



# SEAL PRESS

SPRING

2020

RADICAL AND GROUNDBREAKING BOOKS THAT  
HELP US SEE THE WORLD IN A NEW LIGHT



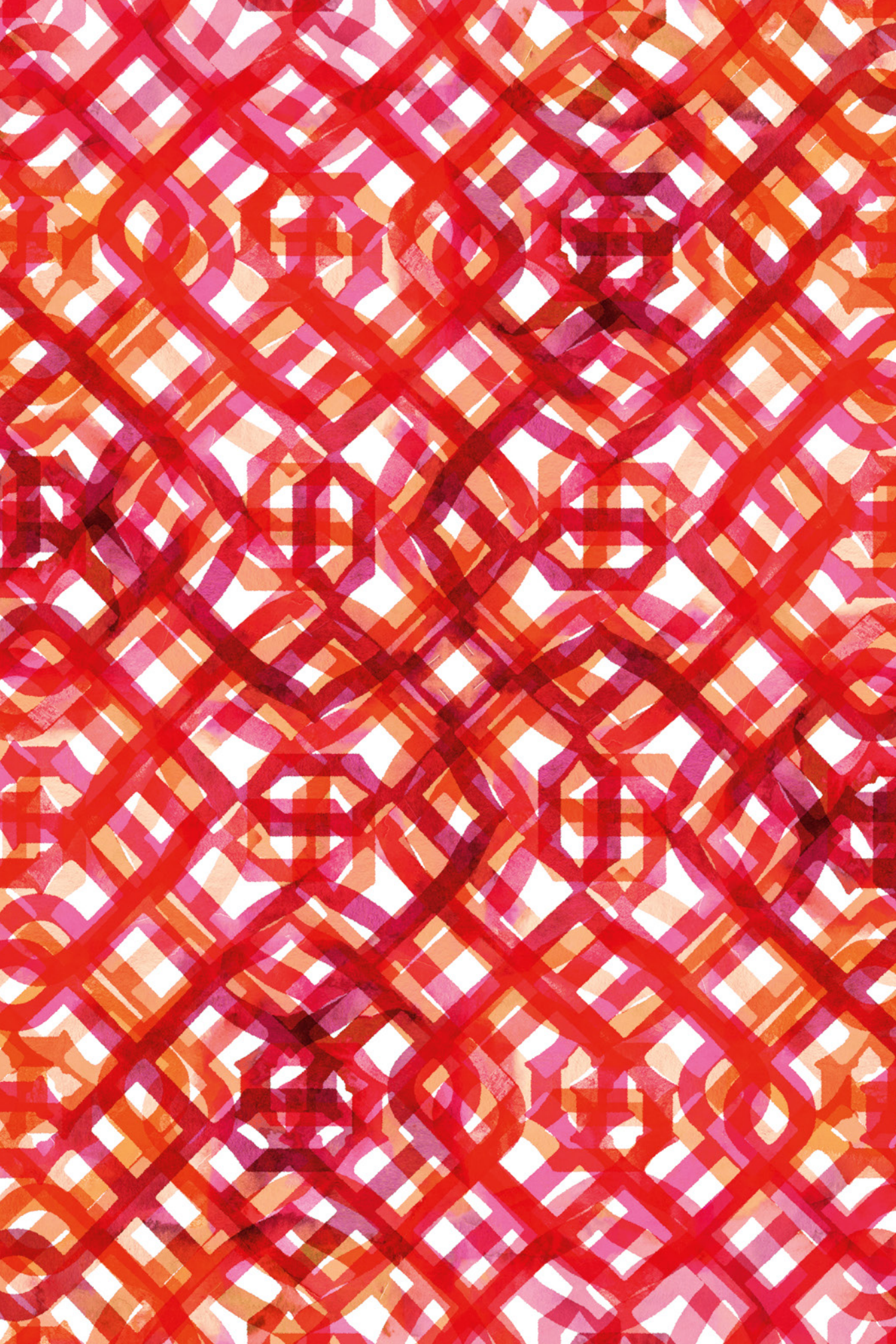
# SPRING 2020

## NEW TITLES

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COVER DESIGN BY ANN KIRCHNER







# IJEOMA OLUO

## MEDIOCRE

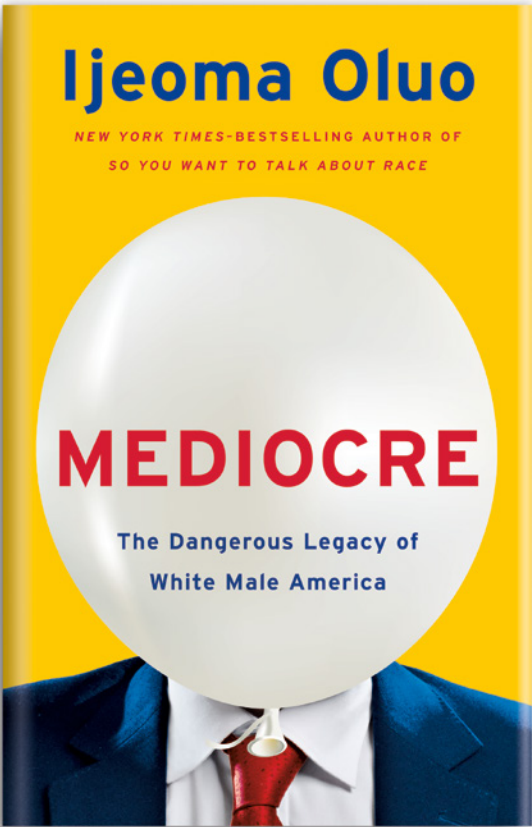
*The Dangerous Legacy of  
White Male America*

After the election of Donald Trump, and the escalation of white male rage and increased hostility toward immigrants that came with him, *New York Times*–bestselling author Ijeoma Oluo found herself in conversation with Americans around the country, pondering one central question: How did we get here?

In this ambitious survey of the last century of American history, Oluo answers that question by pinpointing white men’s deliberate efforts to subvert women, people of color, and the disenfranchised. Through research, interviews, and the powerful, personal writing for which she is celebrated, Oluo investigates the backstory of America’s growth, from immigrant migration to our national ethos around ingenuity, from the shaping of economic policy to the protection of sociopolitical movements that fortify male power. In the end, she shows how white men have long maintained a stranglehold on leadership and sorely undermined the pursuit of happiness for all.



**IJEOMA OLUO** is the *New York Times*–bestselling author of *So You Want to Talk About Race*. Her writing has been featured in the *Washington Post*, *Elle*, *Time*, the *Stranger*, and the *Guardian*, among others. Named one of the *Root*’s 100 Most Influential African Americans in 2017 and one of the Most Influential People in Seattle by *Seattle* magazine, she lives in Seattle, Washington.



**From the *New York Times*–  
bestselling author, a scathing  
indictment of white male America**

**NEW HARDCOVER • MAY**

**POLITICS**

**\$28.00 / \$35.00 CAN**

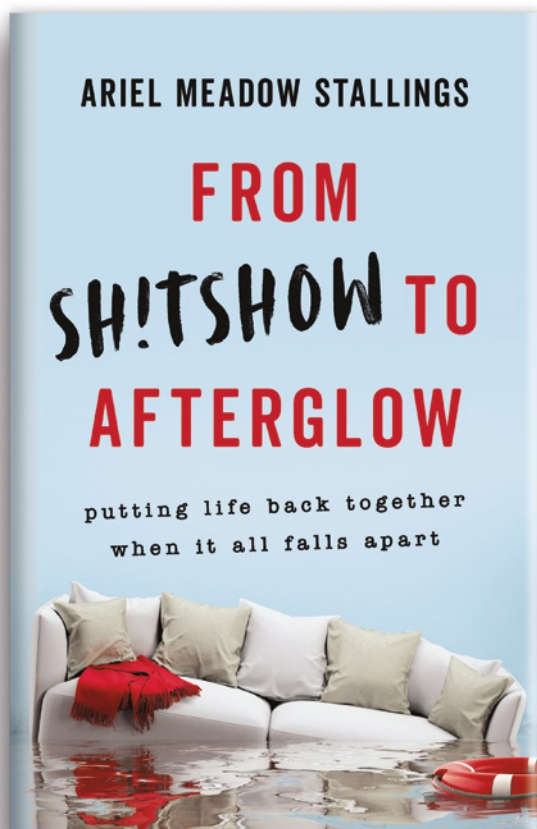
**6 X 9¼ • 304 PAGES**

**978-1-5800-5951-0**

**E-BOOK 978-1-5800-5950-3**

**SELLING TERRITORY: W**

**AUTHOR PHOTO © IJEOMA OLUO**



**An irreverent guide to rebounding  
after loss, grief, and all the other  
cruel crises life throws our way**

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**NEW HARDCOVER • JUNE**

SELF-HELP

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E-BOOK 978-1-5800-5962-6

SELLING TERRITORY: W

AUTHOR PHOTO © JENNY JIMENEZ

## ARIEL MEADOW STALLINGS

FROM SH!TSHOW TO AFTERGLOW

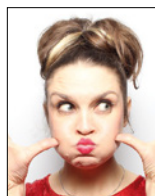
*Putting Life Back Together*

*When It All Falls Apart*

Sometimes your foundation crumbles. Sometimes you realize there wasn't a foundation to begin with. Maybe your relationship ended, or you lost your job, or a loved one died. Whatever crisis showed up to screw with you, it brought everything else crashing down, and suddenly life became a total shitshow. You. Need. Help.

Therein lies the problem: traditional self-help guides aren't for you. You're an individualist, a follow-your-own-drumbeat kind of person. The typical sunshine-and-rainbows, "live your best life!" books aren't going to speak to your worldview—you need an embrace-your-weirdness vision for rebuilding.

Enter Ariel Meadow Stallings's *From Sh!tshow to Afterglow*—a lifeline of support, guidance, and outside-the-box thinking for times of catastrophe. Reassuring and humorous, while never sugarcoating how deeply it sucks to have your world flipped completely upside down, *From Sh!tshow to Afterglow* offers readers an exciting plan to discover who they will become after what didn't kill them made them stronger.



**ARIEL MEADOW STALLINGS**

is a publisher, author, media commentator, event producer, and web community mobilizer.

Her work has been featured by the *New York Times*, the *Today Show*, and the *Guardian*. She lives in Seattle, Washington.

# CECILIA MUÑOZ

## MORE THAN READY

*Be Strong and Be You . . . and Other Lessons for Women of Color on the Rise*

Women of color are becoming more visible and more powerful than ever, achieving higher levels of success and blazing new paths in otherwise white-dominated arenas. As the first Latinx to direct national domestic policy issues, Cecilia Muñoz knows the difficulties of getting ahead without exemplars to follow. In *More than Ready*, she offers readers lessons from the challenges she faced and the victories she achieved in the White House. Full of invaluable insights about working through fear and facing down detractors, *More than Ready* provides the tactical tools women of color need to reach unprecedented levels of power and success—without compromising who they are.



**CECILIA MUÑOZ** served for eight years on President Obama’s senior staff, first as director of intergovernmental affairs and then as director of the Domestic Policy Council. She has appeared on the *Today Show*, *Good Morning America*, *PBS NewsHour*, *Dateline*, and NPR. She lives in Washington, DC.



Advice and inspiration for women of color seeking new heights of influence, from the top Latinx advisor to President Obama

NEW HARDCOVER • APRIL

CAREERS / RACE RELATIONS

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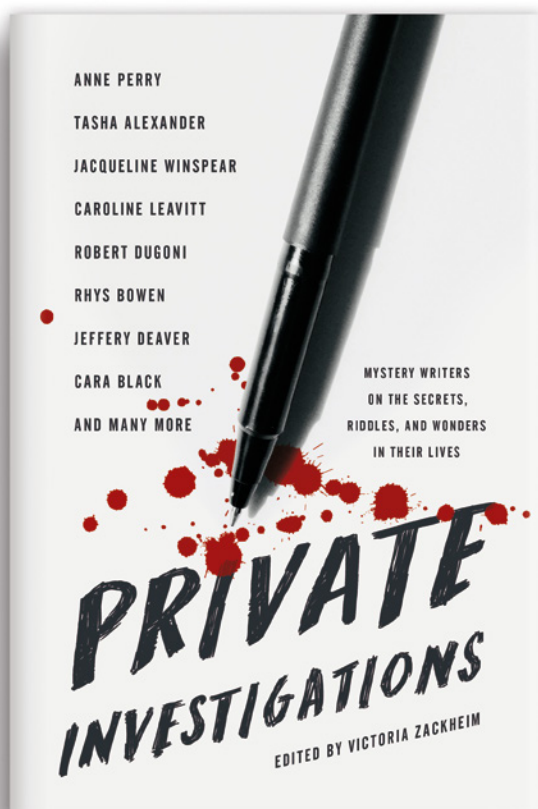
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SELLING TERRITORY: W

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Top mystery writers abandon  
the cloak of fiction to explore  
mysteries in their own lives

NEW HARDCOVER • APRIL

TRUE CRIME

\$28.00 / \$35.00 CAN

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SELLING TERRITORY: W

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# VICTORIA ZACKHEIM

## PRIVATE INVESTIGATIONS

*Mystery Writers on the Secrets, Riddles,  
and Wonders in Their Lives*

For many of us, a good, heart-pounding mystery is the perfect escape from real-world confusion and chaos. But what about the writers who create those stories of suspense and intrigue? How do our favorite novelists cope with our perplexing world, and what mysteries keep them up at night?

In *Private Investigations*, twenty fan-favorite mystery writers share first-person tales of mysteries they've encountered at home and in the world. Caroline Leavitt regales us with a medical mystery, recounting a time when she lost her voice and doctors couldn't find a cure; Martin Limón travels back to his military stint in Korea to grapple with the crimes of war; Anne Perry ponders the magical powers of stories conjured from writers' imaginations; and more.

Exploring all the tropes of the genre—from haunted houses and elusive perpetrators to regrouping after missed signals have derailed you—these writers' true tales show just how much art imitates life, and how, ultimately, we are all private investigators in our own real-world dramas.



**VICTORIA ZACKHEIM** is a screenwriter, playwright, and the editor of six anthologies, including the highly acclaimed *The Other Woman*. Zackheim teaches creative nonfiction in the UCLA Extension Writers' Program and is a frequent speaker and writing instructor. She lives in San Francisco, California.

# LIZZIE SKURNICK

## PRETTY BITCHES

*On Being Called Crazy, Angry, Bossy, Frumpy, Feisty, and All the Other Words That Are Used to Undermine Women*

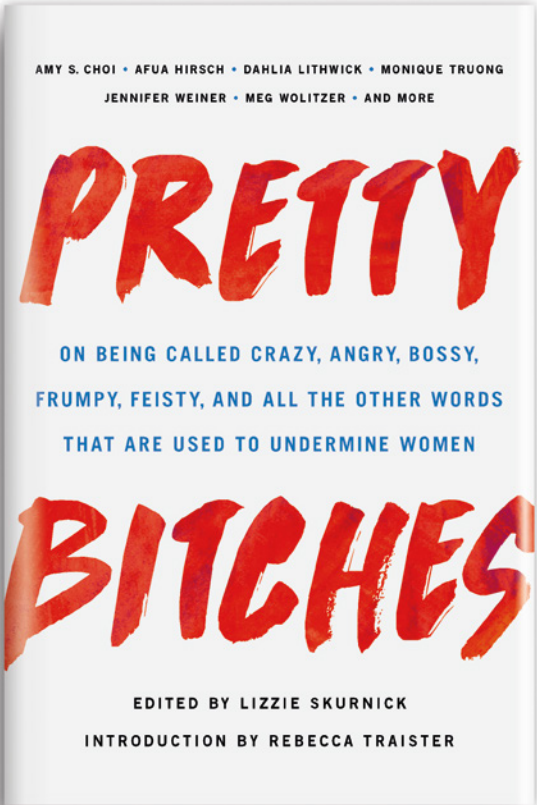
Words matter. They wound, they inflate, they define, they demean. They have nuance and power. “Effortless,” “sassy,” “ambitious,” “aggressive”: What subtle digs and sneaky implications are conveyed when women are described with words like these? Words are made into weapons, warnings, praise, and blame, bearing an outsize influence on women’s lives—to say nothing of our moods.

No one knows this better than Lizzie Skurnick, writer of the *New York Times* column “That Should Be a Word” and a veritable queen of cultural coinage. In *Pretty Bitches*, Skurnick has rounded up a group of powerhouse women writers to take on the hidden meanings of these words and how they can limit our worlds—or liberate them.

From Laura Lippman and Meg Wolitzer to Jennifer Weiner and Rebecca Traister, each writer uses her word as a vehicle for memoir, cultural commentary, critique, or all three. Spanning the street, the bedroom, the voting booth, and the workplace, these simple words have huge stories behind them—stories it’s time to examine, reimagine, and change.



**LIZZIE SKURNICK** is the creator of the *New York Times Magazine* word-coinage column “That Should Be a Word.” Her work has been featured in *Entertainment Weekly*, *Slate*, the *Atlantic*, *Elle*, *Jezebel*, NPR, and more. She teaches at NYU and lives in New York.



Leading women writers examine  
the power of the words that are  
used to diminish women

NEW HARDCOVER • MARCH

GENDER STUDIES / LANGUAGE

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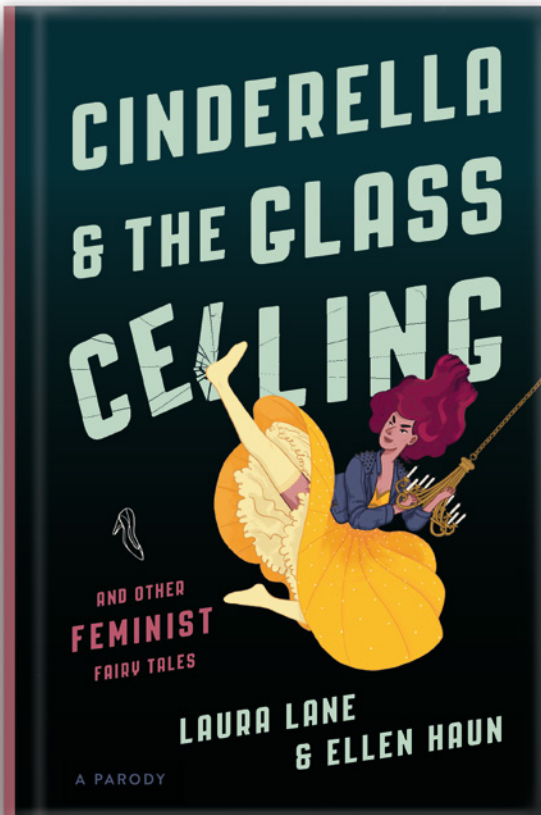
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SELLING TERRITORY: W

AUTHOR PHOTO: LIZZIE SKURNICK





**A wickedly wise (and wisecracking)  
parody of classic fairy tales  
that reclaims them for the  
modern feminist era**

PAPER OVER BOARD • MARCH

HUMOR / PARODY

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TWENTY-FIVE COLOR ILLUSTRATIONS

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SELLING TERRITORY: W

AUTHOR PHOTO © JACKIE ABBOTT OF JMA

PHOTOGRAPHY

## LAURA LANE *and* ELLEN HAUN

CINDERELLA AND THE  
GLASS CEILING

*And Other Feminist Fairy Tales*

**Y**ou know what? It's super creepy to kiss a woman who is unconscious. And you know what else? The way out of poverty isn't by marrying a rich dude—or by wearing fragile footwear, for that matter. And while we're at it, why is the only woman who lives with seven men expected to do the cooking, cleaning, and laundry?

Fairy tales need a reboot, and comedy queens Laura Lane and Ellen Haun are the women to do it. In *Cinderella and the Glass Ceiling*, they offer a rollicking parody of classic (read: patriarchal) tales that turns sweet, submissive princesses into women who are perfectly capable of being the heroes of their own stories. Busting with laugh-out-loud, razor-sharp twists to these outdated tales, *Cinderella and the Glass Ceiling* is fun, magical, necessary, and totally woke.



**LAURA LANE** has written for *People*, *McSweeney's*, the *New Yorker*, *ESPN*, *Esquire*, *Vanity Fair*, and *Cosmopolitan*. She cohosts the *This Is Why You're Single* podcast and lives in Brooklyn, New York. **ELLEN HAUN** plays the hapless law student Ms. Chapin on ABC's *How to Get Away with Murder* and is a contributor to the humor website the *Bel-ladonna*. She lives in Brooklyn, New York.

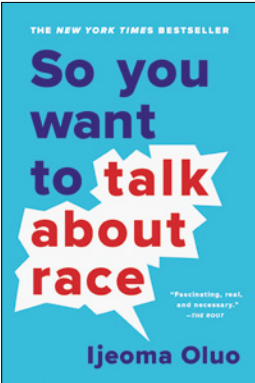




## HIGHLIGHTS



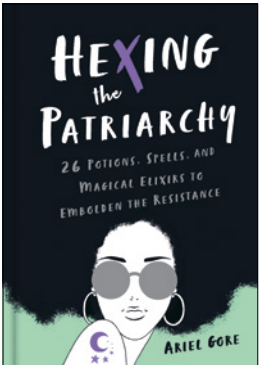
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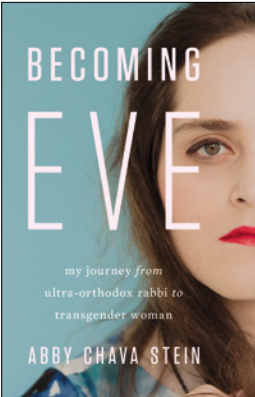
*So You Want to Talk About Race*  
**IJEOMA OLUO**  
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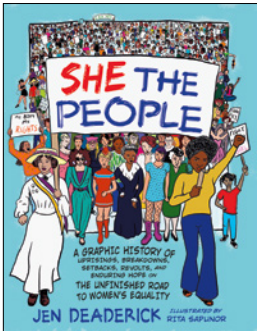
*You Are a F\*cking Awesome Mom*  
**LESLIE ANNE BRUCE**  
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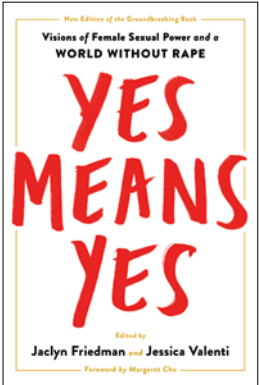
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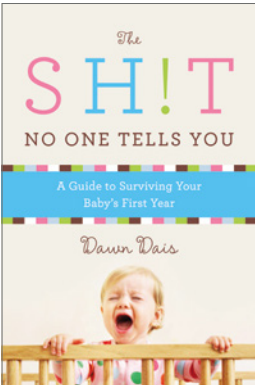
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**ABBY CHAVA STEIN**  
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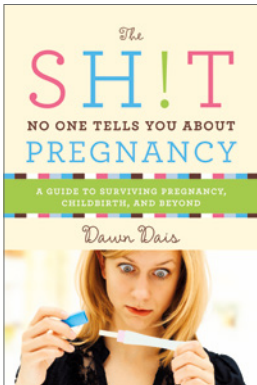
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**JEN DEADERICK**  
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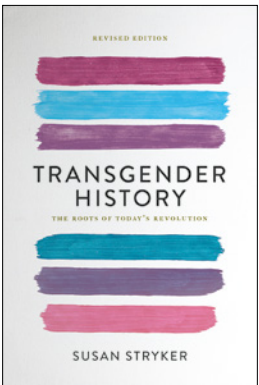
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**DAWN DAIS**  
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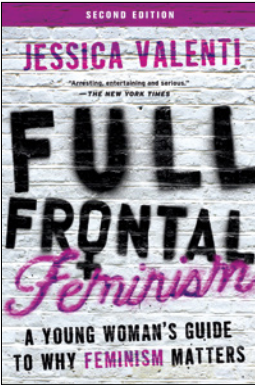
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**SUSAN STRYKER**  
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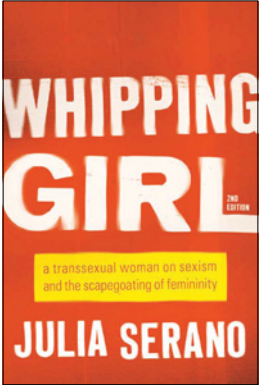
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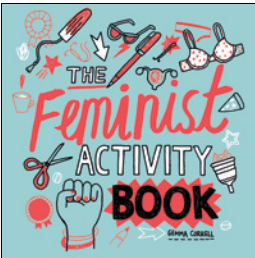
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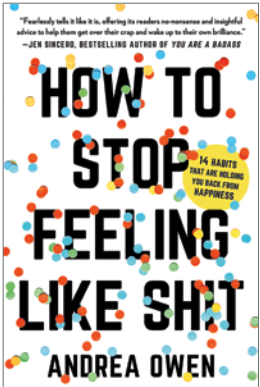
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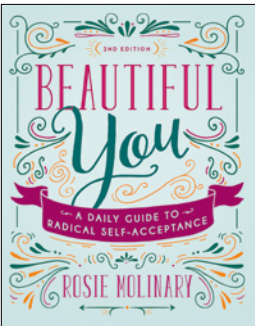
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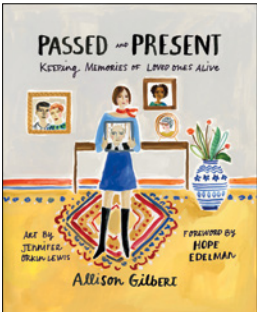
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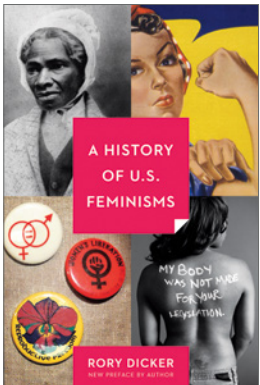
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**RORY DICKER**  
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### LARA HEIMERT

#### PUBLISHER

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Lara Heimert joined Basic Books in 2005. She has been publisher of Basic Books since 2012 and became publisher of Seal Press in 2018. She holds a BA from Princeton University in English and Women's Studies, and has published numerous prize-winning and *New York Times* bestselling titles. Highlights include *Game of Queens: The Women Who Made Sixteenth-Century Europe* by Sarah Gristwood, *The Lost Art of Dress: The Women Who Once Made America Stylish* by Linda Przybyszewski, *Goddess of Anarchy: The Life and Times of Lucy Parsons*, *American Radical* by Jacqueline Jones.

### LAURA MAZER

#### EXECUTIVE EDITOR

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Laura Mazer joined Seal Press in 2012. Previously, she was the managing editor of Counterpoint and executive editor of Soft Skull Press, where she acquired literary fiction and creative nonfiction. Laura has acquired and edited bestselling books like Ijeoma Oluo's *So You Want to Talk About Race* and Virginia Hanlon Grohl's *From Cradle to Stage*. She has a special interest in books that offer progressive thought leadership, fresh revelations about history, unabashed feminism, intelligent popular culture, humor, and irony.

### EMI IKKANDA

#### SENIOR EDITOR

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Emi Ikkanda joined Seal Press in 2019. She previously worked as an editor at Spiegel & Grau and at Henry Holt & Company. She acquires books on current and global affairs, social justice, race, feminism, history, space, tech, and science. Recent standout titles include Ellen Pao's memoir of her Silicon Valley gender discrimination case, *Reset*, soon to be a Shonda Rhimes Netflix show; Carla Power's yearlong journey through the Quran, *If the Oceans Were Ink*, a Pulitzer and National Book Award finalist; and Julia Angwin's *New York Times* bestseller about online surveillance, *Dragnet Nation*.



## ABOUT



Seal Press was founded in 1976 and stands as one of the most enduring feminist publishing houses to emerge from the women's press movement of the 1970s. Seal publishes radical and groundbreaking books that inspire and challenge readers, that humanize urgent issues, that build much-needed bridges in divisive times, and help us see the world in a new light.

From humble beginnings—a letterpress in a Seattle garage and grassroots fundraising—Seal Press has grown to become an award-winning publishing house, expanding to their current offices in Berkeley, Boston, and New York. In 2016, Seal Press joined Hachette Book Group, one of the largest publishers in the United States and a division of the third largest trade and educational publisher in the world, Hachette Livre.



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