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SEAL PRESS



Fall/Winter 2018

General Information

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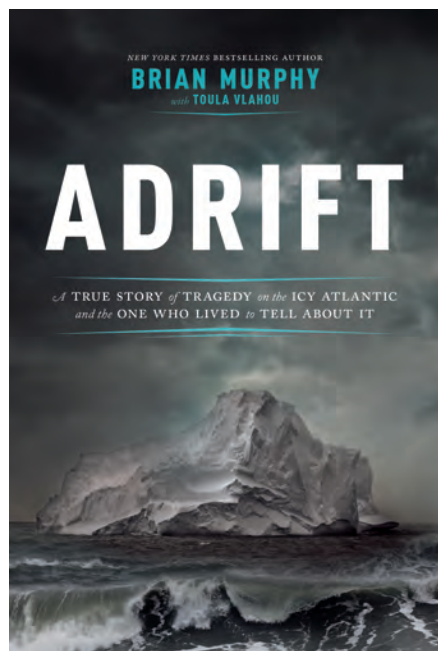
DA CAPO PRESS

PERSEUS BOOKS / HACHETTE BOOK GROUP



Adrift

A True Story of Tragedy on the Icy Atlantic and the One Who Lived to Tell about It



ON SALE DATE: September 4, 2018

ANNOUNCED FIRST PRINT:
40,000

9780306902000
\$27.00 (\$35.00 CAN)
HARDCOVER BOOK
6" x 9" / 288 pages

BISAC CATEGORIES:
HISTORY / United States / 19th Century
HISTORY / Maritime History & Piracy

AUTHOR'S RESIDENCE:
Washington, DC

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Brian Murphy

DESCRIPTION:

In the tradition of bestsellers such as *Dead Wake* and *In the Heart of the Sea*, *Adrift* tells of thirteen victims and a tragedy at sea where every desperate act could mean life or death

The small ship making the Liverpool-to-New York trip in early 1856 carried mail, dry goods, and more than one hundred passengers, mostly Irish emigrants. Suddenly an iceberg tore the ship asunder and five lifeboats were lowered. As four lifeboats drifted into the fog and icy water, never to be heard from again, the last boat wrenched away from the sinking ship with a few blankets, some water and biscuits, and thirteen souls. Only one would survive. This is his story.

Using the lone survivor's journal and his later newspaper accounts along with ship's logs, assorted diaries, and family archives, Brian Murphy chronicles the horrific nine days that thirteen people suffered adrift on the cold gray Atlantic sea.

KEY SELLING POINTS:

Proven genre: A survival story in the tradition of the genre's best, such as Mitchell Zuckoff, Hampton Sides, Jon Krakauer, and Sebastian Junger.

Cracking good read: Brian Murphy's writing has been hailed as gripping, thrilling, and riveting.

Uncovering a lost-at-sea saga
True psychodrama

MARKETING & PUBLICITY PLANS:

- National Advertising: New York Times Book Review
- Online advertising
- Tour: Boston and Washington, DC
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780306901997 / Price: \$13.99 (\$17.99 CAN)



Brian Murphy is a journalist at *The Washington Post*. He joined the paper after more than twenty years as an award-winning foreign correspondent and bureau chief for The Associated Press in Europe and the Middle East. He has three previous books, including *81 Days Below Zero*, and currently lives in Washington, DC, with his wife Toula Vlahou.

The Death of Hitler

The Final Word



ON SALE DATE: September 4, 2018

ANNOUNCED FIRST PRINT:
35,000

9780306922589
\$29.00 (\$38.00 CAN)
HARDCOVER BOOK
6" x 9" / 400 pages

BISAC CATEGORIES:
HISTORY / Military / World War II
BIOGRAPHY & AUTOBIOGRAPHY /
Historical

AUTHOR'S RESIDENCE:
France

EXCLUSIVE TERRITORIES:
INTER COMPANY BRIDGES - SCHEDULE B

Jean-Christophe Brisard, Lana Parshina

DESCRIPTION:

Based on unprecedented access to a long-buried archive, a dramatic and revealing account that sheds new light on Hitler's final hours

What actually happened in Hitler's bunker? What happened to his body after Germany's surrender? Soviet troops had occupied the Berlin sector where the bunker was located—and they found bodies. Or so they said. Did the Russians identify Hitler's burned corpse? Why did Stalin mislead the world into believing the dictator had escaped? Without a body, doubts and rumors spread like wildfire.

After years of negotiations with Russian authorities, Jean-Christophe Brisard and Lana Parshina were finally granted access to secret files detailing the Soviets' hunt to find and recover Hitler's body. And buried in those archives they found much more, including a small section of a skull with traces of a lethal bullet. *The Death of Hitler* reveals the final secrets of one of history's most fascinating cold cases.

KEY SELLING POINTS:

Exclusive new material from long hidden Soviet archives

Thrilling narrative: Authors are award-winning journalists.

Global interest: Rights have already been sold in ten countries.

Publicity/media potential: New evidence in an always-compelling story

Readers' continuing fascination with Hitler, Nazis, and World War II

The look/feel of the book: Cold-case, mystery-solved narrative; authoritative

MARKETING & PUBLICITY PLANS:

- Online advertising

ALSO AVAILABLE:

Ebook / ISBN: 9780306922596 / Price: \$15.99 (\$19.99 CAN)

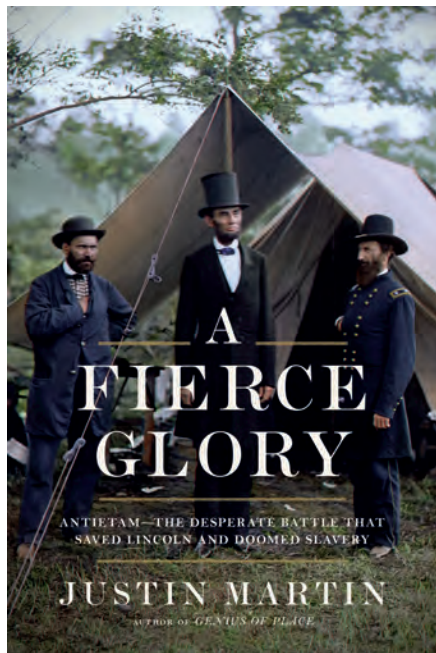
ABOUT THE AUTHOR

Lana Parshina produces and directs for television and film. Her credits as a filmmaker include a documentary on Stalin's daughter in 2008 and *The Singer Who Fell* in 2015. Born and educated in Moscow, she now lives in New York City.

Jean-Christophe Brisard is a freelance international correspondent and the author of several books, including *Children of Dictators* with Claude Quétel. He has made a number of documentaries on geopolitical issues. He lives in France.

A Fierce Glory

Antietam—The Desperate Battle That Saved Lincoln and Doomed Slavery



ON SALE DATE: September 11, 2018

ANNOUNCED FIRST PRINT:
20,000

9780306825255
\$28.00 (\$36.50 CAN)
HARDCOVER BOOK
6" x 9" / 304 pages

BISAC CATEGORIES:
HISTORY / United States / Civil War Period
(1850-1877)
HISTORY / Military / United States

AUTHOR'S RESIDENCE:
New York, NY

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Justin Martin

DESCRIPTION:

From an acclaimed author and historian, the dramatic, character-rich story of Antietam—the high-stakes battle Lincoln needed to win to save the Union and free the slaves

In September of 1862, the Rebels took the war into Union territory for the first time. A Southern victory would have ended the war and split the nation in two. Instead, the North drove the Confederate army back into Virginia. Emboldened by victory, albeit by the thinnest of margins, Lincoln issued the Emancipation Proclamation, freeing the slaves and investing the war with a new, higher purpose.

In this vivid, character-rich narrative, acclaimed author Justin Martin reveals why this battle was the Civil War's tipping point. Had the outcome been different, Martin argues, critical might-have-beens would have rippled forward to the present, creating a different society and two nations.

KEY SELLING POINTS:

Anniversary publication: Published on September 17, 2018, the anniversary of America's bloodiest day.

Acclaimed author: *Greenspan* — chosen as a notable book by the *New York Times Book Review*; *Rebel Souls* — selected as the outstanding biography of 2014 by the Victoria Society, finalist for the Marfield Prize, picked as one of the best books of 2014 by the *Kansas City Star* and *Choice* magazine

MARKETING & PUBLICITY PLANS:

- National Advertising: New York Times Book Review
- Tour: New York City and Washington, DC
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780306825262 / Price: \$17.99 (\$22.99 CAN)



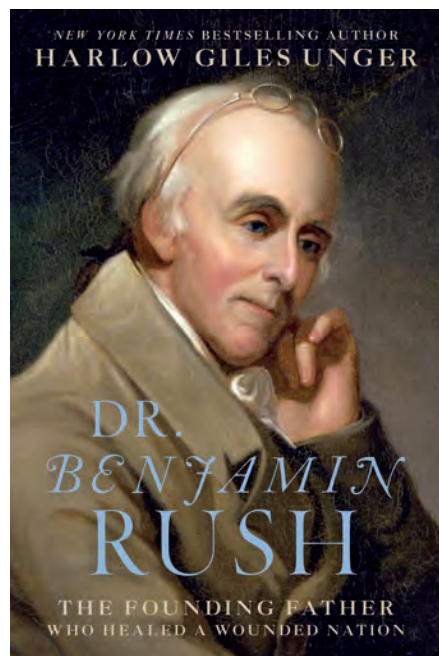
Justin Martin is the author of four highly praised books: *Greenspan: The Man behind Money*; *Nader: Crusader, Spoiler, Icon*; *Genius of Place: The Life of Frederick Law Olmsted*; and *Rebel Souls: Walt Whitman and America's First Bohemians*. *Greenspan* was selected as a notable book by the *New York Times Book Review* and *Nader* served as a primary source for *An Unreasonable Man*, the Academy Award-nominated documentary. Martin's articles have appeared in a variety of publications, including *Fortune*, *Newsweek*, and the *San Francisco Chronicle*.

justinmartin1.com/



Dr. Benjamin Rush

The Founding Father Who Healed a Wounded Nation



ON SALE DATE: September 11, 2018

ANNOUNCED FIRST PRINT:
20,000

9780306824326
\$28.00 (\$36.50 CAN)
HARDCOVER BOOK
6" x 9" / 320 pages

BISAC CATEGORIES:
BIOGRAPHY & AUTOBIOGRAPHY /
Historical
HISTORY / United States / Revolutionary
Period (1775-1800)

AUTHOR'S RESIDENCE:
New York, NY

Harlow Giles Unger

DESCRIPTION:

A revealing biography of Dr. Benjamin Rush—fiery signer of the Declaration of Independence, prominent physician, ardent politician, zealous social reformer, passionate humanitarian, dedicated educator

Known primarily as America's most influential and leading physician, Rush was also among the first to call for the abolition of slavery, equal rights for women, free education and health care for the poor, city-wide sanitation facilities, an end to child labor, universal public education, prison reform, an end to capital punishment, and improved medical care for injured troops.

Using archival material found in Edinburgh, London, and Paris, as well as significant new materials from Rush's descendants, Harlow Giles Unger's startling biography is an important recounting of the Founding Father who never forgot America's forgotten people.

KEY SELLING POINTS:

New material for an entirely fresh take on an important Founding Father.
Biographies of the Founding Fathers is a very strong selling category.
Many interested reader constituencies: physicians and scientists; social reformers; mental health workers

MARKETING & PUBLICITY PLANS:

- Author Tour: New York City and Philadelphia
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780306824333 / Price: \$17.99 (\$22.99 CAN)



Acclaimed historian **Harlow Giles Unger** is a former Distinguished Visiting Fellow at George Washington's Mount Vernon. Named one of the nation's premier presidential biographers for his biography of James Monroe (*The Last Founding Father*), Unger is the author of twenty-four books, including eleven biographies of America's Founders and three histories of the early republic.

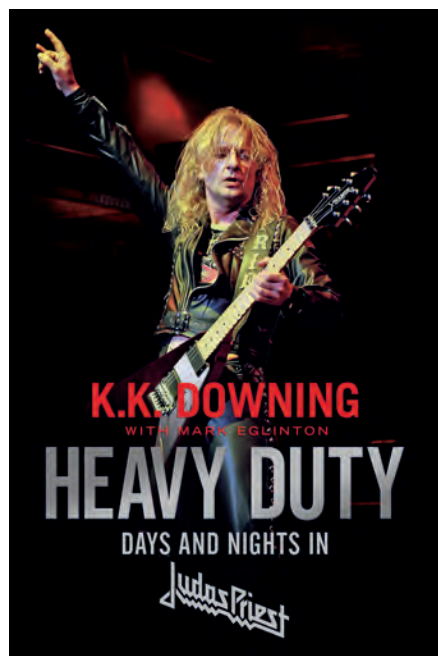
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Heavy Duty

Days and Nights in Judas Priest



ON SALE DATE: September 18, 2018

ANNOUNCED FIRST PRINT:
40,000

9780306903311
\$28.00 (\$36.50 CAN)
HARDCOVER BOOK
6" x 9" / 304 pages

BISAC CATEGORIES:
MUSIC / Genres & Styles / Heavy Metal
BIOGRAPHY & AUTOBIOGRAPHY /
Composers & Musicians

AUTHOR'S RESIDENCE:
Shropshire, England

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

K.K. Downing, Mark Eglinton

DESCRIPTION:

Memoir by the cofounder and former lead guitarist of heavy metal giants Judas Priest

With its distinctive twin-guitar sound, studs-and-leather image, and sales of over 50 million records, Judas Priest became *the* archetypal heavy metal band in the 1980s. Iconic tracks like "Breaking the Law," "Living after Midnight," and "You've Got Another Thing Coming" helped the band achieve extraordinary success.

As the band approaches its golden anniversary, fans will be able to delve backstage into the decades of shocking, hilarious, and haunting stories that surround the heavy metal institution. K.K. also recounts the life-changing moment when he looked at his bandmates on stage during a 2009 concert and thought, "This is the last show."

KEY SELLING POINTS:

First memoir by a member of this groundbreaking heavy metal band
Promotion by the band: 4.5M likes on Facebook; 69k followers on Twitter
Rare images and artwork
Never-before-told revelations

MARKETING & PUBLICITY PLANS:

- Shareable graphics
- Metal Media Campaign
- Radio Tour
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780306903298 / Price: \$14.99 (\$18.99 CAN)

ABOUT THE AUTHOR

Ken "K.K." Downing is a guitarist and founding member of heavy metal band Judas Priest. He retired from the band in 2011 and lives in Shropshire, England.

Mark Eglinton is a frequent cowriter whose previous collaborations include *Official Truth*, *101 Proof* with Rex Brown of Pantera and *Confessions of a Heretic* with Behemoth's Adam "Nergal" Darski, along with the solo project *So Let It Be Written: The Biography of Metallica's James Hetfield*.

kkdowning.net/steelmill/

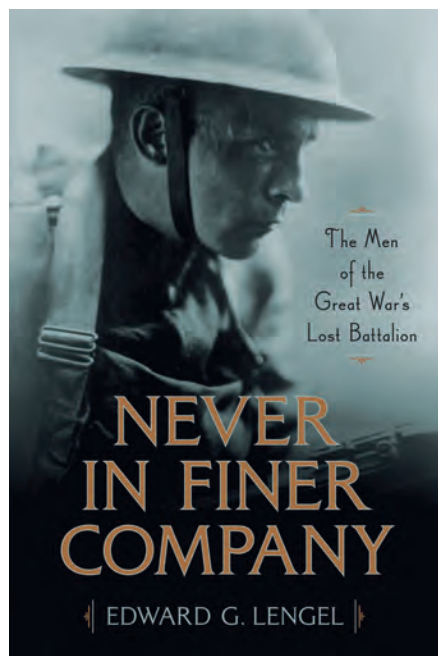
facebook.com/kkdowningsteelmill/

Follow on Twitter @metal4men



Never in Finer Company

The Men of the Great War's Lost Battalion



ON SALE DATE: September 18, 2018

ANNOUNCED FIRST PRINT:
25,000

9780306825682
\$28.00 (\$36.50 CAN)
HARDCOVER BOOK
6" x 9" / 368 pages

BISAC CATEGORIES:
HISTORY / Military / World War I
HISTORY / Europe / Germany

AUTHOR'S RESIDENCE:
Charlottesville, VA

EXCLUSIVE TERRITORIES:
US, TERRITORIES, DEPENDENCIES,
PHILIPPINES AND CANADA

Edward G. Lengel

DESCRIPTION:

The most heroic and incredible story in American military history—World War I's "Lost Battalion" and the men who survived the ordeal, triumphed in battle, and fought the demons that lingered

Just weeks before World War I ended, in early October of 1918, six hundred men charged into the forbidding Argonne Forest. Against all odds, they surged through enemy lines—alone. They were soon surrounded and besieged. As they ran out of ammunition, water, and food, the battalion withstood constant mortar attack and relentless enemy assaults. Seven days later, only 194 soldiers from the original unit walked out of the forest. The stand of the "Lost Battalion" was—and remains—an unprecedented display of heroism under fire.

Character-rich, abundantly textured, tragic, uplifting, but always compelling, *Never in Finer Company* is a deeply moving and dramatic story on an epic scale.

KEY SELLING POINTS:

Published on the 100th Anniversary: October 2-8, 2018

Author's breakout book in the tradition of Patrick K. O'Donnell and Alex Kershaw: Edward Lengel creates a novelistic, cinematic, poignant, and intensely human drama, like some of today's finest military history.

A book with a wide audience

MARKETING & PUBLICITY PLANS:

- Tour: Washington, DC
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780306825699 / Price: \$17.99 (\$22.99 CAN)



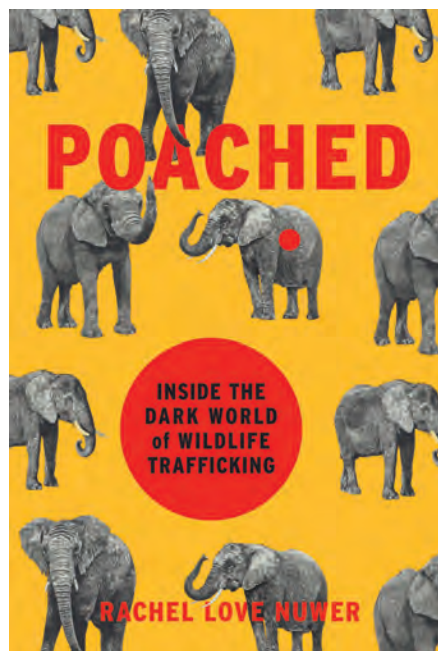
Edward G. Lengel has published books in military history on World War I and the Revolutionary War, including *To Conquer Hell* and *First Entrepreneur*. He has contributed articles for *Military History*, *Military History Quarterly*, *American Heritage*, *American History*, *History Now*, and *Humanities* and has made numerous TV appearances on History Channel and appeared on NPR's Weekend Edition and All Things Considered. He is currently Chief Historian of the White House and was formerly Editor-in-Chief of the *Papers of George Washington*.

www.edwardlengel.com

facebook.com/EdwardLengelAuthor

Poached

Inside the Dark World of Wildlife Trafficking



ON SALE DATE: September 25, 2018

ANNOUNCED FIRST PRINT:
20,000

SERIES NAME: A Merloyd Lawrence Book

9780306825507
\$28.00 (\$36.50 CAN)
HARDCOVER BOOK
6" x 9" / 352 pages

BISAC CATEGORIES:
NATURE / Animals / Wildlife
NATURE / Endangered Species

AUTHOR'S RESIDENCE:
Brooklyn, NY

EXCLUSIVE TERRITORIES:
WORLD ENGLISH

Rachel Love Nuwer

DESCRIPTION:

An intrepid investigation of the criminal world of wildlife trafficking and of those fighting against it

Journalist Rachel Nuwer plunges the reader into the underground of global wildlife trafficking, a topic she has been investigating for nearly a decade. Our insatiable demand for animals—for jewelry, pets, medicine, meat, trophies, and fur—is driving a worldwide poaching epidemic, threatening the continued existence of countless species.

Through exhaustive first-hand reporting, Nuwer—an award-winning science journalist with a background in ecology—explores the forces currently driving demand for animals and their parts; the toll that demand is extracting on species across the planet; and the conservationists, rangers, and activists who believe it isn't too late to stop the impending extinctions.

KEY SELLING POINTS:

Superb Investigative Reporting

Adventure and Suspense: dangerous in-person and often undercover exploration; organized criminal bosses; endangered game wardens, biologists, and forensic scientists

Top Science Journalist: Nuwer's work has appeared in the *New York Times*, *Scientific American*, *Newsweek*, and on the BBC.

MARKETING & PUBLICITY PLANS:

- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780306825514 / Price: \$17.99 (\$22.99 CAN)

ABOUT THE AUTHOR

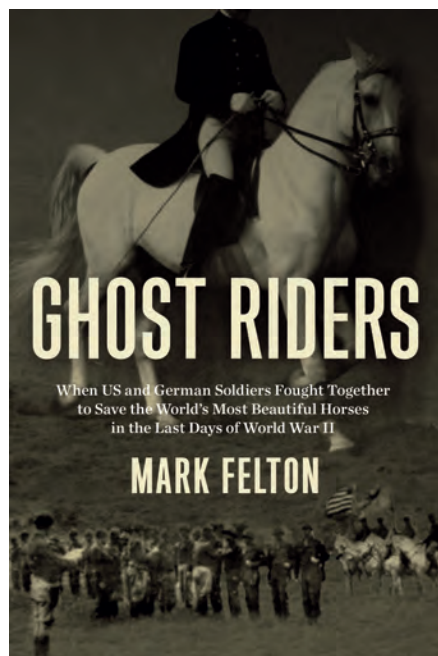
Rachel Nuwer is an award-winning science journalist who regularly contributes to the *New York Times*, *National Geographic*, *BBC Future*, and *Scientific American*, among others. She lives in New York.

Follow on Twitter @rachelnuwer



Ghost Riders

When US and German Soldiers Fought Together to Save the World's Most Beautiful Horses in the Last Days of World War II



ON SALE DATE: October 2, 2018

ANNOUNCED FIRST PRINT:
25,000

9780306825590
\$27.00 (\$35.00 CAN)
HARDCOVER BOOK
6" x 9" / 288 pages

BISAC CATEGORIES:
HISTORY / Military / World War II
HISTORY / Europe / Germany

AUTHOR'S RESIDENCE:
Norwich, England

EXCLUSIVE TERRITORIES:
US, TERRITORIES, DEPENDENCIES,
PHILIPPINES AND CANADA

Mark Felton

DESCRIPTION:

The astonishing story of American GIs joining forces with German soldiers in the closing days of World War II to save the world's finest horses

A German colonel sends a US intelligence officer an unusual report about a POW camp soon to be overrun by the Soviets. Locked up are over a thousand horses, including the entire herd of Lipizzaner's from Vienna's Spanish Riding School. The animals are worth millions and, if the starving Red Army reaches them first, they'll kill them for rations. Under the command of General Patton, whose love of horses was legendary, the Americans resolve to save the majestic creatures.

Drawing from newly unearthed material, *Ghost Riders* is the definitive account of this truly unprecedented and moving story of compassion at the close of humanity's darkest hour.

KEY SELLING POINTS:

New sources: Author Mark Felton taps unused archival sources, including, for the first time, German sources, family material, and interviews to present a fresh and accurate look at this surprising late war secret operation.

Devoted book buying readership: The military thriller genre includes not just fiction bestsellers but many nonfiction bestsellers, such as Ben Macintyre's books. **In the tradition of *War Horse***

MARKETING & PUBLICITY PLANS:

- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780306825606 / Price: \$17.99 (\$22.99 CAN)



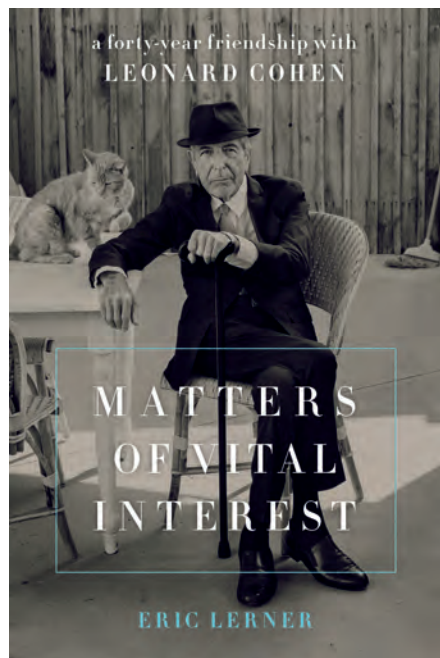
Mark Felton is a UK-based historian and the author of twenty books, including international bestsellers *Zero Night*, *The Sea Devils*, and *Castle of the Eagles*. Felton regularly appears as a historical expert on television specials for Discovery, History Channel, PBS, Quest, and American Heroes Channel. He lives in England.

Follow on Twitter @mpfelton



Matters of Vital Interest

A Forty-Year Friendship with Leonard Cohen



ON SALE DATE: October 16, 2018

ANNOUNCED FIRST PRINT:
30,000

9780306902703
\$27.00 (\$35.00 CAN)
HARDCOVER BOOK
5-1/2" x 8-1/4" / 304 pages

BISAC CATEGORIES:
BIOGRAPHY & AUTOBIOGRAPHY /
Personal Memoirs
BIOGRAPHY & AUTOBIOGRAPHY /
Composers & Musicians

AUTHOR'S RESIDENCE:
Boston, MA

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Eric Lerner

DESCRIPTION:

A memoir of the author's decades-long friendship with late singer, songwriter, novelist, and poet Leonard Cohen

When Leonard Cohen passed away, he left behind many who cared for and admired him, but perhaps few knew him better than longtime friend Eric Lerner. Lerner first met Cohen at a zen retreat where the two quickly bonded. Over the years the two shared a house and helped each other through the pains of divorce, the joys of raising children, and the ups and downs of the writing life. These two friends helped guide one another through life's myriad obstacles, and now that journey will be told from a new perspective for the first time.

Funny, revealing, self-aware, and grounded, *Matters of Vital Interest* offers further insight into Cohen's idiosyncratic style, his dignified life, his spiritual practices, and his sensibility as a poet first, musician second.

KEY SELLING POINTS:

Proven audience for books about Leonard Cohen: *I'm Your Man*, *The Holy or the Broken*

Support of Cohen's family

New perspective

Published on the anniversary of Leonard Cohen's passing (November 7, 2016).

MARKETING & PUBLICITY PLANS:

- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780306902710 / Price: \$13.99 (\$17.99 CAN)

ABOUT THE AUTHOR

Eric Lerner has written a memoir (*Journey of Insight Meditation*) about his experiences traveling to and living in Buddhist monasteries and communities in Asia and America. This background in the arcane led to his subsequent twenty-year career as a screenwriter and producer in Hollywood. Films with his name on them include *Bird on a Wire* and *Augustus*. Lerner lives in Boston.



Forever Nerdy

Living My Dorky Dreams and Staying Metal



ON SALE DATE: October 23, 2018

ANNOUNCED FIRST PRINT:
20,000

9780306825576

\$26.00 (\$34.00 CAN)

HARDCOVER BOOK

5-1/2" x 8-1/4" / 256 pages

BISAC CATEGORIES:

HUMOR / Form / Essays

BIOGRAPHY & AUTOBIOGRAPHY /

Personal Memoirs

AUTHOR'S RESIDENCE:

Los Angeles, CA

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Brian Posehn

DESCRIPTION:

A memoir of growing up and remaining a nerd by beloved comedian, actor, and writer Brian Posehn

Brian Posehn is a successful and instantly recognizable comedian, actor, and writer. He also happens to be a giant nerd. That's partly because he's been obsessed with such things as Dungeons & Dragons, comic books, and heavy metal since he was a child; the other part is because he fills out every bit of his 6'7" frame. Brian's always felt awkward and like a perpetual outsider, but he found his way through the difficulties of growing up by escaping into the worlds of *Star Wars*, D&D, comics, and by rocking his face off. He was a nerd long before it was cool, but his passions proved time and again to be the safe haven he needed to persevere and thrive in a world in which he was far from comfortable.

KEY SELLING POINTS:

Well-regarded celebrity: Brian is well-liked among both his fans and peers

Heavy metal crossover audience: Brian is a huge fan of and budding participant in the heavy metal scene with many connections

Great social media presence: Twitter — 356k followers; Facebook — 85k likes

Veteran writer: Longtime writer of film, television, and comic books

Celebrity connections: Sarah Silverman, Scott Ian of Anthrax, Bob Odenkirk

MARKETING & PUBLICITY PLANS:

- Online advertising
- Shareable graphics
- Social media campaign
- Author Tour: Los Angeles
- Tie-in to performance schedule
- Metal media campaign
- Media satellite tour

ALSO AVAILABLE:

Audio / ISBN: 9781549199165 / Price: \$35.00 (\$45.50 CAN)

Ebook / ISBN: 9780306825583 / Price: \$16.99 (\$21.99 CAN)

**ABOUT
THE AUTHOR**

Writer, actor, and stand-up comic **Brian Posehn** has appeared on *Lady Dynamite*, *The Big Bang Theory*, *New Girl*, *The Sarah Silverman Program*, and was a writer and performer on HBO's *Mr. Show*. He co-produced Netflix's *With Bob and David* and starred in the dark indie comedy *Uncle Nick*. He hosts and produces the *Nerd Poker* podcast and co-wrote a run of Marvel's *Deadpool*. His next project is a comedy metal album titled *Offenders of the Fake*, featuring members of Anthrax, Dethklok, Slayer, and Soundgarden.

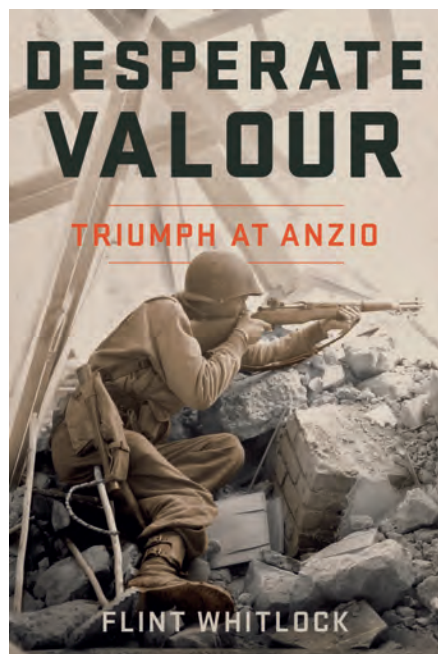
brianposehn.com/

facebook.com/TheBrianPosehn

Follow on Twitter @thebrianposehn

Desperate Valour

Triumph at Anzio



ON SALE DATE: October 30, 2018

ANNOUNCED FIRST PRINT:
25,000

9780306825729
\$29.00 (\$38.00 CAN)
HARDCOVER BOOK
6" x 9" / 352 pages

BISAC CATEGORIES:
HISTORY / Military / World War II
HISTORY / United States / 20th Century

AUTHOR'S RESIDENCE:
Denver, CO

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Flint Whitlock

DESCRIPTION:

From award-winning military historian Flint Whitlock, the first comprehensive account of the fighting at Anzio and the Alamo-like stand of American and British troops that turned defeat into a defensive victory

The Allied landings at Anzio six months before the Normandy invasion were intended as an "end run" around the stalemate that had developed in Italy. The planners hoped the Allied invasion would surprise the Germans and threaten their defensive line in southern Europe, but the invasion stalled a few miles inland and the Allies faced a five-month bloody fight. In the end, American and British troops accomplished one of the great defensive stands of all time, turning defeat into victory. Using previously unpublished archival material, award-winning historian Flint Whitlock reveals the entire allied and German campaign for the first time.

KEY SELLING POINTS:

75th anniversary of the battle: January through May of 1944

First comprehensive account of the Anzio campaign

New sources, new insight: Newly discovered letters from German soldiers; crucial role of the small town of Aprilia.

Churchillian title: Winston Churchill, referring to the Battle of Anzio, praised the American and British armies for their "desperate valour."

ALSO AVAILABLE:

Ebook / ISBN: 9780306825736 / Price: \$18.99 (\$23.99 CAN)



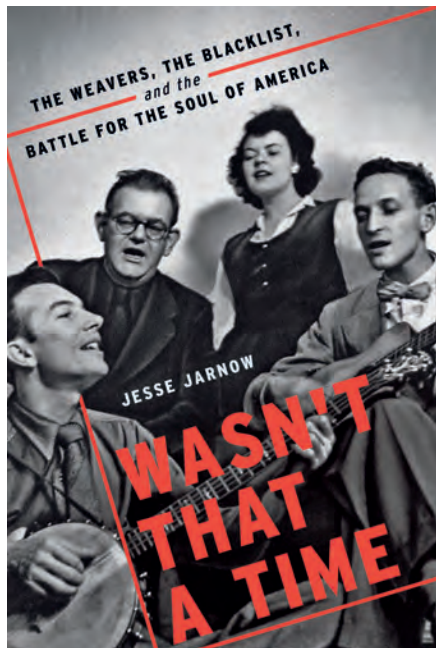
Award-winning author and military historian **Flint Whitlock** is a former US Army officer who served on active duty from 1965 to 1970, including a tour in Vietnam. His books include *Soldiers on Skis*, *The Rock of Anzio*, and *The Fighting First*, among others. He is Editor-in-Chief of *Military History Quarterly* and a regular contributor to *World War II* and *WW II History* magazines. President of the newly formed Colorado Military History Museum, Whitlock lives in Denver, Colorado.

www.flintwhitlock.com/



Wasn't That a Time

The Weavers, the Blacklist, and the Battle for the Soul of America



ON SALE DATE: November 6, 2018

ANNOUNCED FIRST PRINT:
20,000

9780306902079
\$27.00 (\$35.00 CAN)
HARDCOVER BOOK
6" x 9" / 288 pages

BISAC CATEGORIES:
HISTORY / United States / 20th Century
MUSIC / Genres & Styles / Folk & Traditional

AUTHOR'S RESIDENCE:
Brooklyn, NY

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Jesse Jarnow

DESCRIPTION:

A socio-cultural biography of folk-pop legends the Weavers

Although it most noticeably affected the pop culture icons of Hollywood, the McCarthy era blacklists infiltrated the folk scene, as well. But this ostracizing by the government led to the group galvanizing their efforts and returning with a fury. Now often reduced to the concept of "protest music," the songs that the Weavers championed aimed to be a more systemic critique of culture through parable and community-building. A half-century later, the language, policies, and fears of the blacklist era are seeping back into public discourse, making this reexamination of an era of oft-forgotten cultural change even more crucial.

Author Jesse Jarnow uses his skill for weaving together seemingly disparate strands of counterculture history to craft an exciting rethink of the Weavers' role in popular music and to examine the strong link shared between art and activism.

KEY SELLING POINTS:

First biography of iconic folk group the Weavers

70th anniversary of the band: The Weavers were formed in November of 1948 by members Ronnie Gilbert, Lee Hays, Fred Hellerman, and Pete Seeger.

New sources: Author Jesse Jarnow has a wealth of new sources and interviews at his disposal, making *Wasn't That a Time* truly a fresh examination of this band and era.

MARKETING & PUBLICITY PLANS:

- Online advertising
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780306902055 / Price: \$13.99 (\$17.99 CAN)



Jesse Jarnow is the author of *Big Day Coming: Yo La Tengo and the Rise of Indie Rock* and *Heads: A Biography of Psychedelic America*. His writing on music, technology, and culture has appeared in the *Times* (London), the *Village Voice*, *Rolling Stone*, *Pitchfork*, *Wired.com*, *Relix*, *Dupree's Diamond News*, and elsewhere. He lives in Brooklyn, New York, and hosts *The Frow Show* on the independent Jersey City radio station WFMU.

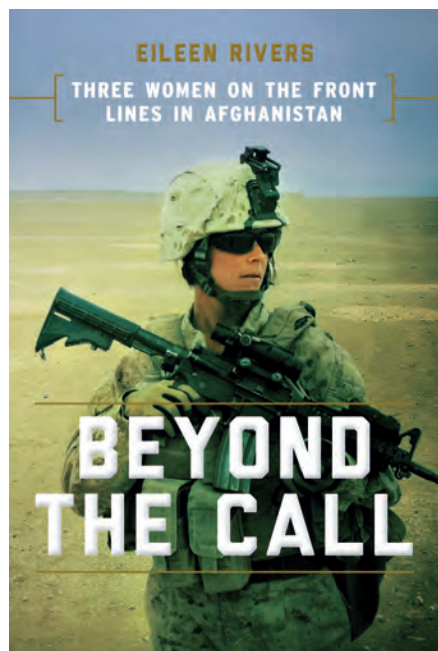
www.jessejarnow.com

Follow on Twitter @bourgwick



Beyond the Call

Three Women on the Front Lines in Afghanistan



ON SALE DATE: **November 6, 2018**

ANNOUNCED FIRST PRINT:
35,000

9780306903076
\$27.00 (\$35.00 CAN)
HARDCOVER BOOK
6" x 9" / 272 pages

BISAC CATEGORIES:
HISTORY / Military / Afghan War (2001-)
BIOGRAPHY & AUTOBIOGRAPHY / Military

AUTHOR'S RESIDENCE:
Laurel, MD

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Eileen Rivers

DESCRIPTION:

A riveting account of three women who fought shoulder-to-shoulder with men in Afghanistan and worked with local women to restore their lives and village communities

They marched with 40-pound rucksacks on their backs, defended their units in deadly firefights, and did things their male counterparts never could—gather intelligence on the Taliban from the women of Afghanistan. As females they could cultivate relationships with Afghan women who were bound by tradition not to speak with American military men, and their work in local villages provided Afghan women with the education and financial tools necessary to rebuild their nation—and the courage to push back against those who wanted to destroy it. For the warriors of the military's Female Engagement Teams (FET) it was dangerous, courageous, and sometimes heartbreaking work. And like the men with whom they served, their battles were not over when they returned home.

KEY SELLING POINTS:

Recent successful comps: *Shoot Like a Girl, Love My Rifle*
The three primary subjects of the book are eager to assist with promotion
Unique and different perspective on women in combat
Author's relationship with *USA Today*

MARKETING & PUBLICITY PLANS:

- Online advertising
- Author Tour: Washington, DC
- Military media campaign
- Advance Reader copies

ALSO AVAILABLE:

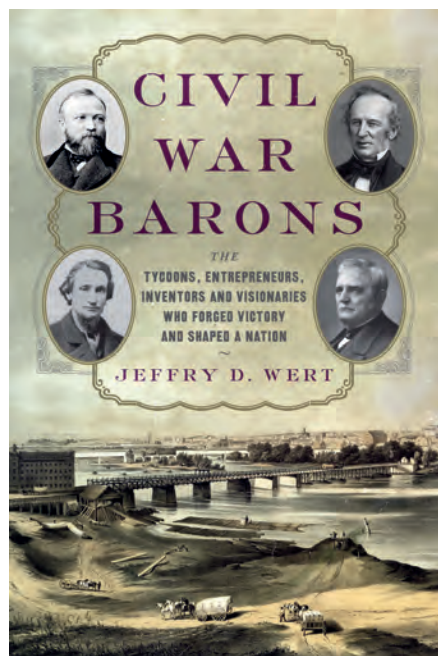
Ebook / ISBN: 9780306903090 / Price: \$17.99 (\$22.99 CAN)



Eileen Rivers is a *USA Today* editor and editorial board member. Formerly with the *Washington Post*, she has been writing and reporting for more than fifteen years and has produced several multi-media online interactives covering the wars in Iraq and Afghanistan. A veteran of the US Army, she served in Kuwait following Desert Storm where she was sent into the former combat zone as an Arabic linguist, collecting and translating information from enemy targets. Rivers lives in Maryland.

Civil War Barons

The Tycoons, Entrepreneurs, Inventors, and Visionaries Who Forged Victory and Shaped a Nation



ON SALE DATE: **November 6, 2018**

ANNOUNCED FIRST PRINT:
20,000

9780306825125
\$35.00 (\$45.50 CAN)
HARDCOVER BOOK
6" x 9" / 480 pages

BISAC CATEGORIES:
HISTORY / United States / Civil War Period
(1850-1877)
BIOGRAPHY & AUTOBIOGRAPHY /
Historical

AUTHOR'S RESIDENCE:
Centre Hall, PA

EXCLUSIVE TERRITORIES:
WORLD ENGLISH

Jeffry D. Wert

DESCRIPTION:

From prominent historian and Pulitzer Prize finalist Jeffry D. Wert, a multi-biographical work of a remarkable yet largely unknown group of men whose contributions won the war and shaped America's future

Before the Civil War, America had undergone a technological revolution that made large-scale industry possible, yet the country remained largely rural, with only pockets of small manufacturing. Then the war came and woke the sleeping giant. The Civil War created a wave of unprecedented industrial growth and development, producing a revolution in new structures, ideas, and inventions that sustained the struggle and reshaped America. Utilizing extensive research in manuscript collections, company records, and contemporary newspapers, historian Jeffry D. Wert casts a revealing light on the individuals most responsible for bringing the United States into the modern age.

KEY SELLING POINTS:

An entirely new—and non-military—perspective on the Civil War: *Think Team of Rivals—not political rivals, but business rivals.*

First book to look at this group of men as a whole

Before the Robber Barons there were Civil War Barons: *Civil War Barons* is a fresh take on the war, focusing not on the military but on the many businessmen, industrialists, and bureaucrats who made victory possible.

ALSO AVAILABLE:

Ebook / ISBN: 9780306825132 / Price: \$17.99 (\$22.99 CAN)



Jeffry D. Wert is the author of eight previous books on Civil War topics, including most recently *Cavalryman of the Lost Cause* and *A Glorious Army*. His articles and essays on the Civil War have appeared in many publications, including *Civil War Times Illustrated*, *American History Illustrated*, and *Blue and Gray*. A former history teacher at Penns Valley High School, he lives in Centre Hall, Pennsylvania.

facebook.com/Jeffry-D-Wert-176605885723394/



Kangaroo Squadron

American Courage in the Darkest Days of World War II



ON SALE DATE: November 20, 2018

ANNOUNCED FIRST PRINT:
20,000

9780306903120
\$27.00 (\$35.00 CAN)
HARDCOVER BOOK
6" x 9" / 320 pages

BISAC CATEGORIES:
HISTORY / Military / World War II
HISTORY / Military / Aviation

AUTHOR'S RESIDENCE:
Madison, GA

EXCLUSIVE TERRITORIES:
WORLD ENGLISH

Bruce Gamble

DESCRIPTION:

The dramatic untold story of the first US Army Air Force unit to attack the Japanese after Pearl Harbor

In early 1942, while most of the American military was still in disarray from the devastating attacks on Pearl Harbor, a single squadron advanced to the far side of the world to face the perpetrators. Based in Australia and dubbed the Kangaroo Squadron, the pilots and crew had to deal with poor supplies and tropical diseases before facing an aggressive and numerically superior enemy. However, despite these hardships, the squadron proved remarkably resilient and successful, conducting bombing raids and reconnaissance missions, rescuing General MacArthur and his staff from the Philippines, and participating in the Battle of the Coral Sea. By reconstructing ample eyewitness accounts based on personal diaries, letters, new interviews, and memoirs as well as Japanese sources, historian Bruce Gamble brings to vivid life this dramatic true story.

KEY SELLING POINTS:

In the tradition of John Bruning's *Indestructible* and the books of Adam Makos

Legendary Air Force unit: The first American unit to strike back against Japan in the early days of World War II.

First comprehensive history of the exploits of the Kangaroo Squadron
Author is a well-known, well-established military historian

ALSO AVAILABLE:

Ebook / ISBN: 9780306903106 / Price: \$13.99 (\$17.99 CAN)



Bruce Gamble is an award-winning author and historian who served as a Naval Flight Officer during the closing years of the Cold War. Medically retired in 1989, he began working for the Naval Aviation Museum Foundation. After several years as the staff historian, he made the leap to freelance writing and published his first book, *The Black Sheep*. One of the most respected authors on the war in the Pacific, Gamble does a substantial amount of public speaking and is the featured historian in documentaries produced by History Channel, Fox News, PBS, and the Pritzker Military Library.

www.brucegamble.com/

facebook.com/BruceGambleAuthor/



ON SALE DATE: November 20, 2018

ANNOUNCED FIRST PRINT:
20,000

9780306902741
\$27.00 (\$35.00 CAN)
HARDCOVER BOOK
6" x 9" / 320 pages

BISAC CATEGORIES:
MUSIC / Genres & Styles / Punk
MUSIC / History & Criticism

AUTHOR'S RESIDENCE:
London, England

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Ian Winwood

DESCRIPTION:

A group biography of '90s punk rock told through the prism of Green Day, The Offspring, NOFX, Rancid, Bad Religion, Social Distortion, and more

While many books, articles, and documentaries focus on the rise of punk in the '70s, few spend any substantial time on its resurgence in the '90s. *Smash!* will be the first to do so, detailing the circumstances surrounding the shift in '90s music culture away from grunge and legitimizing what many first-generation punks regard as post-punk, new wave, and generally anything but true punk music.

With astounding access to all the key players of the time, renowned music writer Ian Winwood will at last give this significant, substantive, and compelling story its due.

KEY SELLING POINTS:

Prevalence of punk: Punk rock remains a vital part of today's music scene.

Success of punk bios: *Under the Big Black Sun*, *Lonely Boy*, *NOFX*, *My Damage*, *Lobotomy*

Success of group bios: *Fire and Rain*, *Small Town Talk*, *27*

Author access: Ian Winwood has interviewed many of the key characters from the '90s punk rock world and will be able to provide intimate, first-hand accounts.

MARKETING & PUBLICITY PLANS:

- Online advertising
- Shareable graphics
- Advance Reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780306902734 / Price: \$17.99 (\$22.99 CAN)

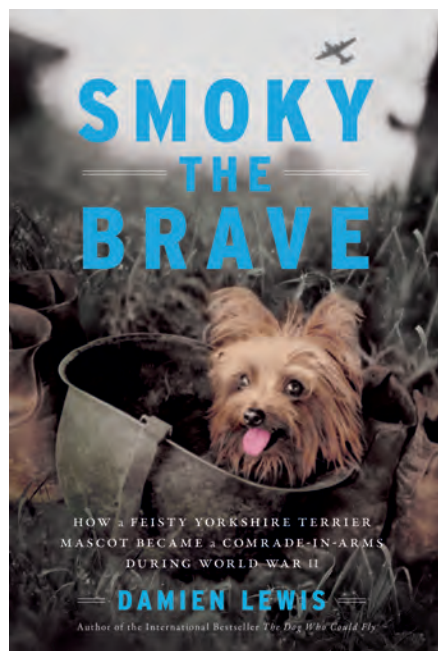


Ian Winwood is one of the world's foremost music writers. He has written for *Rolling Stone*, *The Guardian*, *Mojo*, *Kerrang!*, and the BBC, and is the coauthor, alongside Paul Brannigan, of *Birth School Metallica Death* and *Into the Black*. Winwood resides in London.



Smoky the Brave

How a Feisty Yorkshire Terrier Mascot Became a Comrade-in-Arms during World War II



ON SALE DATE: December 4, 2018

ANNOUNCED FIRST PRINT:
25,000

9780306922541
\$28.00 (\$0.00 CAN)
HARDCOVER BOOK
6" x 9" / 320 pages

BISAC CATEGORIES:
HISTORY / Military / World War II
PETS / Essays & Narratives

AUTHOR'S RESIDENCE:
Dorchester, Dorset, England

EXCLUSIVE TERRITORIES:
US, TERRITORIES, DEPENDENCIES AND
PHILIPPINES

Damien Lewis

DESCRIPTION:

From acclaimed thriller and war dog writer Damien Lewis comes the story of Smoky, the smallest and arguably bravest dog of World War II, who served as the US military's first therapy dog

In February 1944, as Japanese forces threatened to overwhelm New Guinea, a tiny Yorkshire Terrier was discovered hiding in the island's thick jungles. She was soon adopted by US Army Air Force Corporal William "Bill" Wynne, an air-crewman in a photo reconnaissance squadron, and became a lucky charm for the unit. When Smoky saved Wynne's life by barking a warning of an incoming shell, he nicknamed her the "angel from a foxhole." In *Smoky the Brave*, award-winning author Damien Lewis brings to vivid life the danger and excitement of the many missions of World War II's smallest hero.

KEY SELLING POINTS:

Established readership and community

Well-regarded and media-savvy author

New and unseen material: Unpublished material and new interviews with participants, **including Smoky's best friend Bill Wynne.**

Media interest in the author's works: Many of the author's previous books are in development for film and television.

ALSO AVAILABLE:

Ebook / ISBN: 9780306922565 / Price: \$14.99

ABOUT THE AUTHOR

Damien Lewis is a lifelong dog lover and award-winning writer who spent twenty years reporting from war, disaster, and conflict zones for the BBC and other global news organizations. He is the bestselling author of more than twenty books, many of which are being adapted into films or television series, including military history, thrillers, and several acclaimed memoirs about military working dogs. Lewis lives in Dorchester, England.

www.damienlewis.com/

facebook.com/damienlewisauthor/

Follow on Twitter @authordlewis



Bring It On Home

Peter Grant, Led Zeppelin, and Beyond—The Story of Rock's Greatest Manager



ON SALE DATE: December 11, 2018

ANNOUNCED FIRST PRINT:
25,000

9780306902833
\$27.00 (\$35.00 CAN)
HARDCOVER BOOK
6" x 9" / 320 pages

BISAC CATEGORIES:
MUSIC / Genres & Styles / Rock
BIOGRAPHY & AUTOBIOGRAPHY /
Entertainment & Performing Arts

AUTHOR'S RESIDENCE:
London, England

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Mark Blake

DESCRIPTION:

The authorized biography of the most notorious rock manager of all time, Peter Grant, best known for his work with Led Zeppelin, by the author of *Comfortably Numb*

Peter Grant is *the* most famous music manager of all time. Acknowledged as the "fifth member of Led Zeppelin," Grant has appeared in fragments across countless Zeppelin biographies, but none have explored who this brilliant and intuitive manager yet flawed and sometimes dangerous man truly was.

With support from Grant's family, new interviews with Led Zeppelin's surviving band members, and access to Grant's extensive archives, Blake sets out to not only shed new light on the history of Led Zeppelin but also on the wider story of rock music in the '60s and '70s. *Bring It On Home* is a celebration, a cautionary tale, and a compelling human drama.

KEY SELLING POINTS:

50th anniversary of Led Zeppelin: 2018 marks the golden anniversary of the band most closely associated with Peter Grant.

Told with the full cooperation of Peter Grant's estate
First solo biography of Zeppelin's famed manager
New revelations and insights

MARKETING & PUBLICITY PLANS:

- Online advertising
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780306902857 / Price: \$13.99 (\$17.99 CAN)

ABOUT THE AUTHOR

Mark Blake is a former Assistant Editor of *Q* magazine, a long-time contributor to its sister title *MOJO*, and has written for *Rolling Stone*, the *Times* (London), *Classic Rock*, and the *Daily Telegraph*. He is the editor of two definitive music books, *Dylan: Visions, Portraits & Back Pages* and *Punk: The Whole Story*, and is the author of the Pink Floyd biography *Comfortably Numb* and the Queen biography *Is This the Real Life?* Blake lives in London with his wife and son.

Follow on Twitter @MarkBlake3



America 51

A Probe into the Realities That Are Hiding Inside "The Greatest Country in the World"



ON SALE DATE: September 4, 2018

ANNOUNCED FIRST PRINT:
20,000

9780306921872
\$15.99 (\$20.99 CAN)
TRADE PAPERBACK
5-1/2" x 8-1/4" / 256 pages

BISAC CATEGORIES:
BIOGRAPHY & AUTOBIOGRAPHY /
Entertainment & Performing Arts
MUSIC / Genres & Styles / Heavy Metal

AUTHOR'S RESIDENCE:
Des Moines, IA; Las Vegas, NV

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Corey Taylor

DESCRIPTION:

A skewering of the American underbelly by the *New York Times* bestselling author

Corey Taylor begins *America 51* with a reflection on what his itinerant youth and worldwide travels have taught him about what it means to be an American in an increasingly unstable world. He examines the way America sees itself while also celebrating the quirks and behaviors that make a true-blue American. But behind Taylor's ranting and raving is a thoughtful and intelligent consideration, and even a sadness, of what America is compared to what it could and should be.

Expertly balancing humor, outrage, and disbelief, Taylor examines the rotting core of America, evaluating everything from politics and race relations to modern family dynamics and "man buns." No element of what constitutes America is safe from his adept and scathing eye.

KEY SELLING POINTS:

***New York Times* bestselling author**

Captures America at a weird juncture: Taylor captures the tenor of the times in a tone that is outrageous, hilarious, and deadly accurate.

Slipknot fans won't be disappointed

Perfect vehicle for Corey Taylor's voice

ALSO AVAILABLE:

Ebook / ISBN: 9780306825453 / Price: \$16.99 (\$21.99 CAN)



Corey Taylor is the *New York Times* bestselling author of *Seven Deadly Sins*, *A Funny Thing Happened on the Way to Heaven*, and *You're Making Me Hate You*. Lead singer of rock bands Slipknot and Stone Sour, Taylor has earned 11 Platinum records, 43 Gold records, and a Grammy. A native of Iowa, he spends his time between there, Las Vegas, and his suitcase.

www.TheCoreyTaylor.com

facebook.com/TheCoreyTaylor

Follow on Twitter @CoreyTaylorRock



Heads

A Biography of Psychedelic America



ON SALE DATE: September 4, 2018

ANNOUNCED FIRST PRINT:
10,000

9780306921988
\$17.99 (\$23.49 CAN)
TRADE PAPERBACK
6" x 9" / 512 pages

BISAC CATEGORIES:
HISTORY / United States / 20th Century
SOCIAL SCIENCE / Popular Culture

AUTHOR'S RESIDENCE:
Brooklyn, NY

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Jesse Jarnow

DESCRIPTION:

The sweeping untold history of the American psychedelic underground, the Grateful Dead, and beyond...

Veteran music writer Jesse Jarnow draws on extensive new firsthand accounts from many never-before-interviewed subjects and a wealth of deep archival research to create a comic-book-colored and panoramic American landscape, weaving one of the 20th and 21st centuries' most misunderstood subcultures into the fabric of the nation's history. Written for anyone who wondered what happened to the heads after the Acid Tests, through the '70s, during the Drug War, and on to the psychedelic present, *Heads* collects the essential history of how LSD, Deadheads, tie-dye, and the occasional bad trip have become familiar features of the American experience.

KEY SELLING POINTS:

Breaks new ground: First complete, narrative history of psychedelics and their profound influence on American culture.

Makes the connections

Definitive socio-cultural history with outlaw appeal

Author claim on territory: Jesse Jarnow is well-known to readers of *Relix* magazine and counterculture press.

ALSO AVAILABLE:

Ebook / ISBN: 9780306822568 / Price: \$15.99 (\$19.99 CAN)



Jesse Jarnow is the author of *Big Day Coming: Yo La Tengo and the Rise of Indie Rock*. His writing on music, technology, and culture has appeared in the *Times* (London), the *Village Voice*, *Rolling Stone*, *Pitchfork*, *Wired.com*, *Relix* (contributing editor), *Dupree's Diamond News*, and elsewhere. He lives in Brooklyn, New York, and hosts *The Frow Show* on the independent Jersey City radio station WFMU. He tweets via @bourgwick and @HeadsNews.

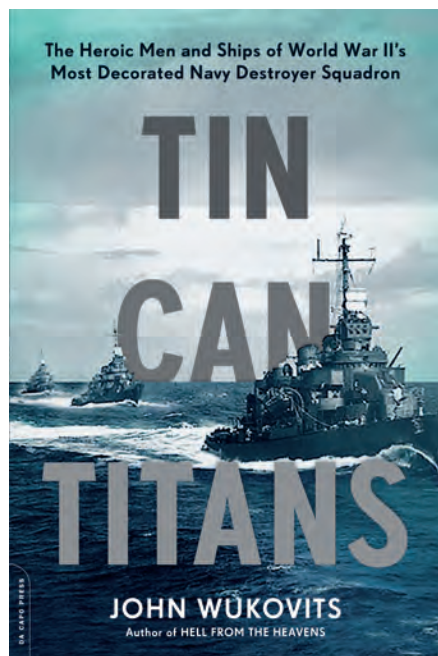
www.jessejarnow.com

Follow on Twitter @bourgwick



Tin Can Titans

The Heroic Men and Ships of World War II's Most Decorated Navy Destroyer Squadron



ON SALE DATE: November 6, 2018

ANNOUNCED FIRST PRINT:
15,000

9780306921902
\$17.99 (\$23.49 CAN)
TRADE PAPERBACK
6" x 9" / 352 pages

BISAC CATEGORIES:
HISTORY / Military / World War II
HISTORY / Military / Naval

AUTHOR'S RESIDENCE:
Trenton, MI

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

John Wukovits

DESCRIPTION:

An epic narrative of World War II naval action that brings to life the sailors and exploits of the war's most decorated destroyer squadron

When Admiral William Halsey selected Destroyer Squadron 21 to lead his victorious ships into Tokyo Bay to accept the Japanese surrender, it was the most battle-hardened US naval squadron of the war. But it was not the squadron of ships that had accumulated such an inspiring resume; it was the people serving aboard them. Sailors, not metallic superstructures and hulls, had won the battles and become the stuff of legend.

Through diaries, personal interviews with survivors, and letters written to and by the crews during the war, preeminent historian of the Pacific theater John Wukovits brings to life the human story of the squadron and its men who bested the Japanese in the Pacific and helped take the war to Tokyo.

KEY SELLING POINTS:

First book to highlight the vital role played by destroyer squadrons in the Pacific

Most decorated naval squadron of the war

World War II naval action books sell

Noted author of naval histories: In the tradition of bestselling authors Ian Toll and Jim Hornfischer.

ALSO AVAILABLE:

Ebook / ISBN: 9780306824319 / Price: \$18.99 (\$23.99 CAN)



John Wukovits is a military expert specializing in the Pacific theater of World War II. He is the author of many books, including *Hell from the Heavens*, *For Crew and Country*, *One Square Mile of Hell*, and *Pacific Alamo*. He has also written numerous articles for such publications as *WWII History*, *Naval History*, and *World War II*. He lives in Michigan.

www.johnwukovits.com/Home.html

Follow on Twitter @navyinwwii

This Is Not Fame

A "From What I Re-Memoir"



ON SALE DATE: December 4, 2018

ANNOUNCED FIRST PRINT:
15,000

9780306921896
\$17.99 (\$23.49 CAN)
TRADE PAPERBACK
5-1/2" x 8-1/4" / 344 pages

BISAC CATEGORIES:
HUMOR / Form / Essays
BIOGRAPHY & AUTOBIOGRAPHY /
Personal Memoirs

AUTHOR'S RESIDENCE:
Bisbee, AZ

EXCLUSIVE TERRITORIES:
WORLD ENGLISH

Doug Stanhope, Dr. Drew Pinsky

DESCRIPTION:

An unfiltered, unapologetic, hilarious, and sometimes obscene assemblage of tales from the author of *Digging Up Mother*

Doug Stanhope has been drunkenly stumbling down the back roads and dark alleys of stand-up comedy for over a quarter of a century, roads laden with dank bars, prostitutes, cheap drugs, farm animals, evil dwarfs, public nudity, psychotic breaks, sex offenders, and some understandable suicides. You know, just for levity. And while other comedians were seeking fame, Stanhope was seeking immediate gratification, dark spectacle, or sometimes just his pants.

In *This Is Not Fame*, Stanhope spares no legally permissible detail, and his stories couldn't be told any other way. They're weird, uncomfortable, gross, and fucking funny. This isn't a story of overcoming a life of excess, immorality, and reckless buffoonery. It's an outright celebration of it. For Stanhope, the party goes on.

KEY SELLING POINTS:

Stanhope's fan base is as loyal as they come.

Social media: Twitter — 295k followers; Facebook — 190k likes

A great American humorist: In the tradition of Bill Hicks, George Carlin, and Richard Pryor, Stanhope doesn't tell jokes so much as call the world out on its hypocrisy, which has earned him a true and devoted following

ALSO AVAILABLE:

Ebook / ISBN: 9780306825750 / Price: \$15.99 (\$19.99 CAN)



Doug Stanhope is a veteran of over twenty-five years of stand-up comedy. He's won numerous accolades and has recorded over a dozen comedy specials. A regular guest on the Howard Stern Show and appointed the Voice of America for *Charlie Brooker's Weekly Wipe* on the BBC, Stanhope resides in the US border town of Bisbee, Arizona, with pets who have people names, in an absurd relationship with his gal pal Bingo.

www.dougstanhope.com/

facebook.com/officialstanhope

Follow on Twitter @DougStanhope



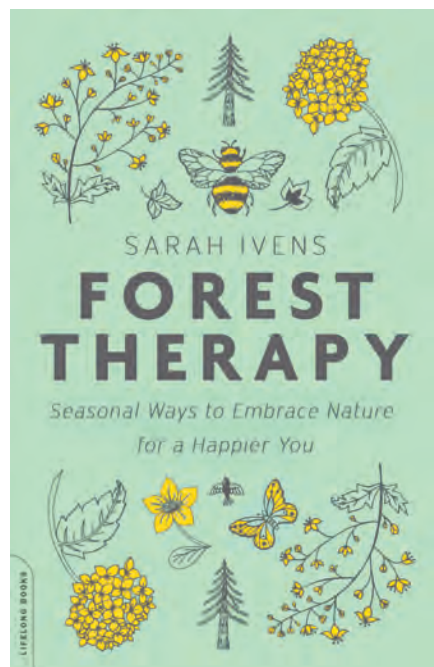
LIFELONG BOOKS

PERSEUS BOOKS / HACHETTE BOOK GROUP



Forest Therapy

Seasonal Ways to Embrace Nature for a Happier You



ON SALE DATE: September 4, 2018

ANNOUNCED FIRST PRINT:
20,000

9780738285139
\$16.99 (\$22.49 CAN)
TRADE PAPERBACK
5-1/2" x 8-1/4" / 288 pages

BISAC CATEGORIES:
SELF-HELP / Personal Growth / Happiness
HEALTH & FITNESS / Healthy Living

AUTHOR'S RESIDENCE:
Austin, Texas

EXCLUSIVE TERRITORIES:
US, TERRITORIES, DEPENDENCIES,
PHILIPPINES AND CANADA

Sarah Ivens

DESCRIPTION:

The Little Book of Hygge meets *The Nature Fix* in this fun, accessible guide to achieving better health and stronger relationships by reconnecting with nature.

Spending time outside can improve the immune system, beat stress hormones, lower blood pressure, and boost self-esteem. Yet our everyday lifestyles have distanced us from the great outdoors. *Forest Therapy* shares why getting back to nature is critically important for our well-being, and offers fun, easy practices to break out of hibernation. From a simple walk in the woods and countryside couples' therapy to DIY natural beauty products and simple ways to bring the outdoors into your home, you'll find practical ways to tap into nature's restorative power all year round. Illustrated with charming black-and-white line art, *Forest Therapy* is a warm, witty, and personal guide to improving your health, deepening your relationships with your partner and kids, and living a fabulous al fresco life.

KEY SELLING POINTS:

A global wellness trend: From Japanese *shinrin-yoku* to Scandi *friluftsliv*, forest therapy (AKA "forest bathing") is a growing trend.

Unlike the competition: Comps on forest bathing are more serious or steeped in meditative practice.

A practical guide with giftable appeal: *Forest Therapy* combines the science of wellness with practical advice and charming spot illustrations.

MARKETING & PUBLICITY PLANS:

- Online advertising
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780738285146 / Price: \$11.99 (\$14.99 CAN)

ABOUT THE AUTHOR

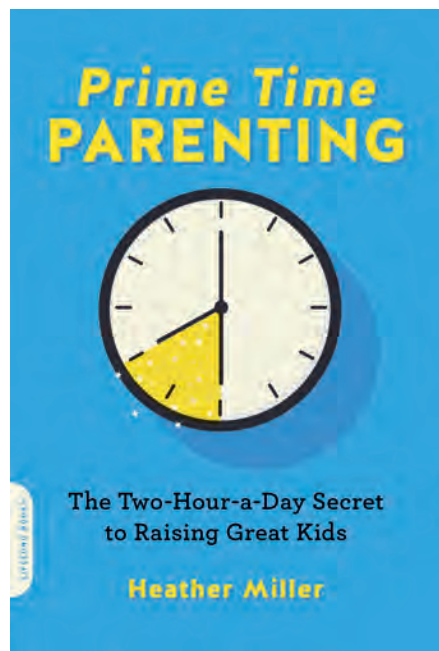
Sarah Ivens is a journalist, certified life coach, and author of eight lifestyle and wellness books. Ivens is a PhD candidate at the University of Louisville and a contributor to *The Daily Mail*, *Marie Claire*, *Glamour*, *The New York Post*, and *GQ*. A Londoner turned Southern belle (with stops in Manhattan and LA), she now lives in Austin, Texas, with her family.

Follow on Twitter @SarahIvens



Prime-Time Parenting

The Two-Hour-a-Day Secret to Raising Great Kids



ON SALE DATE: September 4, 2018

ANNOUNCED FIRST PRINT:
15,000

9780738284613
\$15.99 (\$20.99 CAN)
TRADE PAPERBACK
5-1/2" x 8-1/4" / 256 pages

BISAC CATEGORIES:
FAMILY & RELATIONSHIPS / Parenting /
General
EDUCATION / Parent Participation

AUTHOR'S RESIDENCE:
New York, NY

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Heather Miller

DESCRIPTION:

How parents can maximize quality time with their children during a two-hour window every day—with easy tips covering dinner to bedtime

At a time when people feel pulled in many directions and bombarded by a constant flow of information, *Prime-Time Parenting* provides a realistic framework for parents to be truly present for their children during their formative years. There is a lot to accomplish in the evening hours after work and school. By focusing on parenting exclusively between the hours of around 6-8pm, we can meet our children's emotional, nutritional, social and educational needs. After 8pm, parents can turn their attention to themselves and to each other. The result is stronger, happier families, a less stressful home life, and healthy, secure children who do their very best at school.

KEY SELLING POINTS:

Relevant in an age of screens: Parents are concerned about their children's use of technology—this book will provide an easy-to-implement blueprint for setting healthy boundaries.

Practical advice for everyone: The two-hour window from dinner to bedtime is a realistic framework for most parents; the author's advice is easy to follow.

MARKETING & PUBLICITY PLANS:

- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780738284620 / Price: \$9.99 (\$12.99 CAN)

ABOUT THE AUTHOR

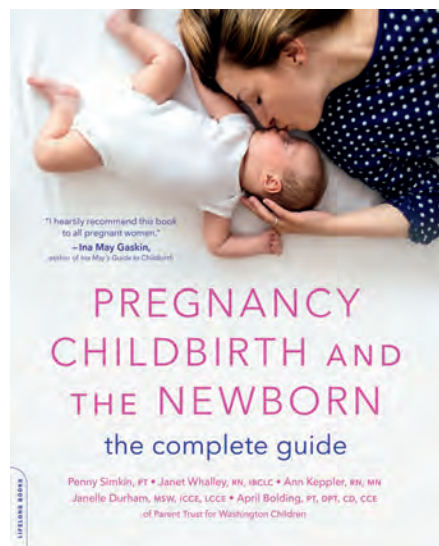
Heather Miller has worked with schools, children and parents for over 20 years. A graduate of MIT, NYU, and Harvard Graduate School of Education, she heads LePage-Miller, an education firm based in New York City.

<http://www.lepage-miller.com/>



Pregnancy, Childbirth, and the Newborn

The Complete Guide



Penny Simkin, PT, Janet Whalley RN, Ann Keppler RN, Janelle Durham, April Bolding

DESCRIPTION:

Available for the first time in full color, the up-to-date and authoritative pregnancy guide that has sold 1.5 million copies—by recognizing that "one size fits all" doesn't apply to maternity care.

Unlike pregnancy guides that can overwhelm by telling you all the things that can go wrong, this book first describes normal, healthy processes, their typical variations, and the usual care practices for monitoring them. Only then does it cover possible complications and the care practices and procedures for resolving them. The presentation is crystal-clear, the tone is reassuring, and the voice is empowering. The language is inclusive, reflecting today's various family configurations such as single-parent families, blended families, families with gay and lesbian parents, and families formed by open adoption or surrogacy. From sensible nutrition advice to realistic birth plans, from birth doulas to cesareans, from reducing stress during pregnancy to caring for yourself as well as your baby after birth, this pregnancy guide speaks to today's parents-to-be like no other.

KEY SELLING POINTS:

Strong track—now available in color: Previous editions have sold nearly 1.5 million copies—and for the first time the print book will be available in full color.

Informs, doesn't scare—and is inclusive: It reflects the needs of more modern families, such as single-parent families and open-adoption or surrogacy parents.

MARKETING & PUBLICITY PLANS:

- Trade advertising: Publishers Weekly and Library Journal
- Online advertising
- Brochure

ALSO AVAILABLE:

Ebook / ISBN: 9780738285023 / Price: \$12.99 (\$16.99 CAN)

ON SALE DATE: September 18, 2018

ANNOUNCED FIRST PRINT:
40,000

9780738284972
\$19.99 (\$25.99 CAN)
TRADE PAPERBACK
7" x 9" / 512 pages

BISAC CATEGORIES:
HEALTH & FITNESS / Pregnancy &
Childbirth
FAMILY & RELATIONSHIPS / Life
Stages / Infants & Toddlers

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

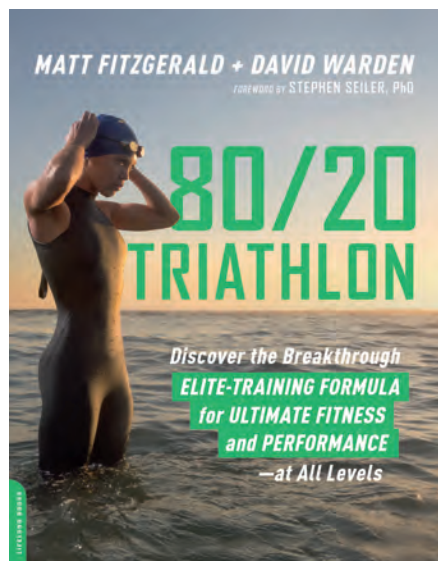
ABOUT THE AUTHOR

Penny Simkin, a physical therapist is a childbirth educator and doula. **Janet Whalley** is a registered nurse and lactation consultant. **Ann Keppler** is a registered nurse, parish nurse, and lactation specialist. **Janelle Durham**, a social worker, has worked with new parents since 1993. **April Bolding** has a doctorate in physical therapy, is a childbirth educator and birth doula.



80/20 Triathlon

Discover the Breakthrough Elite-Training Formula for Ultimate Fitness and Performance at All Levels



Matt Fitzgerald, David Warden

DESCRIPTION:

A breakthrough program for triathletes—beginner, intermediate, and advanced—showing how to balance training intensity to maximize performance, from a fitness expert and elite coach

Cutting-edge research has proven that triathletes and other endurance athletes perform their best when they do 80 percent of their training at low intensity and the remaining 20 percent at moderate to high intensity. But the vast majority of recreational triathletes are stuck in a "moderate-intensity rut," spending almost half of their time training too hard—harder than the pros. Training harder isn't smarter; it actually results in low-grade chronic fatigue that prevents the best results. In *80/20 Triathlon*, Matt Fitzgerald and David Warden lay out the real-world and scientific evidence, offering concrete tips and strategies, along with complete training plans for every distance. Benefits include reduced fatigue and injury risk, improved fitness, increased motivation, and better race results.

KEY SELLING POINTS:

Expert authors: Both Fitzgerald and Warden train pros and recreational triathletes—Fitzgerald is a trusted fitness expert and writer; his books have sold a combined 750,000 copies worldwide.

Large target audience: Over 500,000 Americans participated in at least one triathlon event in 2016, and the trend is only growing.

MARKETING & PUBLICITY PLANS:

- Online advertising

ON SALE DATE: September 18, 2018

ANNOUNCED FIRST PRINT:
12,000

9780738234687
\$17.99 (\$23.49 CAN)
TRADE PAPERBACK
7-3/8" x 9-1/4" / 320 pages

BISAC CATEGORIES:
SPORTS & RECREATION / Triathlon
SPORTS & RECREATION / Running &
Jogging

AUTHOR'S RESIDENCE:
Fitzgerald: Oakland, CA; Warden: Lehi, Utah

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

ALSO AVAILABLE:

Ebook / ISBN: 9780738234694 / Price: \$11.99 (\$14.99 CAN)



Matt Fitzgerald is an endurance sports writer, coach, and nutritionist. He is a coach and spokesperson for PEAR Sports.

David Warden is an internationally recognized endurance coach and author.

mattfitzgerald.org/

Follow on Twitter @mattfitwriter



Anxiety: The Missing Stage of Grief

A Revolutionary Approach to Understanding and Healing the Impact of Loss

a revolutionary approach
to understanding and healing
the impact of loss

ANXIETY the missing stage of grief

Claire Bidwell Smith, LCPC

ON SALE DATE: September 25, 2018

ANNOUNCED FIRST PRINT:
12,000

9780738234779

\$26.00 (\$34.00 CAN)

HARDCOVER BOOK

5-1/2" x 8-1/4" / 272 pages

BISAC CATEGORIES:

SELF-HELP / Anxieties & Phobias

SELF-HELP / Death, Grief, Bereavement

EXCLUSIVE TERRITORIES:

US, TERRITORIES, DEPENDENCIES,
PHILIPPINES AND CANADA

Claire Bidwell Smith

DESCRIPTION:

A groundbreaking book exploring the little-known yet critical connections between anxiety and grief, with practical strategies for healing, following the renowned Kübler-Ross stages model

Anxiety disorders are on the rise; many people are looking for resources to help them cope, yet most aren't aware that unresolved grief is a primary underpinning of it—or that the two are related at all. In her therapy practice and in her own life, Claire Bidwell Smith discovered the connections between anxiety and grief. Now, backed by research and case studies Bidwell Smith delves into the roots of anxiety, giving readers a concrete foundation of understanding. Stepping beyond Elisabeth Kübler-Ross' five stages, *Anxiety: The Missing Stage of Grief* offers tools and strategies for coping with panic attacks, anxious thoughts, and more, bridging these two emotions in a way that is deeply empathetic and eminently practical.

KEY SELLING POINTS:

A revelatory approach: No one is talking about the link between anxiety and grief like this. Her approach will appeal to readers of Kübler-Ross, Ira Byock, Frank Ostaseski, and others—both lay and professional.

Big name support: Cheryl Strayed, Dr. Sanjay Gupta, Hope Edelman, and Lucy Kalanithi, are some of Claire's high-profile friends who will support the book.

MARKETING & PUBLICITY PLANS:

- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780738234762 / Price: \$13.99 (\$17.99 CAN)



Claire Bidwell Smith, LCPC, is a therapist specializing in grief and the author of two books of nonfiction. Claire holds a bachelor's degree from The New School University and a master's degree from Antioch University. She is a licensed therapist in both California and Illinois and has a thriving private practice in Los Angeles.

clairebidwellsmith.com

facebook.com/clairebidwellsmithwrites/

Follow on Twitter @clairebidwell



Let's Talk about Death (over Dinner)

An Invitation and Guide to Life's Most Important Conversation



Michael Hebb

DESCRIPTION:

For readers of *Being Mortal* and *When Breath Becomes Air*, the acclaimed co-founder of Death over Dinner offers a practical, inspiring guide to life's most difficult yet important conversation.

Of the many critical conversations we will all have throughout our lifetime, few are as important as the ones discussing death—and not just the practical concerns, such as DNRs and wills, but what we fear, what we hope, and how we want to be remembered. Inspired by his experience with his own father and countless stories from others, Michael Hebb cofounded Death Over Dinner to encourage people to really talk about the one thing we all have in common. *Let's Talk About Death (over Dinner)* offers practical advice on how to have these conversations—not just at the dinner table, but anywhere. Hebb shares time- and dinner- tested prompts to use as conversation starters, ranging from the spiritual to the practical, from analytical to downright funny and surprising. Transforming these conversations not only can change the way we die, but the way we live.

KEY SELLING POINTS:

Significant connections: Hebb has collaborated with Atul Gawande, Lucy Kalanithi, Ira Byock, among others—and hosted Citizenship Over Dinner with President and Mrs. Obama in Chicago.

Newsworthy: From the Death with Dignity movement to books like *Being Mortal*, end-of-life care and death are hot media topics.

MARKETING & PUBLICITY PLANS:

- National Advertising: New York Times Book Review
- Trade Advertising: Shelf Awareness
- Online advertising
- Book trailer
- Shareable graphics
- Author Tour: New York City, Portland, Seattle
- Brochure

ALSO AVAILABLE:

Ebook / ISBN: 9780738235318 / Price: \$13.99 (\$17.99 CAN)

ON SALE DATE: October 2, 2018

ANNOUNCED FIRST PRINT:
40,000

9780738235295

\$26.00 (\$34.00 CAN)

HARDCOVER BOOK

5-1/2" x 8-1/4" / 256 pages

BISAC CATEGORIES:

SELF-HELP / Death, Grief, Bereavement
SOCIAL SCIENCE / Death & Dying

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES



Michael Hebb is the founder of Convivium, a creative agency that specializes in the ability to shift culture through the use of thoughtful food and discourse-based gatherings.

deathoverdinner.org/

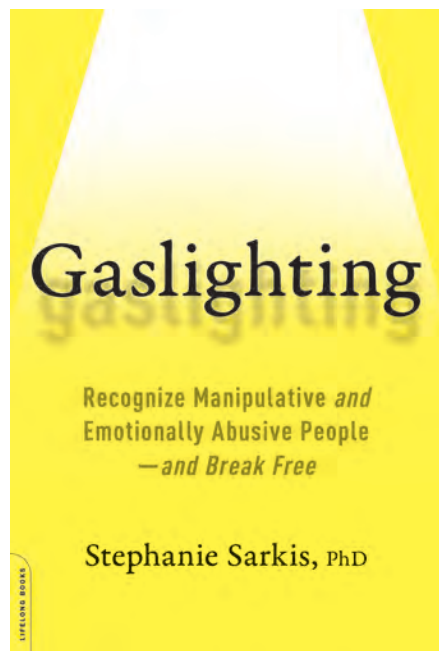
facebook.com/LetsHaveDinnerandTalkAboutDeath

Follow on Twitter @deathoverdinner



Gaslighting

Recognize Manipulative and Emotionally Abusive People—and Break Free



ON SALE DATE: October 2, 2018

ANNOUNCED FIRST PRINT:
20,000

9780738284668
\$16.99 (\$22.49 CAN)
TRADE PAPERBACK
6" x 9" / 272 pages

BISAC CATEGORIES:
SELF-HELP / Mood Disorders
PSYCHOLOGY /
Psychopathology / Personality
Disorders

AUTHOR'S RESIDENCE:
Tampa, FL

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Stephanie Moulton Sarkis, PhD

DESCRIPTION:

A mental health expert sheds light on "gaslighting"—the manipulative technique used by sociopaths, narcissists, and others—offering practical strategies to cope and break free.

Gaslighting is a technique of manipulating others to gain control, often practiced by those with personality disorders (including Narcissistic Personality Disorder, Antisocial Personality Disorder, and Borderline Personality Disorder). Whether it's a spouse, parent, coworker, or friend, gaslighters use a series of tactics to distort the truth—from lying, controlling, withholding, and more—making their victims question their own reality. Dr. Sarkis devotes chapters to specific scenarios, such as gaslighting in dating, at work, in families, and in sexual abuse and domestic violence. With practical tips and strategies, *Gaslighting* will help anyone trapped in a toxic relationship to break free and heal.

KEY SELLING POINTS:

Trending topic: Dr. Sarkis's article on the gaslighting went viral—garnering more than 3.64 million views. It's a term that's now lingua franca, especially in the light of #metoo.

Strong comps: Books on personality disorders and how to cope tend to have long backlist lives. *Gaslighting* will appeal to the same vast audience.

MARKETING & PUBLICITY PLANS:

- Academic marketing
- NPR Feature Campaign
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780738284651 / Price: \$9.99 (\$12.99 CAN)

ABOUT THE AUTHOR

Dr. Stephanie Moulton Sarkis is the author of five self-help books on the subject of ADHD in adults. Dr. Sarkis is an American Mental Counseling Association Diplomate and Clinical Specialist in Child and Adolescent Counseling (one of 20 in the US), National Certified Counselor, and Licensed Mental Health Counselor. She has a private practice in Tampa, Florida.

<http://www.stephaniesarkis.com/>

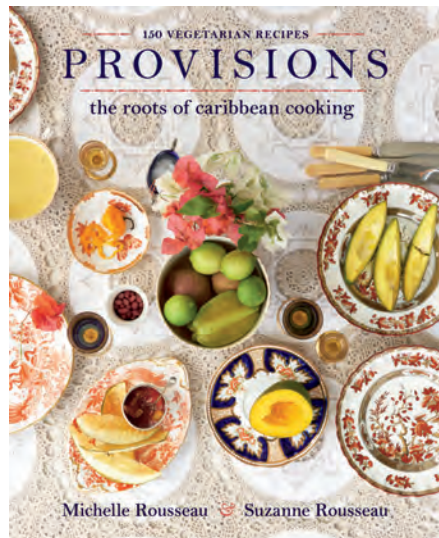
[facebook.com/StephanieSarkisPhD](https://www.facebook.com/StephanieSarkisPhD)

Follow on Twitter @StephanieSarkis



Provisions

The Roots of Caribbean Cooking—150 Vegetarian Recipes



Michelle Rousseau, Suzanne Rousseau

DESCRIPTION:

A lush, modern vegetarian cookbook celebrating the bold flavors and unique ingredients of the Caribbean.

In *Provisions*, Michelle and Suzanne Rousseau share 130 recipes that pay homage to the meals and market produce that have been farmed, sold, and prepared by Caribbean people—particularly Caribbean women—for centuries. Caribbean food is often thought of as rustic and unrefined, but these vibrant vegetarian dishes will change the way we think about this diverse, exciting, and nourishing cuisine. The pages are spiced with the sisters' fond food memories and fascinating glimpses of the islands' histories, bringing the region's culinary past together with creative recipes that represent the best of Caribbean food today. Stunning full-color photographs showcase the variety of these dishes: hearty stews, easy one-pot meals, crunchy salads, flavorful pickles, preserves, and hot sauces, sumptuous desserts, cocktails, and more.

KEY SELLING POINTS:

Vegetarian recipes

Feminist history—in a cookbook: *Provisions* delves into the rich history of food and culture experienced by women in the Caribbean.

Gorgeous package: Beautiful color photographs were shot on-site in Jamaica using heirloom dishes and tablecloths from their family's and friends' collections.

ON SALE DATE: October 30, 2018

ANNOUNCED FIRST PRINT:
20,000

9780738234670

\$30.00 (\$39.00 CAN)

HARDCOVER BOOK

7-3/8" x 9-1/8" / 256 pages

BISAC CATEGORIES:

COOKING / Regional & Ethnic / Caribbean & West Indian

COOKING / Vegetarian & Vegan

AUTHOR'S RESIDENCE:

Kingston, Jamaica

EXCLUSIVE TERRITORIES:

WORLD ALL LANGUAGES

MARKETING & PUBLICITY PLANS:

- Shareable graphics
- Blad
- Recipe postcard

ALSO AVAILABLE:

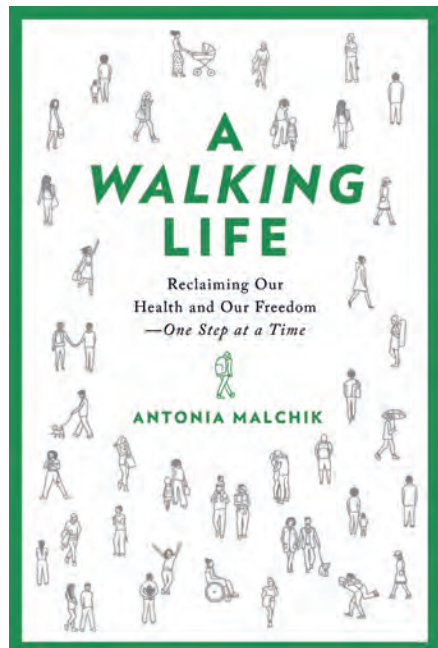
Ebook / ISBN: 9780738234663 / Price: \$15.99 (\$19.99 CAN)

ABOUT THE AUTHOR

Sisters **Michelle and Suzanne Rousseau** have spent the last 20 years exploring the culture and identity of Caribbean food from their unique vantage point as Jamaican chefs and entrepreneurs. They currently serve as executive producers and hosts for the web series "Island Potluck," created in tandem with the Jamaica Tourist Board.

A Walking Life

Reclaiming Our Health and Our Freedom One Step at a Time



ON SALE DATE: November 6, 2018

ANNOUNCED FIRST PRINT:
15,000

9780738220161
\$27.00 (\$35.00 CAN)
HARDCOVER BOOK
6" x 9" / 288 pages

BISAC CATEGORIES:
SOCIAL SCIENCE / Anthropology / Cultural
SPORTS & RECREATION / Walking

AUTHOR'S RESIDENCE:
Northwest Montana

Antonia Malchik

DESCRIPTION:

For readers of *On Trails*: an incisive, utterly engaging exploration of walking: how it is fundamental to our being human, how we've designed it out of our lives, and how it is essential that we reembrace it.

Have you heard? Sitting is the new smoking. Driven by a combination of a car-centric culture and an insatiable thirst for productivity and efficiency, we have been designing walking out of our lives for nearly a hundred years—and there's a national conversation about the dangers of our increasingly sedentary lifestyles. Delving into science, history, and anecdote—from our origins as hominids to our first baby steps, to universal design and social capital, to walking as protest and our very concepts of self and community, *A Walking Life* shows exactly how essential this deceptively simple pedestrian act truly is.

KEY SELLING POINTS:

Casts a wide net: Whether you are urban or rural, commute by train, car, bus, or foot, walking covers common ground. Malchik unpacks how it is essential to our creativity, our brain development, and to our sense of belonging.

A promising new voice: Malchik's lyrical prose and keen ability to disseminate research and "big ideas" combine for a unique, riveting book.

MARKETING & PUBLICITY PLANS:

- Author Tour: Missoula MT, Seattle, Portland
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780738220178 / Price: \$17.99 (\$22.99 CAN)



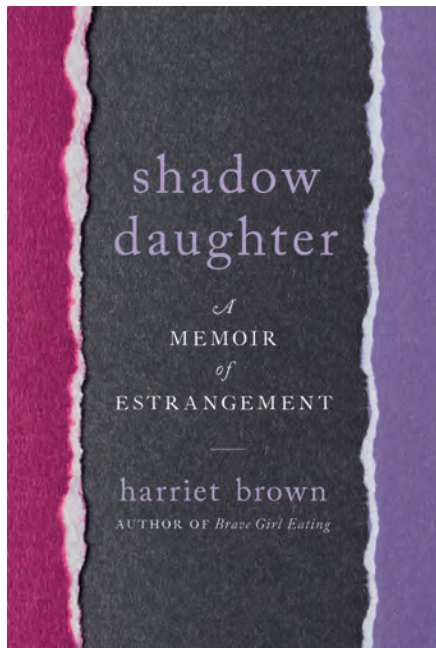
Antonia Malchik is the managing editor of *STIR Journal* and a regular contributor to Full Grown People. Her essays and articles have appeared in *Aeon*, the *Washington Post*, the *Boston Globe*, the *Atlantic*, BuzzFeed Ideas, and many others. Formerly, she worked as a journalist in Austria and Australia. She lives in Northwest Montana with her family.

<https://antoniamalchik.com/>

Follow on Twitter @amalchik

Shadow Daughter

A Memoir of Estrangement



ON SALE DATE: November 6, 2018

ANNOUNCED FIRST PRINT:
20,000

9780738234533
\$27.00 (\$35.00 CAN)
HARDCOVER BOOK
5-1/2" x 8-1/4" / 272 pages

BISAC CATEGORIES:
BIOGRAPHY & AUTOBIOGRAPHY /
Personal Memoirs
FAMILY & RELATIONSHIPS / Parenting /
Parent & Adult Child

AUTHOR'S RESIDENCE:
Syracuse, NY

EXCLUSIVE TERRITORIES:
WORLD ENGLISH

Harriet Brown

DESCRIPTION:

A riveting, provocative, and ultimately hopeful exploration of mother-daughter estrangement, woven with research and anecdotes, from an award-winning journalist.

Family estrangements are surprisingly common—yet are often shrouded in secrecy, stigma, and shame. Harriet Brown's family is just one example. The day of her mother's funeral, Harriet was five thousand miles away, a culmination of years of distance between them. Yet Harriet felt her death deeply, embarking on an exploration of what estrangement means—to those who cut off contact, to those who are estranged, to the friends and family members who are on the sidelines. *Shadow Daughter* tackles this taboo subject with fierce candor, honesty, and wit, for a deeply researched and essential exploration of the ties that bind and break, forgiveness and reckoning, and what family really means.

KEY SELLING POINTS:

Unpacks a taboo topic: The *Chicago Tribune* cites family estrangement as an epidemic. This book opens a dialogue that many people want—and need—to have.

Mother-daughter relationship: There's no shortage of literature on mother-daughter relationships. Brown shares key research; as a gifted memoirist, her narrative will speak deeply to others who have similar stories.

MARKETING & PUBLICITY PLANS:

- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780738234540 / Price: \$12.99 (\$16.99 CAN)



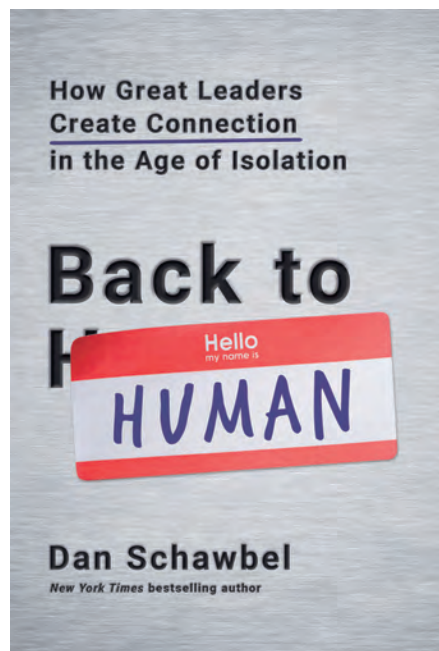
Harriet Brown is the author *Body of Truth* and *Brave Girl Eating*. She has edited two anthologies and has written for the *New York Times Magazine*, *O Magazine*, *Psychology Today*, *Prevention*, and many other publications. She is an associate professor of magazine journalism at the S.I. Newhouse School of Public Communications at Syracuse University.

<https://harriet-brown.squarespace.com/>

Follow on Twitter @HarrietBrown

Back to Human

How Great Leaders Create Connection in the Age of Isolation



ON SALE DATE: November 13, 2018

ANNOUNCED FIRST PRINT:
20,000

9780738235035
\$27.00 (\$35.00 CAN)
HARDCOVER BOOK
6" x 9" / 256 pages

BISAC CATEGORIES:
BUSINESS & ECONOMICS / Leadership
BUSINESS & ECONOMICS / Workplace
Culture

AUTHOR'S RESIDENCE:
New York, NY

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Dan Schawbel

DESCRIPTION:

A *New York Times* bestselling author details how a more socially connected workforce creates greater fulfillment, productivity, and engagement while being more protected against burnout and turnover.

Fortune 500 consultant and *New York Times* bestselling author Dan Schawbel guides the next generation of leaders to create a workplace where teammates feel genuinely connected, engaged, and empowered to grow strong interpersonal skills rather than relying on technology. Based on Schawbel's exclusive research studies—featuring the perspectives of over 4,000 executives and employees across different age groups and from the US, UK and other countries—*Back to Human* reveals why electronic and virtual communication contributes to a stronger sense of isolation at work than ever before. The corporate cultures we are experiencing right now need to change, and Schawbel offers a new leadership model featuring The Work-Life Balance Myth, Shared Learning, and more.

KEY SELLING POINTS:

Mover and shaker: *Business Insider* named Dan Schawbel one of the "Top 40 Innovative People Under 40," *Business Week* called him one of "20 Entrepreneurs You should Follow."

Author's Platform In-house and Online:

Subscriber list: 50k+. Twitter followers: 212k+.

MARKETING & PUBLICITY PLANS:

- Online advertising
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780738235011 / Price: \$13.99 (\$17.99 CAN)



Dan Schawbel is a Partner and Research Director at Future Workplace and the Managing Partner of Millennial Branding, a Gen Y research and consulting firm. He is also the founder of the Personal Branding Blog, a Forbes "Top Website for Your Career." He is a founding member of the Young Entrepreneur Council and on the advisory board of Kronos Workforce Institute.

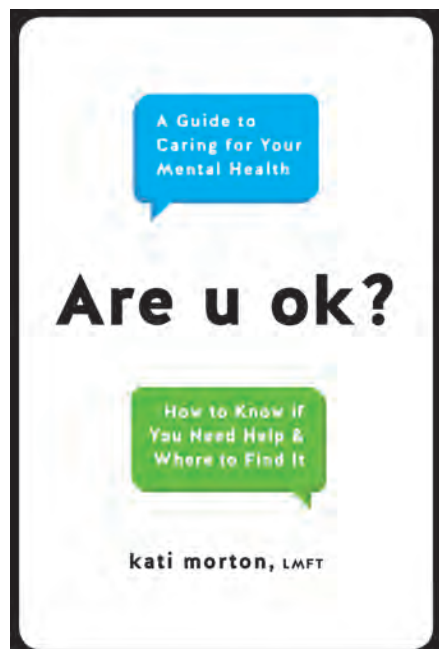
danschawbel.com/

Follow on Twitter @DanSchawbel



Are U Ok?

A Guide to Caring For Your Mental Health



ON SALE DATE: December 11, 2018

ANNOUNCED FIRST PRINT:
15,000

9780738234991
\$20.00 (\$26.00 CAN)
PAPER OVER BOARD
6" x 9" / 272 pages

BISAC CATEGORIES:
PSYCHOLOGY / Mental Health
PSYCHOLOGY / Psychopathology / Anxieties
& Phobias

AUTHOR'S RESIDENCE:
Los Angeles, CA

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Kati Morton LMFT

DESCRIPTION:

A licensed family therapist and YouTube personality, Kati Morton answers the most commonly asked questions about mental health, including when to get help and where to find it.

Everyone struggles with mental health issues from time to time, but the greatest level of misunderstanding comes from knowing the difference between mental health and mental illness, figuring out whether we need professional help and, if so, how to find it. *Are U Ok?* walks readers through the most commonly asked questions about mental health and the process of getting help. From finding the best therapist to navigating harmful and toxic relationships and everything in between, licensed family therapist and YouTube sensation Kati Morton clarifies and de-stigmatizes these struggles, and encourages readers to reach out for help. In the down-to-earth, friendly tone that makes Kati Morton so popular on YouTube, *Are U Ok?* informs and reminds us that we can get through the difficult times and we are never alone.

KEY SELLING POINTS:

Timely topic with huge audience: More people than ever are suffering from anxiety and depression—*Are U Ok?* meets a need for those who want to seek professional help but don't know how.

High Viewership: Kati Morton has 270k+ Youtube subscribers, and her videos have a total of over 24 million views.

MARKETING & PUBLICITY PLANS:

- Online advertising
- Shareable graphics
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9780738234984 / Price: \$12.99 (\$16.99 CAN)



Kati Morton is a Licensed Marriage and Family Therapist practicing in Santa Monica, CA. She is an entrepreneur and YouTube creator who has built a global mental health online community.

<http://www.katimorton.com/>

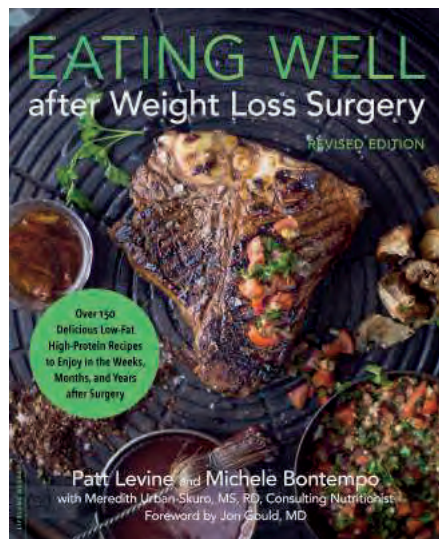
<facebook.com/katimorton1>

Follow on Twitter @KatiMorton



Eating Well after Weight Loss Surgery

Over 150 Delicious Low-Fat High-Protein Recipes to Enjoy in the Weeks, Months, and Years after Surgery



Patricia Levine, Michele Bontempo

DESCRIPTION:

The best-selling bariatric cookbook, with more than 150 low-carb, low-fat, high-protein recipes for patients to enjoy after weight-loss surgery.

This essential cookbook and guide will help weight-loss surgery patients stay on track—and keep them satisfied with recipes the whole family can enjoy. These simple yet substantial, no-sugar-added, low-carb recipes are a great resource not only to those recovering from surgery, but to anyone wishing to maintain a balanced and nutritious diet. The book offers dozens of creative ideas for deliciously lean breakfasts, lunches, dinners, soups, veggies, sauces, and even desserts. Each recipe is complete with a recommended serving for different stages of the eating programs for Lap-Band, gastric bypass, BPD-DS, and the bariatric sleeve. This revised edition includes 25 brand-new recipes and is updated to reflect the most up-to-date research into bariatric surgery and related nutrition.

KEY SELLING POINTS:

Weight-loss surgery is becoming more and more common: Around 200,000 Americans undergo weight-loss surgery every year, and around 24 million would qualify.

What's new? Up-to-date serving recommendations for current patients, 25 new recipes, and a foreword by Jon Gould, MD.

Dietitian-approved: Content reviewed by registered dietitian and bariatric

ON SALE DATE: December 18, 2018

ANNOUNCED FIRST PRINT:
10,000

9780738235042
\$17.99 (\$23.49 CAN)
TRADE PAPERBACK
7" x 9" / 224 pages

BISAC CATEGORIES:
COOKING / Health & Healing / High Protein
COOKING / Health & Healing / Low Fat

AUTHOR'S RESIDENCE:
Oxford, Connecticut

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

ALSO AVAILABLE:

Ebook / ISBN: 9780738235059 / Price: \$11.99 (\$14.99 CAN)

ABOUT THE AUTHOR

Patt Levine is a professional writer, recipe developer, and serious cook. She developed this post-surgery eating plan after her own weight-loss surgery in early 2003. **Michele Bontempo** is an art director and graphic designer who has worked in both the fashion and home furnishing fields.



The Ultimate Age-Defying Plan

The Plant-Based Way to Stay Mentally Sharp and Physically Fit



Mark Reinfeld, Ashley Boudet ND

DESCRIPTION:

Discover the keys to a long life and optimal health at any age in this practical wellness guide and cookbook—including 175 recipes, all with 7 ingredients or less.

Experts in food and medicine look to a plant-based diet as the most holistic, effective, and universal path to health, especially when it comes to aging. This guide provides a comprehensive roadmap to staying vital and living a long life — using plant-based cuisine and simple daily self-care rituals that boost health and support healthy functioning in the body. Written by vegan chef Mark Reinfeld and naturopathic doctor Ashley Boudet, with physician and author Michael Klaper, MD, each chapter in *The Ultimate Age-Defying Plan* describes one aspect of the human body—such as mind, heart, bones, digestive system—and delves into the nutrients, food, and self-care practices necessary for healing and aiding this area of the self. Then, the book shares 175 simple, delicious, health-supporting recipes.

KEY SELLING POINTS:

Veganism has never been more popular: There are over a million people in the U.S. who already abide by a strict vegan diet.

Every recipe made with 7 or fewer ingredients

Expert guidance from a physician: Michael Klaper, MD, provided oversight and contributions to the book.

ON SALE DATE: February 12, 2019

ANNOUNCED FIRST PRINT: 12,000

9780738234731

\$22.99 (\$29.99 CAN)

TRADE PAPERBACK

7-1/4" x 9-1/4" / 384 pages

BISAC CATEGORIES:

HEALTH & FITNESS / Healthy Living
COOKING / Vegan *

AUTHOR'S RESIDENCE:

Boulder, Colorado

EXCLUSIVE TERRITORIES:

WORLD ALL LANGUAGES

MARKETING & PUBLICITY PLANS:

- Shareable graphics
- Recipe postcard

ALSO AVAILABLE:

Ebook / ISBN: 9780738234748 / Price: \$12.99 (\$16.99 CAN)

ABOUT THE AUTHOR

Award-winning vegan chef **Mark Reinfeld** is the author of seven books, including the bestselling *30-Minute Vegan* series, and offers food counseling services for companies like Google and Whole Foods.

Ashley Boudet, ND, is a graduate of the National University of Natural Medicine (NUNM). She is on the board of the International Congress of Naturopathic Medicine.

<https://veganfusion.com>

facebook.com/veganfusion

Follow on Twitter @veganfusion



Mom Hacks

100+ Ways to Raise a Healthy Baby—and be a Healthy Mom



ON SALE DATE: February 19, 2019

ANNOUNCED FIRST PRINT:
15,000

9780738284644
\$15.99 (\$20.99 CAN)
TRADE PAPERBACK
5-1/2" x 8-1/4" / 256 pages

BISAC CATEGORIES:
FAMILY & RELATIONSHIPS / Parenting /
Motherhood
HEALTH & FITNESS / Women's Health

AUTHOR'S RESIDENCE:
Atlanta, GA

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Darria Long Gillespie, MD

DESCRIPTION:

100+ self-care hacks for any mom to eat right, move more, stress less and get a good night's sleep, by a doctor who is also a mom

Somewhere along the way between pregnancy test and delivery, coordinating school pickup, wiping noses, and incorporating workplace demands, the health of the mother takes a backseat. *Mom Hacks* changes all that. Author Dr. Darria Gillespie outlines five building blocks (Purpose, Nutrition, Exercise, Sleep and Stress) and over 100 tips to lead mothers into peak health, rest, and vibrancy. Similar to popular bestsellers such as *The 4-Hour Body*, *Mom Hacks* offers a useful guide to health and fitness, addressing the question: what are the tiniest changes that produce the biggest results? Here, the answers come from a doctor who is also a mom.

KEY SELLING POINTS:

Media commitment from big names: Dr. Oz commits to supporting *Mom Hacks*. Sharecare has agreed to promote the book on its online platforms and to its nearly 1 million subscribers.

Simple, doable hacks: The format of this book will appeal to mothers who don't have a lot of time and are looking for simple, small actions to achieve every day.

ALSO AVAILABLE:

Ebook / ISBN: 9780738284637 / Price: \$9.99 (\$12.99 CAN)

ABOUT THE AUTHOR

Dr. Darria Gillespie earned her medical degree from the University of Rochester School of Medicine, her residency in Emergency Medicine from Yale University School of Medicine and her MBA from Harvard Business School. She is a practicing emergency physician and the national spokesperson for the American College of Emergency Physicians.

<http://drdarria.com/>

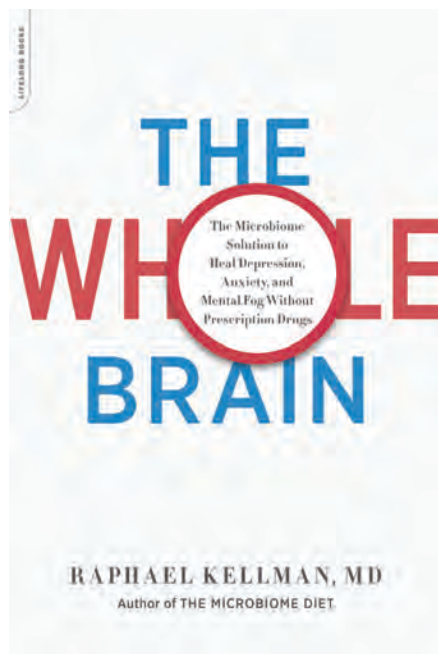
Follow on Twitter @DrDarria



The Whole Brain

The Microbiome Solution to Heal Depression, Anxiety, and Mental Fog without Prescription Drugs

Raphael Kellman, M.D.



DESCRIPTION:

A groundbreaking, medication-free, scientifically based approach to healing depression, anxiety, and brain fog by focusing on your "whole brain"—the brain, the gut, the microbiome, and the thyroid.

There is a fundamental connection between the brain, the gut, the microbiome, and the thyroid: if any one part of this "whole brain" system is malfunctioning, it will impact the others. Based on his decades of experience as a physician and his ongoing study of the latest science, Dr. Kellman gives a lively, accessible explanation of why you need to heal this system for optimal brain health. He then shares the Whole Brain program, a practical plan that offers drug-free relief to anyone suffering depression, anxiety, and other mood disorders, as well as those who just want to feel better.

KEY SELLING POINTS:

Solid track: Sales of Kellman's first book *The Microbiome Diet* have been consistently strong. Kellman's platform continues to grow.

Drug-free way to fight mental illness: There is increasing discussion on natural remedies for mental illness; while not anti-meds, the book offers ways of healing that are natural—and can be used to complement current meds regimens.

ON SALE DATE: October 30, 2018

ANNOUNCED FIRST PRINT:
12,000

9780738284606
\$15.99 (\$20.99 CAN)
TRADE PAPERBACK
6" x 9" / 320 pages

BISAC CATEGORIES:
HEALTH & FITNESS / Healthy Living
MEDICAL / Mental Health

AUTHOR'S RESIDENCE:
Manhattan, NY

ALSO AVAILABLE:

Ebook / ISBN: 9780738219486 / Price: \$17.99 (\$22.99 CAN)



An internist and pioneer in holistic medicine, **Dr. Raphael Kellman** is the founder of the Kellman Center for Functional and Integrative Medicine. Dr. Kellman lives with his family in Manhattan.

<http://kellmancenter.com/>

[facebook.com/drraphaelkellman](https://www.facebook.com/drraphaelkellman)

Follow on Twitter @doctorkellman



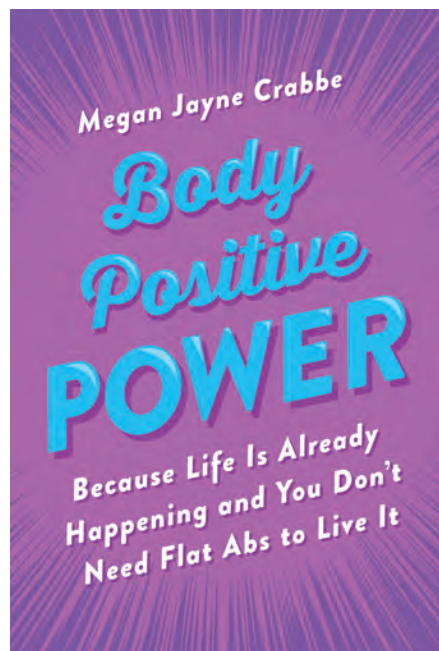
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Body Positive Power

Because Life Is Already Happening and You Don't Need Flat Abs to Live It



Megan Jayne Crabbe

DESCRIPTION:

For generations, women have been convinced that true happiness comes when we hit that goal weight, shrink ourselves down, and change ourselves to fit an unrealistic beauty ideal. We've been taught to see our bodies as collections of problems that need to be fixed.

In her debut book, Megan Jayne Crabbe is determined to spread the word that loving the body you have is the real path to happiness. An international body positive guru, Megan spent years battling eating disorders and weight fluctuations before she found her way to body positivity. She quit dieting, found a new kind of confidence, and replaced all those old feelings of body shame and self-recrimination with everyday joy.

With whip-smart wit and a bold attitude that lights up her Instagram feed, Megan champions a new worldview for all of us.

KEY SELLING POINTS:

SOCIAL MEDIA POWERHOUSE: Over 950,000 Instagram followers who are mainly based in the US

NATIONAL MEDIA ATTENTION: Featured in national broadcast and print outlets like The Today Show, People, Teen Vogue, Cosmo, Bustle, and Refinery 29

ON SALE DATE: September 11, 2018

ANNOUNCED FIRST PRINT:
20,000

9781580058230

\$16.99 (\$22.49 CAN)

TRADE PAPERBACK

5-1/2" x 8-1/4" / 304 pages

BISAC CATEGORIES:

SELF-HELP / Personal Growth / Self-Esteem

SELF-HELP / Personal Growth / Happiness

AUTHOR'S RESIDENCE:

United Kingdom

EXCLUSIVE TERRITORIES:

US, TERRITORIES, DEPENDENCIES,
PHILIPPINES AND CANADA

MARKETING & PUBLICITY PLANS:

- Online advertising
- Shareable graphics
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9781580058223 / Price: \$9.99 (\$12.99 CAN)



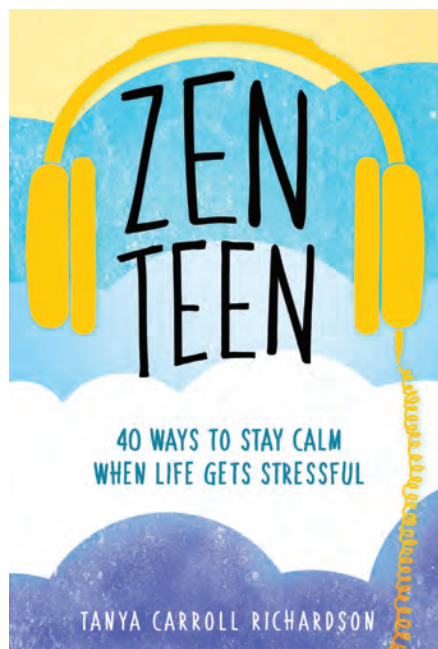
Instagram star **Megan Jayne Crabbe** and her body-empowerment messages have been featured around the world on the *Today* show and in *People*, *Teen Vogue*, *HelloGiggles*, *Cosmopolitan*, *Bustle*, *Redbook*, *Refinery29*, *Buzzfeed*, and more. She lives in the UK.

<http://www.bodyposipanda.com>

Follow on Twitter @bodyposipanda_

Zen Teen

40 Ways to Stay Calm When Life Gets Stressful



ON SALE DATE: September 11, 2018

ANNOUNCED FIRST PRINT:
15,000

9781580057820
\$14.99 (\$19.49 CAN)
TRADE PAPERBACK
5-1/2" x 8-1/4" / 176 pages

Ages 12 & up / Grades 7-17

BISAC CATEGORIES:
YOUNG ADULT NONFICTION / Social
Topics / Depression & Mental Illness *
YOUNG ADULT NONFICTION / Social
Topics / Self-Esteem & Self-Reliance *

AUTHOR'S RESIDENCE:
New Jersey

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Tanya Carroll Richardson

DESCRIPTION:

A warm and relatable teen guide to reducing anxiety, depression, and panic with 40 tips and tricks that guide, support, and inspire kids to prioritize their mental health.

In the last decade, studies have reported a rise in teens who experience anxiety, panic, and an inability to cope with the pressures of daily life. The good news is that as mental health challenges become less stigmatized, young people are more likely to know how to identify their feelings and ask for help. Even celebrity teen icons like Selena Gomez are "coming out" as anxiety sufferers, and talking about their experiences.

Zen Teen addresses this epidemic with coping mechanisms and creative tools designed for the teenage mind.

KEY SELLING POINTS:

Addresses a national epidemic: Teen anxiety is rising nationwide and is often covered in national publications as an emerging crisis.

Teen friendly: Pushing aside clinical jargon, Zen Teen addresses teens on their level.

MARKETING & PUBLICITY PLANS:

- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9781580057837 / Price: \$9.99 (\$12.99 CAN)



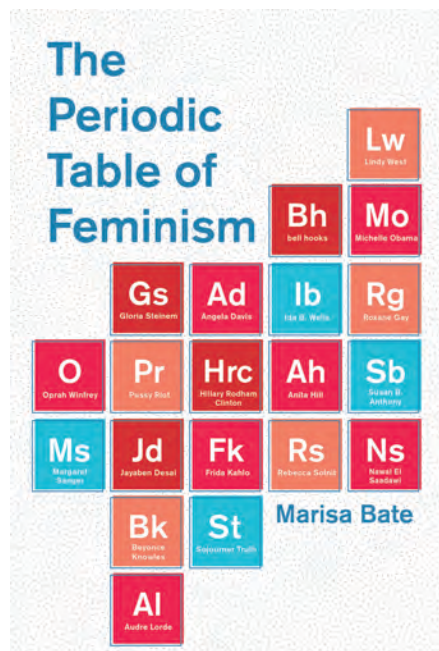
Tanya Richardson is a regular contributor to *Beliefnet* and *MindBodyGreen*.

<http://www.tanyarichardson.com/>

Follow on Twitter @TanyaBlessings



The Periodic Table of Feminism



ON SALE DATE: October 16, 2018

ANNOUNCED FIRST PRINT:
20,000

9781580058681

\$20.00 (\$26.00 CAN)

PAPER OVER BOARD

5" x 7" / 272 pages

BISAC CATEGORIES:

BIOGRAPHY & AUTOBIOGRAPHY / Women
SOCIAL SCIENCE / Feminism & Feminist
Theory

AUTHOR'S RESIDENCE:

London

EXCLUSIVE TERRITORIES:

US, TERRITORIES, DEPENDENCIES,
PHILIPPINES AND CANADA

Marisa Bate

DESCRIPTION:

A quirky and stylish review of the feminist movement using the periodic table as a categorical device. The featured women are divided into "chemical" groups to show how the women catalyzed the movement:

Precious Metals: the face of the movements, like Simone De Beauvoir and Gloria Steinem

Catalysts: Pioneers and fire-starters, like Susan B. Anthony and Sheryl Sandberg

Conductors: The organizers, like Sojourner Truth and Rebecca Solnit

Diatomics: Women working together, like The Spice Girls and The Women's Equality Party

KEY SELLING POINTS:

Gift package: Perfectly designed for gift tables and catalogs, the unique angle and beautiful design make it a perfect gift

Unique angle: A wholly fresh and unexpected approach to the history of feminism, using a scientific rubric to offer insight into the leaders of the feminist movement

MARKETING & PUBLICITY PLANS:

- Online advertising
- Social media campaign
- Digital Blad

ALSO AVAILABLE:

Ebook / ISBN: 9781580058698 / Price: \$13.99 (\$17.99 CAN)

**ABOUT
THE AUTHOR**

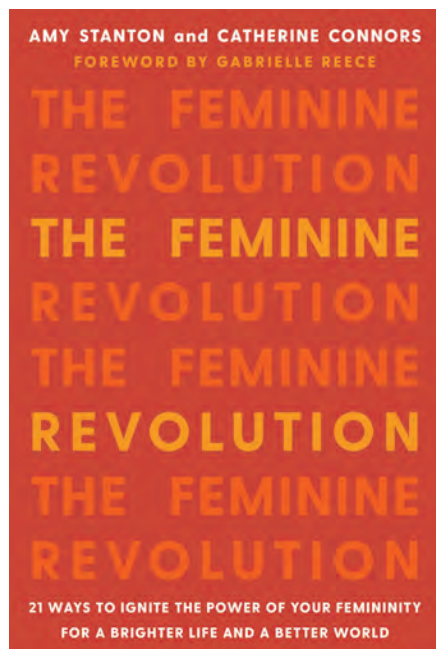
Marisa Bate has written for the *Guardian*, *Observer*, *Glamour*, and *Cosmopolitan*, and she was the first full time staff member of *The Pool*. She is now a freelance journalist, and has added radio commentary to her repertoire, appearing on BBC Radio 4's *The World Tonight* and BBC Radio Scotland's *Good Morning Scotland*. She lives in London.

<https://www.the-pool.com/search?author=marisa-bate>



The Feminine Revolution

21 Ways to Ignite the Power of Your Femininity for a Brighter Life and a Better World



Amy Stanton, Catherine Connors

DESCRIPTION:

Feminine traits that were once seen as weaknesses—such as sensitivity, intuition, and feeling emotional—are reclaimed as powerful strengths that can be embraced as the keys to a happier life.

Challenging old perceptions that feminine traits are flawed, *The Feminine Revolution* revisits those attributes to show how they are powerful and should be embraced rather than maligned.

Authors Amy Stanton and Catherine Connors begin with a brief history on how these assets were defined as weaknesses, share opinions from iconic feminists like Samantha Bee, Sheryl Sandberg, and Misty Copeland, offer a set of feminine principles that challenge unfair perceptions of feminine traits, and provide women with new mindsets to reclaim those traits with confidence.

KEY SELLING POINTS:

Powerful allies: The authors have access to influencers Sheryl Sandberg, Samantha Bee, Marianne Williamson, Brené Brown, and others.

Capitalizes on the pop-feminist trend: Offers a counter-intuitive message about the value of feminine traits: crying openly, embracing glamour, and chatting with friends.

ON SALE DATE: November 6, 2018

ANNOUNCED FIRST PRINT:
15,000

9781580058124
\$16.99 (\$22.49 CAN)
TRADE PAPERBACK
5-1/2" x 8-1/4" / 256 pages

BISAC CATEGORIES:
SOCIAL SCIENCE / Feminism & Feminist
Theory
SOCIAL SCIENCE / Popular Culture

AUTHOR'S RESIDENCE:
Los Angeles

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

ALSO AVAILABLE:

Ebook / ISBN: 9781580058131 / Price: \$11.99 (\$14.99 CAN)



Catherine Connors was Editor in Chief of Babble and head of content for Disney Interactive's Women and Family portfolio. She lives in Los Angeles.

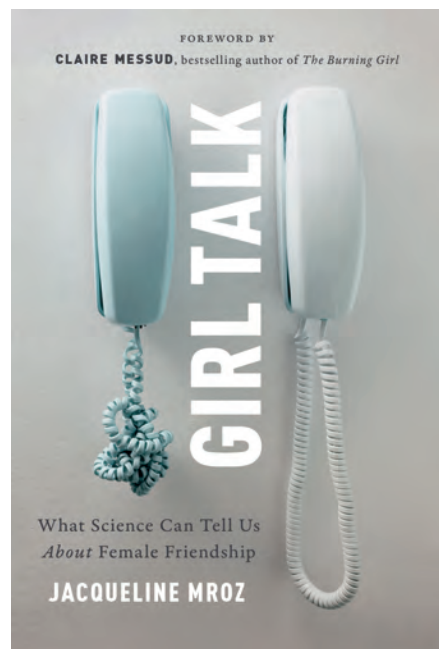


Amy Stanton was the CMO at Martha Stewart Living Omnimedia. She is a frequent speaker on the topics of women, sports, feminism, and lifestyle. She lives in Southern California.



Girl Talk

What Science Can Tell Us About Female Friendship



ON SALE DATE: November 13, 2018

ANNOUNCED FIRST PRINT:
18,000

9781580057677
\$16.99 (\$22.49 CAN)
TRADE PAPERBACK
5-1/2" x 8-1/4" / 272 pages

BISAC CATEGORIES:
PSYCHOLOGY / Interpersonal Relations
FAMILY & RELATIONSHIPS / Friendship

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Jacqueline Mroz

DESCRIPTION:

A New York Times' science reporter's investigation into the riveting and distinctive nature of women's friendships, and how they shape the culture at large.

In *Girl Talk*, Jacqueline Mroz examines friendship how friends tend to share more genetic commonalities than strangers, and that the more friends we have, the more empathy and pleasure chemicals are present in our brains. Scientists have also reported that friendship directly influences health and longevity; women with solid, supportive friendships experience fewer "fight or flight" impulses and stronger heart function, and women without friendships tend to develop medical challenges with those linked to smoking and excessive body weight.

With intimate reporting and insightful analysis, Mroz reveals new awareness about the impact of women's friendships and how they affect us on a larger scale.

KEY SELLING POINTS:

Foreword by Claire Messud: *New York Times* bestselling author of *The Burning Girl* and *The Woman Upstairs*.

Impact on mental health: An estimated 500,000 licensed mental health counselors practice in the US and treat women for issues related to women's relationships.

MARKETING & PUBLICITY PLANS:

- NPR Feature Campaign
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9781580057684 / Price: \$9.99 (\$12.99 CAN)



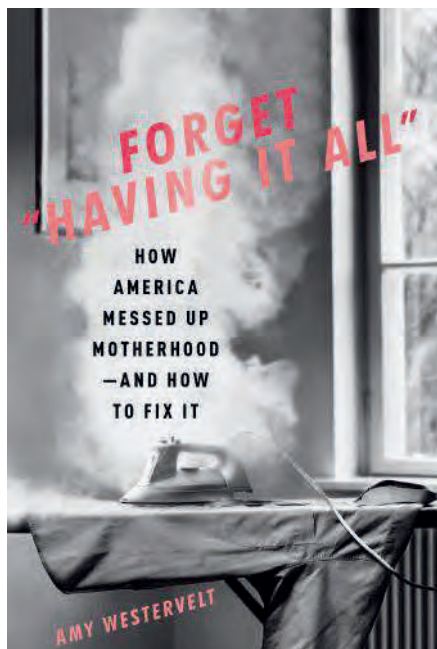
Jacqueline Mroz a veteran journalist and longtime science writer for *The New York Times*, and the author of *Scattered Seeds*. She lives in New Jersey.

Claire Messud is the *New York Times* bestselling author of *When the World Was Steady* and *The Hunters*. She has been awarded a Guggenheim Fellowship and a Radcliffe Fellowship.



Forget "Having It All"

How America Messed Up Motherhood—and How to Fix It



ON SALE DATE: November 13, 2018

ANNOUNCED FIRST PRINT:
20,000

9781580057868
\$27.00 (\$35.00 CAN)
HARDCOVER BOOK
6" x 9" / 288 pages

BISAC CATEGORIES:
HISTORY / Women
SOCIAL SCIENCE / Feminism & Feminist
Theory

AUTHOR'S RESIDENCE:
Truckee, California

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Amy Westervelt

DESCRIPTION:

A clear-eyed look at the American history of motherhood—and a blueprint for fixing the unequal and biased treatment that exists as a result.

After filing a story for a journalism assignment only two days after giving birth, Amy Westervelt had a revelation: we treat mothers like crap in this country. From short maternity leave to gender-based double standards, emotional labor to the wage gap, Westervelt became determined to understand how we got here—where "having it all" is the fabled, hollow, unreachable goal.

In *Forget "Having It All,"* Westervelt traces the roots of our problems back to the founding of our nation and through the changing roles of men and women since. Using this backdrop, she draws out what we should replicate from our past, and what we must begin anew as we overhaul American motherhood.

KEY SELLING POINTS:

TIMELY SUBJECT: Westervelt's piece, *Having It All Kinda Sucks*, was shared tens of thousands of times and translated into 20 languages.

TALENTED AUTHOR: The author is an award-winning journalist with nearly two decades of experience and bylines including *Elle*, *Smithsonian*, and a column for *The Guardian* and regular contributions to the *Wall Street Journal*.

MARKETING & PUBLICITY PLANS:

- Academic marketing
- NPR Feature campaign
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9781580057882 / Price: \$14.99 (\$18.99 CAN)



Amy Westervelt is an award-winning journalist, writing about health, psychology, technology, business, and environmental issues. She is the cofounder of *Climate Confidential*, an award-winning collaboration between six female journalists. In 2014 she was awarded a Rachel Carson Award for environmental journalism.

<http://amy-westervelt.squarespace.com>

Follow on Twitter @amywestervelt



Faking It

The Lies Women Tell about Sex—And the Truths They Reveal



ON SALE DATE: **November 20, 2018**

ANNOUNCED FIRST PRINT:
15,000

9781580057653
\$15.99 (\$20.99 CAN)
TRADE PAPERBACK
5-1/2" x 8-1/4" / 256 pages

BISAC CATEGORIES:
SOCIAL SCIENCE / Popular Culture SOCIAL
SCIENCE / Sociology / Social Theory *

AUTHOR'S RESIDENCE:
New York, NY

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Lux Alptraum

DESCRIPTION:

A provocative look at women, sex, and lying—why myths about women's deceit persist, how they form, and ultimately why we must trust women.

When we talk about sex, we talk about women being shady and dishonest. Women lie about orgasms. Women lie about being virgins, about who got them pregnant, about being raped—the list goes on. We're reminded that, on dates, in relationships, and chiefly in the bedroom, women aren't telling the truth. But where does this belief come from?

Alptraum raises key questions: are lying women all that common—or is the idea of dishonest women a sign of male paranoia? Are they trying to please men, or trying to trick them? And what affect does this deceit have on women's self-images, status, and safety?

KEY SELLING POINTS:

Timely Topic: The tropes around women lying, the truth that women, at times do lie—a revelation that will spark debate and tie-in to the news cycle.

Connected Author: Alptraum is the Founding Director of Out of the Binder, a community that is broad, devoted, and full of the influencers who will spread the word about the book.

MARKETING & PUBLICITY PLANS:

- NPR Feature campaign
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9781580057660 / Price: \$9.99 (\$12.99 CAN)

ABOUT THE AUTHOR

A writer, sex educator, and consultant, **Lux Alptraum's** work has been featured on *The Verge*, *The Guardian*, *Cosmopolitan*, *Fast Company*, and *Refinery29*. She has appeared on numerous radio and television shows and has spoken at various universities. She is the cofounder of the nonprofit behind the annual professional development conference BinderCon.

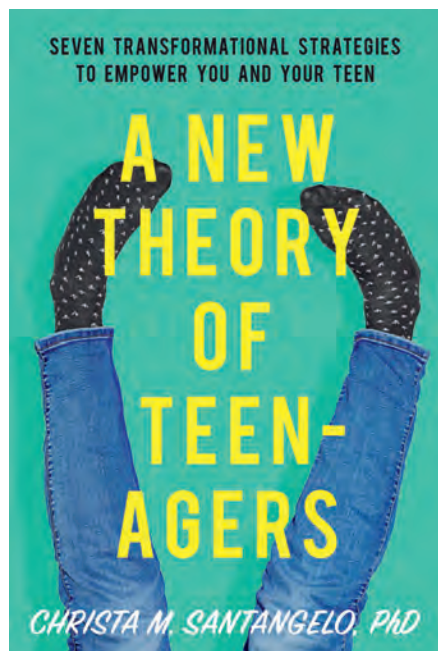
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A New Theory of Teenagers

Seven Transformational Strategies to Empower You and Your Teen



ON SALE DATE: November 27, 2018

ANNOUNCED FIRST PRINT:
12,000

9781580058322
\$15.99 (\$20.99 CAN)
TRADE PAPERBACK
5-1/2" x 8-1/4" / 256 pages

BISAC CATEGORIES:
FAMILY & RELATIONSHIPS / Life
Stages / Teenagers
FAMILY & RELATIONSHIPS / Life
Stages / Adolescence

AUTHOR'S RESIDENCE:
San Anselmo, CA

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Christa Santangelo

DESCRIPTION:

A guide for families to thrive in the riotous teen years—and the culmination of the author's experience in both conventional psychology and alternative methods.

Dr. Christa Santangelo has seen relationships ruined by the emotional storm that teenagers can inflict on a family. Yet she also realizes how that conflict can be fixed between parents and teens. In *A New Theory of Teenagers*, she gives parents the advice, tips and support needed to see the teen years as opportunities for growth and positive relationships. With counterintuitive steps she offers hope and liberation. Santangelo asserts that parents have a greater impact on conflict with their teen than they may realize and gives parents back the power they have to shift the situation to harmony.

KEY SELLING POINTS:

UNIQUE, MULTI-DIMENSIONAL APPROACH: The author integrates traditional psychology with modern methods including yoga, meditation, chakra alignment, and more.

ACCREDITED AUTHOR: Dr. Santangelo is a psychologist and assistant clinical professor at UC- San Francisco. Her twenty-five year expertise uses forward-

ALSO AVAILABLE:

Ebook / ISBN: 9781580058315 / Price: \$9.99 (\$12.99 CAN)

ABOUT THE AUTHOR

Dr. Christa Santangelo, Ph.D., is a clinical psychologist in private practice and on faculty at the University of California, San Francisco, where she teaches and trains psychiatry residents. Dr. Santangelo has been in practice for twenty years and during that time has utilized approaches to change which include short-term solution-focused work, cognitive-behavioral strategies, analytic, mindfulness-based and others. She was trained at Yale University and holds advanced training in yoga/meditation and using mind-body approaches to healing.

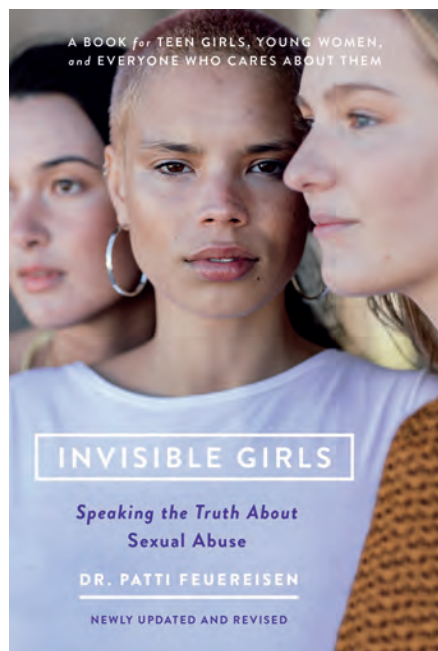
<http://christasantangelo.com>

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Invisible Girls

Speaking the Truth about Sexual Abuse



ON SALE DATE: December 4, 2018

ANNOUNCED FIRST PRINT:
20,000

9781580058605
\$18.99 (\$24.99 CAN)
TRADE PAPERBACK
5-1/2" x 8-1/4" / 352 pages

BISAC CATEGORIES:
PSYCHOLOGY / Mental Health
SOCIAL SCIENCE / Sexual Abuse & Harassment

AUTHOR'S RESIDENCE:
New York City

EXCLUSIVE TERRITORIES: WORLD
ALL LANGUAGES

Patti Feuereisen

DESCRIPTION:

A powerful source of healing for girls and young women who have experienced sexual abuse, *Invisible Girls* offers young women hope for recovery and justice.

One in four girls will experience sexual abuse by the time she is sixteen, and 48 percent of all rapes involve a young woman under the age of eighteen. In a society where sexual abuse is rampant, many women never share their stories.

In her pioneering work with young survivors for the last thirty years, Dr. Patti Feuereisen has helped teen girls and young women find their voices and become visible. In her third edition, Dr. Patti's guidance and the girls' powerful stories create a hopeful message: Healing is possible if girls learn to share their stories in their teens and early twenties. With a new introduction, new chapters, and updated resources.

KEY SELLING POINTS:

Groundbreaking coverage: Addresses newfound national attention to sexual abuse, including the sentencing of Larry Nassar in the horrifying USA Gymnastics scandal

Widely regarded as the go-to book for healing sexual trauma: A primary source of guidance for victims, therapists, resource centers, justice activists,

ALSO AVAILABLE:

Ebook / ISBN: 9781580058599 / Price: \$9.99 (\$12.99 CAN)

ABOUT THE AUTHOR

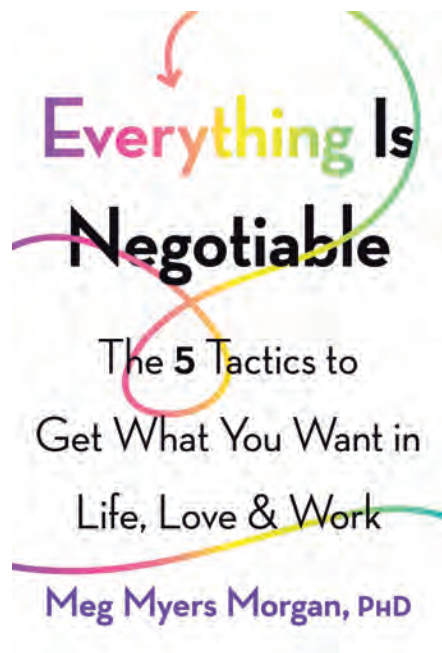
Dr. Patti Feuereisen is a psychologist in private practice in Brooklyn Heights and Manhattan. She trains staff who work with sex abuse survivors, speaks at colleges and high schools, runs workshops around the country, hosts empowerment book readings, is a speaker for Take Back the Night, and runs support workshops for foster and adoptive parents. In 2006, Dr. Patti founded Girlthrive, a nonprofit awarding incest survivor girls with scholarship money to help them heal and thrive.

<http://www.girlthrive.org/>



Everything Is Negotiable

The 5 Tactics to Get What You Want in Life, Love, and Work



ON SALE DATE: December 4, 2018

ANNOUNCED FIRST PRINT:
20,000

9781580057899
\$16.99 (\$22.49 CAN)
TRADE PAPERBACK
5-1/2" x 8-1/4" / 320 pages

BISAC CATEGORIES:
SELF-HELP / Personal Growth / Self-Esteem
SELF-HELP / Personal Growth / Happiness

AUTHOR'S RESIDENCE:
Norman, Oklahoma

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES

Meg Myers Morgan

DESCRIPTION:

Shocking ways women limit themselves and their happiness, and how to change the adopted wisdom and circular thinking that holds us back.

As women, many of us are stuck in loops about how to be successful and happy: striving to "have it all" at work and at home, imagining a linear life path (college, job, marriage, kids), and accepting limitations without pause. Yet the truth is most of the traditional wisdom about driving our life choices is total baloney.

In *Everything Is Negotiable*, Meg Myers Morgan criticizes preconceived views on adulthood, parenthood, and career paths that have us limiting ourselves. With wit and verve, Morgan tells us to forget trying to "have it all,"—it'll never happen. Instead, this book teaches us to navigate life's necessary trade-offs free of the baggage of our own expectations.

KEY SELLING POINTS:

Author on the Rise: Morgan's assembly of personal essays, *Harebrained*, was ranked one of Amazon's Top 10 humor books, and awarded a gold medal from the Independent Publishers Book Awards.

Friendly Voice: Personal experience as well as her time coaching young women students shines through.

MARKETING & PUBLICITY PLANS:

- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9781580057905 / Price: \$11.99 (\$14.99 CAN)

ABOUT THE AUTHOR

Dr. Meg Myers Morgan is an assistant professor at the University of Oklahoma. She holds a PhD and an MPA from the University of Oklahoma, and a degree in English and Creative Writing from Drury University.

megmyersmorgan.com

Follow on Twitter @megmyersmorgan



Boys

What It Means to Become a Man



ON SALE DATE: December 11, 2018

ANNOUNCED FIRST PRINT:
20,000

9781580058766

\$27.00

HARDCOVER BOOK

6" x 9" / 272 pages

BISAC CATEGORIES:

FAMILY & RELATIONSHIPS / Parenting /
General

FAMILY & RELATIONSHIPS / Life
Stages / General

AUTHOR'S RESIDENCE:

Canada

EXCLUSIVE TERRITORIES:
WORLD ENGLISH

Rachel Giese

DESCRIPTION:

A vital and sweeping examination of today's "boy crisis," demonstrating the ways in which we raise boys into a culture of toxic masculinity and offering solutions that can liberate us all

Whether they're being urged to "man up" or warned that "boys don't cry," young men are subjected to damaging messages about manliness: they must muzzle their emotions and never show weakness, dominate girls and compete with one another.

Boys: What It Means to Become a Man examines how these toxic rules can hinder boys' emotional and social development. If girls can expand the borders of femaleness, could boys also be set free of damaging expectations about manhood and masculinity? Could what's been labelled "the boy crisis" be the beginning of a revolution in how we raise young men?

KEY SELLING POINTS:

Cultural hot-button topic: In the age of #metoo, *Boys* addresses the hot-button topic of toxic masculinity, the boy crisis, and how we raise boys into men

Profound contribution: A groundbreaking and thorough examination from a respected journalist

ALSO AVAILABLE:

Ebook / ISBN: 9781580058759 / Price: \$13.99 (\$17.99 CAN)



Rachel Giese is the editor-at-large at *Chatelaine*, Canada's pre-eminent women's magazine, and a regular contributor to CBC Radio. Her award-winning writing has appeared in *The Walrus*, *The Globe and Mail*, *Today's Parent*, *The Hairpin*, *Real Life* and *NewYorker.com*. She lives in Toronto with her wife and son.

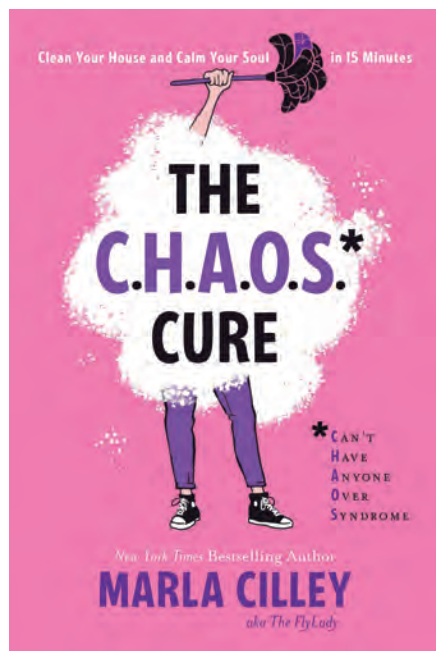
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Clean Your House and Calm Your Soul in 15 Minutes



ON SALE DATE: December 18, 2018

ANNOUNCED FIRST PRINT:
35,000

9781580058025
\$16.99 (\$22.49 CAN)
TRADE PAPERBACK
6" x 9" / 256 pages

BISAC CATEGORIES:
HOUSE & HOME / Cleaning & Caretaking
SELF-HELP / Time Management

AUTHOR'S RESIDENCE:
Brevard, North Carolina

EXCLUSIVE TERRITORIES:
US, TERRITORIES, DEPENDENCIES,
PHILIPPINES AND CANADA

Marla Cilley

DESCRIPTION:

With the help of New York Times bestselling author and housekeeping guru Marla Cilley, you'll cure your household CHAOS (Can't Have Anyone Over Syndrome) by changing your messy home into a soothing sanctuary.

In her eagerly anticipated new book, Marla Cilley reaches into our homes to help make housecleaning more meaningful and life less messy. With a little bit of armchair therapy and plenty of practical, tactical tips—including 3-Step Systems, 5-Minute Makeovers, and 15-Minutes Sprints, all designed to get our houses in shipshape order before we can break a sweat—Cilley teaches us to embrace household maintenance as an act of self-care, and to enjoy the soothing satisfaction of an orderly habitat.

KEY SELLING POINTS:

Massive Following:

Facebook: 586K followers

YouTube: 4,851,011 views

Website: 3.1M visitors in 2016, 8M visits in 2016

New York Times Bestselling Backlist:

Sink Reflections sold nearly 250K copies

MARKETING & PUBLICITY PLANS:

- Trade Advertising: Shelf Awareness
- Online advertising
- Book trailer
- Shareable graphics
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9781580058018 / Price: \$9.99 (\$12.99 CAN)



Marla Cilley, known to her followers as the FlyLady (FLY: Finally Love Yourself), is an organizing and time management expert with a system she shares with her followers on the website FlyLady.net. She is the author of two previous bestselling books, *Sink Reflections* and *Body Clutter: Love Your Body, Love Yourself*. She lives in North Carolina.

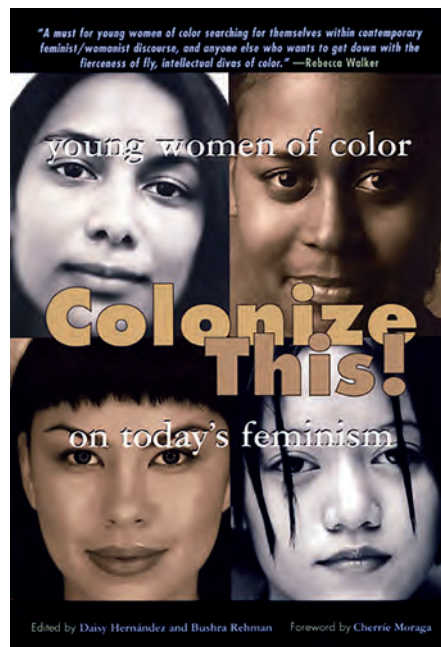
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Colonize This!

Young Women of Color on Today's Feminism



Daisy Hernandez, Bushra Rehman

DESCRIPTION:

Revised and updated, this anthology offers portraits of American life through the eyes of young women of color.

Decades since feminism was turned upside down, exposing the movement as exclusive, white, and unaware of the concerns of women of color, key social movements have risen, including Black Lives Matter, transgender rights, and the activism of young undocumented students. Yet we remain a nation divided by race and gender.

Now, a new generation of women of color offer a fresh look at the future of feminism. Daisy Hernandez and Bushra Rehman have gathered a diverse group of emerging writers who speak to the strength of community and the influence of color, to borders and divisions, and to the issues that need to be addressed to reach an era of racial freedom.

KEY SELLING POINTS:

Required Reading: Colonize This! is a mainstay of syllabi for women's studies and race-related courses nationwide.

A Must Read 1st Edition: Featured in Vibe magazine as one of "13 Books Every Mujerista and Womanist should read," in Bustle as one of "18 Books Every White Ally Should Read," and in Ms. as one of the "100 Best Non-Fiction Books of All

MARKETING & PUBLICITY PLANS:

- Academic marketing

ON SALE DATE: February 19, 2019

ANNOUNCED FIRST PRINT:
8,000

9781580057769
\$19.99 (\$25.99 CAN)
TRADE PAPERBACK
6" x 9" / 432 pages

BISAC CATEGORIES:
SOCIAL SCIENCE / Feminism & Feminist
Theory
SOCIAL SCIENCE / Ethnic Studies / General

ALSO AVAILABLE:

Ebook / ISBN: 9780786750665 / Price: \$11.99 (\$14.99 CAN)

EXCLUSIVE TERRITORIES:
WORLD ALL LANGUAGES



Bushra Rehman's novel *Corona* was included in *Poets & Writers* Best Debut Fiction list and featured in the *LA Review of Books*. Her work has been featured in *The New York Times*, *Color Lines*, *Poets and Writers*, *The Feminist Wire*, and more.

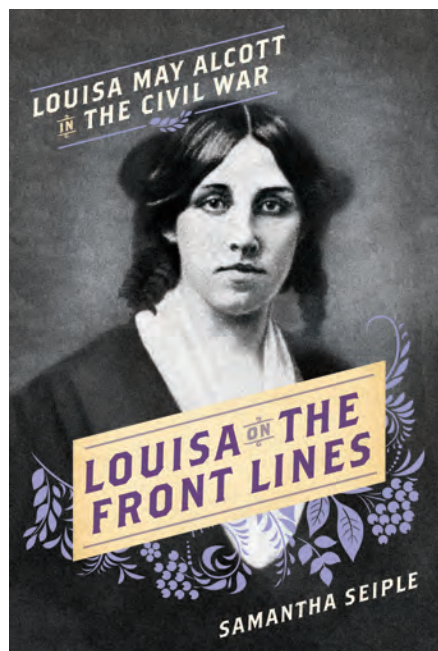


Daisy Hernández is the author of *A Cup of Water Under My Bed* and the former editor of *ColorLines*. She has written for *The Atlantic*, *The New York Times*, and NPR's *All Things Considered*. She teaches creative writing at Miami University in Ohio.



Louisa on the Frontlines

Louisa May Alcott in the Civil War



Samantha Seiple

DESCRIPTION:

An intimate look at *Little Women* author Louisa May Alcott's time as a Civil War nurse, and the implications her service had on her writing and activism.

Louisa on the Frontlines is the first narrative nonfiction book focusing on the least-known aspect of Alcott's career as a Civil War nurse. This dramatic experience was pivotal in helping her write the classic *Little Women*. Through it all, she kept a journal and wrote letters to her loved ones. Her subsequent book, *Hospital Sketches* spotlighted the conditions of the military hospitals and the suffering endured by wounded soldiers. The work is still considered a pioneering account of military nursing.

KEY SELLING POINTS:

New Angle on Cult Favorite: Alcott is a feminist icon, whose *Little Women* has been named to countless best-of lists and inspires films and adaptations.

Fresh Wave of Attention: PBS and BBC are joint-producing a three-part adaptation of *Little Women*, set to debut in May 2018. We'll tie our book to the fresh round of attention to Alcott.

MARKETING & PUBLICITY PLANS:

- Tour: Boston and Washington, DC
- Advance reader copies

ALSO AVAILABLE:

Ebook / ISBN: 9781580058032 / Price: \$13.99 (\$17.99 CAN)

ON SALE DATE: February 26, 2019

ANNOUNCED FIRST PRINT:
15,000

9781580058049
\$27.00 (\$35.00 CAN)
HARDCOVER BOOK
6" x 9" / 320 pages

BISAC CATEGORIES:
HISTORY / United States / Civil War Period
(1850-1877)
HISTORY / Women

AUTHOR'S RESIDENCE:
Asheville, NC

EXCLUSIVE TERRITORIES:
US, TERRITORIES, DEPENDENCIES,
PHILIPPINES AND CANADA

ABOUT THE AUTHOR

Samantha Seiple is the author of the young adult narrative nonfiction books *Ghosts in the Fog*, a YALSA Award for Excellence in Nonfiction Nominee and a Junior Library Guild Selection; *Lincoln's Spymaster*, a Junior Library Guild Selection, and others. She holds degrees in English, journalism, and library and information science. She lives in Asheville, North Carolina.

<http://samanthaseiple.com>

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