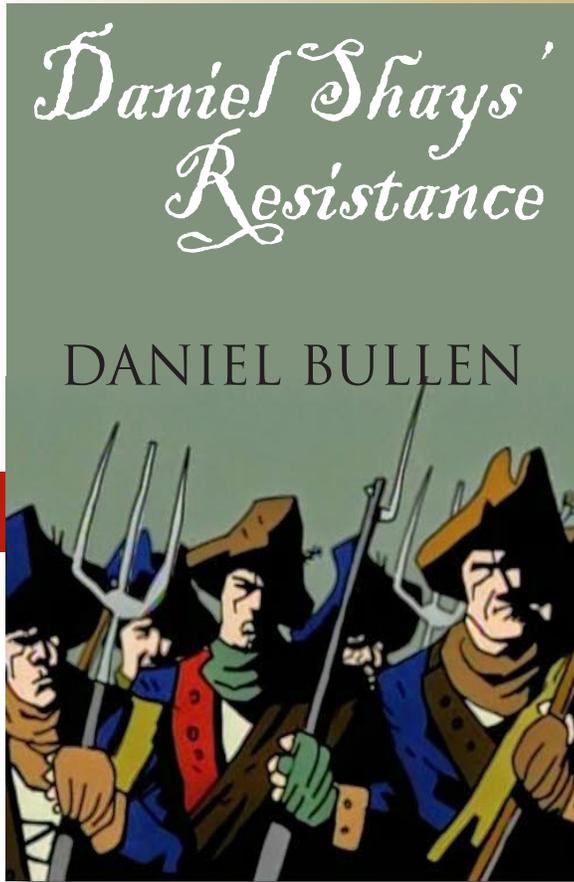
Alfred Regnery is a publisher and a lawyer with a half-century career in business, politics, the law and journalism. He has practiced law in the Midwest and in Washington, DC, was Counsel to a Senate Committee, a senior official in the US Department of Justice, President of his family's book publishing business and publisher of a national magazine. He has written three books and hundreds of articles, and has served, and continues to serve, on many boards of directors. He lives on a farm in rural Virginia, and maintains an office in Washington where he remains engaged in national politics.



Beaufort Books / March 2019

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Daniel Shays' Resistance

DANIEL BULLEN

Praise for Daniel Bullen:

"Daniel Bullen writes beautifully and lucidly about complex psychological issues and relationships, as well as art, writing, and the creative life. Bravo!"

-Janine Roberts, professor, University of Massachusetts

Shortly after the Revolutionary War, farmers in western Massachusetts banded together in opposition to oppressive austerity measures forced on them by Boston elites.

After more than a dozen nonviolent protests over the course of five months, they eventually won reforms through elections, but not before Daniel Shays and 300 men and their families were hounded out of the state, hunted as outlaws and rebels, and forced to start anew in the mountains of western Vermont.

With numerous parallels to today's 'resistance' movements, **DANIEL SHAYS' RESISTANCE** is a riveting narrative of an important episode in our early republic when farmers and veterans risked their lives and property to protect their land and rights from oppressive government policies.

Daniel Bullen is the author of two previous books, *The Love Lives of the Artists: Five Stories of Creative Intimacy*, and *The Dangers of Passion: The Transcendental Friendship of Ralph Waldo Emerson and Margaret Fuller*.

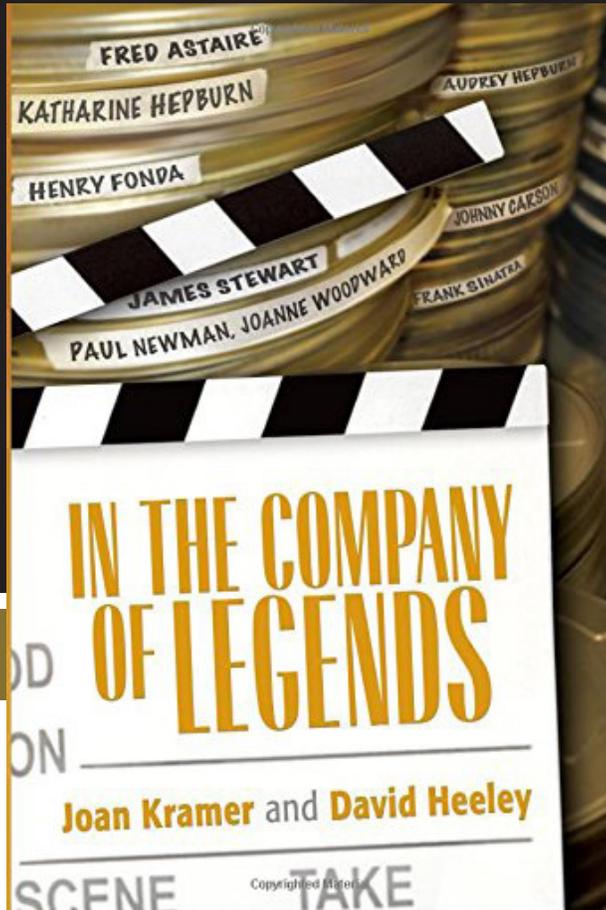
He was born and raised in the New York City suburbs. He took an interdisciplinary B.A. in Classics and English at Union College in 1994, and a Ph.D. in nineteenth-century American literature at NYU in 2003. He lives in western Massachusetts.



Knox Press

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IN THE COMPANY OF LEGENDS

Joan Kramer & David Heeley

Starting with their award winning profiles of Fred Astaire in 1980, Joan Kramer and David Heeley documented the lives and careers of many Hollywood legends, establishing a reputation for finding the un-findable, persuading the reluctant, and maintaining unique

relationships long after the end credits rolled. These were recognized as high-quality, definitive film portraits, which revitalized the genre and made it a mainstay of television programming.

This is their insiders' view of the famous and the powerful: Katharine Hepburn, James Stewart, Johnny Carson, Frank Sinatra, Lew Wasserman, Ronald Reagan, Paul Newman, Joanne Woodward, Jane Fonda, Richard Dreyfuss, Audrey Hepburn, and Bette Davis, among others. Kramer and Heeley's behind the scenes stories of the productions and the personalities involved are amusing, sometimes moving, often revealing, and have never been told before.

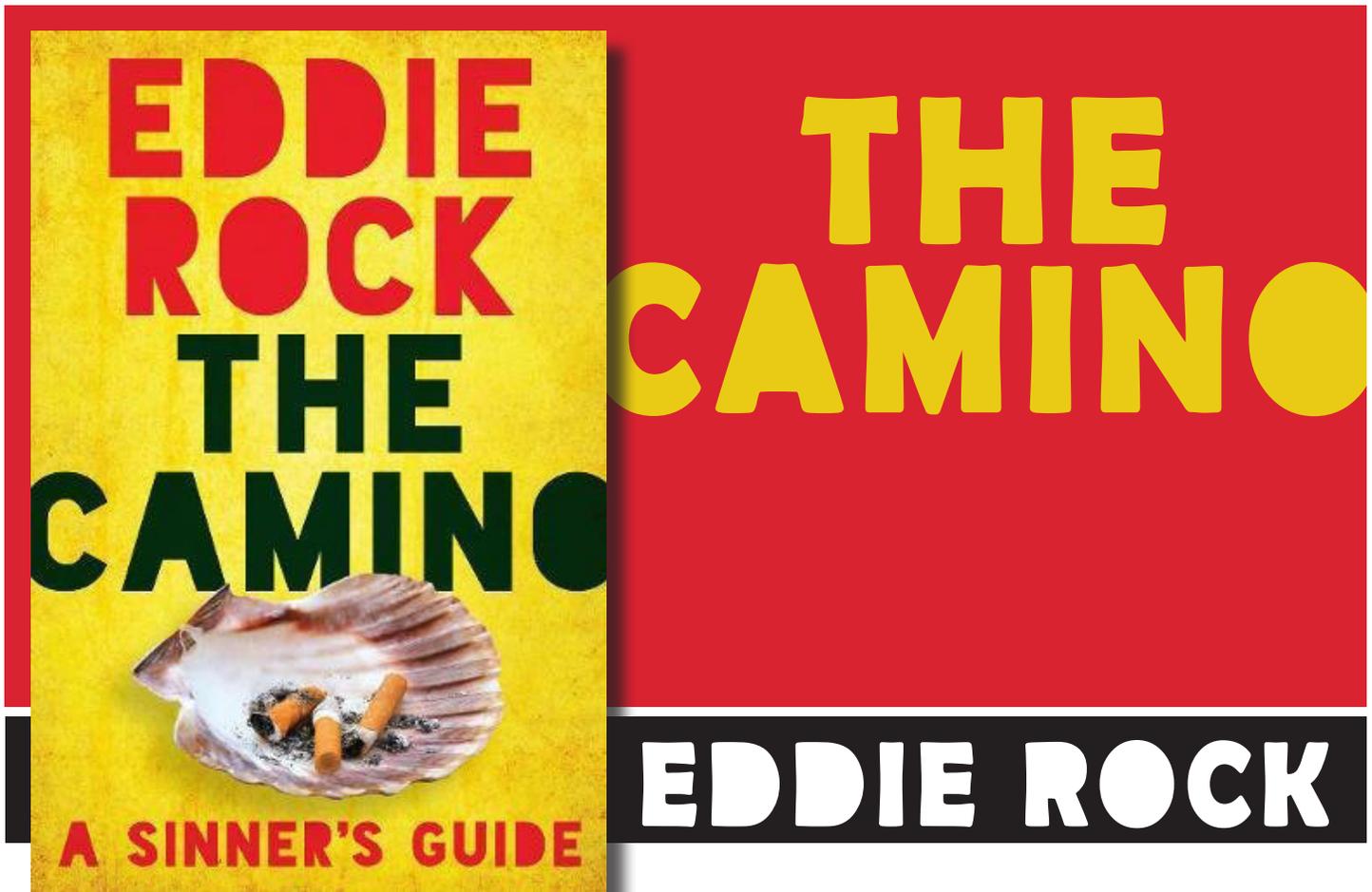
Born in Chicago, IL, Joan Kramer was a ballet dancer and assistant choreographer before starting her career in film and television production. She was an assistant talent co-ordinator for The Dick Cavett Show, associate producer for a Candid Camera Special, and writer for Live From Lincoln Center. She then joined the staff of WNET where she began her long producing partnership with David Heeley. For public television and later for their own company, Top Hat Productions, they created profiles of some of the most famous and well-respected personalities in the entertainment industry, and maintained personal relationships with many of them, their families and friends. Their programs have received five Emmy awards, twenty Emmy nominations, and many other national and international honors. Joan Kramer lives in New York.



Beaufort Books

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Aspiring travel writer Eddie Rock has hit hard times. Drowning in a midlife crisis of fear and debt, he looks for a second chance. A fortuitous encounter with false medium Ralph Keeton in Canada triggers his story with warnings in the not-so-distant-future.

A new house, a dangerous woman, an unfortunate brush with the law, and an unforgettable stag party set the tone for Eddie, who hits the road in this timeless European misadventure. Following the footsteps of countless saints and sinners before him, Rock travels the well-trodden road to Santiago de Compostela in search of enlightenment, salvation, and forgiveness, with a full cast of strange and interesting characters, spectacular places and plenty of wine.

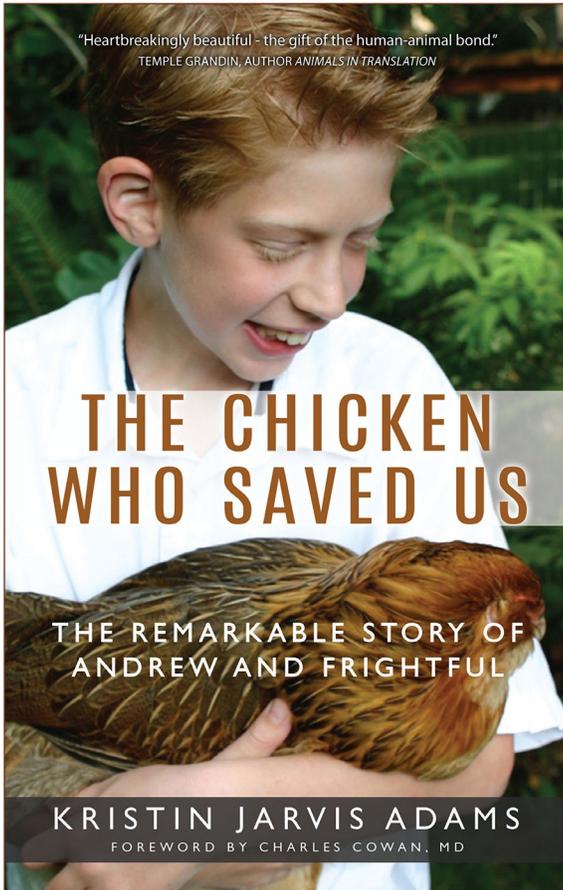
Eddie Rock's book is honest, entertaining, a warts-and-all romp as he takes us on a long walk of alcoholic indiscretions, more brushes with the law and accidental applications of deep heat, all the while providing an entertaining commentary of his surroundings and never taking himself too seriously. It makes for a refreshing change from the usual run of Camino stories, treating the whole thing as some reverential sacred cow!

Eddie Rock grew up in Dublin, Ireland, and later lived abroad in England, Holland, Australia, New Zealand, Canada, Israel, and Egypt. He currently lives in the Galician mountains in Northern Spain. He aspires to one day turn his mountainside farmhouse into a fully functioning writer's retreat. In his free time, Eddie enjoys chainsaw carving, creating tattoo art on wood, and playing music. The Camino is his first book.

Beaufort Books / November 2018

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THE CHICKEN WHO SAVED US

KRISTIN JARVIS ADAMS



"Heartbreakingly beautiful-the gift of the human animal bond."

-Temple Grandin, Author, researcher, consultant and world-renowned autism spokesperson

The true story of an autistic boy with a body under siege by mysterious illness, and the chicken who saved his life.

Eight-year-old Andrew was autistic and bilingual. He spoke English—and Chicken. But the day he told his pet chicken Frightful that his body was trying to kill him, Andrew's family and an entire medical community were launched into a decade-long quest for answers. This honest memoir of fierce and faithful parenting takes readers on a heartfelt journey through chronic illness and Asperger's syndrome to discover the healing bond between a boy and his chicken. Navigating the complex landscape of modern medicine and genetics, through a rare diagnosis of Trisomy 8 Mosaicism and an experimental bone marrow transplant, readers venture to places where chickens talk, superheroes come alive, and a boy on the brink of death finds the courage to survive.

KRISTIN JARVIS ADAMS is an advocate for children with special needs. Her speaking engagements have included: Seattle Festival of Trees Gala, Rotary, Community Bible Study, high school graduations, and local school boards. She serves on the Board of the Lake Washington School District Transition Academy, one of the nation's leading transition programs for adult students with special needs. She is a member of the Autism Center Guild at Seattle Children's Hospital, a fundraising and awareness group supporting children with ASD in Washington, Alaska, Montana, and Idaho. Kristin lives near Seattle with her husband and their two children..



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FIVE FOR FREEDOM



THE AFRICAN AMERICAN SOLDIERS
IN JOHN BROWN'S ARMY

EUGENE L. MEYER



FIVE FOR FREEDOM

EUGENE L MEYERS

Late on the evening of October 16, 1859, John Brown and his band of 18 raiders descended on Harpers Ferry at the confluence of the Potomac and Shenandoah Rivers. In an ill-fated attempt to incite a slave insur-

rection, they seized the federal arsenal, took hostages and retreated to a fire engine house where they barricaded themselves until a contingent of US Marines battered their way in on October 18. The raiders were routed, and several were captured. Soon after, they were tried, convicted and hanged.

Among Brown's raiders were five African Americans whose lives and deaths have long been overshadowed by their martyred leader and, even today, are little remembered. Two—John Copeland and Shields Green—were executed. Two others—Dangerfield Newby and Lewis Leary—died at the scene. Of the five, only Osborne Perry Anderson escaped and lived to publish the lone insider account of the event that, most historians agree, was a catalyst to the Civil War.

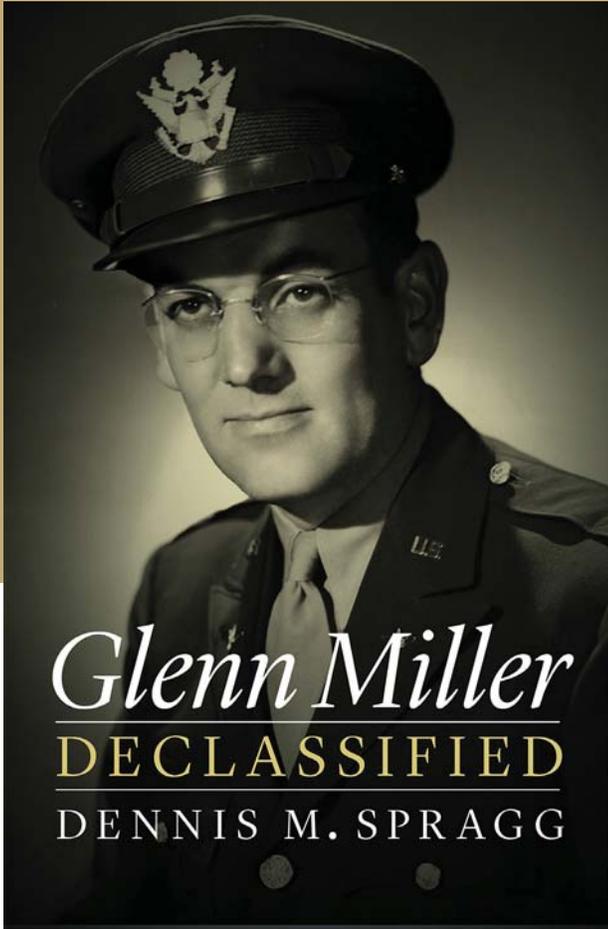
Five for Freedom is the story of these five brave men, the circumstances in which they were born and how they came together at this time and place. Their lives and deaths affected future generations, not just of their descendants, but of us all.

Eugene L. Meyer is a former longtime Washington Post reporter and editor who has also written for the New York Times, U.S. News & World Report, and many other national and regional publications. He is a contributing editor to Bethesda Magazine and edits the quarterly B'nai B'rith Magazine.



Chicago Review Press / June 2018

Uk and Translation Rights Available



Glenn Miller

DECLASSIFIED

DENNIS M. SPRAGG

"... a remarkable feat of historical investigation, technical analysis, and cultural retrospective. ... provides the most compelling argument yet of what happened to one of America's most influential musical figures."

-Col. Matthew M. Hurley, U.S. Air Force (Ret.), and former USAF and division chief, ISR Doctrine and Policy

"With great dedication Dennis Spragg has extensively researched the stories that have long circulated

about the disappearance of our father's plane during World War II. Finally, there is resolution to this long-standing mystery."-Jonnie Miller Hoffman, daughter and surviving heir of Glenn Miller

On December 15, 1944, Maj. Alton Glenn Miller, commanding officer of the Army Air Force Band (Special), boarded a plane in England bound for France with Lt. Col. Norman Francis Baessell. Somewhere over the English Channel the plane vanished. No trace of the aircraft or its occupants was ever found. To this day Miller, Baessell, and the pilot, John Robert Stuart Morgan, are classified as missing in action.

Weaving together cultural and military history, Glenn Miller Declassified tells the story of the musical legend Miller and his military career as commanding officer of the Army Air Force Band during World War II. After a brief assignment to the Army Specialist Corps, Miller was assigned to the Army Air Forces Training Command and soon thereafter to Supreme Headquarters, Allied Expeditionary Force, in the UK. Later that year Miller and his band were to be transferred to Paris to expand the Allied Expeditionary Forces Programme, but Miller never made it.

Miller's disappearance resulted in numerous conspiracy theories, especially since much of the information surrounding his military service had been classified, restricted, or, in some cases, lost. Dennis M. Spragg has gained unprecedented access to the Miller family archives as well as military and government documents to lay such theories to rest and to demonstrate the lasting legacy and importance of Miller's life, career, and service to his country.

Dennis M. Spragg is the senior consultant of the Glenn Miller Archive and the American Music Research Center at the University of Colorado-Boulder. A veteran broadcasting and media research professional, he is an internationally known expert on Glenn Miller who has been featured in the PBS television series History Detectives and a BBC Radio production.

Potomac Books / 2017

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THE
CRAFT
OF
SCENE WRITING

BEAT BY BEAT TO A BETTER SCRIPT

Jim Mercurio

THE
CRAFT
OF
SCENE WRITING

Jim Mercurio

A professional screenwriter's master class in writing the most critical and challenging script element--the individual scene. No one comes out of a movie talking about structure. What audiences love and remember about a movie are great scenes. Marlon Brando in the back seat in *On the Waterfront* giving his "I could'a been a contender" speech. Meg Ryan's fake orgasm in *Katz's Deli* in *When Harry Met Sally* with the climactic punch line: "I'll have what she's having." In *Super Bad*, Jonah Hill professing "I love you" to his friend Michael Cera by touching his nose with a "boop." Great scenes will elevate your script from ho-hum to extraordinary--and from the slush pile to sellable.

In *The Craft of Scene Writing*, master screenwriter and writing teacher Jim Mercurio analyzes and systematizes the beats, conflicts, character moments, action, dialogue, and structure that create powerful scenes. Citing examples from scripts old and new, *The Craft of Scene Writing* breaks down how great scenes reveal character, advance the story, and emotionally connect with audiences, plus demonstrates how to use these techniques in your own scripts.

This incredibly detailed exploration of screenwriting technique will help beginning writers to write great scripts and experienced writers to gain a more complete mastery of their craft.

Jim Mercurio is a writer, author, screenwriter and filmmaker. He has directed or produced five feature films and has helped countless writers as a teacher, story analyst and script doctor. Jim is a former development executive, and has sold or written as work-for-hire several screenplays. He wrote and directed the bonus material for the film *Making Hard Scrambled Movies*--a two-hour seminar on making indie films--which *The Washington Post* called "a must for would-be filmmakers." *Creative Screenwriting* magazine ranked him as one of the top screenplay consultants in the country.

Linden Publishing / February 2019

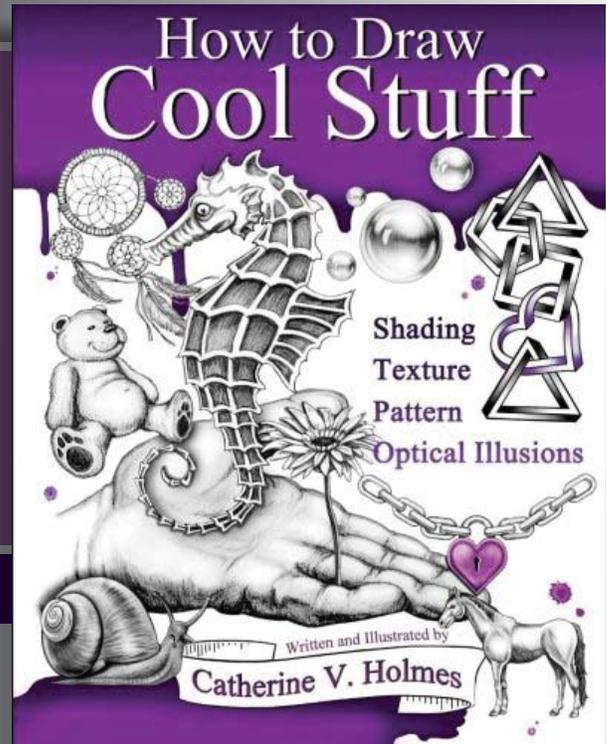
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How to Draw Cool Stuff

Shading, Texture, Pattern,
Optical Illusion

Catherine V. Holmes



How to Draw Cool Stuff: Basics, Shading, Texture, Pattern and Optical Illusions is the second book in the How to Draw Cool Stuff series. Inside you will find simple illustrations that cover the necessities of drawing cool stuff. Specific exercises are provided that offer step-by-step guidelines for drawing a variety of subjects. Each lesson starts with an easy-to-draw shape that will become the basic structure of the drawing. From there, each step adds elements to that structure, allowing the artist to build on their creation and make a more detailed image. Starting with the basic forms, the artist is provided a guide to help see objects in terms of simplified shapes. Instructions for shading to add depth, contrast, character and movement to a drawing are then covered. The varieties of texture and pattern that can be included in an artwork offer another layer of interest and depth to a design. These elements are necessary to indicate the way something looks like it feels in a work (texture) or creating the repetition of shapes, lines or colors (patterns). Illustrated optical illusions involve images that are sensed and perceived to be different from what they really are, showing examples of how the mind and the eyes can play tricks on each other. All you need is a piece of paper, a pencil and an eraser and you are ready to draw cool stuff. Once the drawing is complete, it can be colored, shaded or designed in any way you like to make it original. Following these exercises is a great way to practice your craft and begin seeing things in terms of simple shapes within a complex object.



Catherine V. Holmes was trained in the arts at Boston University where she studied painting, drawing and sculpture. After graduating, she focused more on graphic design for a period. She then branched out and decided to become an art teacher. She teaches at-risk youth in Boston at the Department of Youth Services. Her students inspired her to write a book that would feature step-by-step guidelines for how to draw things that they were interested in learning. Over the years she created work sheets for her students to work from and they eventually were compiled into *HOW TO DRAW COOL STUFF*. She exhibits her work regularly in Boston and has recently veered away from her more realistic style of painting in acrylics or oils towards an impressionist watercolor technique. She resides in Boston, Massachusetts.

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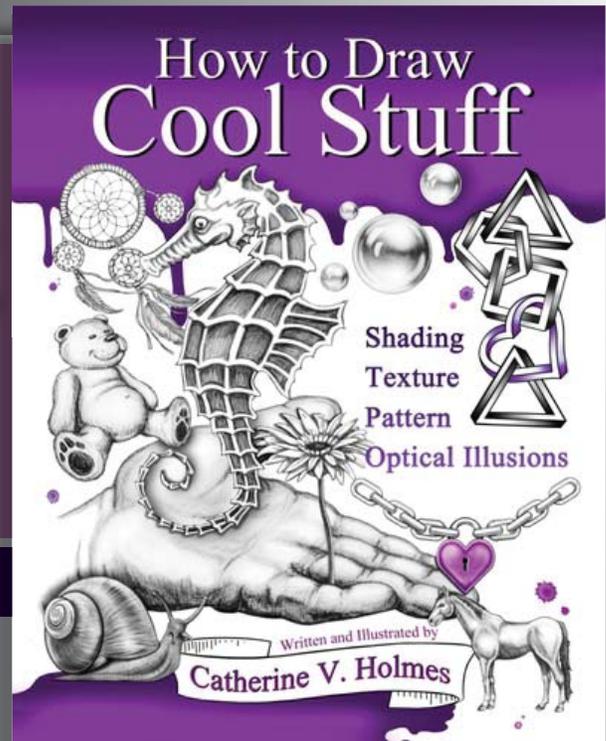


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How to Draw Cool Stuff 2

Shading, Texture, Pattern
Optical Illusions

Catherine V. Holmes



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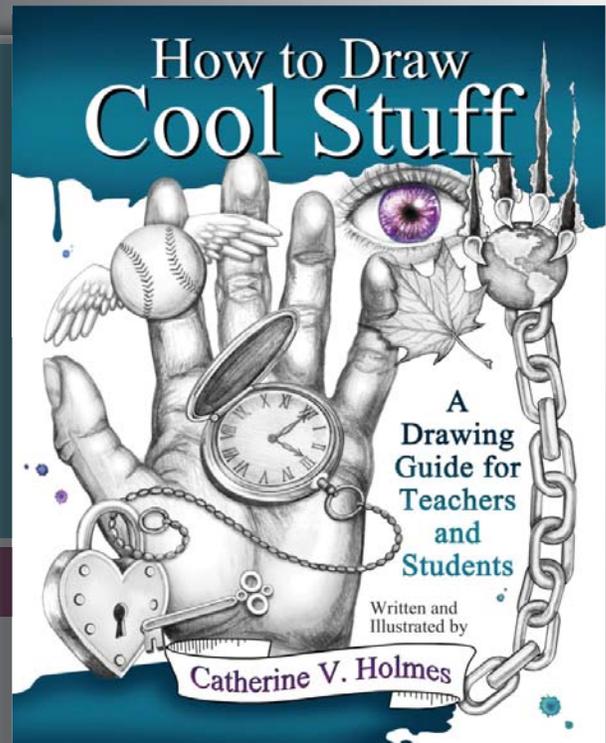


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How to Draw Cool Stuff

A Drawing Guide
for Teachers and Students

Catherine V. Holmes



How to Draw Cool Stuff shows simple step-by-step illustrations that make it easy for anyone to draw cool stuff with precision and confidence. These pages will guide you through the basic principles of illustration by concentrating on easy-to-learn shapes that build into complex drawings. With the step-by-step guidelines provided, anything can become easy to draw. This book contains a series of fun, hands-on exercises that will help you see line, shape, space and other elements in everyday objects and turn them into detailed works of art in just a few simple steps. The exercises in this book will help train your brain so you can visualize ordinary objects in a different manner, allowing you to see through the eyes of an artist. From photorealistic faces to holiday themes and tattoo drawings, How to Draw Cool Stuff makes drawing easier than you would think and more fun than you ever imagined! Now is the time to learn how to draw the subjects and scenes you've always dreamt of drawing. How to Draw Cool Stuff is suitable for artists of any age benefiting everyone from teachers and students to self-learners and hobbyists. How to Draw Cool Stuff will help you realize your artistic potential and expose you to the pure joy of drawing!

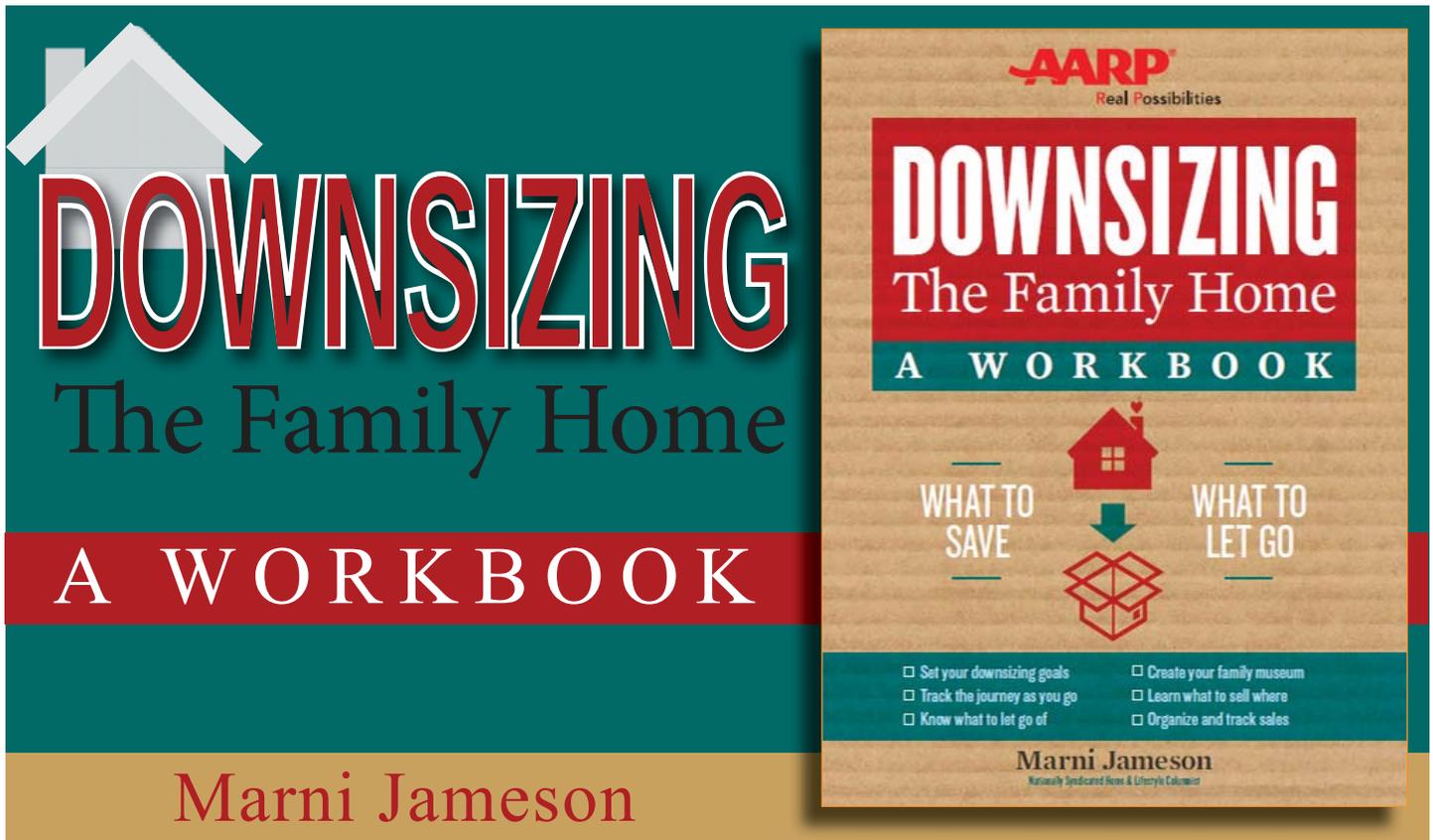


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Part journal, part workbook, part scrapbook, this companion to the author's successful *Downsizing the Family Home* guides downsizers through this profound journey.

Downsizing your family home is a rite of passage, and this indispensable journal/workbook helps you work through the many layers that attend this task—remembering, cherishing, letting go, and clearing out. These pages are a place for you to reflect, record, remember, and retain an important piece of family history, even as you let go of the “stuff.” Most important, in completing this journal, you will create a great keepsake of the journey. The book's five sections mirror those in *Downsizing the Family Home*, so you can apply the tips and takeaways as you clear, sort, sell, save . . . and chronicle.

This workbook can free you to move on, to live in the present, not the past, and move unencumbered into the future.



Marni Jameson is one of America's most-loved home and lifestyle columnists. Her humorous and helpful column appears in 25 papers nationwide, reaching 7 million readers each week. Jameson is the author of three critically acclaimed books: *Downsizing the Family Home* (Sterling), *The House Always Wins* (Da Capo), and *House of Havoc* (Da Capo). She has written for many magazines, including *Woman's Day* and *Family Circle*, and major metropolitan newspapers. A frequent guest on local and national TV and radio, Jameson has appeared on

a wide range of programs, including *NBC Nightly News*, *Martha Stewart Living*, and *Fox and Friends*. She lives in Winter Park, FL.

Sterling / January 2018

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↓ DOWNSIZING The Family Home

Marni Jameson

It's a rite of passage almost no one will escape.

Yet few of us are prepared to sort and sift through a lifetime of possessions – either our own or those that belonged to a parent. The process overwhelms even the most stoic. Nostalgia grabs you and won't let go.

As a result, the task can take seniors who are downsizing or their adult children literally years to complete – if they ever do. Deciding what to keep, toss, sell or donate is far harder when dealing with a parent's home than your own because parental possessions often come loaded with lore, sentiment and unknown value. The result? Guilt, loss, and family feuds. However, with the right mindset, a strategy – and a sense of humor – the process can be accomplished responsibly, respectfully, and relatively quickly.

Marni Jameson understands this often painful process better than most, as she had to dismantle and handle the sale of her own childhood home. With her own story as a backdrop, *DOWNSIZING THE FAMILY HOME* guides the reader through the do's and don'ts for dealing with the emotional landmines associated with clearing out a parent's, or one's own home. As Marni sorted, sold and salvaged, she sought to determine how to sanely sort through the mire of parental possessions and come to a clear understanding of what matters, and how to calmly let go of the rest.

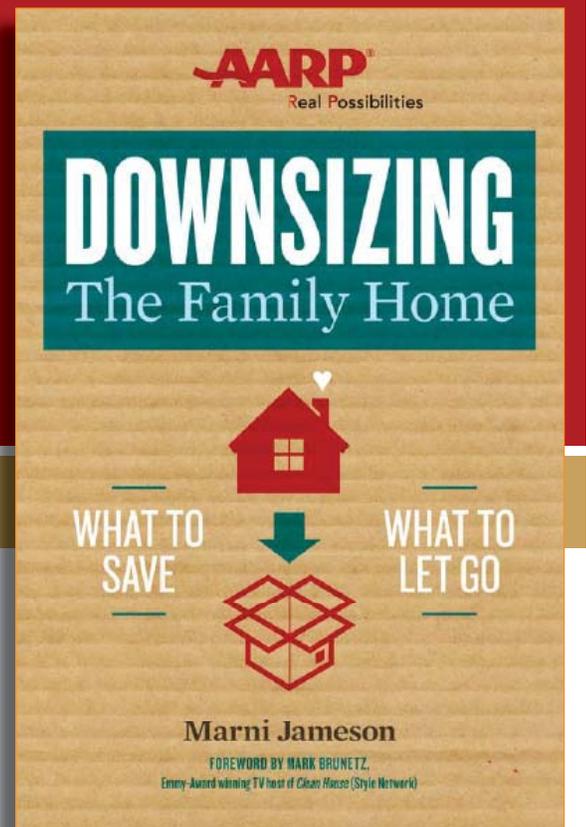


Author Marni Jameson is America's most-loved home columnist. Her humorous and practical column, *At Home with Marni Jameson* appears in 25 newspapers around the country and reaches 7 million readers each week. Marni also contributes to many major consumer magazines, including *Woman's Day*, *Family Circle* and *Reader's Digest*, and she is the senior health reporter for the *Orlando Sentinel*. She is frequently interviewed as a home expert by major TV shows having recently appeared on NBC's *Nightly News* and *Fox & Friends*.

Sterling / Fall 2015

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A Cannabis Grower's Visual Guide to
Easy Diagnosis and Organic Remedies

What's Wrong with My Marijuana Plant?

DAVID DEARDORFF AND
KATHRYN WADSWORTH

What's Wrong with My Marijuana Plant?

What's Wrong with My Marijuana Plant? is the first problem-solving book for marijuana growers with an effective and easy-to-use visual diagnostic system pioneered by Deardorff and Wadsworth for identifying pest, disease, and environmental problems by symptom. What are those rusty spots on your leaves? What bug is eating your buds? Why

are your sativa sprouts covered in fuzz? Find out fast AND learn how to fix it! This book contains all-organic solutions (vitaly important to protect your health, the health of your plants, and the environment) plus best growing practices to avoid problems before they start. Written in easily understandable, non-technical language and heavily illustrated with precise photography to allow rapid and accurate diagnosis, this is an essential resource for beginning and experienced growers alike.

What's Wrong with My Vegetable Garden

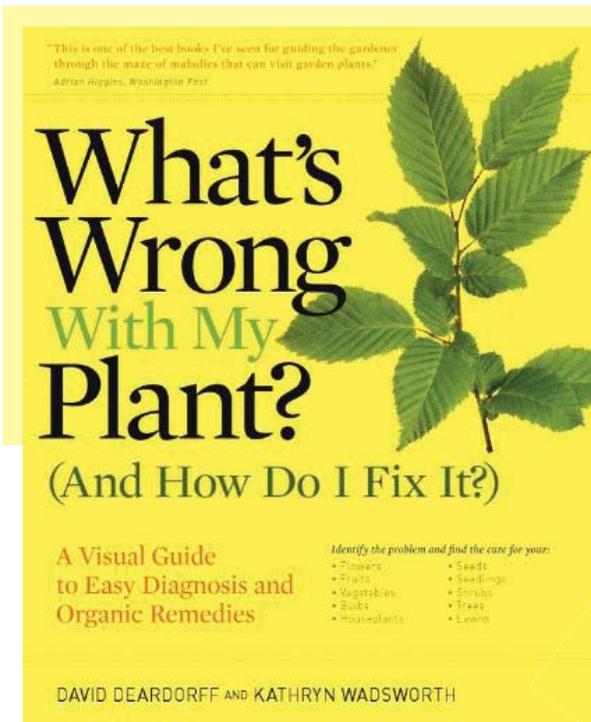
We seek the satisfaction of nurturing amazing plants that become our platter of gourmet vegetables. We crave that moment when the flavor of a freshly picked tomato explodes in our mouths. Above all, by growing our own food, we know it is safe, clean, and chemical-free. The authors offer detailed plant portraits of popular vegetables complete with growth habit, growing season, planting techniques and temperature, soil, light, and water requirements. Rounded out with problem identification and organic solutions to these common problems, *What's Wrong With My Vegetable Garden?* will quickly become one of your most essential garden tools.

"If you want a healthy, productive, and healthful vegetable garden largely free of pests and disease, *What's Wrong With My Vegetable Garden* belongs in your garden library."
—Edward C. Smith, bestselling author of *The Vegetable Gardener's Bible*

What's Wrong With My Vegetable Garden?

100% Organic Solutions
for All Your Vegetables,
from Artichokes to Zucchini

DAVID DEARDORFF & KATHRYN WADSWORTH, authors of *What's Wrong With My Plant?*



What's Wrong with My Plant?

What's Wrong With My Plant? (And How Do I Fix It?) provides an easy system for visually diagnosing any garden plant problem and matching it to the right cure. By offering 100% organic solutions to over 400 plant maladies, this book is the go to source whenever your plants are a little under the weather.

Part 1 presents easily understood, illustrated flow charts—organized by the plant part on which the symptoms appear—that enable you to accurately diagnose what is ailing your plant. Part 2 tells you how to fix the problem; whatever the cause—growing conditions, pests, or disease—you'll find a safe, organic solution. Part 3 is a photo gallery of common problems; compare your plant to a photograph in order to verify the malady you're dealing with.

Whether your garden consists of herbs on a sunny windowsill, a vegetable plot, an elaborate mixed border, or a container on a patio, *What's Wrong With My Plant?* will be an indispensable resource. You don't even need to know the plant's name. If you can see it, you can fix it. Curing a sick plant just doesn't get any easier.

Author, naturalist, and teacher Kathryn Wadsworth explores the outdoors, whether in the garden or the wild, and shares it with others through writing and photography. In addition to her writing projects, she currently teaches writing and publishing at Peninsula College in Port Townsend, WA. She has specialized in nature and science communications, and has written articles and technical papers on plant life around the world. She has also produced and directed documentary films on topics ranging from the California gray whale to the impact of mining on the Navajo Nation. She has led and coordinated eco-tours around the world, and managed gardens in the arid southwest, tropical Hawaii and the Pacific Northwest.



Author, artist, photographer and lecturer, Dr. David Deardorff holds a PhD in Botany from the University of Washington. He has been on the faculty of the University of Hawaii in Plant Pathology, and Washington State University in Water Resources, where he taught the Master Gardener program. He also co-founded Plants of the Southwest in Santa Fe, NM, one of the first native plant nurseries in the U.S. He has directed major plant research projects, plant tissue culture programs, grown all kinds of plants in his own backyard, and worked at retail garden centers. He has over thirty years of experience as a plantsman.

Ten Speed Press

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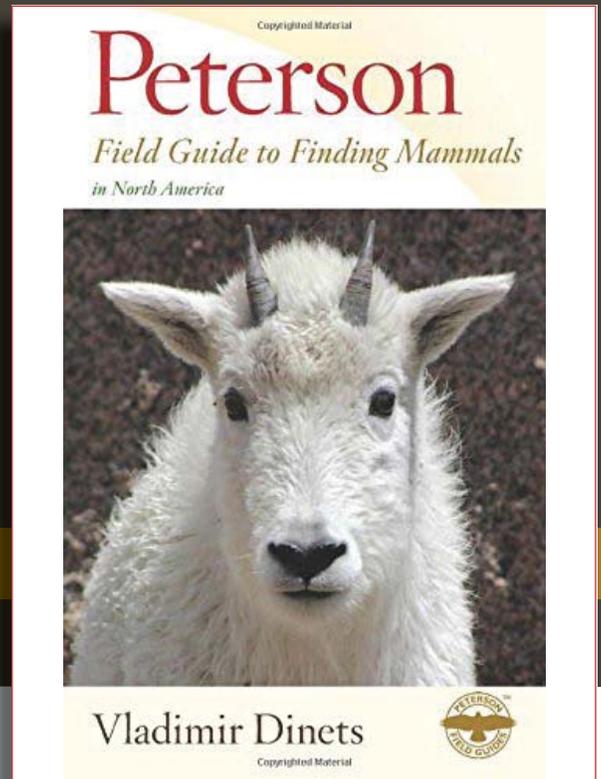
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Sponsored by the National Wildlife Federation and the Roger Tory Peterson Institute

Peterson

*Field Guide to Finding Mammals
in North America*

Vladimir Dinets



To see a fog shrew, should you go to Muir Woods National Monument? If you're planning to visit Yellowstone National Park, what animals can you expect to see? When should a photographer visit to get a shot of a gray fox?

A mammal finder's guide (rather than an identification guide), this book tells you how to look, where to go, and what you are likely to find there. Two main sections provide a choice of looking up information by place or by species: The first includes regions of North America, highlighting the best places to look for mammals. The species-finding guide has accounts of more than four hundred species of mammals, including detailed directions to specific parks, refuges, and other locations; the best times of day (or night) to look; and much more information specific to each mammal.



Vladimir Dinets grew up in Russia, moved to the US in the late 90's, and received a PhD in Zoology from the University of Miami for his research on songs and dances of crocodiles and alligators. He studies complex animal behavior and the natural history of rare, little-known animals traveling in more than a hundred countries for research. His books about nature and his travel diaries have been popular in Russia for over twenty years. *Dragon Songs*, his first popular book in English, came out in 2014 and got a Gold Star from Publishers Weekly, as well as excellent reviews.

Houghton Mifflin / May 2015

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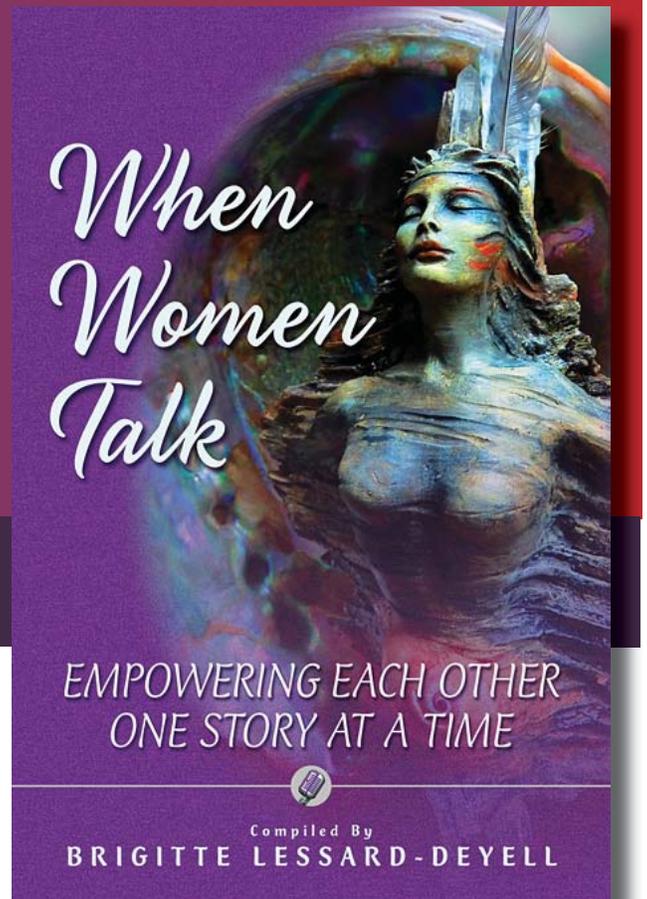
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When Women Talk

COMPILED BY
BRIGITTE LESSARD DEVELL

"Most inspiring book I have read this year. A must read for anyone looking for inspiration or want to have that 'aha' moment." -Amazon customer, 5 stars

" ... a breakthrough in listening to the the heart-breaking and heart-affirming chapters.I loved it and I want to share it with everyone I know..." -Shauna Marie MacDonald, Amazon customer, 5 stars



Ordinary Women Sharing Extraordinary Stories

Brigitte Lessard-Deyell realized long ago that women's stories have the power to change the world. The simple act of sharing a personal story can transform lives, build a connection, and encourage hope. By sharing their stories, women make their communities stronger.

When Women Talk is a collection of stories by women from all walks of life, women who have survived hardship and learned what it means to navigate the world with wisdom, bravery, and balance. From a once homeless woman to a world traveled financial whiz, from a stay-at-home mother to a post graduate doctor, the women within these pages demonstrate what it means to stand in your truth and boldly live your best life.

Welcome to the safe space that is created When Women Talk.

As a motivational speaker, Brigitte inspires women to celebrate their feminine energy, to speak their truth, and stand fully in their power. Passionate about women having the opportunity to share their stories in a positive, uplifting, safe environment, Brigitte became a story activist and created Women Talk — a monthly event which is spreading to many cities across Canada. Using her Gift of Cultural Integration, she brings together women from all social classes, religions, sexual orientations, and races, and encourages them to respect and celebrate their differences. Women Talk is ordinary women sharing their extraordinary stories. Brigitte firmly believes that "By Sharing Their Story, Women Make Their Communities Stronger."



Lachesis Publishing

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Searching for Augusta

The Forgotten Angel of Bastogne



MARTIN KING

Searching for Augusta

The Forgotten Angel of Bastogne

MARTIN KING

In December 1944, Augusta Chiwy, a Belgian Congolese nurse, was visiting her family in Belgium. This is her story.

A story about the only African woman who volunteered to save American lives in World War II. It is unprecedented and has never been revealed until now. Untold millions who saw and read *Band of Brothers* can now know the whole story of what really occurred to other American soldiers and civilians in Bastogne during that arduous Winter of 1944/45. This is the other side of war, where duty was assumed and not appointed.

Tom Brokaw called the World War II generation the "greatest generation." Recent books and films have caused an almost insatiable thirst for deeper World War II knowledge and eye witness accounts. Living in a fragmented, conflicted society, people need heroes. Heroes that unite people in the common goal of respect for all humanity regardless of gender or ethnic origin. We need reminding that conflict can produce other heroes with other motivations. Not the transient idols of entertainment, nor the disappointing icons of the sports world, but genuine heroes that sacrifice their comfort, security, and personal safety to a purpose far greater than their own lives—freedom and world peace.

This is a love story about three people - a doctor, a nurse and the historian who uncovered their encounter. ***Searching For Augusta*** is not a typical love story. There are no dinners by candlelight. No dancing till dawn. No hours of conversation over glasses of fine wine. No flowers. No favorite song. There was simply no time for that...

Martin King is a British Military Historian, Author, and Lecturer. Widely regarded as a leading authority on European Military History, General Graham Hollands referred to him as the "Greatest living expert on the Battle of the Bulge". His campaigning work for World War Two veterans recently came to the attention of leading military personnel at the Pentagon who invited him to present his latest work 'The Tigers of Bastogne'. In 2015 his documentary feature 'Searching for Augusta' received the Emmy Award for Best Historical Documentary. He lives in Belgium near Antwerp where he spends his time writing, lecturing, working with veteran organizations and visiting European battlefields.

Lyons Press

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The Emotionally Intelligent Manager

HOW TO DEVELOP AND USE THE FOUR KEY EMOTIONAL SKILLS OF LEADERSHIP

“David and Peter take the ‘mystery’ out of Emotional Intelligence and allow the business person to find and practice ways of becoming a better and more effective leader using the knowledge and practice of emotions...” -Janet Matts, Leadership Practice Director, Johnson & Johnson.

“...a marvelous work helping to legitimize emotions in the workplace.” -Richard E. Boyatzis, professor, Department of Organizational Behavior, Case Western Reserve University, and coauthor, Primal Leadership: Realizing the Power of Emotional Intelligence

We have long been taught that emotions should be felt and expressed in carefully controlled ways, and only in certain environments and certain times. This is especially true when at work, particularly when managing others. It is considered terribly unprofessional to express emotion while on the job, and many of us believe that our biggest mistakes and regrets are due to our reactions at those times when our emotions get the better of us.

David R. Caruso and Peter Salovey believe that this view of emotion is not correct. The emotion centers of the brain, they argue, are not relegated to a secondary place in our thinking and reasoning, but instead are an integral part of what it means to think, reason, and to be intelligent. In *The Emotionally Intelligent Manager*, they show that emotion is not just important, but absolutely necessary for us to make good decisions, take action to solve problems, cope with change, and succeed. The authors detail a practical four-part hierarchy of emotional skills: identifying emotions, using emotions to facilitate thinking, understanding emotions, and managing emotions—and show how we can measure, learn, and develop each skill and employ them in an integrated way to solve our most difficult work-related problems.



Peter Salovey is an American social psychologist and current President of Yale University. He previously served as Yale's Provost, Dean of Yale Graduate School of Arts and Sciences, and Dean of Yale College. Salovey is one of the early pioneers and leading researchers in emotional intelligence.

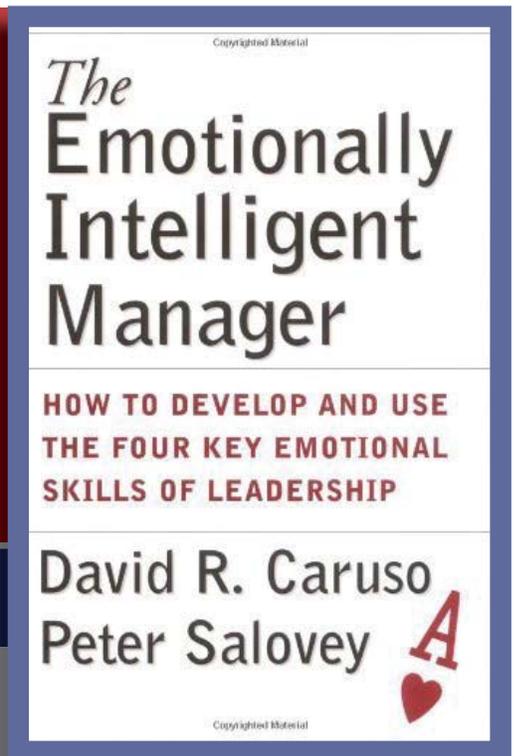
David Caruso, Ph.D., is a management psychologist who develops and conducts emotional intelligence training around the world. He is the special assistant to the dean of Yale College. David received a Ph.D. in psychology from Case Western Reserve University and was a National Institute of Child Health and Human Development predoctoral fellow. He was then awarded a National Institute of Mental Health fellowship and spent two years as a postdoctoral fellow in developmental psychology at Yale University.



Jossey-Bass

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The Secret Life of Sharks



A Leading Marine Biologist
Reveals the Mysteries of Shark Behavior

A. PETER KLIMLEY

The Secret Life of Sharks

A. PETER KLIMLEY

Marine biologist Pete Klimley swims with the sharks. He was one of the first scientists to free-dive among sharks, and he has spent nearly thirty years studying shark behavior, sometimes swimming in schools of several hundred sharks. From his firsthand observations he has learned that sharks are not the vicious man-eaters that we imagine, but fascinating animals with complex behaviors.

Most people who think of sharks at all think immediately of great white sharks. But there are more than four hundred species of shark. Dr. Klimley has studied several species, most notably the great white and the hammerhead. (He describes the great white as the athlete among sharks, and the hammerhead as the Ph.D. of the shark world.) In *The Secret Life of Sharks* Dr. Klimley reveals the significant discoveries he made about hammerhead navigation and great white eating habits. By studying hammerheads gathered around underwater seamounts, Dr. Klimley learned that hammerheads rely on sophisticated tracking of ocean-floor magnetism to navigate. His long-term study of great white sharks off the California coast demonstrated that these huge sharks prefer to eat seals and sea lions because of the energy contained in their fatty bodies. They are selective eaters, not the man-eaters we expect, and they sometimes go weeks between meals. But Dr. Klimley did observe a ritualized behavior that great whites practice in order to avoid deadly disputes over prey that one shark has captured and another wants.

Although we have learned a great deal about shark behavior, says Dr. Klimley, there is much that we do not know. Unfortunately we are destroying these magnificent creatures of the deep through overfishing and degradation of the oceans. Already some populations of sharks have declined steeply.

Vividly written by one of the foremost authorities on sharks, *The Secret Life of Sharks* is a fascinating account of some of the world's most magnificent animals.

A. Peter Klimley, Ph.D. is Adjunct Professor & Director of Biotelemetry Laboratory Department of Wildlife, Fish, & Conservation Biology at UC Davis. He has been studying sharks for decades, and his experiences with a variety of species, including the much-feared great white shark, have shed light on natural behaviors rarely witnessed by others. Known as Dr. Hammerhead for his groundbreaking work on hammerhead sharks in the Gulf of California, Klimley refutes claims that sharks are "mindless killing machines." They are very complex, even social animals.

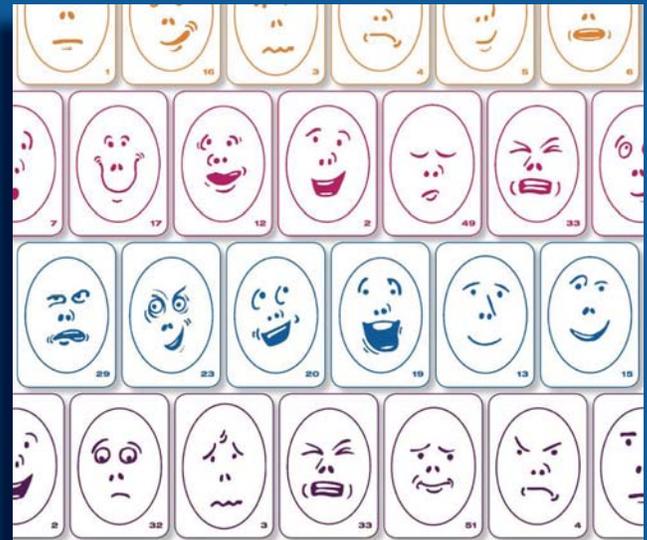
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Face Cards for Emotional Awareness

118 Activities for Understanding Yourself and Others

Tad A. Vogl



Face Cards for Emotional Awareness

119 Activities for Understanding Yourself and Others

Tad A. Vogl

This innovative counseling tool features a deck of 54 illustrated cards showing facial expressions of various emotions. The cards help students learn “the language of emotions” as they reflect on their feelings and life experiences. A facilitator’s manual provides implementation guidelines and 119 suggested activities. The activities are flexible and provide a collection of starting points to help promote personal growth and trusting relationships with others.

The 119 Face Card activities are identified for use with middle school or high school students or both. Some activities work best in one-to-one settings. Others can be used with either individuals or with different size groups. Each activity focuses on one of the following themes: Reflection, Prediction, Empathy, Cooperation, or Problem Solving.

What sets Face Cards apart from other seemingly similar products is that instead of pairing each expression with a specific word, Face Cards “speak for themselves.” An expression that says “worry” to one person might say “pensive” to another, or even “queasy” to a third. Words have definitions. Pictures can mean almost anything.



Tad A. Vogl, Ed.D., has spent much of the last twenty years working with special needs populations, from adult psychiatric patients, to troubled youth living in residential treatment facilities and attending alternative schools. In addition to the development of Face Cards, Dr. Vogl has written *Navigating the Glass Maze: Phenomenological Interviews with Graduate Students of Adult Education Diagnosed with Attention-Deficit/Hyperactivity Disorder*.

Research Press

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FINDING VOICE

Treating Selective Mutism and Social Anxiety

Robert L. Schum

The goal of this book is to provide well-practiced procedures that are accessible to families, teachers and therapists, who have had limited experience with selective mutism. The major part of this book is focused on intervention techniques, providing suggestions and guidance on action items available to the important people in these children's lives. It is based on a foundation of evidence and knowledge about communication, behavior change, and anxiety disorders.

This book is not a manual for treatment of selective mutism in a rote manner. Some psychological and communication disorders might be treated with a manualized procedure, but this is not one of those disorders. The behavioral variations and rate of progress varies widely among children with selective mutism. Case examples and anecdotes abound in this book. They are chosen to show the variety of ways children express selective mutism. These variations limit a manualized response. Rather than serving a menu to the reader, this book teaches how to create different menus, based on the tastes of the children and their parents. Because there is limited research in the treatment of selective mutism, we must rely on an analytical approach to clinical experience, examining what seems to work and why it works.

Robert Schum, Ph.D., clinical psychologist, is professor of pediatrics at the Medical College of Wisconsin and was previously the director of the Wendell Johnson Speech and Hearing Clinic at the University of Iowa. Dr. Schum served as chief of the Section of Psychology at Children's Hospital of Wisconsin in Milwaukee. He is a member of the American Psychological Association as well as the American Speech-Language-Hearing Association.

Dr. Schum has presented more than 100 workshops and is the author of many articles and chapters, including "Clinical Perspectives on the Treatment of Selective Mutism" which was published in the Journal of Speech-Language Pathology and Applied Behavioral Analysis (2006). The focus of Dr. Schum's clinical services, teaching and research is the assessment and treatment of children who have communication disorders. He is active in providing psychotherapy to children who have selective mutism.

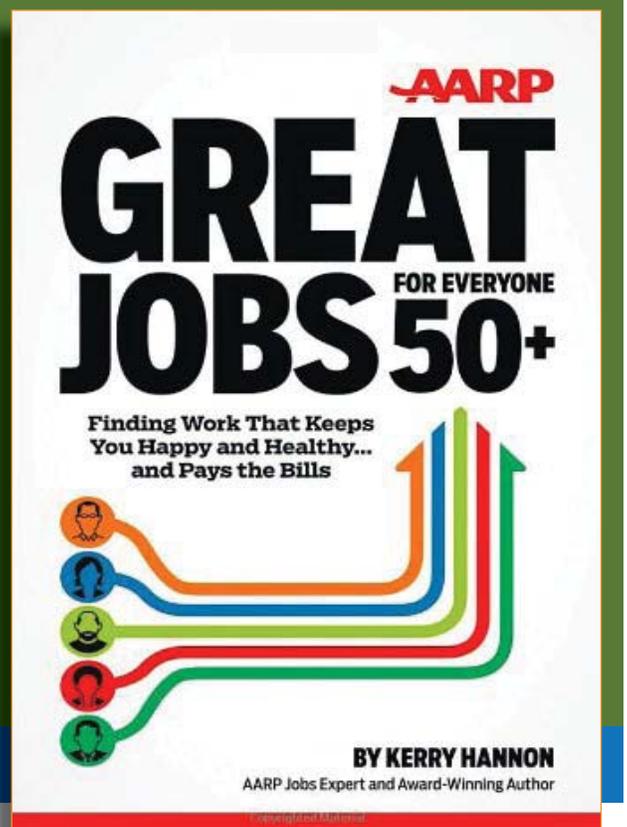
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UPDATED AND REVISED FOR 2017

GREAT JOBS FOR EVERYONE 50+

Finding Work That Keeps You
Happy and Healthy ... And Pays the Bills

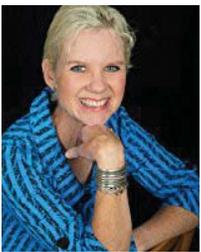
KERRY HANNON



Aimed at workers aged 50+ looking for a new job—whether they have been laid off or taken early retirement, need supplemental income, or want to pursue an encore career—Great Jobs for Everyone 50+ is the definitive guide to finding lasting financial security and personal and professional fulfillment. Opportunities abound—the trick is knowing where to look and what to expect. Whether readers are interested in trying jobs they’ve long dreamed of doing, or just want something with flexible hours that brings in a little extra income, this book covers all the options.

As Americans live longer and healthier lives, the desire to work longer—for the income, the mental engagement, or the chance to give back—has grown. But there is little guidance for the 50+ crowd looking for work and few role models who’ve blazed a path. In Great Jobs for Everyone 50+, author and personal finance, retirement, and career transitions expert Kerry Hannon shows the way, with compelling stories from people who’ve been there. Presenting the nitty-gritty details of available job opportunities, wages to expect, typical hours, and the qualifications and savvy needed to get hired, the book is loaded with practical advice on how to prepare both professionally and financially to start out on a new adventure.

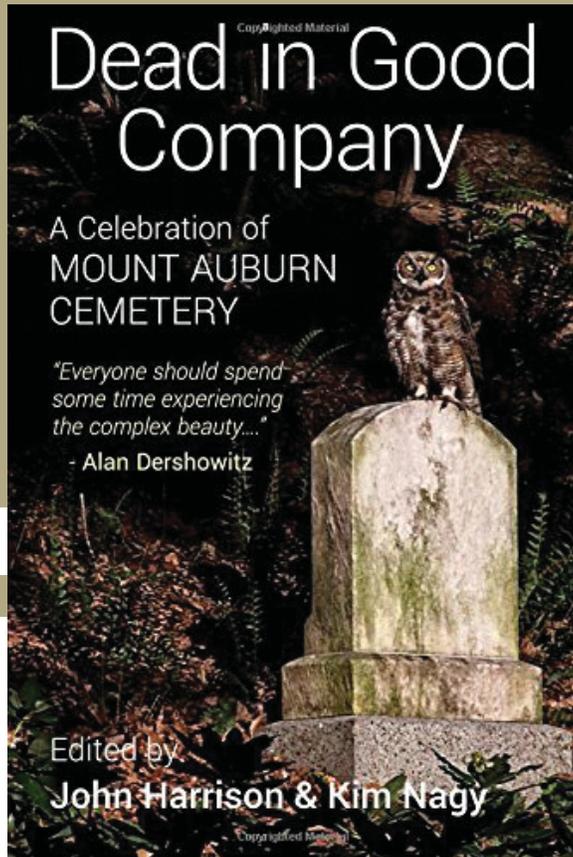
Motivational, inspirational, and thoroughly practical, Great Jobs for Everyone 50+ explains how to find part-time, temporary, work-at-home, or seasonal employment in profitable, rewarding jobs.



Kerry Hannon is the author of *Getting the Job You Want After 50 For Dummies*, *Love Your Job: The New Rules for Career Happiness*, the gold-medal winning, *What’s Next? Finding Your Passion and Your Dream Job in Your Forties, Fifties and Beyond* (Berkley Trade, 2014) and the National Best Seller, *Great Jobs for Everyone 50+* and six additional books. She is a columnist and contributor to *The New York Times*, a contributing editor for *Forbes* and columnist for *PBS Next Avenue*. As AARP’s Jobs expert, she writes their monthly column. Hannon has appeared as a financial expert on ABC News, CBS, Fox, CNBC, and CNN and has been a guest on numerous radio programs, including National Public Radio’s “Talk of

The Nation.” She received a Bachelor of Art’s degree from Duke University and is currently a member of an editorial board at Duke.

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Dead in Good Company

A Celebration of
MOUNT AUBURN CEMETERY

Edited by John Harrison & Kim Nagy

"In prose, poetry and stunning photography, Dead In Good Company shows how a place of death is, in every important way, a place of vivid, vibrant life."

-Scott Weidensaul, Pulitzer Prize finalist author of Of a Feather: Living On The Wind

An impressive group of authors and notables comes together in **DEAD IN GOOD COMPANY** to celebrate Mount Auburn Cemetery, America's first garden cemetery, in Cambridge, Massachusetts, in essays, poems and photographs of the cemetery's wildlife. They include Harvard Law professor emeritus Alan Dershowitz; historical novelist William Martin; former Mayor of Boston and Ambassador to the Vatican Ray Flynn; author and well-known television reporter Hank Phillippi Ryan; Pulitzer Prize winner Megan Marshall; broadcasting legend Upton Bell; internationally recognized ornithologist, author and illustrator David Sibley; drama critic Peter Filichia; screenwriter and author Chris Keane; Mass Audubon's Wayne Petersen; founder of Project Coyote Camilla Fox; Director of the World Bird Sanctuary Jeff Meshach; senior scientist for wildlife at the Humane Society of the United States John Hadidian; historian Dee Morris; and Boston Globe sports writer and television commentator Dan Shaughnessy.

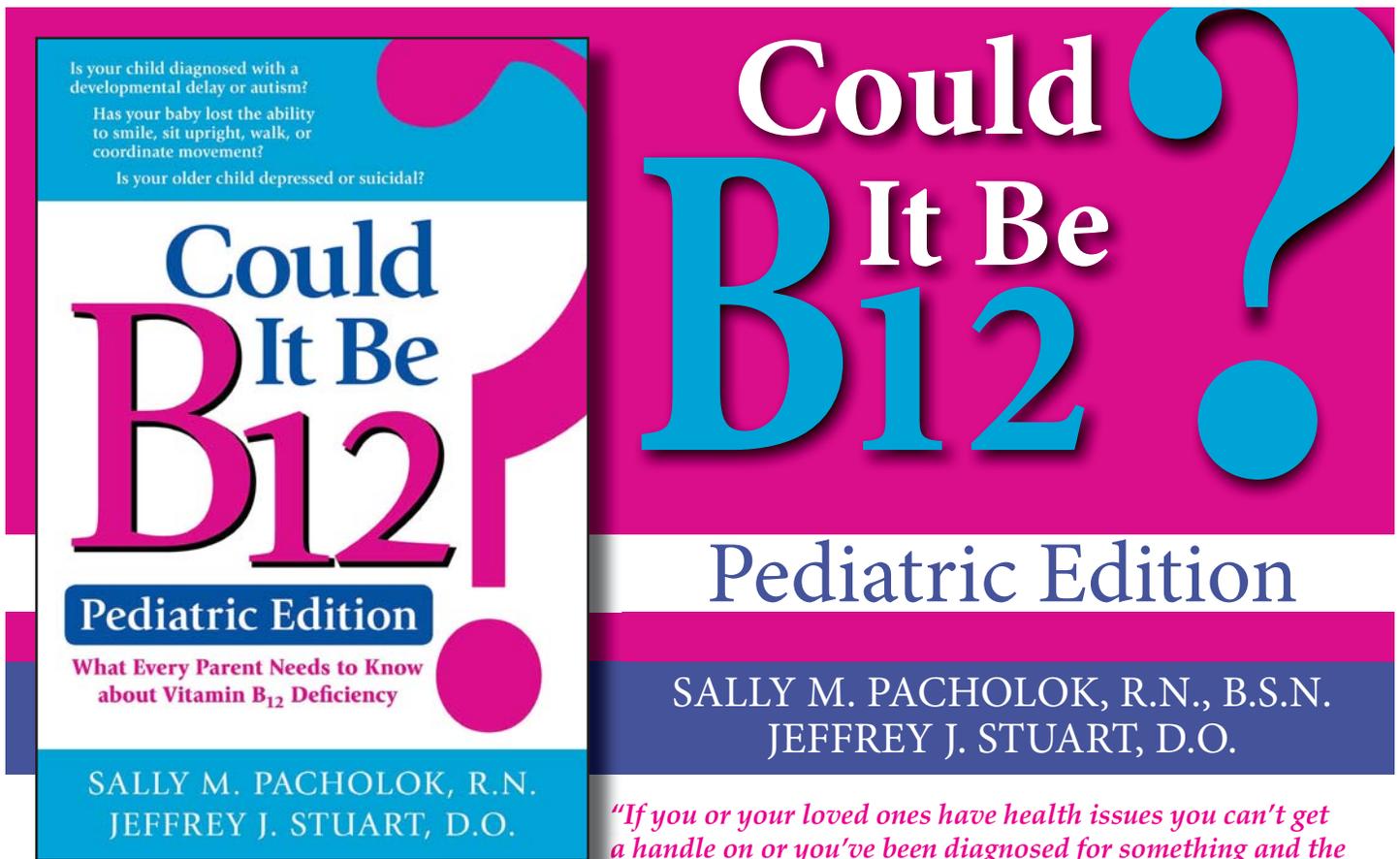
As President and CEO of the cemetery, David Barnett, notes in the foreword, "When Jacob Bigelow and the rest of our founding fathers created Mount Auburn cemetery in 1831, they envisioned a place that would serve the important functions of burial and commemoration of the dead while at the same time providing a beautiful, tranquil setting that would inspire the living." Sweet Auburn, as the cemetery is affectionately known, has remained true to this vision.

John Harrison graduated from Bentley University and then served in the U.S. Navy with the Navy Security Group. Returning to civilian life, he founded Epilog Enterprises, a book distribution company, in 1975. His photographs have been published by Mass Audubon, the Humane Society of the United States, and Project Coyote in CA, and have appeared in books, magazines, newspapers, and websites. He lectures on nature and wildlife at elementary schools and to senior citizen groups.

Kim Nagy is an avid wildlife and nature photographer, and travels widely in pursuit of her craft. She graduated from Boston College, and holds the Zertifikat Deutsch als Fremdsprache from the Goethe Institut in Munich, Germany. Her photos have appeared in National Geographic's Daily Dozen, BirdWatching, several publications of the Massachusetts Audubon Society, The Marco Review, and others.

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Could It Be B12?

Pediatric Edition

SALLY M. PACHOLOK, R.N., B.S.N.
JEFFREY J. STUART, D.O.

"If you or your loved ones have health issues you can't get a handle on or you've been diagnosed for something and the standard treatment doesn't seem to work, then I say definitely

pick this book up." -www.BunnyCates.com

" Could it be B12? has literally saved lives and is the only complete and authoritative guide to B12 deficiency and shows what you can do to protect yourself and your family from this crippling disorder." -Senior Beacon

Your child is unsocial, moody, and not hitting standard development milestones. Is it autism? A developmental disability? Or could it simply be a B12 deficiency? Millions of children are at risk of developing neurological disorders caused by B12 deficiency, yet it often goes misdiagnosed as autism, depression, and mental illness. B12 deficiency is treatable—but if you don't catch it in time, it can cause permanent nerve damage and disability.

Could It Be B12? Pediatric Edition is the only book for parents that offers a complete guide to detecting and preventing pediatric disorders caused by B12 deficiency. Written by Sally Pacholok and Dr. Jeffrey Stuart, authors of the acclaimed ***Could It Be B12?***, ***Could It Be B12? Pediatric Edition*** offers parents critical information about protecting children from B12 deficiency from early fetal development through adolescence.

Written in a style that makes complex medical information clear to general readers, ***Could It Be B12? Pediatric Edition*** presents strategies for healthy nutrition for mothers during pregnancy and breastfeeding, early intervention for infants and young children, and detecting subtle to severe symptoms of B12 deficiency in older children. It will help readers learn the warning signs of childhood B12 deficiency, prevent serious injury with timely intervention, and work with health care professionals to get effective treatment for their children. Thoroughly researched, clearly written, and backed with hard scientific data, medical journal citations, and numerous case studies, ***Could It Be B12? Pediatric Edition*** is a must-read for all parents and expectant parents.

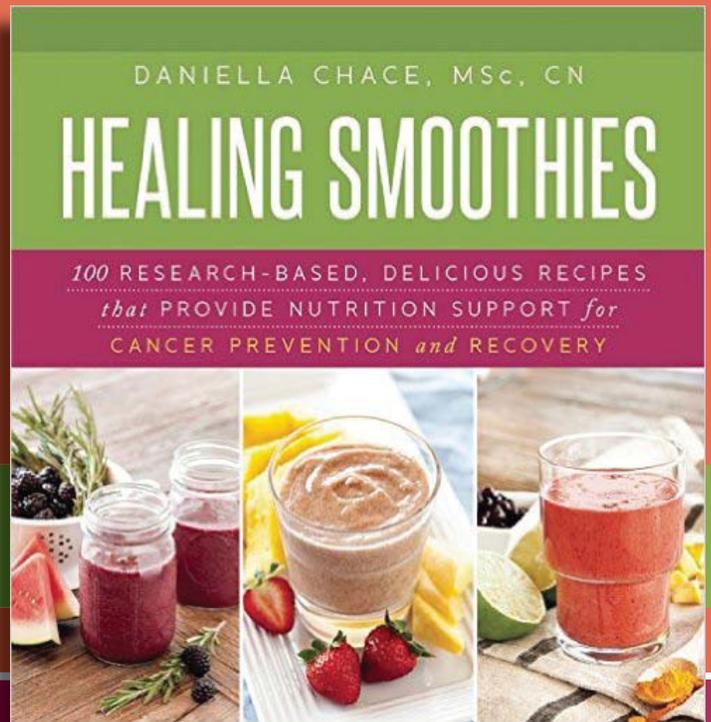
Sally M. Pacholok, R.N., B.S.N, is an emergency room nurse with 27 years of experience and received her bachelor's degree in nursing from Wayne State University in Detroit, Mich. Jeffrey J. Stuart, D.O., is a board-certified emergency medicine physician who has practiced for over 20 years. Pacholok and Stuart are the authors of *Could It Be B12?*, described by one physician as "The definitive book on B12 deficiency, diagnosis, and treatment.



HEALING SMOOTHIES

100 RESEARCH BASED, DELICIOUS RECIPES
that PROVIDE NUTRITION SUPPORT for
CANCER PREVENTION *and* RECOVERY

DANIELLA CHACE, MSc, CN



We live in an exciting time where it comes to cancer research. Today there is a wealth of new breast cancer research, providing many of the long-sought answers to our questions about what prevents, triggers, promotes, and heals breast cancer. These studies are being published from universities all around the world and provide direct evidence of toxin exposures and nutrient deficiencies that create the environment for breast cancer cell development. Fortunately, there has also been an accompanying surge in research identifying the nutrients that change the course of breast cancer, which can result in healthier, longer lives for women suffering from the disease.

Nutrients proven to provide direct protection and healing support for breast cancer patients are combined in the nourishing, delicious infusions found in this book, all of which can be incorporated into most cancer-treatment plans.

The recipes found in this book accommodate dietary restrictions. They are vegan, high-protein, gluten-free, low in fat and sugar, and devoid of common allergenic ingredients. Dairy and soy are eliminated not only because they are allergenic foods but also because they are triggers for certain types of breast cancer.



Daniella Chace, MSc, CN, is a clinical nutritionist, educator and author, whose 20+ nutrition books have sold a combined 660,000+ copies. She is an expert in nutrition therapy and breast cancer nutrition. Ms. Chace received both her bachelor's and master's degrees in nutrition from Bastyr University in Seattle, WA, and postgraduate training in environmental medicine at the Southwest College of Naturopathic Medicine and Health Sciences in Tempe, AZ. She is a certified nutritionist by the Washington State Department of Health.

She has appeared regularly as a nutrition expert on radio and television and is the host of NPR's Nutrition Minute, recorded locally and airing to up to 900 member stations around the country. She lives in Port Townsend, WA, where she sees clients in her private practice and develops recipes that support healing.

Ms. Chace's best-selling title Smoothies for Life! Yummy, Fun, and Nutritious! has sold over 350,000 copies.

HCI Publishing / Fall 2016

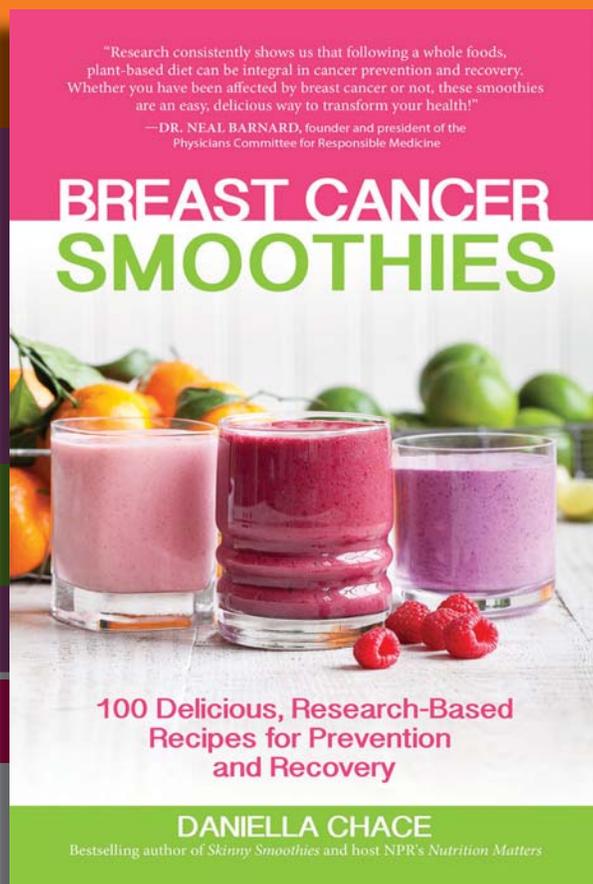
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BREAST CANCER SMOOTHIES

100 Delicious, Research-Based Recipes
for Prevention and Recovery

DANIELLA CHACE



In her delightful new book, Daniella Chace breaks down the complex topic of oncology nutrition and the specific dietary needs breast cancer creates, into simple recommendations for making delicious smoothies that support healing and a healthy lifestyle.

What makes 100 Breast Cancer Smoothies unique?

An extensive body of research, that provides many of our long-sought answers to the cause of breast cancer, has been translated into simple, healthy smoothie recipes! It's all about Daniella's nutrient-rich, whole-foods recipes created only from ingredients that provide a direct benefit to fighting breast cancer. Concentrated amounts of carotenoids, flavonoids, probiotics, protein and minerals, including bioactive compounds from herbs and citrus oils dramatically reduce the development and spread of breast cancer cells.

Color photos styled by the award-winning photographer Olivia Brent charm the pages with luscious smoothies images. Each recipe includes tips about the food nutrients that effect breast cancer in direct ways, including reducing cancer cell development, growth and spread. With just a few minutes each day, you can dramatically change the course of your life by working to prevent and heal breast cancer through fresh, appealing drinks.

Living well never tasted soooo good!

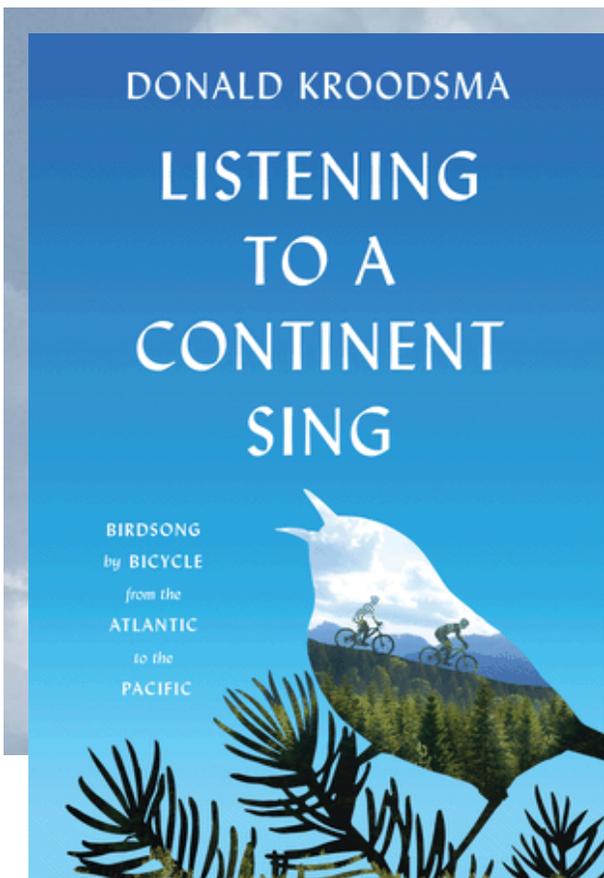


Daniella Chace is the host of NPR's Nutrition Minute, she is also an educator and clinical nutritionist. Daniella has written over twelve books that have sold close to one million copies, including the bestseller, Smoothies for Life!

HCI Publishing / September 2016

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LISTENING TO A CONTINENT SING

DONALD KROODSMA

"Listening to a Continent Sing...is both an inspiration and a bundle of gifts waiting to be unwrapped."
-Wall Street Journal

Join birdsong expert Donald Kroodsma on a ten-week, ten-state bicycle journey as he travels with his son from the Atlantic to the Pacific, lingering and listening to our continent sing as no one has before. On remote country roads, over terrain vast and spectacular, from dawn to dusk and sometimes through the night, you will gain a deep appreciation for the natural symphony of birdsong many of us take for granted. Come along and marvel at how expressive these creatures are as Kroodsma leads you west across nearly five thousand miles—at a leisurely pace that enables a deep listen.

Listening to a Continent Sing is also a guided tour through the history of a young nation and the geology of an ancient landscape, and an invitation to set aside the bustle of everyday life to follow one's dreams. It is a celebration of flowers and trees, rocks and rivers, mountains and prairies, clouds and sky, headwinds and calm, and of local voices and the people you will meet along the way. It is also the story of a father and son deepening their bond as they travel the slow road together from coast to coast.

Beautifully illustrated throughout with drawings of birds and scenes and featuring QR codes that link to audio birdsong, this poignant and insightful book takes you on a travel adventure unlike any other—accompanied on every leg of your journey by birdsong.

A retired biology professor at the University of Massachusetts, Donald Kroodsma's work on bird song is legendary. His book *The Singing Life of Birds* won the 2006 John Burroughs Medal Award and the American Birding Association's Robert Ridgway Distinguished Service Award for excellence in publications pertaining to field ornithology. In 2003 the American Ornithologists' Union called him the "reigning authority on the biology of avian vocal behavior." Kroodsma received his Ph.D. at Oregon State University and has traveled all over North and South America researching bird song.



Princeton University Press / May 2016

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*A Guide for
Families and Caregivers*

Not As Prescribed

Recognizing and Facing Alcohol and
Drug Misuse in Older Adults



HARRY HAROUTUNIAN, MD

Physician Director of the Professionals Program at the Betty Ford Center

FOREWORD BY SUSAN FORD BALES, DAUGHTER OF BETTY FORD

Not As Prescribed

Recognizing and Facing Alcohol and
Drug Misuse in Older Adults

HARRY HAROUTUNIAN, MD

The older adult population is growing by leaps and bounds. Dramatic lifestyle changes, along with growing health problems, have led many to turn to alcohol, prescription painkillers and marijuana to medicate their physical and psychic pain. You may think, "Dad is just enjoying cocktails and retirement" or "Mom still has pain and needs her pills." Maybe so, but consider, an estimated 17% of people aged 60-plus struggle with substance misuse and addiction. Older adults are now hospitalized as often for alcohol-related problems as they are for heart attacks.

In this book, Dr. Haroutunian, physician director at Hazelden Betty Ford Foundation, provides you with the vital information needed to understand the dynamics of addiction in older adults. You'll learn to:

- Clearly distinguish between the signs of aging and the signs of addiction, many of which overlap
- Identify the indications of drug misuse and its progression to addiction
- Understand the unique treatment needs of older adults
- Get the help you--as a caregiver or loved one--need to cope with your loved ones' addiction.

This essential guide can help you transform a state of stress and chaos to a place of understanding and compassion.

Harry Haroutunian, MD has worked for the past eight years as physician director of professional and residential programs at the Betty Ford Center helping thousands of people ranging from stay-at-home moms to high-profile celebrities and CEOs. But "Dr. Harry," as he is affectionately known, has a particular affinity for and connection with the older people he's worked with. What's more, he has endured and conquered his own alcohol addiction – a disease that killed his brother, father and two uncles -- giving him special insight into what his patients are going through. Dr. Harry has appeared on such major TV shows as Dr. Oz, is frequently quoted in The New York Times and elsewhere, lectures regularly and is a popular presence online. His earlier book, *Being Sober*, has sold approximately 25,000 copies.



Hazelden Publishing / April 2016

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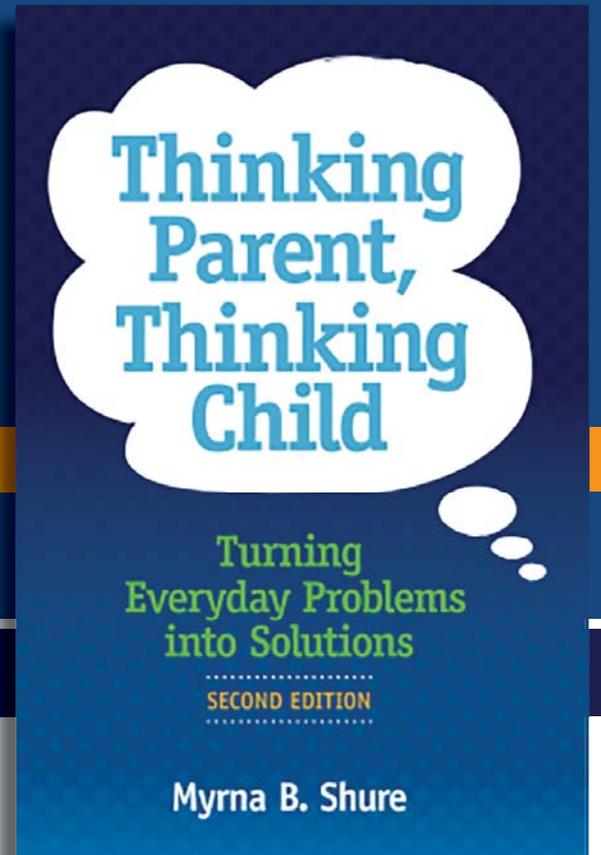
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Thinking Parent, Thinking Child

Turning Everyday Problems Into Solutions

SECOND EDITION

Myrna B. Shure



"Based on many years of research and development, the book carries on the tradition of Benjamin Spock as a resource for giving self-confidence to parents and support to their children." -James G. Kelly, PhD, Professor emeritus, psychology, University of Illinois at Chicago

"If you want to prepare your child to become a happy, successful, functional adult, this book is a must." -Sam Goldstein, PhD, Coauthor, Raising Resilient Children

In this new edition, internationally acclaimed author Dr. Myrna B. Shure shows how to apply "I Can Problem Solve" techniques to the top concerns of parents and children from preschoolers through preteens. With updated research, three completely new chapters, and numerous new problem-solving scenarios, the book offers a sensible way for parents to help their children learn how to think, not what to think.

The important lessons presented in this book go far beyond how to manage or control specific problems. Instead, you'll be able to help your child find her own best solutions to problems -- ranging from getting her homework done to test anxiety to teasing to being teased to peer pressure.

Thinking Parent, Thinking Child gives you tools to help your kids become less aggressive, inhibited, and fearful, and more cooperative, empathic, and better able to handle life's frustrations and disappointments.



Myrna B. Shure, PhD, is professor emeritus in the Department of Psychology at Drexel University in Philadelphia. She is the creator of the I Can Problem Solve program—a school-based social and emotional learning/violence prevention program published by Research Press. The ICPS program has been recognized for research and service by numerous national organizations, including the Office of Juvenile Justice and Delinquency Prevention; the National Association of School Psychologists; the U. S. Department of Education; and the Collaborative for Academic, Social, and Emotional Learning. Dr. Shure received a Lifetime Achievement Award from the Society of Counseling Psychology of the American Psychological Association. Her books for parents, *Raising a Thinking Child* and *Raising a Thinking Preteen* are both Parent Choice Award winners.

Research Press

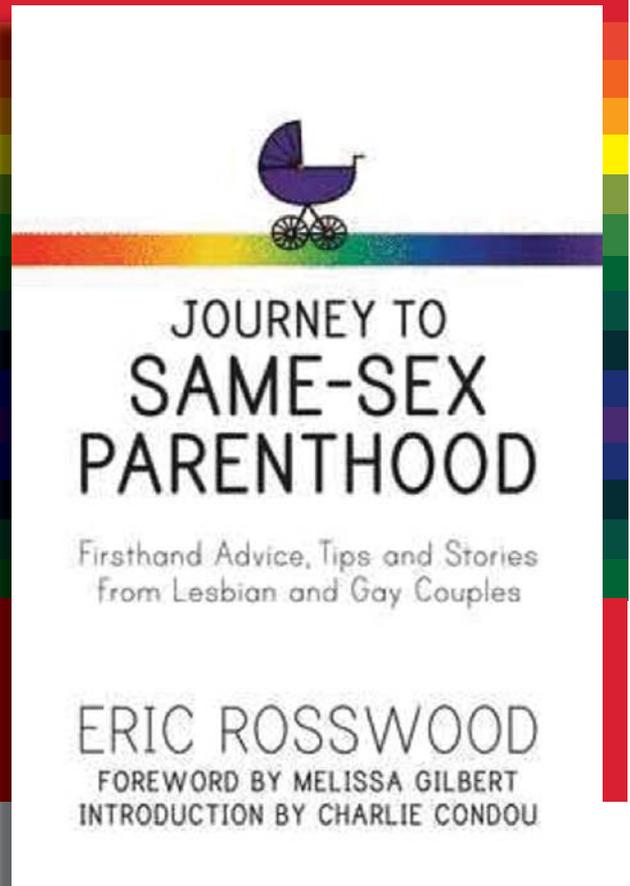
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JOURNEY TO SAME-SEX PARENTHOOD

Firsthand Advice, Tips and Stories
from Lesbian and Gay Couples

ERIC ROSSWOOD
FOREWORD BY MELISSA GILBERT
INTRODUCTION BY CHARLIE CONDOU



Same-sex couples are faced with many different options when choosing to have children today. In *Journey to Same-Sex Parenthood*, author, activist and father Eric Rosswood guides and helps prospective LGBT parents to explore these five popular options: Adoption, Foster Care, Assisted Reproduction, Surrogacy and Co-Parenting.

Each section includes a description of the specific family-building approach, followed by personal stories from same-sex couples and individuals who have chosen and gone through that particular journey. The appendix contains important legal issues to consider and questions to ask before deciding to move forward, along with a list of reasons why people may choose each of the five family-building paths and the challenges they may encounter.

Journey to Same-Sex Parenthood provides a unique combination of inspirational firsthand accounts combined with the critical information, tips and advice needed to help couples successfully navigate the complex road to parenthood.

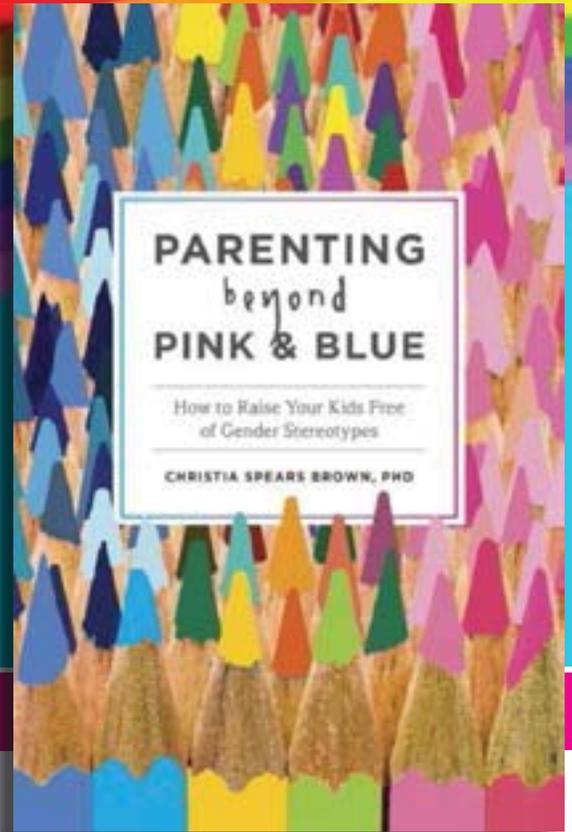
Eric Rosswood is an LGBT activist and a former Chapter Leader for Marriage Equality USA as well as a previous member of SF GLADD's Leadership Council. He was also a Board Member for San Francisco Pride, whose annual event is the largest gathering of LGBT people and allies in the nation. Eric and his husband, Mat, adopted their son through open adoption. He is now a stay-at-home dad and writes for the award-winning news and opinion site, The New Civil Rights Movement, which focuses on progressive politics and global civil rights with an audience of over 21 million monthly.

Melissa Gilbert is an actress, television director, and 2016 Democratic candidate for Michigan's 8th congressional district. She began her career as a child actress in the late 1960s. From 1974 to 1984, she starred as Laura Ingalls Wilder on *Little House on the Prairie*. Gilbert also appeared in several popular television films, including *The Diary of Anne Frank* and *The Miracle Worker*. She served as the President of the Screen Actors Guild from 2001 to 2005.

Charlie Condou is an actor, writer, father and activist best known for playing midwife Marcus Dent in the long-running TV series, *Coronation Street*, the top soap in the UK. In October 2012, he was named by the British gay publication, *Attitude*, as the magazine's "Man of the Year." In 2014 Condou was nominated for the "Advocate for change" award at the GLAAD awards in Los Angeles.

PARENTING *beyond* PINK & BLUE

CHRISTIA SPEARS BROWN, PhD



A guide that helps parents focus on their children's unique strengths and inclinations rather than on gendered stereotypes to more effectively bring out the best in their individual children, for parents of infants to middle schoolers.

When parents place less emphasis on gender, children are free to flourish in activities and ways that are authentic to them. *Parenting Beyond Pink and Blue* uses everyday language and relatable situations to reveal the cutting-edge scientific research behind our cultural acceptance of outdated gender roles and our cultural focus on gender differences. This book helps parents take notice of the dangerous ways a focus on gender differences can--without meaning to--limit our kids, such as leading girls to dislike math and increasing aggression in boys. Developmental psychologist (and mother of two) Christia Spears Brown, PhD, offers practical information on how parents can be a little less gender-driven in their parenting, presenting a fresh, accessible, even humorous perspective on raising a son or a daughter--it's not about ignoring or denying gender differences, but it is about not feeling relegated to one half of Toys-R-Us. Modern parents want to raise their children as unique individuals; *Parenting Beyond Pink and Blue* helps them break out of the restrictive pink or blue box.



Christia Spears Brown, PhD, is an associate professor of developmental psychology at the University of Kentucky. Her work on the impact of gender stereotypes on children and adolescents has been published widely in scientific journals and featured in numerous newspapers, magazines, local radio shows, NPR, and the CBS Evening News. She blogs regularly for *Psychology Today* in her column "Beyond Pink and Blue." She is also an expert panelist for the ACLU.

Ten Speed Press / March 2014

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FANNIE SELLINS NEVER FLINCHED

*One Woman's Courage in the Violent
Struggle for Labor Union Rights in America*



MARY CRONK FARRELL

FANNIE SELLINS NEVER FLINCHED

*One Woman's Courage in the Violent
Struggle for Labor Union Rights in America*

MARY CRONK FARRELL

When immigrant women earning poverty wages in St. Louis, Missouri, sweatshops voted to strike, Fannie Sellins was there. When destitute coal mining families dared to unionize in West Virginia—and got thrown out of their homes—Fannie was there. When hired gunmen threatened, beat and shot miners walking the picket line in Pennsylvania, Fannie was there. On the eve of the Great Steel Strike of 1919, mine operators in Western Pennsylvania would have paid any price to get rid of Fannie. When hired thugs shot and killed her in front of a crowd of witnesses, nobody was arrested.

This is a story about the violence that characterized the birth of America's 20th Century labor unions and the people who risked everything to empower workers. In particular, it's the story of a common, ordinary woman and how she came to give her life for the cause. Fannie had a particular strategy for union organizing—she focused on the women and children. "A man can't strike, if his children are hungry," she often said.

Fannie did not look away from the problems in her neighborhood and workplace. She confronted them with compassion, courage and charismatic leadership. Fannie traveled the nation calling for fair wages and decent working and living conditions for workers. She endured insult and loneliness. She went hungry, sleepless, and she went to jail. Even when she knew she might be killed, Fannie never flinched.

The author uses primary sources to document this little-known story. The book includes 35 historical photographs, a select timeline of turning points in the labor struggle, glossary, author's note and extensive source notes.

Mary Cronk Farrell is a former journalist with an award of excellence from the Society of Professional Journalists and is a two-time Emmy nominee. She has written a number of well-reviewed children's books, including *Fire In The Hole!*, *Daughters Of The Dust*, *Journey To The Top Of The World* and *Pure Grit* which received two starred reviews. Her books have received accolades as Notable Social Studies Books for Young People, the SPUR Award for Best Juvenile Fiction about the American West, the Bank Street College List of Best Children's Books, and the NY Public Library Best Books for Teens. She is a syndicated columnist and lives in Spokane, WA.

Abrams 2017

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EMPATHY AND SOCIAL COMPETENCE TRAINING

Edited by Mark Amendola and Robert Oliver



Edited by Mark Amendola and Robert Oliver, Anger Control Training along with the other Prepare Curriculum Implementation Guides are intended to further Dr. Arnold P. Goldstein's seminal work, *The Prepare Curriculum: Teaching Prosocial Competencies*. In conjunction with Dr. Goldstein's Prepare Curriculum, the guides describe and give direction to the continued expansion of Prepare methods, offering practitioners coherent, evidence-based approaches for enhancing the social, emotional, and decision-making abilities of adolescents and younger children.

Mental health professionals who work with children and adolescents in schools and other settings, parenting coordinators, school psychologists, social workers, special educators, school counselors, juvenile justice and community corrections professionals will all benefit from this addition to the Prepare Curriculum Guides.

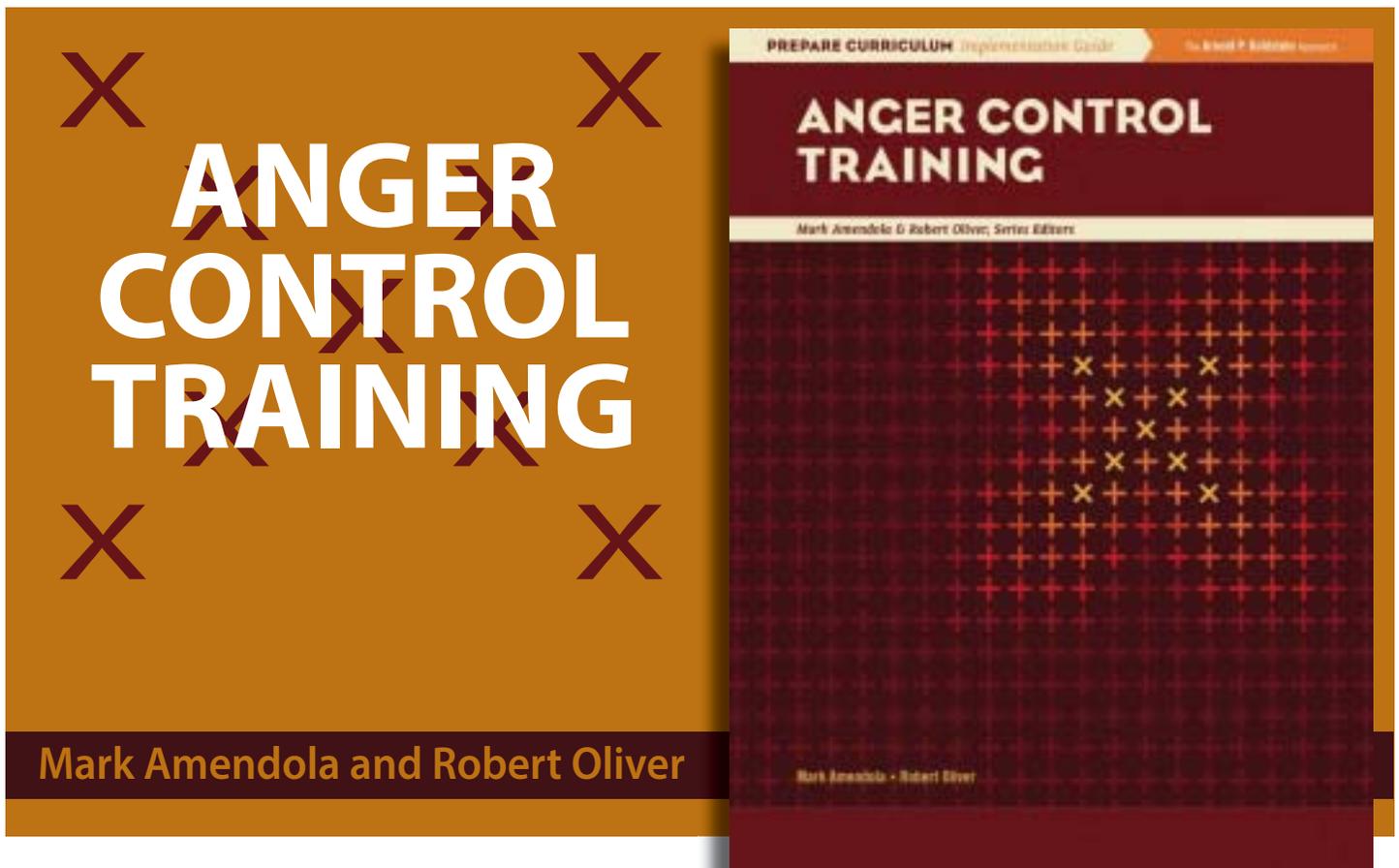
Mark Amendola, L.S.W., B.C.D. (Social Work, Case Western Reserve University, 1989), has had extensive experience in work with adolescent disorders since 1981. Beginning on the front lines as a child care worker in a residential setting, he has moved to various positions to include day treatment, partial hospitalization, and community-based programming. Currently he is the Executive Director of Perseus House, a non-profit, designed to provide preventative and intervention services to children ages birth 18. He also maintains a clinical practice that focuses on adolescent disorders and familial conflict. Mark serves in various community capacities in Pennsylvania and nationally, including previous board affiliation with Community House for Women, and with Children and Adults with Attention Deficit Disorder (CHADD). Mark's work has focused on the delivery of services to troubled and troubling young people and families in an effort to improve their quality of life.

Dr. Robert Oliver, Chief Educational Officer of Perseus House Charter School of Excellence, has served in varied capacities, especially those including educational, residential, and partial hospitalization services. He also was a foster parent for Erie County Office of Children and Youth for 15 years. Bob serves as a board member of the Boys & Girls Club and the Erie Earn-It Program of Juvenile Probation. He is also a member of the Children & Youth Advisory Board, Erie County.

Research Press / February 2015

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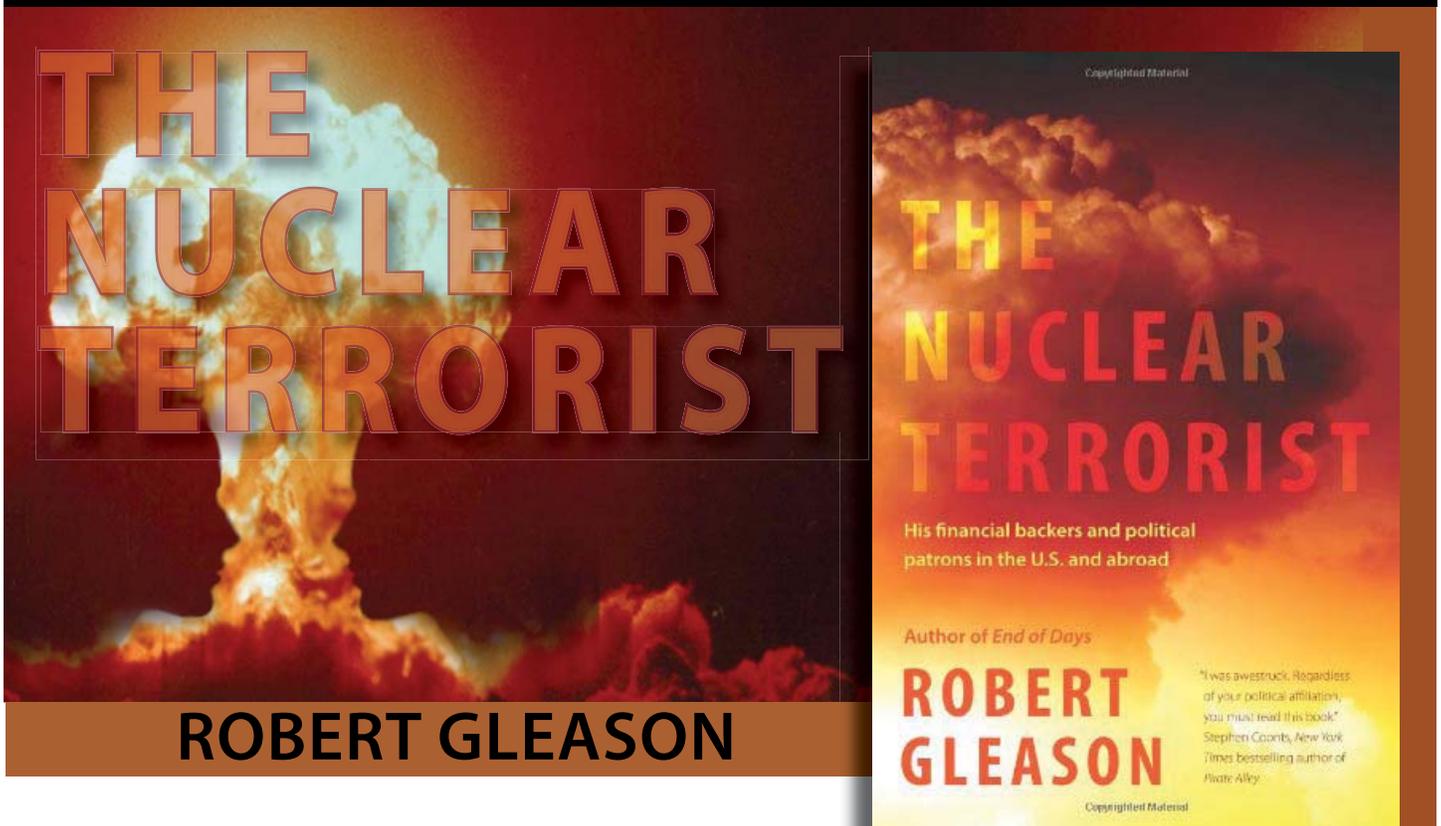
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Research Press / July 2014

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From the Author of END OF DAYS



"Regardless of your political affiliation, you must read this book. As Gleason's scholarship horrifyingly makes clear, it is only a matter of time before a terrorist nuclear blast murders hundreds of thousands and devastates the world order."

-Stephen Coonts

"Powerful and provocative, this gut-punch of a book is far more frightening than any fictional thriller."

-Ralph Peters, New York Times bestselling author of Cain at Gettysburg

"...a horrifying story that must be told, and right away ...a compulsively readable book that frightens and infuriates the reader. I couldn't put it down."

-Douglas Preston, New York Times bestselling author

"Robert Gleason has lifted up a very large log and carefully catalogued what's crawling underneath. The devil is in the details, and he has found plenty of both."

-Larry Bond, New York Times bestselling author and former naval intelligence officer and analyst

"I'm awed. The Day Before Armageddon is probably the most courageous piece of writing I've ever read." **-Thomas Fleming, President of the Society of American Historians and New York Times bestselling author of LIBERTY! The American Revolution**

THE NUCLEAR TERRORIST

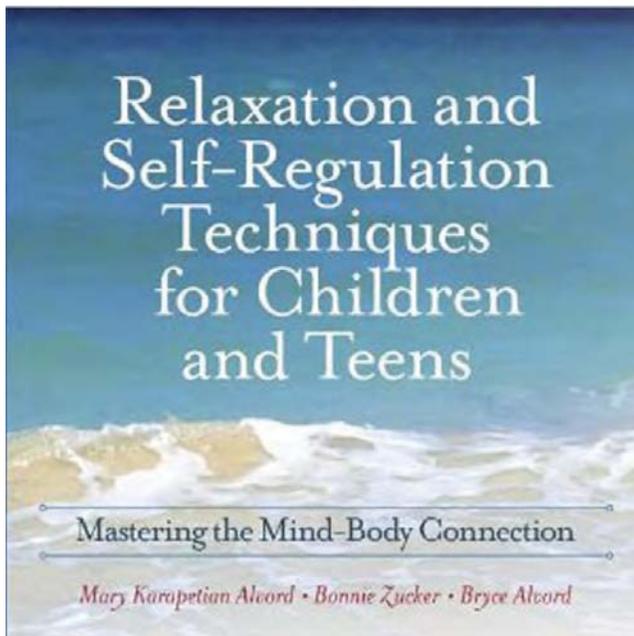
- A nuclear power reactor is a nuclear bomb-fuel factory. Unskilled nuclear terrorists can build a nuclear bomb-fuel reprocessor in less than six months and reprocess enough spent fuel rods to build the Nagasaki bomb in one month.
- Terrorist nukes are shockingly easy to build. When a grapefruit-size chunk of bomb-grade uranium dropped on the same-size chunk from a height of six feet, the impact produces one-half the Hiroshima bomb-yield.
- Despite the fact that 15 out of 19 9/11 hijackers were Saudis, we are selling the Saudis nuclear reactors, i.e. nuclear bomb-fuel factories. We're selling them to India too.
- George W. Bush's administration was packed with officials who, in their private lives, brazenly profited off nuclear rogues such as Iran, North Korea and Saudi Arabia. Donald Rumsfeld worked for a firm, which sold nuclear reactors to North Korea. Dick Cheney's firm, Halliburton, helped build up Iran and Iraq's energy sector.
- US nuclear weapons labs and power plants are shockingly unprotected. At US nuclear weapons sites mock-intruders successfully smuggle out nuclear bomb-fuel in 50% of their attempts, at one 80% of the time.
- In Pakistan, highly trained al Qaeda-Taliban units are blowing up nuclear facilities. Targets in the US include New York City's Indian Point Nuclear Power Plant, and the Sandia Nuclear Weapons Lab in San Francisco. They can do the same here, yet we do nothing to prepare.



ROBERT GLEASON has dedicated nearly 30 years to researching the threat of nuclear terrorism and the possibility of nuclear annihilation. He was recently featured in the History Channel special "Prophets of Doom." He has also had a successful career as an acquisitions editor in New York publishing. Stephen King, Robert Heinlein, Harold Robbins, Father Andrew Greeley, Margaret Truman, Jack Anderson, Whitley Strieber, Ice-T, Reggie Jackson, and Former Secretary of Defense Casper Weinberger are among the notables and bestselling authors that Gleason has signed up and edited.

Forge Books / April 2014

Translation Rights Available



Relaxation and Self-Regulation Techniques for Children and Teens

Mastering the Mind-Body Connection

Mary Karapetian Alvord, Bonnie Zucker & Bryce Alvord

This relaxation audio CD offers children, adolescents, as well as adults a variety of techniques for creating inner calmness, mental clarity and beneficial physiological changes. Based on empirically-supported approaches to promote self-regulation, the CD includes tracks of varying lengths devoted to calm breathing techniques, visualization, progressive muscle relaxation, attentive breathing technique, mindfulness meditation and self-talk.

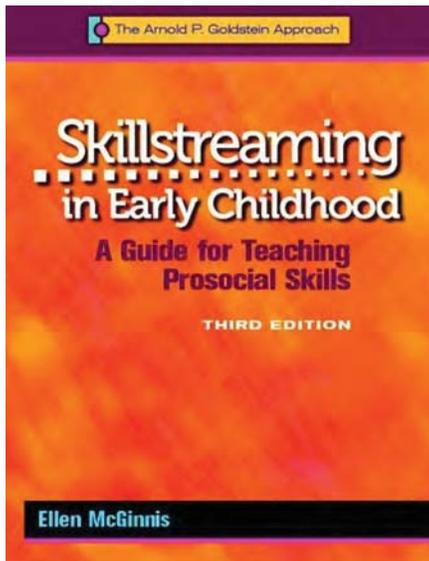
Mary Karapetian Alvord, Ph.D. is a psychologist and Director of Alvord, Baker & Associates, LLC, a multidisciplinary private practice in Rockville and Silver Spring, MD. With more than 30 years of clinical experience, she specializes in the treatment of children, adolescents and adults with anxiety disorders, and children and teens with ADHD and problems of emotional and behavioral regulation through individual and group therapy. Dr. Alvord's focus has been on promoting resilience and stress reduction using strength-based approaches. Dr. Alvord was named in 2009 as one of Washingtonian Magazine's top therapists in the categories of cognitive-behavioral therapy, troubled child, and group therapy. She currently serves as APA's Public Education Coordinator for the Maryland Psychological Association and frequently appears in the national media on topics ranging from stress, anxiety and social competence, to coping with adversity. Dr. Alvord was honored as the first recipient of the American Psychological Association's Presidential Innovative Practice Citation.

Dr. Bonnie Zucker is a licensed psychologist in private practice in Washington, DC and Rockville, Maryland. She received her doctoral degree from Illinois School of Professional Psychology in Chicago and her Masters degree in Applied Psychology from the University of Baltimore. In her practice, Dr. Zucker specializes in the treatment of anxiety disorders in children and adults and utilizes a cognitive-behavioral (CBT) approach. Additionally, she integrates family systems work and helps parents learn the most appropriate responses to their child's anxiety disorder. She conducts psychotherapy at the National Center for the Treatment of Phobias, Anxiety and Depression in Washington, DC and at Alvord, Baker, & Associates in Rockville, MD. Dr. Zucker regularly conducts trainings on CBT for anxiety for mental health professionals.

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Effective Intervention Programs
for Educators and Mental Health Professionals



Skillstreaming

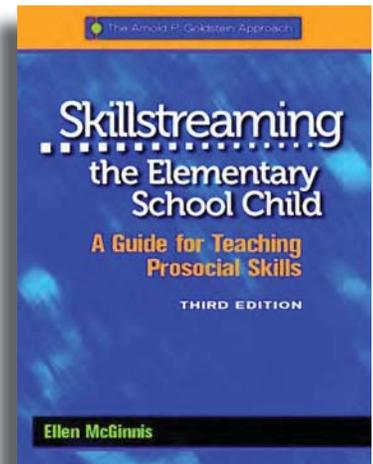
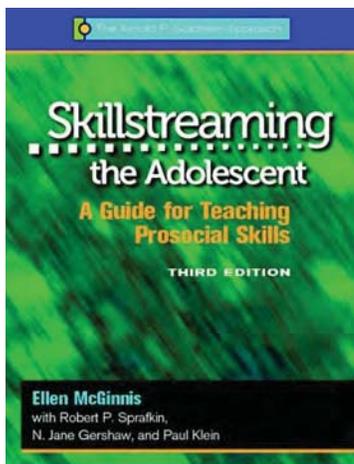
A Guide for Teaching Prosocial Skills

Third Edition

Ellen McGinnis

Skillstreaming in Early Childhood, *Skillstreaming the Elementary School Child* and *Skillstreaming the Adolescent* employ a four-part training approach—modeling, role-playing, performance feedback, and generalization—to teach essential prosocial skills to young people. These books provide a complete description of the Skillstreaming program, with instructions for teaching between 50 and 60 prosocial skills within each age group. There

are chapters on effective Skillstreaming arrangements, Skillstreaming teaching procedures, refining skill use, teaching for skill generalization, managing behavior problems, Skillstreaming in the school context, and more. Skill outlines are handy one-page summaries for each skill, including skill steps, guidelines for skill instruction, and suggested situations for modeling displays. Homework reports list skill steps and guide students in practicing the skills and evaluating skill use outside the Skillstreaming group.

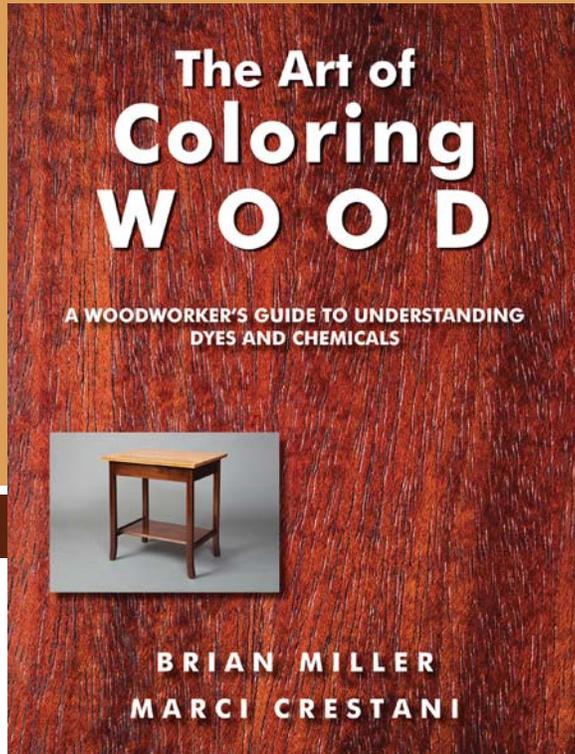


Ellen McGinnis earned her Ph.D. from the University of Iowa in 1986. She holds degrees in elementary education, special education, and school administration. She has taught elementary and secondary students in the public schools in Minnesota, Iowa, and Arizona. In addition, she has served as a special education consultant in both public and hospital schools and as assistant professor of special education at the University of Wisconsin Eau Claire. Dr. McGinnis also served with the Des Moines Public Schools as the principal of the education program at Orchard Place, a residential and day treatment facility for children and adolescents with emotional/behavioral disorders. She has been an executive director of student support services in both Iowa and Colorado and is currently a private consultant. The author of numerous articles on identifying and teaching youth with emotional/behavioral disorders, Dr. McGinnis collaborated with Dr. Arnold P. Goldstein on earlier Skillstreaming books and is also author of the newly-released third editions of *Skillstreaming the Elementary School Child* and *Skillstreaming in Early Childhood*.

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PUBLISHERS

Effective Intervention Programs
for Educators and Mental Health Professionals



The Art of Coloring WOOD

BRIAN MILLER and MARCI CRESTANI

If you're a woodworker looking to take your skills to a higher level of craftsmanship, how about coloring your wood with chemicals and dyes instead of stains. Unlike stains that can trap light and obscure grain patterns, chemicals and dyes, when handled properly, are one of the best methods for enhancing a wood's color or accentuating the grain pattern. A classic technique that's been practiced for centuries, coloring wood is a

sure way to infuse a "wow" into your woodworking efforts.

With expert guidance by Brian Miller, a professor of Wood Technology, *The Art of Coloring Wood* removes the intimidation of working with chemicals and dyes and is the perfect entry point for anyone looking to move on from simple stains to learn the art of coloring wood for dramatic effect.

The Art of Coloring Wood focuses on the six most popular woods used by woodworkers and outlines the unique characteristics with regard to coloring each. *The Art of Coloring Wood* also covers the supplies needed and contains chapters on the different chemicals and dyes that will make your woodworking shine.

Miller provides a simple approach that makes the process easy to understand. Each chapter offers recipes, insights, and many "a-ha!" moments that make learning about chemicals and dyes both fascinating and within easy reach. With sidebars offering tips, mistakes, and countless nuggets of information, *The Art of Coloring* will have you understanding the methods and reasons for coloring your wood so you can finish your project with style and flair.

Brian Miller entered the finishing business in 1975 and eventually started his own contracting company specializing in wood finishing and custom painting. He became hooked on coloring wood and taught himself all about chemicals and dyes while spending countless hours experimenting with recipes. After a tour of the legendary Gamble House in Pasadena, Brian expanded into historical preservation work, restoring several Greene & Greene homes, including the interior and exterior of the famed Blacker House as well as Charles Greene's personal home and the woodwork on several homes of Frank Lloyd Wright. Since 2002, he has been an adjunct faculty member in the Woodworking Technology department at Cerritos College in Norwalk, CA, where he teaches a wood finishing course he designed. In 2016, Brian was honored for his historic wood preservation work by the California state legislature and the Pasadena Historical Society.

MARCI CRESTANI is a former lifestyle columnist for the Los Angeles Times and the Los Angeles Daily News. As a freelance journalist, she wrote for Family Circle, Bride's, and Popular Woodworking, among many others. She has served as executive editor of FLOWERS& - a magazine for the floral trade industry - and as an editor for numerous medical trade magazines.

Linden Publishing / October 2017

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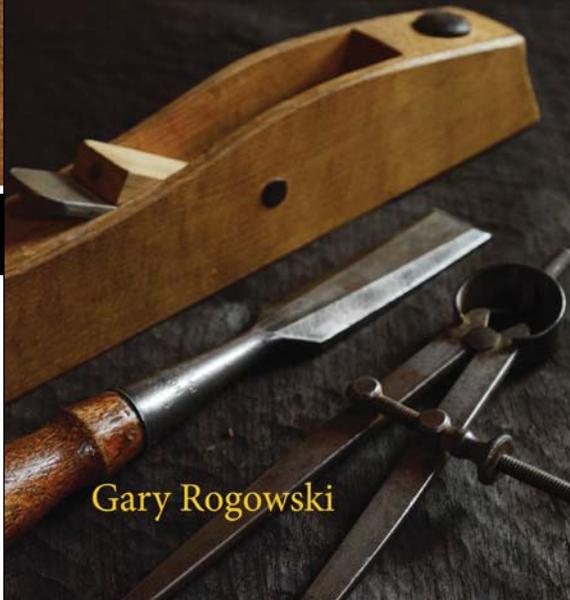
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"Gary Rogowski leads us gently but surely upon the path to a type of success we may not have previously considered. (Hint: it involves blisters)."

—NICK OFFERMAN,
woodworker and author of *Paddle Your Own Canoe*

HANDMADE

Creative Focus in the Age of Distraction



HANDMADE

Creative Focus in the Age of Distraction

Gary Rogowski

"A rich life's worth of journeys both at the workbench and upon the trail, Handmade can show us the way out of the woods, sure, but even better, it teaches us that maybe in the woods is the place to be." -Nick Offerman, woodworker and author of Paddle Your Own Canoe

In an era when there are countless competing claims on one's attention, how does one find the internal focus to be creative? For master furniture craftsman Gary Rogowski, the answer is in the act of creative work itself. The discipline of working with one's hands to create unnecessarily beautiful things shapes the builder into a more complete human being.

In the tradition of *Zen and the Art of Motorcycle Maintenance* and *Shop Class as Soulcraft*, Rogowski's **Handmade** is a profound meditation on the eternal value of manual work, creativity, human fallibility, and the stubborn pursuit of quality work. Rogowski tells his life story of how he became a craftsman and how years of persistent work have taught him patience, resilience, tolerance for failure, and a love of pursuing beauty and mastery for its own sake.

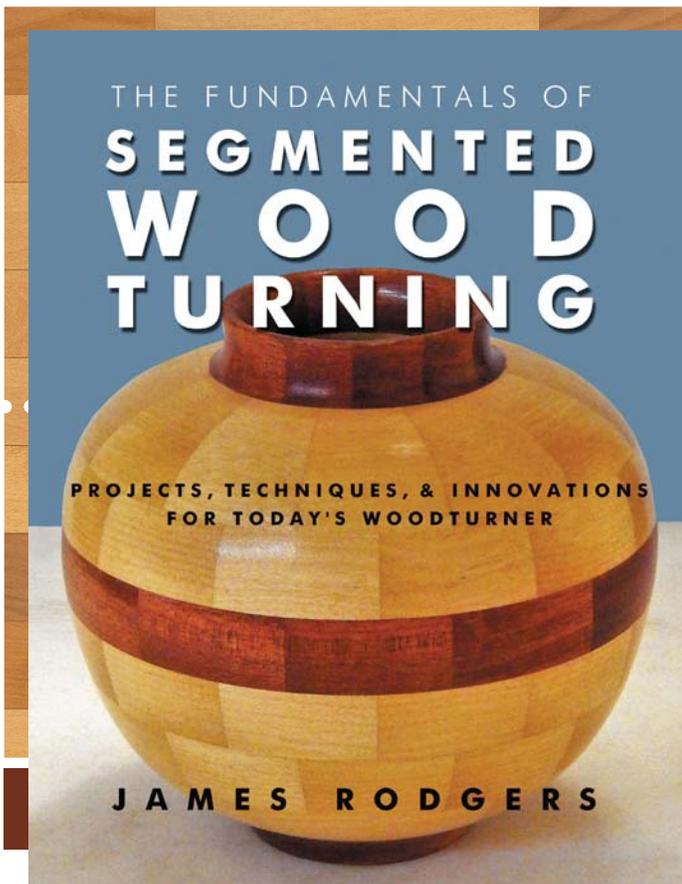
Part autobiography, part guide to creativity, and part guide to living, **Handmade** is a book for craftspeople, artists, and anyone who seeks clarity, purpose, and creativity in their work -- and it's the perfect antidote to a modern world that thinks human labor is obsolete.

Gary Rogowski is a furniture maker, designer, teacher and author. Since 1974 he has built public and private furniture commissions for clients and galleries nationwide. He is a former contributing editor to *Fine Woodworking Magazine* and has written hundred of articles and several books, including the bestselling *Complete Illustrated Guide to Joinery*. He is also a playwright, novelist, and essayist. Rogowski has taught and lectured throughout the United States and in the United Kingdom, Ireland, and Germany. In 2015, he gave the first-ever lecture in English at the Ecole Boulle in Paris. Rogowski is the founder and director of The Northwest Woodworking Studio: A School for Woodworkers, in Portland, Oregon. In 2015 he founded a nonprofit organization, Woodworking Ideas Northwest to mentor high school students at the bench.

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THE FUNDAMENTALS OF SEGMENTED WOOD TURNING

JAMES RODGERS

In *The Fundamentals of Segmented Woodturning*, professional woodturner and woodturning instructor Jim Rodgers provides the most up-to-date guide for any woodturner trying his hand at segmented woodturning. With an emphasis on visual instruction, *The Fundamentals of Segmented Woodturning* offers the new segmenter with a simple, accessible introduction to the established practices while providing advanced segmenters with all the new techniques that have emerged due to the growing popularity of the craft.

Starting with the basics, *The Fundamentals of Segmented Woodturning* covers the essentials of tools, the steps of construction, and critical technique of accurate segment cutting before moving on to ring segmented, open segmented, and stave segmented turning. Also covered for today's segmented woodturners are simple design enhancements to dress up any project, a bowl-from-a-board project that utilizes lamination to create mind-blowing designs, and fun techniques for simple and fast segmented pens and vessels that utilize scrap wood and can be completed in a small amount of spare time.

Anyone interested in or currently engaged in the satisfying craft of segmented woodturning won't find a more current, complete, or accessible guide than *The Fundamentals of Segmented Woodturning*.

Jim Rodgers, a professional teacher and woodturner, has been teaching woodturning for almost two decades as director of the Diablo Woodturning Center in Pleasant Hill, CA. The author of two woodturning books and countless articles about woodturning, he is long-time member of the American Association of Woodturners and the past president of the Bay Area Woodturners Association and the Segmented Woodturners. His online classes in segmentation for Craftsby.com have more than 1,200 current students. He'll be appearing as a demonstrator and panelist at the 2016 Segmenting Symposium in Boston, MA.

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