



DEAR AGENTS AND COLLEAGUES,

Twenty years ago, in April 2003, we published our first title, *Taking the Red Pill: Science, Philosophy, and Religion in The Matrix*. Surprisingly, the book became a hit, and we were on our way.

We've evolved quite a bit since then, but our core principles have stayed the same:

- **Treat our authors as partners**
- **Acquire selectively and with great care**
- **Aggressively market each title**
- **Value and respect our agent colleagues**

What's changed over 20 years? We now have 34 staff members, including eight marketers, serving 70 to 80 titles per year. We've accumulated 51 national bestsellers, won numerous awards, and attracted some of the nation's most successful authors, including **Gino Wickman, T. Colin Campbell, John Mackey, John Gray, Laura Doyle, Patrick Lencioni, Robert Lanza, and Nir Eyal**.

In April 2021, our Matt Holt Books imprint published its first title. In a bit over two years, Matt Holt Books has established itself as a force to be reckoned with in business and financial publishing, with 19 national bestsellers to its credit.

Most important, we've built a publishing house that is relentlessly author-focused and has delivered a positive publishing experience for hundreds of authors. Personally, I'm most proud of the fact that authors who have sold hundreds of thousands and even millions of books with us, who could go to any publisher, have come back to us again and again.

As an independent publisher, we know that we aren't necessarily the obvious choice for important and successful authors and their agents. That's why we strive to provide a superior publishing experience. We've seen that, for successful titles, we can combine that superior publishing experience with superior financial results for our authors.

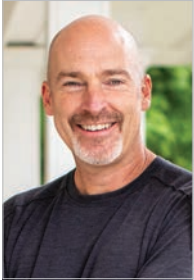
GLENN YEFFETH

CEO, BENBELLA BOOKS

GLENN@BENBELLABOOKS.COM

THE BENBELLA EXPERIENCE

Head to benbellabooks.com to hear these authors discuss their experience publishing with BenBella Books.

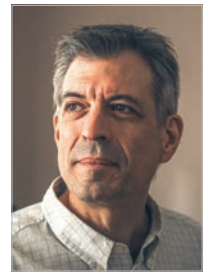


“[Other publishers] I talked to were very bureaucratic; I felt like I was part of a big system. I view BenBella as more of a boutique, entrepreneurial, more of an intimate relationship ... I just love the ability to be creative, brainstorm ... We talk through every issue, idea, [and] problem together as a team, and I really feel like I have a partner in BenBella.”

—*Gino Wickman*

“Overall, it’s been, absolutely, a wonderful experience. I don’t think I’ve done anything in my life that’s quite as much fun as writing books, and BenBella has made it comfortable, understandable, and also successful.”

—*Daniel Lieberman, MD*



“I’ve had so many amazing writing experiences in my life, but I think working with BenBella . . . no, the *two times* I worked with BenBella—they were probably my best writing experiences.”

—*Tatsha Robertson*

“I feel like they were partners with me through the entire book publishing process. They worked with me to hone the idea [and] get this book to the best possible version it could be, and then I was blown away by the PR process because this book got attention from every single media outlet out there! I mean we had attention from *Forbes*, *Harvard Business Review*, *New York Times*, and *Washington Post*—the list goes on and on!”

—*Michelle Gielan*



“An organization that [is] full of people who are just wicked smart and attentive to detail and full of good humor, and every last one of them convinced me that they cared as much about my book as I did.”

—*Matthew D. LaPlante*

THE BENBELLA EXPERIENCE



“I loved working with BenBella Books. The editing process at BenBella was incredible, from an author’s point of view. I felt like their comments were all made to draw out my original vision for the project... Everything they did, they did to draw out and draw on what I was hoping to express with my work.”

—*Jenna Fischer*

“The company and the people within it are of the utmost integrity; they do what they say they will do, on time. They consistently beat my expectations in every regard, from the editing to the production to the marketing; I could not say enough good things about the company.”

—*Nir Eyal*



“When it comes to writing, I always think to myself, ‘Yeah, you can have the most amazing book in the world, but if it’s not properly marketed, then you’re in a bit of a pickle.’ And I found that the marketing side of things was really quite extraordinary. I was on so many top-class channels: *Rachel Ray*, *People Magazine*, all these things! And that was made possible by the fact that we were in this together. I brought my ability to write, my ability to be creative, and they brought so much more.”

—*Leon Logothetis*

“Marketing is something that I really value, and I know that if I produce this high-quality book, the only way that people are going to have their hands on that high-quality book is with a good marketing team, and I had the best.”

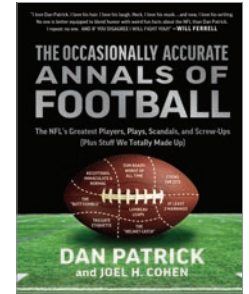
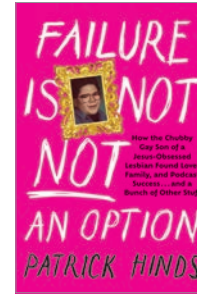
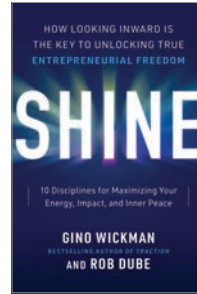
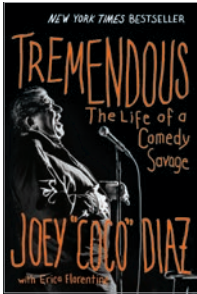
—*Toni Okamoto*



“Everyone there has been not only so helpful, but so easy to communicate with, that if I have a question about any one of these aspects—the editorial process, or translation deals, or sales of the book—I know who I can write. These are people who are very accessible, very friendly, and truly, I shudder to think that I would’ve considered doing it any other way.”

—*Benjamin Bikman, PhD*

RECENT BENBELLA HIGHLIGHTS



AUGUST 2022

Acquired *Taming the Molecule of More* (via Harvey Klinger Literary Agency), the sequel to our breakout hit *The Molecule of More*, which has sales approaching 150,000 copies in English alone.

SEPTEMBER 2022

Published *The 6 Types of Working Genius* by Patrick Lencioni, in the biggest launch of his career (per NPD BookScan). *The 6 Types of Working Genius* hit #3 on the *Wall Street Journal* business list and #8 on the *Publishers Weekly* hardcover nonfiction list.

OCTOBER 2022

Acquired *Failure Is Not NOT an Option* (via United Talent Agency) by Patrick Hinds, cocreator and cohost of the hit true crime/comedy podcast *True Crime Obsessed*, with over 200 million downloads.

MARCH 2023

Acquired one of the most successful self-published titles in self-help, *The Miracle Morning* (via Park & Fine) by Hal Elrod, which has sold over two million copies. The updated and expanded edition will launch on December 12, 2023.

Acquired *The Whole Story* (via ICM Partners) by Whole Foods cofounder and retired CEO John Mackey, author of the *New York Times* and *Wall Street Journal* bestseller *Conscious Capitalism*.

APRIL 2023

Acquired *Shine* (via Carnicelli Literary Management) by entrepreneur Gino Wickman, marking the eighth title of Wickman's acquired since the publication of *Traction* in 2012. BenBella has sold well over two million copies of Gino's works over the past 10 years.

RECENT BENBELLA HIGHLIGHTS

MAY 2023

Published *Tremendous* (via Fuse Literary), the memoir of comedian Joey “Coco” Diaz, hitting the *New York Times*, *Wall Street Journal*, and *Publishers Weekly* lists.

AUGUST 2023

Published *Loki’s Book of Magic and Mischief*, the first of nine licensed Marvel titles, which teaches the reader how to do sleight of hand tricks, with tips from the trickster god himself.

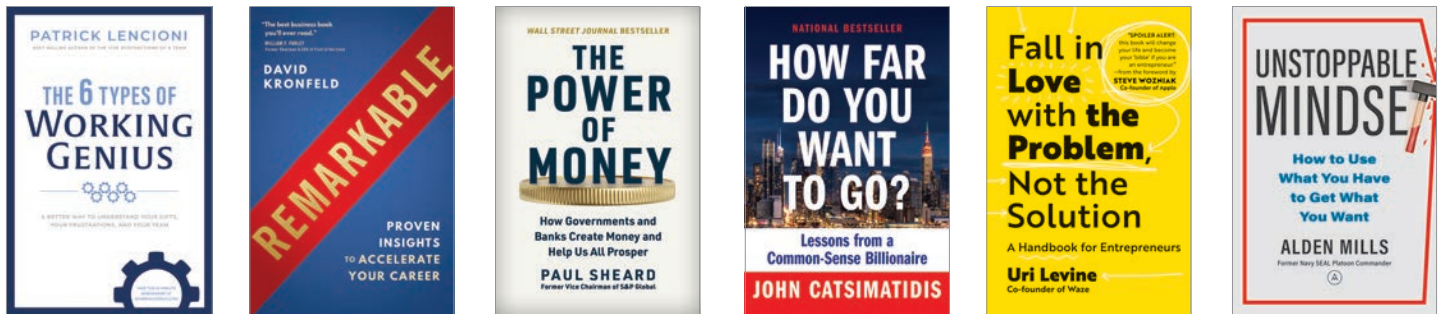
SEPTEMBER 2023

Published *The Occasionally Accurate Annals of Football* (via Folio Literary Management) by legendary sportscaster Dan Patrick and Emmy Award–winning *Simpsons* writer Joel H. Cohen.

Over the past 12 months, we’ve had the pleasure of acquiring titles from the following agencies:

Aevitas Creative Management	Carnicelli Literary Management	Linda Konner Literary Agency	Trident Media Group
Alive Literary Agency	Creative Artists Agency	Literary Services, Inc.	Union Literary
Allen O’Shea Literary Agency	Dana Newman Literary	Marsal Lyon Literary Agency	United Talent Agency
Anderson Literary Agency	Dupree Miller & Associates	MDM Management	Verve Talent & Literary Agency
Ayesha Pande Literary	Folio Literary Management	Myers Literary Management	Vigliano Associates
The Bindery Agency	Henry Klinger Literary Agency	O’Connor Literary Agency	Waterside Productions
The bks Agency	Irene Goodman Literary Agency	The Palgon Company	Wendy Sherman Associates
Blue Heron Literary	The Jud Laghi Agency	Park & Fine	Literary Management
The Braverman Bloom Co.	Levine Greenberg Rostan Literary Agency	Raphael Sagalyn	WME Agency
	The Linda Chester Literary Agency	Salky Literary Management	Wordserve Literary
		Second City Publishing Services	
		Stonesong	

NEW IMPRINT: MATT HOLT BOOKS



In 2020 Matt Holt, former SVP and Executive Publisher at Wiley, joined BenBella to form an eponymous imprint focusing on business and finance.

In April 2021 Matt Holt Books published its first title. In a little over two years, the Matt Holt imprint has become a force to be reckoned with:

- **Matt Holt is the fastest growing business imprint in the United States** (source: NPD BookScan).
- In the first half of 2023, Matt Holt **sold over 116,000 hardcovers** (source: NPD BookScan). This exceeds the number sold by McGraw Hill (115,269), is over two-thirds as many books sold as Macmillan (172,996), and over 16 percent as many as Wiley (694,637).
- Matt Holt has **published 19 national bestsellers** to date: four in 2021 (starting with *Remarkable* by David Kronfeld), eleven in 2022, and four in early 2023 (including *The Power of Money* by Paul Sheard as of May).
- Matt Holt has signed some of the nation's most impressive business authors:
 - **Patrick Lencioni**, one of the founders of The Table Group, is a pioneer of the organizational health movement. He is the author of 13 books, which have sold over eight million copies and been translated into more than 30 languages.
 - **John Mackey**, cofounder and retired CEO of Whole Foods Market, who led the natural and organic grocer to becoming a \$13 billion Fortune 500 company.
 - **Robert Cooper**, neuroscientist and *New York Times* bestselling author with more than four million books sold.
 - **Alden Mills**, a nationally ranked rower, three-time Navy SEAL platoon commander, and CEO of one of the fastest-growing companies in America.
 - **Geoffrey Kent**, founder of Abercrombie & Kent, an international luxury and adventure travel company.
 - **Uri Levine**, a two-time unicorn entrepreneur and cofounder of Waze.
 - **John Catsimatidis**, the “commonsense billionaire,” founder of Gristedes Foods, D’Agostino Supermarkets, and Red Apple Group.

WHEN DOES A PROFIT-SHARE DEAL MAKE SENSE FOR AUTHORS?

BenBella offers two sorts of book deals. The first is the traditional advance against royalties offer that is similar to those offered by the big publishers. Our traditional deal has some advantages (i.e., pays on cover price, not net receipts; full royalties on author purchases and most special sales; etc.) but in general it's a very familiar offer. The second is a profit-share offer. The profit-share is fundamentally straightforward—take all the income associated with a title, subtract the costs, and split the difference—but it does have some complexities that are worth understanding. Below, Matt and I discuss some of the subtleties of the profit-share.

MATT: I've noticed that a lot of my authors, who tend to be businesspeople, are excited about doing a profit-share deal. What are the advantages and disadvantages of a profit-share deal?

GLENN: The advantage, first and foremost, is how much the author winds up earning if their book does well. Royalties under the profit-share can easily be 20%, 50%, even 70% better than standard. Any book that sells more than 10,000 print copies in either hardcover or paperback is likely to do considerably better under a profit-share.

Second, the profit-share allows us to take our partnership approach to publishing to the next level. It puts us on the same page with authors—trying to maximize total profits—on every issue, whether discussing print runs, choice of paper, or marketing spends. And we think it's fairer. Our authors are our partners and deserve to fully participate in the profits they generate.

The main disadvantage is that, if the book does poorly and the project does not make money, the author earns nothing.

MATT: Which authors are best served by the profit-share?

GLENN: Overall, the profit-share is the best fit for an author that is highly confident they'll sell at least 10,000 print copies—and who isn't considering an offer that comes with an outsized advance (relative to the author's own expectations for sales of their title). If the alternative offer is an advance that is unlikely to ever be earned out by a significant margin, that may prove to be more lucrative for the author.

In general I offer a profit-share when I think the author will be attracted to the offer, and it'll be our best way of winning the deal. Almost anytime I offer a profit-share, I'm happy to change it to a traditional offer if the author prefers.

MATT: Why doesn't every publisher offer profit-shares deals?

GLENN: I think we are starting to see this shift, but most deals are still traditional. One thing that's easy to miss is that a profit-share financial arrangement is only half of the picture. The profit-share deal must be combined with top-notch publishing and marketing so that profits are maximized. Increasingly, I'm seeing agents requesting our profit-share deals for their authors. I suspect this wouldn't be the case without the 20-year reputation we've built as a strong publishing partner. The profit-share results are aided by the fact that we run lean and cost-effectively—no expensive real estate or bloated corporate salaries to support.

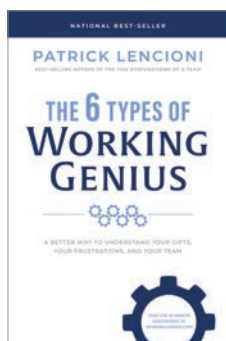
MATT: If you are paying so much more than the big publishers on successful books, how can you afford it? Where does that money come from?

GLENN: We can afford to pay higher upside because our advances are modest, with many deals having no advance. Because of this, our unearned advance costs are minimal. That's a huge pile of money that we get to move from authors who we hoped would do well to authors who actually do well. That's what I like best about the profit-share model. We aren't rewarding the authors with the sexiest proposal; we're rewarding the authors whose books actually sell!

Sample Profit-Share Deals—Actual Results to Date:

- Popular Science title: Brought out originally in hardcover, but fully found its niche in paperback release supported by an ongoing marketing campaign. Results to date: 6,600 hardcovers, 54,346 paperbacks, and 21,390 ebooks sold. **Total royalties paid: \$245K or 62% better than traditional royalties.**
- Current Events title: A surprise explosion of interest required multiple expensive digital printings to keep it in stock. Results to date: 106,981 hardcovers and 41,452 ebooks sold. **Total royalties paid: \$577K or 21% better than traditional royalties.**
- Relationship title: An interesting take on what makes relationships successful in the modern era. Results to date: 21,278 hardcovers, 9,025 paperbacks, and 11,846 ebooks sold. **Total royalties paid: \$121K or 53% better than traditional royalties.**
- Business title: A career success guide. Results to date: 27,071 hardcovers, 64,532 paperbacks, and 17,131 ebooks sold, including significant author purchases. **Total royalties paid: \$322K or 91% better than traditional royalties.**

51 NATIONAL BESTSELLERS



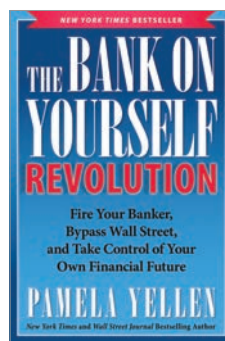
THE 6 TYPES OF WORKING GENIUS

#3 *WALL STREET JOURNAL* (business)
#8 *PUBLISHERS WEEKLY*
(hardcover nonfiction)
PATRICK LENCIONI
MATT HOLT BOOKS
CLOTH: 9781637743294
EBOOK: 9781637743300
BUSINESS • SEPTEMBER 2022



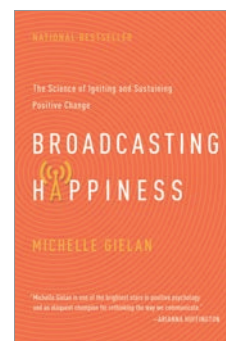
ALWAYS EAT AFTER 7 PM

#3 *PUBLISHERS WEEKLY* (paperback)
#4 *WALL STREET JOURNAL*
(ebook nonfiction)
JOEL MARION WITH DIANA KEUILIAN
BENBELLA BOOKS
TRADE: 9781948836524
EBOOK: 9781948836777
HEALTH • MARCH 2020



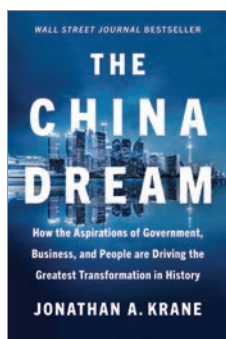
THE BANK ON YOURSELF REVOLUTION

#4 *NEW YORK TIMES*
(combined print/ebook advice)
PAMELA YELLEN
BENBELLA BOOKS
TRADE: 9781942952107
EBOOK: 9781939529312
BUSINESS • MARCH 2016



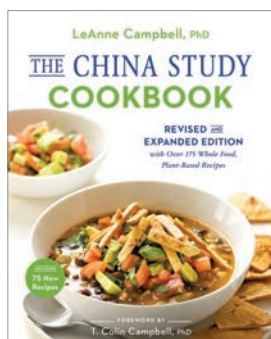
BROADCASTING HAPPINESS

#23 *ABA INDIEBOUND*
(hardcover nonfiction)
#87 *USA TODAY* (general)
MICHELLE GIELAN
BENBELLA BOOKS
CLOTH: 9781941631300
EBOOK: 9781941631317
BUSINESS • AUGUST 2015



THE CHINA DREAM

#5 *WALL STREET JOURNAL* (business)
#19 *PUBLISHERS WEEKLY*
(hardcover nonfiction)
JONATHAN A. KRANE
MATT HOLT BOOKS
CLOTH: 9781637741016
EBOOK: 9781637741023
BUSINESS • MAY 2022



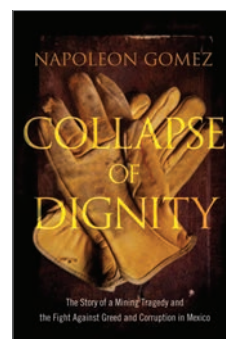
THE CHINA STUDY COOKBOOK

Rev. and Exp. Ed.
#18 *PUBLISHERS WEEKLY* (paperback)
LEANNE CAMPBELL
BENBELLA BOOKS
TRADE: 9781944648954
EBOOK: 9781946885302
COOKING • JUNE 2018



CLOSE YOUR EYES, LOSE WEIGHT

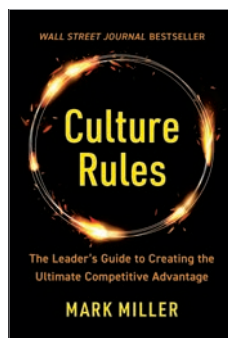
#2 *WALL STREET JOURNAL*
(ebook nonfiction)
GRACE SMITH
BENBELLA BOOKS
TRADE: 9781950665020
EBOOK: 9781950665198
HEALTH • APRIL 2020



COLLAPSE OF DIGNITY

#9 *NEW YORK TIMES*
(hardcover nonfiction)
NAPOLÉON GÓMEZ
BENBELLA BOOKS
CLOTH: 9781939529220
EBOOK: 9781939529268
BIOGRAPHY • APRIL 2013

51 NATIONAL BESTSELLERS



CULTURE RULES

#4 WALL STREET JOURNAL
(business)

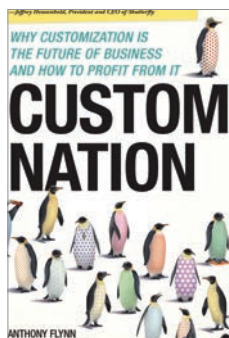
MARK MILLER

MATT HOLT BOOKS

CLOTH: 9781637742877

EBOOK: 9781637742884

BUSINESS • MARCH 2023



CUSTOM NATION

#8 NEW YORK TIMES
(paperback advice)

#12 PUBLISHERS WEEKLY (paperback)

ANTHONY FLYNN AND

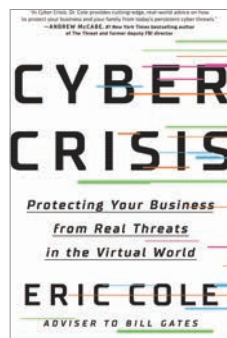
EMILY FLYNN VENCAT

BENBELLA BOOKS

TRADE: 9781937856106

EBOOK: 9781937856113

BUSINESS • NOVEMBER 2012



CYBER CRISIS

#1 WALL STREET JOURNAL
(ebook nonfiction)

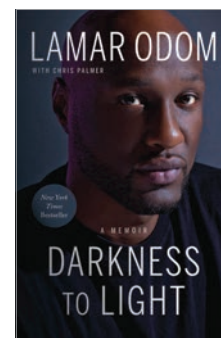
ERIC COLE

BENBELLA BOOKS

CLOTH: 9781950665839

EBOOK: 9781953295279

SOCIAL SCIENCE • MAY 2021



DARKNESS TO LIGHT

#6 NEW YORK TIMES
(sports and fitness)

#22 PUBLISHERS WEEKLY
(hardcover nonfiction)

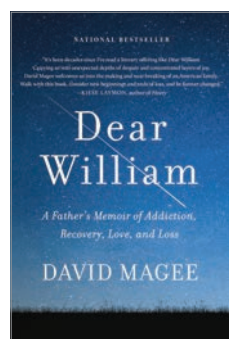
LAMAR ODOM WITH CHRIS PALMER

BENBELLA BOOKS

CLOTH: 9781948836081

EBOOK: 9781948836203

MEMOIR • MAY 2019



DEAR WILLIAM

#25 PUBLISHERS WEEKLY
(hardcover nonfiction)

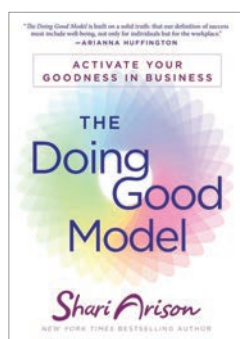
DAVID MAGEE

MATT HOLT BOOKS

CLOTH: 9781953295682

EBOOK: 9781637740026

MEMOIR • NOVEMBER 2021



THE DOING GOOD MODEL

#13 LOS ANGELES TIMES
(hardcover nonfiction)

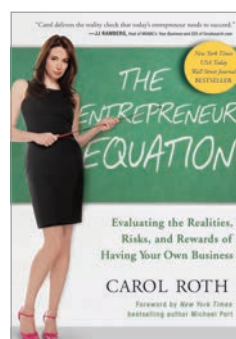
SHARI ARISON

BENBELLA BOOKS

CLOTH: 9781941631232

EBOOK: 9781941631249

BUSINESS • MAY 2015



THE ENTREPRENEUR EQUATION

CAROL ROTH

BENBELLA BOOKS

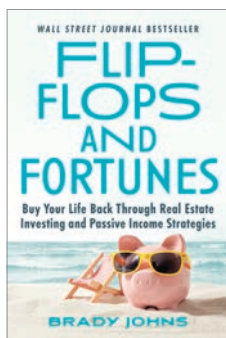
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EBOOK: 9781935618829

BUSINESS • MARCH 2012

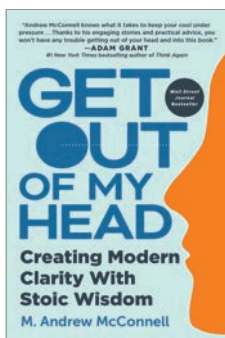
#2 WALL STREET JOURNAL (business)
#4 NEW YORK TIMES (hardcover advice)
#10 PUBLISHERS WEEKLY (hardcover nonfiction)

51 NATIONAL BESTSELLERS



FLIP-FLOPS AND FORTUNES

#3 *WALL STREET JOURNAL* (business)
#9 *PUBLISHERS WEEKLY*
(hardcover nonfiction)
BRADY JOHNS
MATT HOLT BOOKS
CLOTH: 9781637741788
EBOOK: 9781637741795
BUSINESS • AUGUST 2022



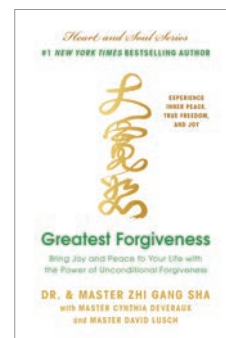
GET OUT OF MY HEAD

#5 *WALL STREET JOURNAL* (business)
#17 *PUBLISHERS WEEKLY*
(hardcover nonfiction)
M. ANDREW McCONNELL
MATT HOLT BOOKS
CLOTH: 9781637740750
EBOOK: 9781637740767
BUSINESS • JUNE 2022



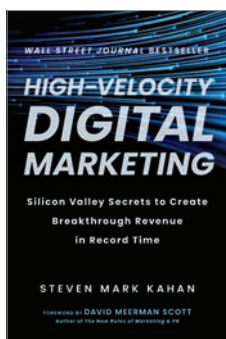
GLOBAL CLASS

#2 *WALL STREET JOURNAL* (business)
#6 *PUBLISHERS WEEKLY*
#7 *WALL STREET JOURNAL*
(both hardcover nonfiction)
AARON McDANIEL AND
KLAUS WEHAGE
MATT HOLT BOOKS
CLOTH: 9781637742181
EBOOK: 9781637742198
BUSINESS • AUGUST 2022



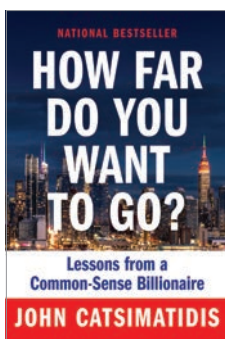
GREATEST FORGIVENESS

#27 *USA TODAY* (general)
DR. AND MASTER ZHI GANG SHA
WITH MASTER CYNTHIA DEVERAUX
AND MASTER DAVID LUSCH
BENBELLA BOOKS
CLOTH: 9781946885760
BODY, MIND, SPIRIT • AUGUST 2019



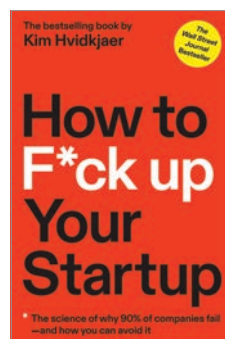
HIGH-VELOCITY DIGITAL MARKETING

#4 *WALL STREET JOURNAL* (business)
STEVEN MARK KAHAN
MATT HOLT BOOKS
CLOTH: 9781637742167
EBOOK: 9781637742174
BUSINESS • DECEMBER 2022



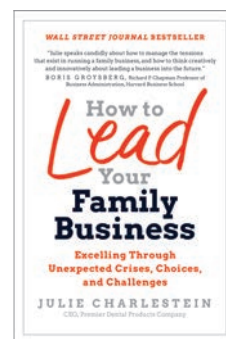
HOW FAR DO YOU WANT TO GO?

#6 *WALL STREET JOURNAL* (business)
#12 *PUBLISHERS WEEKLY*
(hardcover nonfiction)
JOHN CATSIMATIDIS
MATT HOLT BOOKS
CLOTH: 9781637743430
EBOOK: 9781637743447
BUSINESS • FEBRUARY 2023



HOW TO F*CK UP YOUR STARTUP

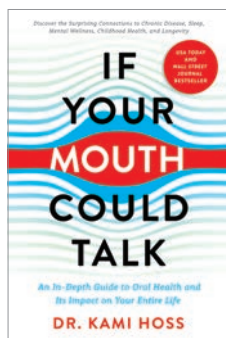
#3 *WALL STREET JOURNAL* (business)
#12 *PUBLISHERS WEEKLY*
(hardcover nonfiction)
KIM HVIDKJAER
MATT HOLT BOOKS
CLOTH: 9781637740590
EBOOK: 9781637740606
BUSINESS • FEBRUARY 2022



HOW TO LEAD YOUR FAMILY BUSINESS

#4 *WALL STREET JOURNAL* (business)
#24 *PUBLISHERS WEEKLY*
(hardcover nonfiction)
JULIE CHARLESTEIN
MATT HOLT BOOKS
CLOTH: 9781637742792
EBOOK: 9781637742808
BUSINESS • FEBRUARY 2023

51 NATIONAL BESTSELLERS



IF YOUR MOUTH COULD TALK

#2 WALL STREET JOURNAL
(ebook nonfiction)

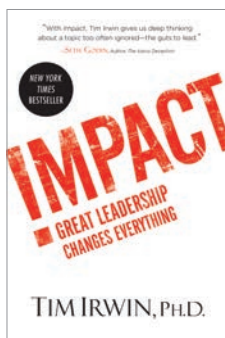
KAMI HOOS

BENBELLA BOOKS

CLOTH: 9781637740361

EBOOK: 9781637740378

MEDICAL • APRIL 2022



IMPACT

#10 NEW YORK TIMES
(combined print/ebook advice)

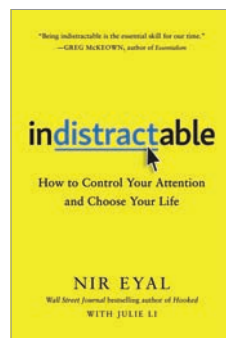
TIM IRWIN, PHD

BENBELLA BOOKS

CLOTH: 9781939529046

EBOOK: 9781939529053

BUSINESS • FEBRUARY 2014



INDISTRACTABLE

#20 PUBLISHERS WEEKLY
(hardcover nonfiction)

NIR EYAL

BENBELLA BOOKS

CLOTH: 9781948836531

EBOOK: 9781948836784

BUSINESS • SEPTEMBER 2019



JOURNEY TO RAINBOW ISLAND

#12 NEW YORK TIMES
(children's middle grade hardcover)

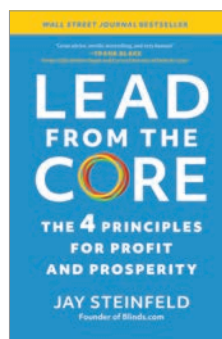
CHRISTIE HSIAO

BENBELLA BOOKS

CLOTH: 9781939529244

JUVENILE FICTION

NOVEMBER 2013



LEAD FROM THE CORE

#9 WALL STREET JOURNAL
(business)

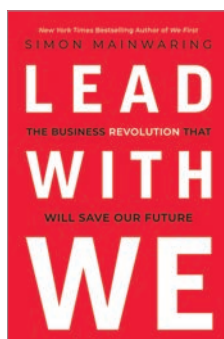
JAY STEINFELD

MATT HOLT BOOKS

CLOTH: 9781953295729

EBOOK: 9781637740064

BUSINESS • NOVEMBER 2021



LEAD WITH WE

#6 WALL STREET JOURNAL
(business)

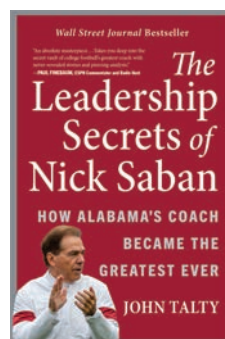
SIMON MAINWARING

MATT HOLT BOOKS

CLOTH: 9781953295699

EBOOK: 9781637740033

BUSINESS • NOVEMBER 2021



THE LEADERSHIP SECRETS OF NICK SABAN

#8 WALL STREET JOURNAL
(business)
#19 PUBLISHERS WEEKLY
(hardcover nonfiction)

JOHN TALTY

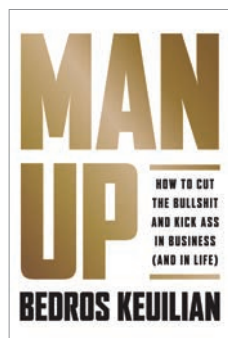
MATT HOLT BOOKS

CLOTH: 9781637740835

EBOOK: 9781637740842

BUSINESS • AUGUST 2022

51 NATIONAL BESTSELLERS



MAN UP!

#5 *WALL STREET JOURNAL*
(ebook nonfiction)

BEDROS KEUILIAN

BENBELLA BOOKS

CLOTH: 9781946885036

EBOOK: 9781946885562

BUSINESS • SEPTEMBER 2018



NETWORKING IS A CONTACT SPORT

#2 *WALL STREET JOURNAL* (business)

#14 *NEW YORK TIMES*

(hardcover advice)

JOE SWEENEY

BENBELLA BOOKS

CLOTH: 9781936661176

EBOOK: 9781935618584

BUSINESS • OCTOBER 2010



NETWORKING IS DEAD

#5 *WALL STREET JOURNAL* (business)

MELISSA G. WILSON AND

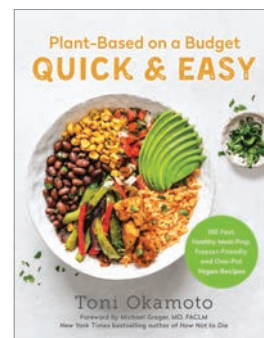
LARRY MOHL

BENBELLA BOOKS

TRADE: 9781937856021

EBOOK: 9781937856038

BUSINESS • NOVEMBER 2012



PLANT-BASED ON A BUDGET QUICK & EASY

#5 *PUBLISHERS WEEKLY*

(food and drink)

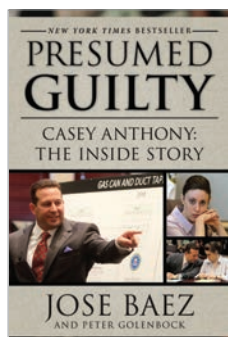
TONI OKAMOTO

BENBELLA BOOKS

TRADE: 9781637742495

EBOOK: 9781637742501

COOKING • MARCH 2023



PRESUMED GUILTY

JOSE BAEZ AND

PETER GOLENBOCK

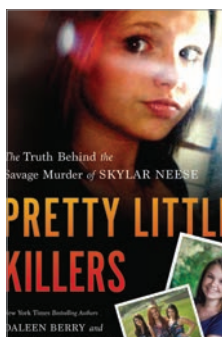
BENBELLA BOOKS

TRADE: 9781937856779

EBOOK: 9781939529213

TRUE CRIME • AUGUST 2013

#9 *NEW YORK TIMES*
(print/ebook nonfiction)
#10 *WALL STREET JOURNAL*
(ebook nonfiction)
#16 *PUBLISHERS WEEKLY*
(hardcover nonfiction)



PRETTY LITTLE KILLERS

#12 *NEW YORK TIMES*
(ebook nonfiction, alternate title)

DALEEN BERRY AND

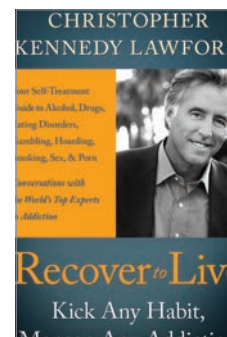
GEOFFREY C. FULLER

BENBELLA BOOKS

TRADE: 9781940363103

EBOOK: 9781940363660

TRUE CRIME • JULY 2014



RECOVER TO LIVE

#13 *NEW YORK TIMES*

(hardcover advice)

CHRISTOPHER KENNEDY LAWFORD

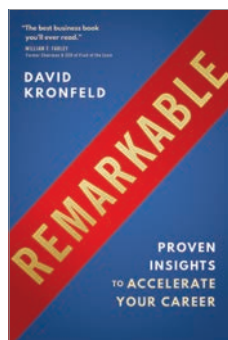
BENBELLA BOOKS

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EBOOK: 9781936661978

SELF-HELP • JANUARY 2014

51 NATIONAL BESTSELLERS



REMARKABLE

#4 WALL STREET JOURNAL (business)

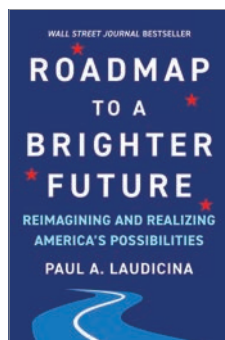
#13 PUBLISHERS WEEKLY
(hardcover nonfiction)

DAVID KRONFELD
MATT HOLT BOOKS

CLOTH: 9781953295637

EBOOK: 9781953295972

BUSINESS • SEPTEMBER 2021



ROADMAP TO A BRIGHTER FUTURE

#3 WALL STREET JOURNAL (business)

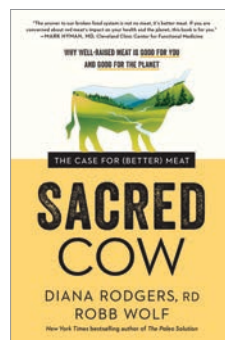
#12 PUBLISHERS WEEKLY
(hardcover nonfiction)

PAUL A. LAUDICINA
MATT HOLT BOOKS

CLOTH: 9781953295644

EBOOK: 9781953295989

BUSINESS • SEPTEMBER 2021



SACRED COW

#20 PUBLISHERS WEEKLY
(hardcover nonfiction)

DIANA RODGERS, RD,
AND ROBB WOLF
BENBELLA BOOKS

TRADE: 9781953295798

EBOOK: 9781950665112

HEALTH • NOVEMBER 2021



THE SCIENCE AND TECHNOLOGY OF GROWING YOUNG

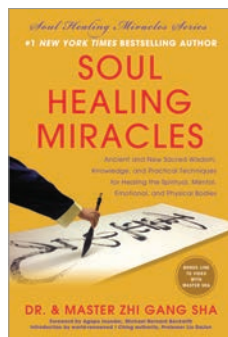
#5 WALL STREET JOURNAL
(hardcover nonfiction)

SERGEY YOUNG
BENBELLA BOOKS

TRADE: 9781637742761

EBOOK: 9781953295392

HEALTH • DECEMBER 2023



SOUL HEALING MIRACLES

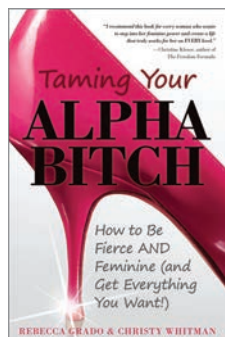
#6 PUBLISHERS WEEKLY
#7 WALL STREET JOURNAL
(both hardcover nonfiction)
#12 USA TODAY (general)

ZHI GANG SHA
BENBELLA BOOKS

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EBOOK: 9781940363080

HEALING • NOVEMBER 2013



TAMING YOUR ALPHA BITCH

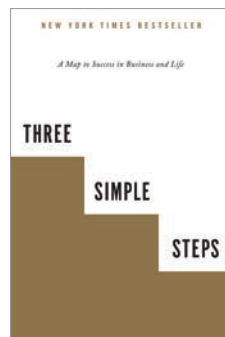
#5 NEW YORK TIMES
(paperback advice)

CHRISTY WHITMAN AND
REBECCA GRADO
BENBELLA BOOKS

TRADE: 9781936661152

EBOOK: 9781936661220

SELF-HELP • JANUARY 2012



THREE SIMPLE STEPS

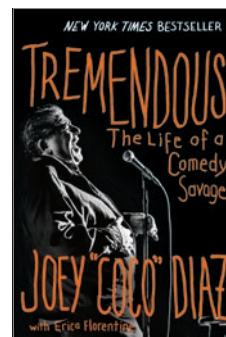
#5 NEW YORK TIMES
(paperback advice)
#7 PUBLISHERS WEEKLY (paperback)

TREVOR G. BLAKE
BENBELLA BOOKS

TRADE: 9781936661718

EBOOK: 9781936661725

SELF-HELP • AUGUST 2012



TREMENDOUS

#6 PUBLISHERS WEEKLY
#8 WALL STREET JOURNAL
(both hardcover nonfiction)
#10 NEW YORK TIMES (audio)

JOEY DIAZ WITH
ERICA FLORENTINE
BENBELLA BOOKS

CLOTH: 9781637742617

EBOOK: 9781637742624

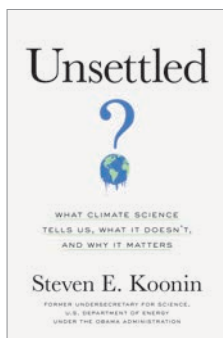
MEMOIR • MAY 2023

51 NATIONAL BESTSELLERS



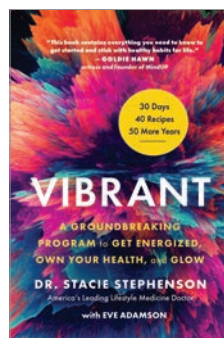
UNLOCK YOUR POTENTIAL

#1 *PUBLISHERS WEEKLY*
(hardcover nonfiction)
#2 *WALL STREET JOURNAL*
(business and hardcover nonfiction)
JEFF LERNER
MATT HOLT BOOKS
CLOTH: 9781637741740
EBOOK: 9781637741757
BUSINESS • AUGUST 2022



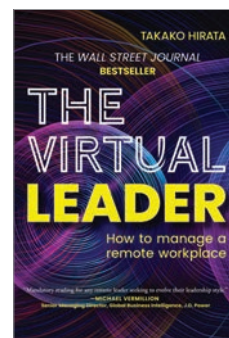
UNSETTLED

#3 *WALL STREET JOURNAL*
(ebook nonfiction)
#12 *PUBLISHERS WEEKLY*
(hardcover nonfiction)
STEVEN E. KOONIN
BENBELLA BOOKS
CLOTH: 9781950665792
EBOOK: 9781953295248
SCIENCE • APRIL 2021



VIBRANT

#3 *PUBLISHERS WEEKLY*
#5 *WALL STREET JOURNAL*
(both hardcover nonfiction)
STACIE STEPHENSON
BENBELLA BOOKS
CLOTH: 9781950665822
EBOOK: 9781953295170
HEALTH • MARCH 2021



THE VIRTUAL LEADER

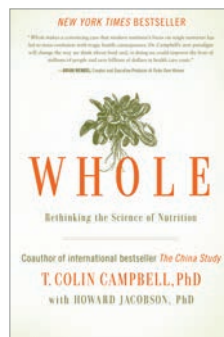
#3 *WALL STREET JOURNAL* (business)
#14 *PUBLISHERS WEEKLY*
(hardcover nonfiction)
TAKAKO HIRATA
MATT HOLT BOOKS
CLOTH: 9781637741245
EBOOK: 9781637741252
BUSINESS • APRIL 2022



WHAT REALLY HAPPENED

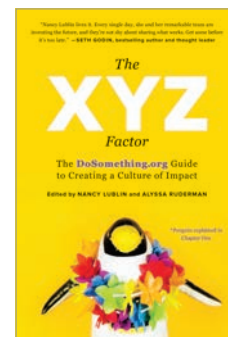
RIELLE HUNTER
BENBELLA BOOKS
CLOTH: 9781937856403
EBOOK: 9781937856410
BIOGRAPHY • JUNE 2012

#4 *WALL STREET JOURNAL*
(ebook nonfiction)
#5 *NEW YORK TIMES*
(print/ebook nonfiction)
#9 *PUBLISHERS WEEKLY*
(hardcover nonfiction)



WHOLE

#9 *NEW YORK TIMES*
(combined print/ebook advice)
T. COLIN CAMPBELL, PhD,
WITH HOWARD JACOBSON, PhD
BENBELLA BOOKS
TRADE: 9781939529848
EBOOK: 9781937856250
HEALTH • MAY 2014



THE XYZ FACTOR

#8 *LOS ANGELES TIMES*
(hardcover nonfiction)
NANCY LUBLIN AND
ALYSSA RUDERMAN
BENBELLA BOOKS
CLOTH: 9781941631638
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BUSINESS • FEBRUARY 2015

2023 CATALOG

BENBELLA BOOKS

Quality nonfiction across a broad set of categories including health, nutrition, current events, cooking, true crime, and popular science

Frontlist 2023 Titles

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Curated, fan-focused, and unique books that celebrate pop culture

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MATT HOLT BOOKS

Works from leading business authorities who tell interesting stories and empower people to grow and develop

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THE SLEEP LADY®'S GENTLE NEWBORN SLEEP GUIDE

Trusted Solutions for Getting You and Your Baby FAST to Sleep Without Leaving Them to Cry It Out

KIM WEST, MSW

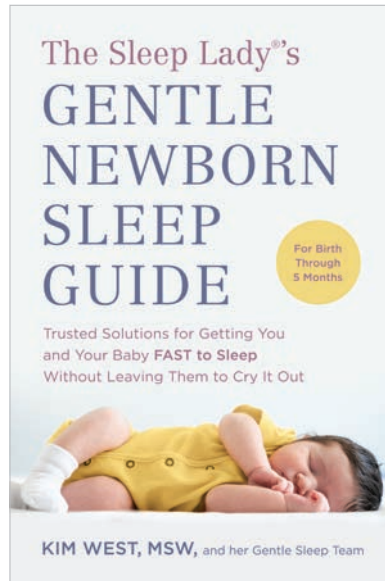
PUBLICITY AND MARKETING

- West's previous book, *The Sleep Lady's Good Night, Sleep Tight*, has sold 160K copies across all formats
- Author is a licensed clinical social worker, a practicing child and family therapist for 27 years, founder/CEO of the global Sleep Lady® brand and curriculum, and creator of the Gentle Sleep app
- Author has been featured on/in *Dr. Phil*, *Today*, *NBC Nightly News*, *Good Morning America*, CNN, *Wall Street Journal*, *USA Today*, and *Parenting*
- Author is a spokesperson for Graco, Pampers, Carter's, BABYBJÖRN, and the Newborn Channel
- Preorder campaign to author's email/newsletter lists (55K subscribers) and social media following of certified coaches, endorsers, and high-profile experts
- Promotion through author's relationships with Honest Company, Baby Einstein, and Nuk
- Facebook: /TheSleepLady (134K)
- Instagram: @TheSleepLady (24.7K)
- SleepLady.com (1.1M page views); GentleSleepCoach.com (66.9K)



Kim West, MSW, is a mom of two who has been a practicing child and family social worker for more than 25 years. She has helped more than 20

thousand families all over the world gently teach their children how to fall asleep—and fall back asleep without leaving them to cry it out alone. She started training Gentle Sleep Coaches internationally in 2010 and has appeared as a child sleep expert on numerous magazines, newspapers, and television programs including *Dr. Phil*, *Today*, and *Good Morning America*. Residence: Annapolis, Md.



Get better sleep for the whole family—from birth—with gentle, proven tips, tools, and techniques from *The Sleep Lady*®.

SLEEP TRAINING ISN'T recommended until your baby is six months old, but that doesn't mean you're powerless to help them (and you) sleep better now.

For the past three decades, Kim West, known around the world as The Sleep Lady®, has personally helped more than 20 thousand families gently teach their children how to fall asleep—and fall back asleep—without leaving them to cry it out alone.

Now, in *The Sleep Lady's Gentle Newborn Sleep Guide*, she offers gentle, research-backed,

easy-to-remember, and easy-to-apply ways to help your newborn sleep. In month-by-month chapters that are easily digestible (even in the middle of the night!), West and her Gentle Sleep Team share:

- The key developmental milestones from birth through five months, and how they impact your baby's sleep
- FAST (Feeding, Attachment and Soothing, Sleep, and Temperament) strategies specific to each age
- Safer co-sleeping guidelines
- Stories from real families
- Plus, what you need to know to make sure you're taking care of you, too!

It's easy to get overwhelmed by conflicting advice on sleep training, nap coaching, and more. *The Sleep Lady's Gentle Newborn Sleep Guide* provides clear guidance and a safe haven free of judgment, guilt, and criticism for parents seeking options that align with their parenting values and beliefs. Finally—get a good night's sleep.

9781637741566 • 6X9 • TRADE PAPERBACK • MARCH 2023

336 PAGES • US \$19.95 / \$25.95 CAN • FAMILY & RELATIONSHIPS

EBOOK: 9781637741573 • DISTRIBUTION: WORLD

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#5 PUBLISHERS
WEEKLY
BESTSELLER
(food and drink)

PLANT-BASED ON A BUDGET QUICK & EASY

100 Fast, Healthy, Meal-Prep, Freezer-Friendly, and One-Pot Vegan Recipes

TONI OKAMOTO

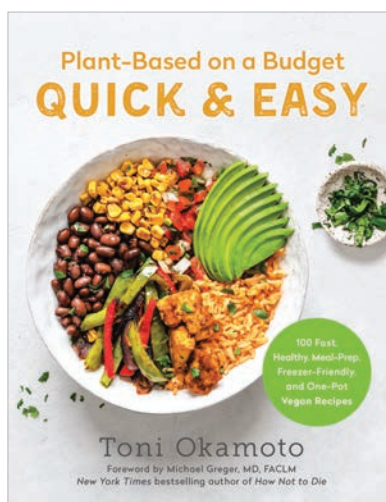
PUBLICITY AND MARKETING

- Okamoto is the author of *The Super Easy Vegan Slow Cooker Cookbook* (69K copies sold), *Plant-Based on a Budget* (66K), and *The Friendly Vegan Cookbook* (8K)
- Author appears in the popular documentary *What the Health* as an expert on plant-based eating
- She is well connected in the vegan space and anticipates support from influencers such as Dr. T. Colin Campbell (*The China Study*), Dr. Michael Greger, Mercy for Animals, the American Vegan Society, and Forks Over Knives
- She has been featured in/on NBC News, *Reader's Digest*, *US News & World Report*, *Parade*, *Good Housekeeping*, and *Real Simple*
- Promotion through author's website, blog, and newsletters (88K subscribers)
- Instagram: @PlantBasedOnABudget (582K)
- Facebook: /PlantBasedOnABudget (370K)
- PlantBasedOnABudget.com (300K page views per month)



Toni Okamoto is the founder of Plant-Based on a Budget, the popular website, food blog, and meal plan that shows you how to save dough by eating veggies.

She's also the author of *Plant-Based on a Budget* and *The Super Easy Vegan Slow Cooker Cookbook*. Plant-Based on a Budget has been featured in *Reader's Digest*, *US News & World Report*, and more. Toni's also a regular presence on the FOX affiliate in Sacramento, where she teaches viewers how to break their meat habit without breaking their budget. Residence: Sacramento, Calif.



Make mealtime easier than ever with 100 vegan recipes for meal prep, one-pot and one-pan meals, make-ahead dishes, sheet pan suppers, and more.

WHEN WE'RE CRUNCHED for time, cooking something healthy and tasty often falls off our to-do lists. But with a little planning (and some smart recipes), eating well can fit into even the busiest lifestyle. In this follow-up to her popular first book, *Plant-Based on a Budget*, Toni Okamoto turns her attention to recipes that save you time and energy in the kitchen—and, of course, save

you money, too! In *Plant-Based on a Budget Quick & Easy*, Toni shares creative ways to cut down on active kitchen time without having to invest in a ton of expensive equipment or resort to pricey premade foods. If meal prep isn't your jam, never fear; Toni offers so much more. Chapters focus on time-saving strategies like make-ahead meals, one-pot or one-pan dishes, sheet pan dishes and casseroles, 30-minute mains, and even simple desserts. Many recipes can be made oil-free, and Toni offers plenty of adaptations for your Instant Pot and air fryer. You'll find dishes such as:

- Fluffy Freezer-Friendly Waffles
- Weeknight Pasta
- Spinach Alfredo
- Tater Tot Casserole
- Veggie-Packed Potato Leek Soup
- Udon Noodles with Peanut Sauce
- Sheet Pan Ratatouille
- Mini Pizza Bagels
- Chocolate Peanut Butter Bark

As the saying goes, time is money—and *Plant-Based on a Budget Quick & Easy* will save you both.

9781637742495 • 7X9 • TRADE PAPERBACK • MARCH 2023

256 PAGES • US \$26.95 / \$35.95 CAN • COOKING

EBOOK: 9781637742501 • DISTRIBUTION: WORLD

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ACQUIRED FROM: CELESTE FINE, PARK & FINE

Sheet Pan Fajitas

SERVES 4, READY IN 35 MINUTES

When you've got a pan of these fajitas baking in the oven, your home will fill up with some of my all-time favorite aromas. This mix of peppers, onions, and tofu doesn't just smell amazing, though—it's also extremely tasty! Besides fajitas, try this filling stuffed inside tacos or burritos.

Ingredients:

- ½ (14- to 16-ounce) package extra- or super-firm tofu, drained and pressed
- 2 bell peppers (any color), sliced
- 1 red or yellow onion, sliced
- 3 garlic cloves, minced
- 2 tablespoons taco seasoning (store-bought or see Toni's tip below)
- 2 tablespoons vegetable oil

Optional additions and swaps:

- Swap the fresh bell peppers for a 14-ounce bag frozen bell peppers (no need to thaw)
- Add 1 cup sliced mushrooms in step 3
- For a subtle cheesy taste, add 1½ teaspoons nutritional yeast in step 3
- For more flavor, add 1½ teaspoons more taco seasoning in step 3
- Serve with warm tortillas
- Garnish with minced fresh cilantro
- Garnish with diced avocado
- Garnish with shredded vegan cheese or sour cream
- Serve with lime wedges for squeezing
- Serve with salsa

1. Preheat the oven to 425 degrees F. Line a rimmed baking sheet with a silicone mat or parchment paper.
2. Using your fingers, pull the tofu into 1-inch chunks and scatter them on the prepared sheet pan.
3. Add the bell peppers, onion, garlic, taco seasoning, and oil. Stir until everything is evenly coated, then spread it all out in a single layer.
4. Bake for 25 minutes. (If you're using frozen bell peppers, add 5 more minutes.)

Toni's Tip: To save time, I recommend using store-bought taco seasoning, but you can make your own simple seasoning with the following recipe. In a small jar, combine 2½ teaspoons chili powder, 2½ teaspoons ground cumin, 1½ teaspoons smoked paprika, and ½–¾ teaspoon salt. Store in a cool, dry place until you're ready to use it. It's not just for Mexican food—try sprinkling it over popcorn on your next movie night for a twist on the classic cinema snack.

Testers' Tip: "If you want to switch things up, you can also put the fajita filling into a hummus wrap." —Micah J. from Germany



ENTREPRENEURIAL LEAP

Updated and Expanded Edition

A Real-World Guide to Discovering What It Takes to Be an Entrepreneur
and How You Can Build the Business of Your Dreams

GINO WICKMAN

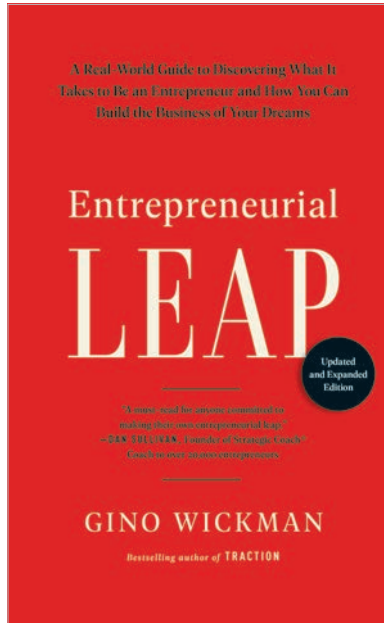
PUBLICITY AND MARKETING

- Wickman is the creator of the Entrepreneurial Operating System (EOS) and has personally delivered more than 1.9K full-day sessions for more than 135 companies to help them implement EOS
- Author's previous books include *Traction*, which has sold over 1M copies, as well as five other books in the Traction Library that have sold almost 2M copies combined
- Previous EOS titles have been published in 12 languages, including Chinese, Japanese, Russian, French, and Arabic
- LinkedIn: /EOS-Worldwide-LLC (26K)
- YouTube: /EOSWorldwide (22.2K)
- Facebook: /EOSWorldwide (12K)
- GinoWickman.com



Gino Wickman, bestselling author of *Traction*, has a passion for helping people get what they want from their businesses. To fulfill that passion, he created the

Entrepreneurial Operating System® (EOS), which helps leaders run better businesses, get better control, have better life balance, and gain more traction—with the entire organization advancing together as a cohesive team. Wickman is the founder of EOS Worldwide, a growing organization of successful entrepreneurs collaborating as certified EOS Implementers to help people experience all the organizational and personal benefits of implementing EOS. He also delivers workshops and keynote addresses. Residence: Livonia, Mich.



You've thought about starting your own business ... but how can you decide if you should really take the leap?

AN ENTREPRENEUR DEPENDS on far more than just a great idea and a generous helping of luck. There's a lot on the line, and you have to ask yourself difficult questions: *Do I have what it takes? Is it worth it? And how the heck do I do it?*

You need answers, not BS. This book has them.

The updated edition of *Entrepreneurial Leap* will help you decide, once and for all, if entrepreneurship is right for you—and give you the tools you need to create a successful business.

In this three-part book, Gino Wickman, bestselling author of *Traction*, reveals the six

essential traits that every entrepreneur needs in order to succeed, based on real-life stories of entrepreneurs who have reached incredible heights. If these traits ring true for you, you'll get a glimpse of what your life would look like as an entrepreneur, learn how to avoid eight critical mistakes, and determine what type of business best suits your unique skill set.

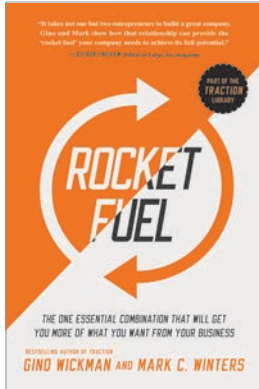
What's more, Wickman provides a detailed road map to a better start-up, including eight must do's to increase your odds of success, nine stages of building your business, and ten disciplines for managing and maximizing your energy.

Packed with tools, tips, and exercises that will accelerate your path to start-up success, *Entrepreneurial Leap* is a simple and practical how-to manual for BIG results.

Should you take the leap toward entrepreneurship? Find out today and let tomorrow be the first step in your new journey, whatever shape it may take.

9781637743119 • 5.5X8.25 • PAPER OVER BOARD • APRIL 2023
288 PAGES • US \$29.95 / \$39.95 CAN • BUSINESS
EBOOK: 9781637743126 • DISTRIBUTION: WORLD
TRANSLATION RIGHTS: SUSAN WELTE, SUSAN@BENBELLABOOKS.COM

ALSO BY GINO WICKMAN



ROCKET FUEL

GINO WICKMAN
AND MARK C. WINTERS

Visionaries have groundbreaking ideas. Integrators make those ideas a reality. This explosive combination is the key to getting everything you want out of your business. It worked for Disney. It worked for McDonald's. It worked for Ford. It can work for you. *Rocket Fuel* details the integral roles of the Visionary and Integrator and explains how an effective relationship between the two can help your business thrive. Offering advice to help Visionary-minded and Integrator-minded individuals find one another, *Rocket Fuel* also features assessments so you're able to determine whether you're a Visionary or an Integrator.

TRADE PAPERBACK
9781942952312
EBOOK: 9781941631164
US \$16.95 / \$22.95 CAN
BUSINESS • APRIL 2016

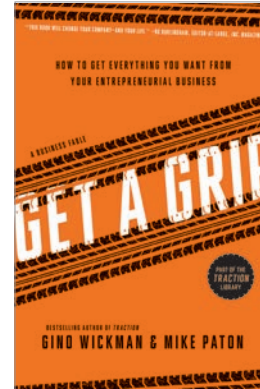


TRACTION

GINO WICKMAN

Do you have a grip on your business, or does your business have a grip on you? All entrepreneurs and business leaders face similar frustrations such as personnel conflict, profit woes, and inadequate growth. Decisions never seem to get made, or, once made, fail to be properly implemented. But there is a solution. The Entrepreneurial Operating System is a practical method for achieving the business success you have always envisioned. In *Traction*, you'll learn the secrets of strengthening the six key components of your business. You'll discover simple yet powerful ways to run your company that will give you and your leadership team more focus, more growth, and more enjoyment.

TRADE PAPERBACK
9781936661831
EBOOK: 9781936661824
US \$19.95 / \$25.95 CAN
BUSINESS • APRIL 2012

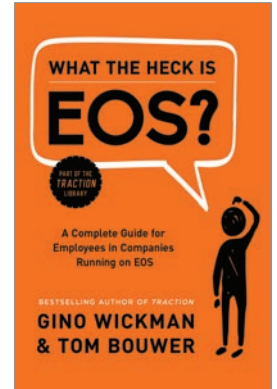


GET A GRIP

GINO WICKMAN AND MIKE PATON

It's time to take your business to the next level. The story of Swan Services is a fable, but the Entrepreneurial Operating System is very real and has helped thousands of businesses worldwide. In *Get A Grip*, discover how Swan Services leaders learned to develop and commit to a clear vision, establish focus, build discipline, and create a healthier and more cohesive team. With the help of EOS, Eileen, Vic, and their leadership team master a set of managerial tools that allow them to get traction on their business, grow the business, and deliver better results for clients.

TRADE PAPERBACK
9781939529824
EBOOK: 9781937856090
US \$19.95 / \$25.95 CAN
BUSINESS • APRIL 2014



WHAT THE HECK IS EOS?

GINO WICKMAN AND TOM BOUWER

Has your company struggled to roll out EOS to all levels of your organization? Do your employees understand why EOS is important or even what it is? *What the Heck Is EOS?* is for the millions of employees in companies running their businesses on EOS. Designed to engage employees in the EOS process and tools, *What the Heck Is EOS?* uses simple, straightforward language and provides questions about each tool for managers and employees to discuss creating more ownership and buy-in at the staff level. An easy and fast read, this book answers the questions many employees have about EOS and their company.

PAPER OVER BOARD
9781944648817
EBOOK: 9781944648831
US \$22.95 / \$29.95 CAN
BUSINESS • SEPTEMBER 2017

THE GUTSMART PROTOCOL

Revitalize Your Health, Boost Your Energy, and Lose Weight in Just
14 Days with Your Personalized Gut-Healing Plan

VINCENT PEDRE, MD, WITH LEE HOLMES

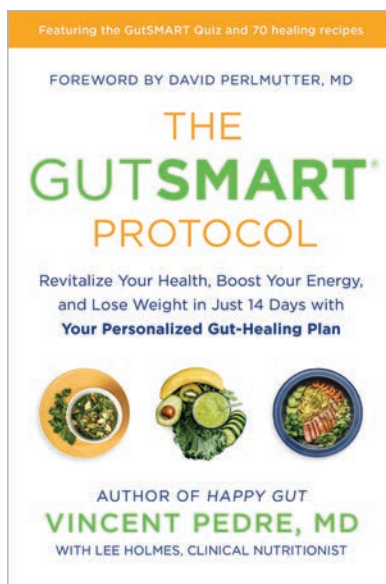
PUBLICITY AND MARKETING

- Pedre is the author of *Happy Gut* (29K across all formats); Holmes is the author of *Heal Your Gut*, a Founders' Board member of MemberBox, and a qualified clinical nutritionist and chef
- PBS Special planned for 2023 or 2024
- Author has a direct email campaign planned with an estimated reach of 1M+ with free digital and product giveaways through joint partners
- Author launched a HAPPY GUT® Masterclass in early 2023
- Book includes contributions from world-renowned breathwork teachers and meditation, with whom the author will team up to present at health summits and conferences
- Publicity relationships with *Dr. Oz*, *Good Morning America*, SiriusXM Satellite Radio, Doctor Radio, *MindBodyGreen Podcast*, iHeart Radio with Dr. Susanne Bennet, and more



Vincent Pedre, MD, is the medical director of Pedre Integrative Health and founder of Dr. Pedre Wellness, nutraceutical consultant for NatureMD and Orthomolecular Products, CEO of Happy Gut Life LLC, and a functional medicine-certified practitioner in private practice since 2004. With his proprietary “blueprint” for healing the gut, the Gut C.A.R.E.® Program, he has helped thousands around the world resolve their gut-related health issues. Residence: New York, N.Y.

Lee Holmes is an accredited clinical nutritionist, yoga and meditation teacher, whole foods chef, and author of the bestselling *Supercharged Food* books series. Residence: Miami Beach, Fla.; Damascus, Pa.



Take back control of your well-being—starting with the foundation for all health: your gut and the gut microbiome.

WHEN YOU HEAL the gut, you heal the body. With *The GutSMART Protocol*'s two-week gut health reset, it's easier than ever to heal your gut to have more energy and easier weight loss, plus a better mood and overall health.

In *The GutSMART Protocol*, “America's Gut Doctor” Vincent Pedre, MD, author of *Happy Gut*, outlines the latest science-based knowledge on the gut, the microbiome, and the way the environment impacts our health, then translates the research into actionable and easy-to-apply advice for how to eat (and more!).

Take the GutSMART Quiz to determine your level of gut dysfunction. Personalize your two-week health reboot based on the results. Then take the quiz again to capture your progress. Healing your gut to improve chronic disease and optimize your health has never been easier.

The GutSMART Protocol also features tools to turbocharge your journey toward optimal gut health, including:

- **Categorized food lists for the three GutSMART Score types**
- **70 gut-healing recipes from clinical nutritionist Lee Holmes**
- **14-day meal plans customizable for any diet, from vegan to paleo**
- **Science-backed breath and meditation exercises to destress and improve gut health**

The past several years have seen an explosion in gut microbiome research, and the powerful role the gut plays in whole-body health has never been more clear. What's less clear is how to use that information day to day to actually improve the way you feel—that's where this book comes in. Good health starts with the gut. *The GutSMART Protocol* is your food-based healing plan for achieving a happy gut.

9781637742556 • 6X9 • HARDCOVER • APRIL 2023
352 PAGES • US \$29.95 / \$39.95 CAN • HEALTH/NUTRITION
EBOOK: 9781637742563 • DISTRIBUTION: WORLD
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ACQUIRED FROM: STEPHANY EVANS, AYESHA PANDE LITERARY

#6 PUBLISHERS
WEEKLY

#8 WALL STREET JOURNAL
(both hardcover nonfiction)

#10 NEW YORK TIMES
(audio)

TREMENDOUS

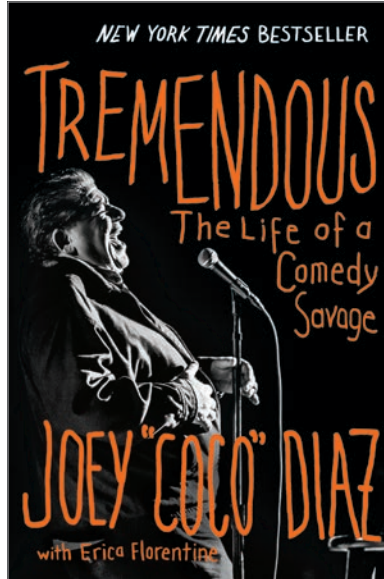
The Life of a Comedy Savage
JOEY DIAZ WITH ERICA FLORENTINE

PUBLICITY AND MARKETING

- Cuban-born comedian Joey Diaz's story has garnered a six-figure audiobook offer and a TV series sold at auction
- Author has recorded six comedy albums, which hit the Billboard Top 100 and #1 on iTunes Comedy
- Author regularly sells out the nation's top comedy chains and theaters like The Improv, Punch Line, Helium, The Laugh Factory, Cap City, and Comedy Works
- Author's voice-over work can be found in cartoons for kids and video games for adults
- Author is a part time on-air personality for *Ozzy's Boneyard* on Sirius/XM and has been a guest on top media outlets like *The Joe Rogan Experience* and *WTF with Marc Maron*
- Instagram: @MadFlavors_World (1.7M)
- YouTube: /@JoeyDiaz (922K)
- Twitter: @MadFlavor (802.5K)
- Facebook: /Joey.C.Diaz (119K)
- JoeyDiaz.net

Joey "CoCo" Diaz is a Cuban-American actor, comedian, podcast host, husband, and father. Diaz was born in Cuba and immigrated to the United States at age three. Orphaned in his teenage years, Diaz ventured into the world of crime and landed himself in jail for kidnapping, before turning his life around and finding his true calling with comedy. Residence: Englishtown, N.J.

Erica Florentine is a writer whose work has appeared in outlets including *Bustle*, *Thought Catalog*, *TheRichest.com*, *HealthU.com*, *WebMD*, *Fitness* and *Delaware Today* magazines, and more. She is the coauthor of *The Foundation of a Successful Life*. Residence: Asbury Park, N.J.



Outsider. Misfit. Criminal. Convict. Movie star. Family man. Comedy legend. Joey Diaz has been called every name in the book (and then some). Now, for the first time, he shares the story of his unlikely rise to fame in his own words—with no punches pulled.

TODAY, HE STARS in hit films, headlines sold-out tours, hosts the popular *Uncle Joey's Joint* podcast, and is a devoted father—but his life wasn't always so picture-perfect. Joey "Coco" Diaz credits his success to his "immigrant mentality," the work ethic his mother modeled for him and on which countless others have

depended to survive the harsh landscape of being an outsider.

Diaz wasn't always a star, but he was always a comedian—it just took him a while to figure it out. To be fair, he was pretty busy while he was young: helping his tough-as-nails mother in her bar, holding a gun for the first time at the age of six, and later dealing drugs and serving time.

Tremendous is the story of Diaz's life, from grueling childhood and misspent youth to finding his true calling in comedy. Immigrants, fans of celebrity tales, and comedy enthusiasts alike will be enthralled by this incredibly true, foul-mouthed, and funny memoir.

It's not a story for the faint of heart, or for prudes who've never spent a week sleeping in a piece of playground equipment. From finding his mom's body to high stakes crime, addiction and depression, there are plenty of dark episodes in this saga. Diaz shares it all with brutal honesty and humor, in the same inimitable voice he'd use talking to you from the stage or in a bar. He also shares the story of his improbable rise to the top and the bumpy road that led him there.

An inspiration to misfits everywhere, *Tremendous* is storytelling at its finest—and a reminder that the direst of circumstances can change in unpredictable ways.

9781637742617 • 6X9 • HARDCOVER • MAY 2023

264 PAGES • US \$26.95 / \$35.95 CAN • MEMOIR

EBOOK: 9781637742624 • DISTRIBUTION: WORLD

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ACQUIRED FROM: GORDON WARNOCK, FUSE LITERARY

BITE-SIZED PARENTING: YOUR BABY'S FIRST YEAR

The Essential Guide to What Matters Most, from Sleeping and Feeding to Development and Play, in an Illustrated Month-by-Month Format

SHARON MAZEL

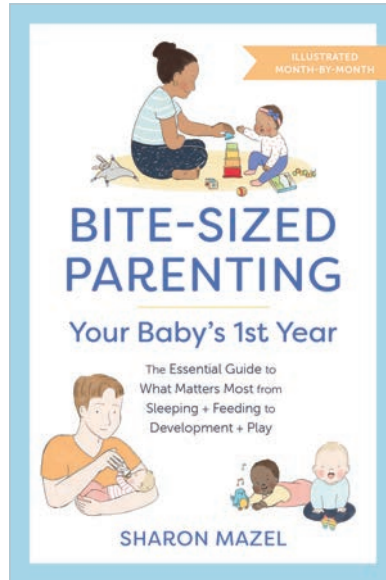
PUBLICITY AND MARKETING

- Mazel is the listed coauthor of *What to Expect When You're Expecting* (4th and 5th editions, 3.8M sold), *What to Expect the First Year* (2nd and 3rd editions, 1.5M sold), *What to Expect: Eating Well When You're Expecting* (1st edition, 304.4K), and several other What to Expect books, which have been translated into 35 languages
- Author is regularly invited to be a guest scholar for retreats (over 1.5K people) speaking on pregnancy, parenting, and wellness topics
- Author has written for *Parenting*, *Washington Post*, and *Baby Talk*
- Author will reach out to former journalism colleagues, fellow alumni from Columbia University Graduate School of Journalism, and other editors and reporters to gain exposure
- Instagram: @SharonMazel (260K followers, 3M views/week)
- SharonMazel.com



Sharon Mazel is an internationally recognized parenting and pregnancy expert, author, journalist, content creator, speaker, and coach with more than two

decades of experience in the field. She offers parenting and pregnancy courses, guides, coaching, newsletters, and blogs through her website and interacts daily with hundreds of thousands of new and expectant parent followers on social media. Mazel worked on the content creation, launching, writing, and editing of the award-winning WhatToExpect.com website and was also the executive producer of an educational video series at the Yale University Child Study Center. Residence: Silver Spring, Md.



The most essential, evidence-based advice for baby's first year for today's busy parents.

CONGRATULATIONS! YOU HAVE a new baby. What you don't have is a lot of time to comb through the overwhelming amount of information on caring for that baby.

In *Bite-Sized Parenting: Your Baby's First Year*, Sharon Mazel, one of America's most trusted parenting experts, presents the latest, most practical science-backed advice that new moms and dads need most, without judgment and in an engaging visual format, to make parenting in the first year less complicated and stressful.

Its month-by-month format and full-color illustrated infographics—nearly 100 in all—are

filled with expert medical, behavioral, nutritional, and developmental details aimed at empowering parents to care for their little ones with calm and confidence.

Each month, readers will learn:

- Your baby “by the numbers”: expected ranges for your baby's sleep times, feeding amounts, weight gain, and more
- Age- and stage-appropriate guidance on feeding and eating, naps and nighttime sleep, baby care and playing, and more
- How to tackle common first-year challenges, including soothing a crying baby, teething and spitting up, stranger anxiety, and more
- Expert advice for motor and language milestones
- Support for how you may be feeling in your baby's first year

The perfect gift (for yourself or someone else), *Bite-Sized Parenting* offers the key information new parents need, with warmth, support, and encouragement.

9781637742655 • 5.5X8.25 • TRADE PAPERBACK • SEPTEMBER 2023
336 PAGES • US \$24.95 / \$33.95 CAN • FAMILY & RELATIONSHIPS
EBOOK: 9781637742662 • DISTRIBUTION: WORLD
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ACQUIRED FROM: STACEY GLICK, DYSTEL, GODERICH & BOURRET

MONTH TWO OVERVIEW

ONE TO TWO MONTHS OLD

SLEEPING

14-18 HOURS

Total time your baby may sleep in a 24-hour day

3-5

Number of naps your baby may take each day

45-60 MINUTES

Time your baby may be awake between naps



EATING

8-12

Number of liquid meals your baby may have each day

16-32 OUNCES

Total amount of breast milk or formula your baby may drink each day

2-4 HOURS

Time between feedings

GROWING

7 LBS-11 LBS 15 OZ 19³/₄-22¹/₂ IN

Average range of weight and height for a baby girl this age

7 LBS 8 OZ-12 LBS 9 OZ 20-23 IN

Average range of weight and height for a baby boy this age

THE EMPOWERED WIFE WORKBOOK AND JOURNAL

A Guided Journey to Transforming Your Marriage with the Six Intimacy Skills

LAURA DOYLE

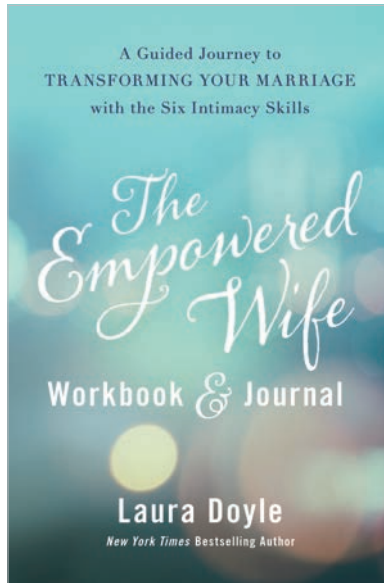
PUBLICITY AND MARKETING

- Release follows the updated and expanded edition of *The Empowered Wife* (original paperback edition has sold 56K copies across all formats)
- Author's previous books include the *New York Times* bestseller *The Surrendered Wife* (50K) and *The Surrendered Single* (24K)
- Promotion through *The Empowered Wife Podcast*
- Twitter: @LauraMDoyle (6K)
- LauraDoyle.org



New York Times bestselling author **Laura Doyle** was the perfect wife ... until she actually got married. When she told her husband how to be

tidier and more romantic, he avoided her. So she dragged him to marriage counseling and nearly divorced him. In desperation, she asked happily married women for their secrets. And that's when she got her miracle. Laura's books have started a worldwide movement of women who practice the Six Intimacy Skills. She founded an international relationship coach training school, is the star of *Empowered Wives* on Amazon Prime, and the host of *The Empowered Wife Podcast*. Laura has appeared on *Today*, *Good Morning America*, and *The View*. Residence: Newport Beach, Calif.



Part toolbox, part coach, part companion, *The Empowered Wife Workbook and Journal* will guide you in revitalizing your marriage and restoring yourself.

AN INTERNATIONALLY RECOGNIZED relationship coach, Laura Doyle has saved thousands of marriages with the fresh, revolutionary approach she outlines in her book *The Empowered Wife*.

The Six Intimacy Skills that form the core of her program let you single-handedly revitalize a boring or broken marriage by focusing on your own desires and transforming your own life—not bending over backward to transform your husband.

This workbook and journal gives you practical help and exercises to apply this wisdom. Inside, you'll find:

- A 30-Day Program to kick-start your practice of the Six Intimacy Skills
- Helpful list prompts, quizzes, and practice sheets
- Powerful questions for journaling and self-reflection to aid you in identifying your desires
- Structured journal space for daily activities such as gratitude lists, recording self-care strategies, and more

9781637742396 • 5.5X8.25 • PAPER OVER BOARD • JUNE 2023
256 PAGES • US \$24.95 / \$33.95 CAN • FAMILY & RELATIONSHIPS
EBOOK: 9781637742402 • DISTRIBUTION: WORLD
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ALSO FROM LAURA DOYLE:

The Empowered Wife, Updated and Expanded Edition: Six Surprising Secrets for Attracting Your Husband's Time, Attention, and Affection

TRADE PAPERBACK: 9781637742266 • EBOOK: 9781944648602
US \$18.95 / \$24.95 CAN • JANUARY 2023

THE 32 PRINCIPLES

Harnessing the Power of Jiu-Jitsu to Succeed in Business, Relationships, and Life

RENER GRACIE AND PAUL VOLPONI

PUBLICITY AND MARKETING

- Rener Gracie is a third-generation jiu-jitsu instructor and cofounder of the Gracie Academy; with over 200 training centers worldwide, he trains around 350K students in 196 countries and territories
- With his brother, Rener created the #1 selling jiu-jitsu video series *32 Principles of Jiu-Jitsu*, which grossed \$1M+ in sales during its first few months
- Rener has appeared on HBO's *Real Sports with Bryant Gumbel* and ABC's *Shark Tank*
- Instagram: @RenerGracie (402K); @GracieUniversityHQ (96K); @GracieLifestyle (42K)
- Twitter: @RenerGracie (101K)
- Facebook: /RenerGracie (101K); /GracieUniversity (36K)
- YouTube: GracieBreakdown (866K)
- GracieUniversity.com, QuikflipApparel.com; SleeperHold.com; PaulVolponiBooks.com



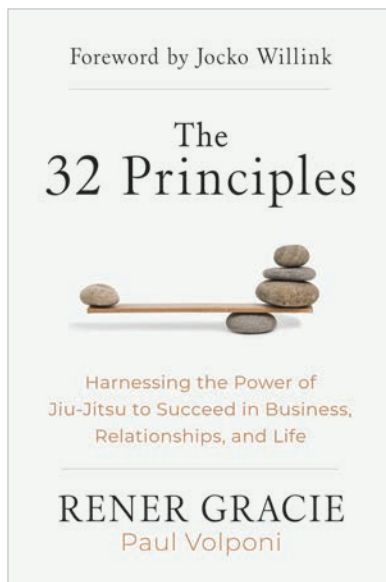
Rener Gracie was born into the family that founded Brazilian jiu-jitsu and the UFC (Ultimate Fighting Championship).

In 2009, with the help of his brother, Ryon Gracie, he broke the mold of traditional martial arts instructor by creating the first interactive online learning center for Brazilian jiu-jitsu, which today boasts more than 350,000 students in 196 countries. Headquartered in Southern California, his jiu-jitsu company, Gracie University, has more than 200 certified training centers worldwide. Residence: Torrance, Calif.



Paul Volponi is the award-winning author of 16 books including *Phyllis George*, *The Final Four*, *Top Prospect*, and *Black and White*. Paul is the recipient of a

dozen American Library Association honors. Residence: New York, N.Y.



Overcome any obstacle life throws at you by thinking and responding like a world-class martial artist—without ever setting foot on the mat.

JIU-JITSU IS MORE than a martial art; it is a lifestyle that promotes health, confidence, self-determination, and balance. Famed jiu-jitsu instructor Rener Gracie, who has coached more than 350,000 students in 196 countries, presents the core teachings of jiu-jitsu and explains how they can apply to all of our daily lives, including:

- **The Pyramid Principle:** the importance of investing in a strong foundation
- **The Acceptance Principle:** recognizing when it's better to yield than to resist
- **The Pivot Principle:** the value of changing your perspective to increase your effectiveness
- **The Redirection Principle:** using unfavorable circumstances to create favorable outcomes

Intended for both longtime fans and practitioners of jiu-jitsu as well as those completely unfamiliar with martial arts, *The 32 Principles*—and 32 companion videos on each principle's physical application for self-defense from Rener himself—will help you take control of your personal and professional pursuits, supercharge your entrepreneurial spirit, and balance your relationships at work and at home.

Along with multi-award-winning author Paul Volponi, this book features contributions from more than 40 champion athletes, topflight coaches, and others who have benefited from the everyday life applications of these timeless jiu-jitsu principles.

9781637743669 • 6X9 • HARDCOVER • AUGUST 2023

288 PAGES • US \$29.95 / \$39.95 CAN • SELF-HELP

EBOOK: 9781637743676 • DISTRIBUTION: WORLD

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ACQUIRED FROM: JOSEPH PERRY, PERRY LITERARY

THE GREAT AMERICAN RECIPE COOKBOOK

Season Two Edition

100 Memorable Recipes to Celebrate the Diversity and Flavors of American Food

THE GREAT AMERICAN RECIPE

PUBLICITY AND MARKETING

- First season edition has sold 10K copies since its August 2022 release
- Book release will follow the season finale, with episodes airing for eight weeks and promoting the book at the end of each episode (starting mid-June)
- Judges will promote across their platforms and social media:
 - **Tiffany Derry:** appeared on *Top Chef* seasons 7 and 8 and *Hungry Investors*
 - **Leah Cohen:** *Top Chef* season 5 contestant; chef/owner of Pig & Khao restaurant (NYC)
 - **Graham Elliott:** coach on *MasterChef*, *MasterChef Junior*, and *Top Chef*
- Foreword by Pati Jinich, chef and host of *Pati's Mexican Table*
- Objective Media is known for *Worst Cooks in America* (Food Network), *Flirty Dancing* (FOX), and *12 Dates of Christmas* (HBO Max)
- Facebook: /PBSFood (180K)
- Instagram: @PBSFood (128K)
- YouTube: /PBSFood (59K)
- Pinterest: /PBSFood (51K)
- Twitter: @PBSFood (32K)
- PBS.org/Show/Great-American-Recipe; PBS.org/Food/Shows/The-Great-American-Recipe

The Great American Recipe, a PBS eight-part series, is a fun, feel-good show that celebrates amazing home cooks while capturing the rich culinary history of America.



The hit PBS cooking competition returns! Dish up all the standout recipes—familiar favorites and bold new flavors—from Season Two.

IN THE SECOND season of *The Great American Recipe*, a new set of the country's most talented home cooks shared the stories of their lives, backgrounds, communities, and cultures, all told through food.

In this companion cookbook, you'll bring home more than 100 new recipes from the cast, host, and judges—meals that made their

big moments memorable. Family treasures handed down through generations. Iconic regional foods and twists on everyday classics. And even the weeknight standbys they turn to for quick, family-friendly dinners.

In short, this is the best of American home cooking, in all of its incredible diversity, from the East Coast to the islands of Hawai'i, from indigenous to immigrant families.

Accompanied by gorgeous food photography as well as captivating images from on-set, these recipes are accessible for home cooks and sure to become favorites at your table. You'll get to know more about your favorite contestants while learning how to make the standout recipes featured on the series, including:

- | | |
|---|--|
| • Lasagna Soup with Garlic Knots | • Baby Back Ribs with Cheesy Corn and Slaw |
| • Bison Pho | • Corn Chaat with Curried Watermelon |
| • Grab-and-Go Breakfast Burritos | • Croque Madame Mini Quiches with Dijon Béchamel |
| • Sweet Noodle Kugel | • Triple Chocolate Cheesecake Cups |
| • Beef and Lamb Semolina Meatballs in Spicy Red Sauce | • Liliko'i (Passion Fruit) Bars |
| • Chicken Curry and Roti | |
| • Rocky Mountain Trout with Stuffed Poblanos | |

9781637743645 • 8X10 • TRADE PAPERBACK • AUGUST 2023

264 PAGES • US \$39.95 / \$53.95 CAN • COOKING

EBOOK: 9781637743652 • DISTRIBUTION: WORLD

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ACQUIRED FROM: ANTHONY MATTERO, CREATIVE ARTISTS AGENCY

Roasted Butternut Squash with Sweet and Sour Onion and Pomegranate

JUDGE TIFFANY DERRY

SERVES 4

During the fall and winter months, squash is abundant and very accessible. I love butternut squash, and after caramelizing in the oven its natural flavors really sing. Brown butter adds a nuttiness and savory flavor to this dish. Any way I can eat pomegranate seeds, I'm game. This dish can be served on its own, as a side, or for the holidays. It's one of those recipes that's good to keep in your pocket.

Ingredients

- 1 (1½- to 2-pound) butternut squash, halved lengthwise and seeded
- 3 tablespoons extra-virgin olive oil, divided
- 3 teaspoons kosher salt, divided
- 1 large yellow onion, thinly sliced
- ¼ cup apple cider vinegar
- ¼ cup maple syrup
- 2 tablespoons chopped fresh mint
- 8 tablespoons (1 stick) unsalted butter
- ¼ cup pomegranate seeds
- ½ teaspoon red pepper flakes
- 1 handful arugula
- 1 handful microgreens, optional

Preheat the oven to 400 degrees F. Lightly grease a rimmed baking sheet.

Rub the cut sides of the squash with 2 tablespoons of the olive oil and 2 teaspoons of the salt. Place the squash halves, cut side down, on the prepared baking sheet. Bake until fork tender, 45 minutes to 1 hour.

Meanwhile, heat the remaining 1 tablespoon olive oil in a small frying pan over medium-high heat. Add the onion and remaining 1 teaspoon salt and cook, stirring frequently, until the onion is well softened and darkening, at least 15 minutes. Add the vinegar and syrup, stir, and reduce until the mixture is jammy and the onion is broken down, at least another 15 minutes or so. Add the mint and adjust seasoning if need be.

Melt the butter in a small saucepan over medium heat, stirring constantly. Keep on stirring and cooking the butter until it turns golden brown and smells nutty, 5–8 minutes. You will see brown specks begin to form at the bottom of the pan; this is OK, but be sure not to let the butter blacken, which means it has burned.

Arrange the squash cut side up on a serving platter. Spread with the sweet and sour onions and pour the brown butter into the “cups” of the squash. Sprinkle with the pomegranate seeds and red pepper flakes, scatter the arugula on top, and serve.



THE OCCASIONALLY ACCURATE ANNALS OF FOOTBALL

The NFL's Greatest Players, Plays, Scandals, and Screw-Ups (Plus Stuff We Totally Made Up)

DAN PATRICK AND JOEL H. COHEN

PUBLICITY AND MARKETING

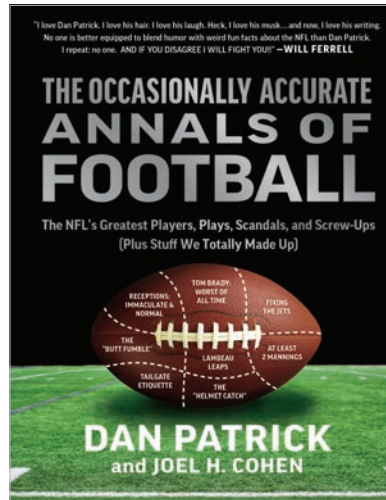
- Authors plan to create original content (songs, videos, etc.) featuring Dan Patrick and other sportscasters (Rich Eisen, Kenny Mayne) to promote the book
- Authors plan to release excerpts of the book to comedy and sports outlets like Fox Sports, *Barstool Sports*, Funny or Die, *BleacherReport*, *SB Nation*, Rant Sport, and *Deadspin*
- DanPatrick.com
- Twitter: @DPSHOW (451K)
- YouTube: /TheDanPatrickShow (306K)
- Facebook: /DanPatrickShow (216K)
- Instagram: @DanPatrickShow (101K)



Dan Patrick is a hall-of-fame sports broadcaster and host of *The Dan Patrick Show* (1M+ listeners, 371 affiliates), a veteran of ESPN, NBC Sports, and a three-time host of the Olympics. Residence: Milford, Conn.



Joel H. Cohen was born and raised in Calgary, Canada. In addition to writing several films, two books, and complaints to newspapers about inaccurate horoscopes, he's been a writer/producer on *The Simpsons* for the last 21 years. Joel has won three Emmy Awards, three Writers Guild Awards, and, one time, a glass donkey in a game of bingo. Residence: Los Angeles, Calif.



Celebrated sports commentator Dan Patrick and comedy writer Joel H. Cohen team up with some of America's greatest* comedy writers to tell you everything and nothing about America's sport!**

THE OCCASIONALLY ACCURATE ANNALS OF FOOTBALL

is a love letter to America's favorite game, full of highlights, history, great plays and players, scandals, and Super Bowls, plus a series of lies, idiotic theories, baseless conspiracies, and, of course, a poorly-written haiku. The book takes the credibility Dan Patrick has built up over a

stellar broadcast career (ESPN, NBC Sports, something called "Peacock") and risks it all with these falsehoods, half-truths, and even some quarter-truths.

This parade of inanity is cowritten by Joel H. Cohen (3 Emmys, several cavities due to poor flossing) and includes contributions from certifiably hilarious people, such as:

- **Andy Richter** (*Late Night with Conan O'Brien*)
- **Brian Kelley** (*The Simpsons*, *Saturday Night Live*)
- **Chuck Tatham** (*Modern Family*, *Arrested Development*)
- **Donick Cary** (*Silicon Valley*, *New Girl*)
- **Christine Nangle** (*Inside Amy Schumer*, *Saturday Night Live*)
- **Broti Gupta** (*The New Yorker*, *The New York Times*, *The Simpsons*)
- **Rob Cohen** (*Saturday Night Live*, *Big Bang Theory*)

Illustrated in two colors (black and white are colors, right?), *The Occasionally Accurate Annals of Football* informs (a little), entertains (a lot), and is the perfect gift to taunt the Jets fans in your life.

*"Greatest" is actually just a bad typo for "mediocre"

**No, not darts, we mean pro football (book on professional darts coming never)

9781637743683 • 7X9 • PAPER OVER BOARD • SEPTEMBER 2023

240 PAGES • US \$29.95 / \$39.95 CAN • SPORTS / HUMOR

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THE VAGRANT

The Inner Journey of Leadership: A Parable

DAN ROCKWELL AND JOHN DAVID MANN

PUBLICITY AND MARKETING

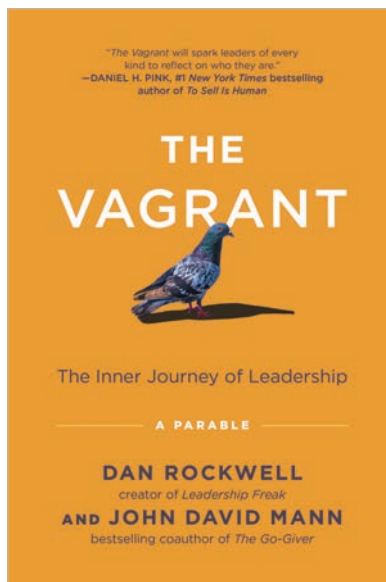
- John David Mann is the coauthor of 30+ books; his books have been published in three dozen languages and sold more than 3 million copies
- Mann's awards include the Nautilus Award, the Axiom Business Book Award (Gold Medal), and the 2017 Living Now Book Award's Evergreen Medal
- Dan Rockwell is the creator of the highly recognized Leadership Freak blog, read in virtually every country on the planet by nearly 500K subscribers
- Rockwell's clients include Home Depot, Homeland Security, National Institutes of Health, NYDLA, the US Department of Navy, and more
- Promotion to Rockwell's email list (50K subscribers)
- Twitter: @LeadershipFreak (329K)
- Facebook: @LeadershipFreak (18K)
- LeadershipFreak.blog;
JohnDavidMann.com



Dan Rockwell is the author of the highly recognized Leadership Freak blog. His concise and practical articles are read in every country. *Inc.* magazine recognized Dan as a Top 50 Leadership Expert in the English-speaking world, and a Top 100 Speaker. The American Management Association lists Dan as a Top 30 Leader in Business. Residence: Williamsport, Pa.



John David Mann is coauthor of more than 30 books, including four *New York Times* bestsellers and five national bestsellers. His classic 2008 parable *The Go-Giver* (coauthored with Bob Burg) earned the 2017 Living Now Book Award's "Evergreen Medal" for its "contribution to positive global change." Residence: Tampa, Fla.



From the coauthor of the acclaimed Go-Giver series and a renowned authority on leadership comes a modern parable on the relationship between success and self-reflection.

HAVE YOU EVER wondered, "If I could go back in time and talk to my 20-year-old self, what would I say?" In *The Vagrant*, a brash young executive finds himself asking that exact question when his world is turned upside down.

From Dan Rockwell, creator of the popular *Leadership Freak* blog, and John David Mann, coauthor of the award-winning classic *The Go-Giver*, *The Vagrant* follows Bob, a bright,

up-and-coming leader in the health care business who leads a team of 40 at a large city hospital. When he's called up to the seventh floor one fine spring morning, he fully expects a promotion in line with his C-suite aspirations. Instead, he's fired.

Moments after losing his job, Bob has a strange confrontation with a homeless man rambling about "the four impediments of the Apocalypse." In the weeks that follow, Bob loses everything he holds dear—his apartment, possessions, reputation, and health—and ends up living on the street . . . until he crosses paths with the strange man once again.

In this timeless, eye-opening tale of redemption, Bob's tailspin journey through loss and catastrophic failure invites readers to examine the nature of genuine leadership and embark upon their own story of self-discovery.

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ALSO FROM JOHN DAVID MANN (AND ANA GABRIEL MANN):
The Go-Giver Marriage: A Little Story About the Five Secrets to Lasting Love

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THE MIRACLE MORNING

Updated and Expanded Edition

The Not-So-Obvious Secret Guaranteed to Transform Your Life (Before 8AM)

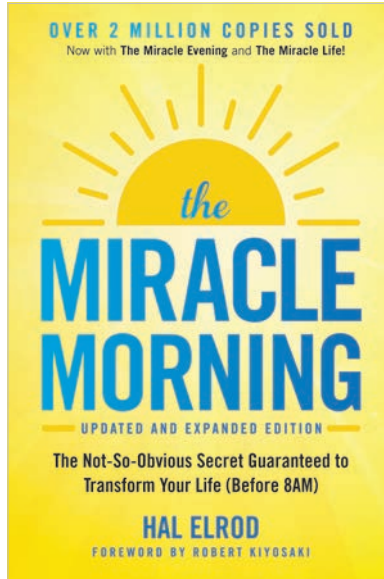
HAL ELROD

PUBLICITY AND MARKETING

- Hal Elrod is a keynote speaker and the author of 17 books, including *The Miracle Morning* (2.5M+ sold across all formats), *The Miracle Equation* (32K), and *Miracle Morning Millionaires* (13K)
- *The Miracle Morning* has been translated into 37 languages, and the Miracle Morning routine is practiced in more than 100 countries
- Hal has appeared on *Today*, NBC, and Fox News and has written for *Success* magazine and Entrepreneur.com
- A companion documentary, *The Miracle Morning*, was released in 2020 on Amazon Prime
- A free companion app, available for iOS and Android, offers a 30-day challenge and 100+ guided tracks
- HalElrod.com; MiracleMorning.com
- Facebook: /YoPalHal (267K)
- Instagram: /TheMiracleMorning (77K)
- Twitter: @HalElrod (55K)



Hal Elrod is on a mission to elevate the consciousness of humanity, one morning and one person at a time. Hal literally died at age 20 when his car was hit head-on by a drunk driver at 70 miles per hour, and he woke up after six days in a coma to be told by his doctors that he would probably never walk again. Not only did Hal walk, he ran a 52-mile ultra-marathon and went on to become a hall-of-fame business achiever, keynote speaker, author, husband, and father. In November 2016, Hal was diagnosed with a very aggressive form of leukemia. He is now in remission and furthering his mission through his books, *Achieve Your Goals* podcast, and documentary. Residence: Austin, Texas.



With over 2 million copies sold, *The Miracle Morning* has already transformed the lives of countless people around the world. Are you ready to join them?

You can change any aspect of your life just by changing the way you start your day.

This book will give you the simplest and most effective step-by-step process to wake up each day with more ENERGY, MOTIVATION, and FOCUS to improve your entire life one day at a time. The answer's been right here in front of us all along, but this book finally brings it to life.

Now, in this updated and expanded edition, Hal Elrod adds to his groundbreaking formula to include:

- **The Miracle Evening** — your strategy to optimize bedtime and sleep so you can wake up every day feeling refreshed and energized for your Miracle Morning
- **The Miracle Life** — your path to inner freedom so you can truly be happy and enjoy the life you have while you create the life you want

The next chapter of YOUR life—the most extraordinary life you've ever imagined—is about to begin. Start *The Miracle Morning* and begin waking up to your full potential today.

9781637744345 • 5.5X8.25 • TRADE PAPERBACK • DECEMBER 2023
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“As we each elevate our own consciousness, we are collectively elevating the consciousness of humanity. Thus, the ripple effect being made by the millions of Miracle Morning practitioners, spread across more than a hundred countries, is positively and inevitably impacting tens of millions and soon to be hundreds of millions of other people.”

WHEN I SELF-PUBLISHED *The Miracle Morning* on 12/12/12 (a date that even I, someone with permanent brain damage, was unlikely to forget), I did so with the mindset that I had a responsibility to share the daily practice that changed my life with as many people as I possibly could. How many that would be, I had no idea. But as I continued seeing the profound impact that the book and, more accurately, the ritual was making in people's lives, my sense of responsibility grew. I committed to a personal mission for the following year: **Change One Million Lives, One Morning at a Time**. As an unknown, self-published author, I had no idea how to reach a million people. But I figured it would give me a meaningful goal to work towards that year and possibly for the rest of my life.

So, on December 12, 2012, I set out to change one million lives over the course of the next 12 months, and I did everything in my power to make it happen. I worked six to seven days a week and implemented every strategy I could come up with to share the book with as many people as possible. However, by year's end I had failed miserably. With just over 13,000 books sold, I was 987,000 copies short of my goal. I calculated that, at that pace, it was going to take me 76.9 years to fulfill my mission, at which time I would be 110 years old. I was beyond discouraged.

But I saw the impact that the book made in the lives of those roughly 13,000 individuals. I read hundreds of emails, comments, and book reviews expressing profound results. So I decided that I still had a responsibility to continue sharing the Miracle Morning for as long as it took to fulfill my mission.

I'm grateful that it didn't take 76 years to reach and positively impact a million lives. Instead, it took a little more than six years of unwavering faith and extraordinary effort to get the original version of this book into the hands of more than one million readers. During that time, the book has created a worldwide movement, as people consistently experienced profound personal transformations and were compelled to share their experiences with others. The number of lives being impacted continues to

grow as now over 3,000,000 people, from more than one hundred countries and in 37 different languages, have read the original version of this book and used the methods to transform their lives in meaningful, lasting, and often unexpected ways.

The mission that began as changing one million lives, one morning at a time, is also now significantly more ambitious, and it's no longer just my own. It has become apparent that by dedicating time to a daily Miracle Morning practice, people are elevating their consciousness, *becoming more aware and intentional about how their thoughts, words, and actions impact their quality of life and the lives of the people around them*. As we each elevate our own consciousness, we are collectively elevating the consciousness of humanity. Thus, the ripple effect being made by the millions of Miracle Morning practitioners, spread across more than a hundred countries, is positively and inevitably impacting tens of millions and soon to be hundreds of millions of other people.

Thus, the Miracle Morning has evolved into a world-wide movement led by a community of people who are on a collective mission to **Elevate the Consciousness of Humanity, One Morning at a Time**.

It has truly been an honor to share the last ten years with incredible readers around the world. Whether this is your first time reading *The Miracle Morning* or you've read the original version, I hope you enjoy reading this new updated and expanded edition as much as I've enjoyed writing it for you!

I invite you to pause for a moment and take a deep breath as we are about to embark on a journey together. One that will invite you to tap into your innate human desire and drive to create the most fulfilling life you can imagine. I'm speaking of a life in which you are truly at peace, genuinely happy, and actively creating the impact you want to make in the world. That life is always available to you, simply waiting for you to wake up to your full potential so that you can claim it. This book shows you how.

THE FUTURE OF NUTRITION

An Insider's Look at the Science, Why We Keep Getting It Wrong, and How to Start Getting It Right

T. COLIN CAMPBELL, PhD, WITH NELSON DISLA

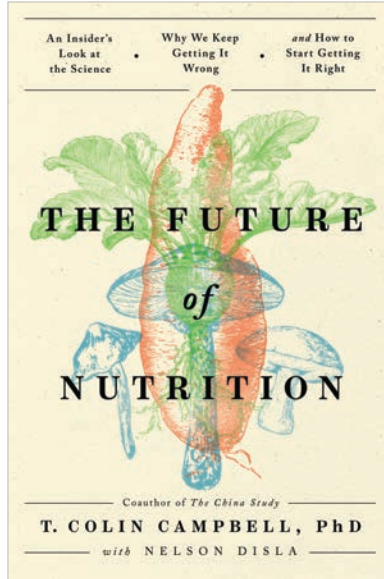
PUBLICITY AND MARKETING

- T. Colin Campbell's first book, *The China Study* (more than 3 million copies sold) laid out the exhaustive evidence for the whole foods, plant-based diet as the healthiest way to eat
- Author's *New York Times* bestselling follow-up, *Whole* (166K copies sold), addressed the widespread scientific emphasis on reductionism—attempting to understand and describe complex systems by reducing down to their smallest parts—that has kept our focus on the discrete behaviors of individual vitamins and nutrients in the foods we eat, rather than diet's synergistic effects on health
- Facebook: /NutritionStudies (189K)
- Instagram: @NutritionStudies (83K)
- Twitter: @TColinCampbellF (33K)
- YouTube: @NutritionStudies (15K)
- NutritionStudies.org



For over 40 years, **T. Colin Campbell, PhD**, has been at the forefront of nutrition research. His legacy, the China Study, is the most comprehensive study of health and nutrition ever conducted. Dr. Campbell is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University. He has received more than 70 grant years of peer-reviewed research funding and authored more than 300 research papers. Residence: Ithaca, N.Y.

Nelson Disla is a writer and editor. He graduated from the University of North Carolina at Chapel Hill, where he studied English. He has worked for nonprofit organizations, small businesses, and local governments. Residence: Carrboro, N.C.



and what our current path means for the future—both for individual health and society as a whole.

In these pages, Campbell takes on the institution of nutrition itself, unpacking:

- **Why the institutional emphasis on individual nutrients (instead of whole foods) as a means to explain nutrition has had catastrophic consequences**
- **How our reverence for “high quality” animal protein has distorted our understanding of cholesterol, saturated fat, unsaturated fat, environmental carcinogens, and more**
- **Why mainstream food and nutrient recommendations and public policy favor corporate interests over that of personal and planetary health**
- **How we can ensure that public nutrition literacy can prevent and treat personal illness more effectively and economically**

The Future of Nutrition isn't just a brutally honest examination of the shortcomings in our food industries; it's also an optimistic look ahead, with actionable steps on how we can ensure a healthier tomorrow—both for ourselves and generations to come.

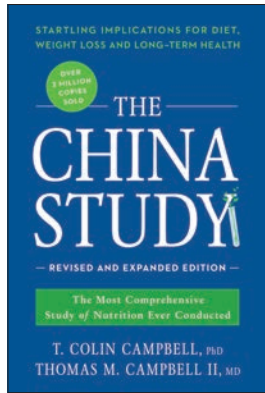
From the coauthor of *The China Study* and author of the *New York Times* bestselling follow-up, *Whole*, comes a fascinating deep dive behind the curtain of the field of nutrition—with major implications for our health

DESPITE OVERWHELMING public information on health science, we are more confused than ever about the foods we eat and what good nutrition looks like.

In *The Future of Nutrition*, T. Colin Campbell cuts through the noise with an in-depth analysis of our historical relationship to the food we eat, the source of our present information overload,

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MORE IN THE CHINA STUDY FAMILY

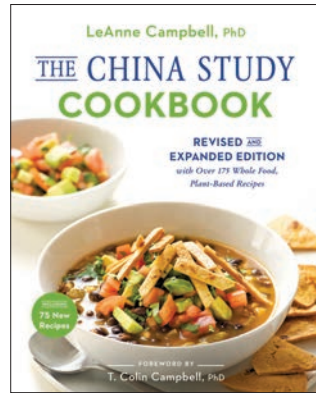


THE CHINA STUDY

Revised and Expanded Edition
**T. COLIN CAMPBELL, PhD,
AND THOMAS M. CAMPBELL II, MD**

More than 30 years ago, nutrition researcher T. Colin Campbell embarked upon the China Study, the most comprehensive study ever undertaken on the relationship between diet and the risk of developing disease. In 2005, Colin and his son Tom shared those findings in *The China Study* and opened the eyes of millions to the dangers of a diet high in animal protein. Featuring brand-new content, this heavily expanded edition includes the latest evidence of the power of a plant-based diet, plus updated information about the changing medical system and how patients stand to benefit from a surging interest in plant-based nutrition.

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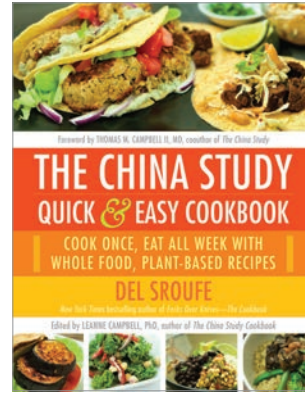


THE CHINA STUDY COOKBOOK

Revised and Expanded Edition
LEANNE CAMPBELL, PhD

In celebration of the bestseller that has changed millions of lives, this new edition puts the groundbreaking scientific findings of *The China Study* directly on your plate. Written by LeAnne Campbell, daughter of T. Colin Campbell, *The China Study Cookbook* now features even more delicious, easy-to-prepare plant-based recipes—with no added fat and minimal sugar and salt. This book shows you how to transform your health and the health of your entire family—along with contributing to the health of your community and the world—all while enjoying incredible meals.

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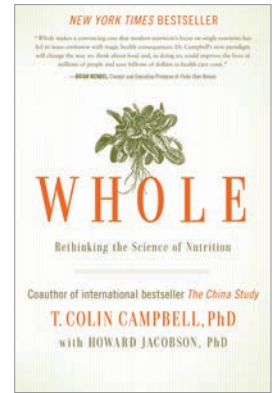


THE CHINA STUDY QUICK & EASY COOKBOOK

DEL SROUFE

You shouldn't have to sacrifice health or taste for efficiency in the kitchen. In *The China Study Quick & Easy Cookbook: Cook Once, Eat All Week with Whole Food, Plant-Based Recipes*, Del Sroufe provides menu plans, pantry lists, and more than 100 plant-based recipes that all follow the nutrition standards set forth by *The China Study*. By spending a couple of hours one day a week preparing meals ahead of time, you can take the next step in transforming your kitchen, your time, and your life. Even on a busy schedule, your meals can be simple, healthy, and delicious!

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WHOLE

**T. COLIN CAMPBELL, PhD,
WITH HOWARD JACOBSON, PhD**

In *The China Study*, T. Colin Campbell (alongside his son, Thomas M. Campbell) revolutionized the way we think about our food with the evidence that a whole food, plant-based diet is the healthiest way to eat. Now, in *Whole: Rethinking the Science of Nutrition*, he explains the science behind that evidence, the ways our current scientific paradigm ignores the fascinating complexity of the human body, and why, if we have such overwhelming evidence that everything we think we know about nutrition is wrong, our eating habits haven't changed. *Whole* is a scientific tour de force with powerful implications for our health and for our world.

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HEALTH • MAY 2014

FAILURE IS NOT NOT AN OPTION

How the Chubby Gay Son of a Jesus-Obsessed Lesbian Found Love,
Family, and Podcast Success . . . and a Bunch of Other Stuff

PATRICK HINDS

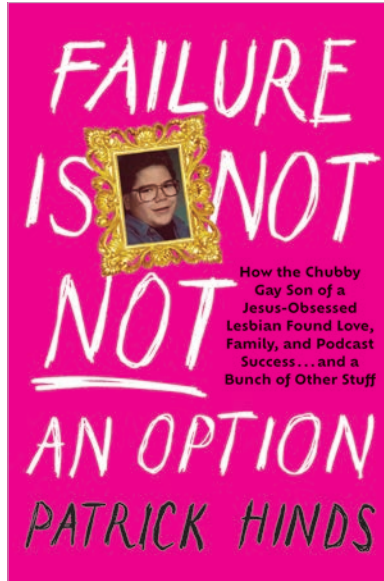
PUBLICITY AND MARKETING

- Patrick Hinds is the hilarious cohost of *True Crime Obsessed* (200M+ downloads)
- *TCO* is consistently on Apple's Top 100 list, regularly sells out +1K-seat theaters, and was the first podcast to play live on Broadway
- With over 42K subscribers, *TCO* is the #1 creator on Patreon and the site's top earner across the platform
- *TCO* has been featured in the *New York Times*, *Vogue*, *Newsweek*, and *Vulture*; the author has been featured on/in *Access Hollywood*, *Global News*, *Cheddar*, *Out*, *PopSugar*, and *Business Insider*, among others
- Author will complete a 25–30-city book tour; include the book in his *TCO* convention, *Obsessed Fest*; and adapt the book for a limited engagement, off-Broadway live show
- Instagram: @TrueCrimeObsessedPodcast (135K); @PatrickHinds_ (69K)
- Facebook: /TrueCrimeObsessed (61K)
- Twitter: @TrueCrimeObsess (42K); @PatrickHinds (32K)
- ObsessedNetwork.com, TrueCrimeObsessed.com



Patrick Hinds is the cohost of *True Crime Obsessed*, one of the most popular true crime podcasts in the world, which recaps true crime documentaries with

humor, heart, and just the right amount of sass. *TCO* tours live shows internationally and, in April 2022, became the first podcast to play live on Broadway. With more than 200 million downloads and counting, *True Crime Obsessed* is one of the most recognizable podcasts in any genre. In 2020, Patrick launched The Obsessed Network with his husband, Steve Tipton. Residence: New York, N.Y.



Patrick Hinds has failed. A lot. In fact, he's kind of an expert at it—which is why he's uniquely qualified to say that failure is a good thing.

ON PAPER, THE CHUBBY, poor, gay son of a lesbian who wrote pornographic letters to Jesus isn't the person that you think of when you hear the word "success." Yet Patrick Hinds has somehow managed to bungle his way through to become the successful cohost of *True Crime Obsessed*—a podcast with more than 200 million downloads.

Before that, though, he failed at many, many things. Patrick's life is a series of fiascos, missteps, and just plain bad ideas. An eternal optimist, he's always thrown himself into

everything he's done, even when he probably shouldn't have. He devoted himself to becoming an actor even though he was terrible, started a daycare even though he hated kids, and somehow had a disastrous time with Bea Arthur . . . even though he couldn't be gayer.

Both heartfelt and hilarious, *Failure Is Not Not an Option* lets Patrick's signature storytelling style shine—and it's also the only book to bravely and definitively declare:

1. **Failing simply means that you tried (and if you try enough, eventually success will be an option, too).**
2. **Ted Bundy is. Not. Hot.**

By trying and, yes, failing at so many things, Patrick finally found his way to a great career, a great husband, and a great family. There were hurdles to jump, unexpected surprises, and no shortage of laughter. *Failure Is Not Not an Option* is a fun and outrageous read that will raise you up—and provide a soft landing pad for the next time you fall.

9781637744253 • 6X9 • HARDCOVER • SEPTEMBER 2023

256 PAGES • US \$26.95 / \$35.95 CAN • MEMOIR

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SHAMELESS SEX

Choose Your Own Pleasure Path to Unlock the Sex Life You've Been Waiting For

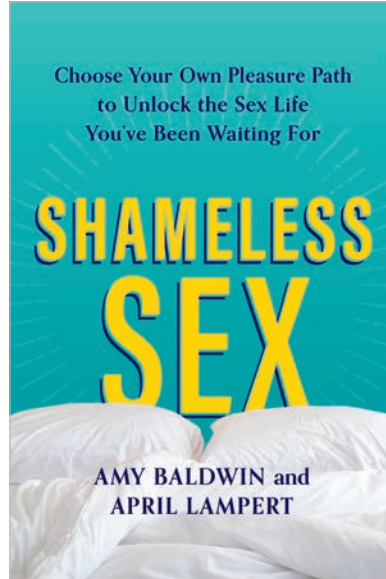
AMY BALDWIN AND APRIL LAMPERT

PUBLICITY AND MARKETING

- Amy Baldwin is a sex and relationship coach, certified sex educator, and co-owner of the online boutique Pure Pleasure Shop
- April Lampert has been educating people about health, wellness, and sex since 2008, and is the VP of the pleasure product company Hot Octopuss
- Together, the authors are the hosts of *Shameless Sex*, a podcast inspiring radical self-love, sexual empowerment, and shame-free intimacy (+9.8M downloads)
- With 80K unique listeners per week, *Shameless Sex* is in the top 1% of podcasts worldwide and regularly ranks #2 or #3 among sexuality podcasts in the US
- Presale campaign planned through Entrenue, the #1 distributor of adult products in the USA
- Instagram: @ShamelessSexPodcast (49K); @AmyShamelessSex (10K); @AprilLampert (6K)
- ShamelessSex.com



Amy Baldwin is a sex and relationship coach, certified sex educator, and co-owner of a mother-daughter-owned online pleasure boutique called Pure Pleasure Shop. **April Lampert** has been educating people about sexual pleasure, health and wellness, and pleasure products at a global scale since 2008, and is currently traveling the world as vice president of Hot Octopuss, an innovative pleasure product company. Together, Amy and April combined forces to create the *Shameless Sex* podcast, inspiring radical self-love, sexual empowerment, and shame-free intimacy. *Shameless Sex* is unabashed real talk about sexuality with a playful twist. Residence: Santa Cruz, Calif.



Take control of your own sexual journey with *Shameless Sex*, a compass to guide you toward your most authentic and vibrant self

EMBRACE YOUR DESIRES, gain confidence in your relationships, and explore your own ever-changing world of sexual pleasure with this guide to cultivating the sex life of your dreams.

No matter your gender, sexuality, or relationship status, *Shameless Sex* lets you choose your own path to pleasure while feeling normal, whole, and supported.

With real questions from *Shameless Sex* podcast listeners—and the best advice and most trusted tools drawn from interviews with hundreds of doctors, sex educators, therapists,

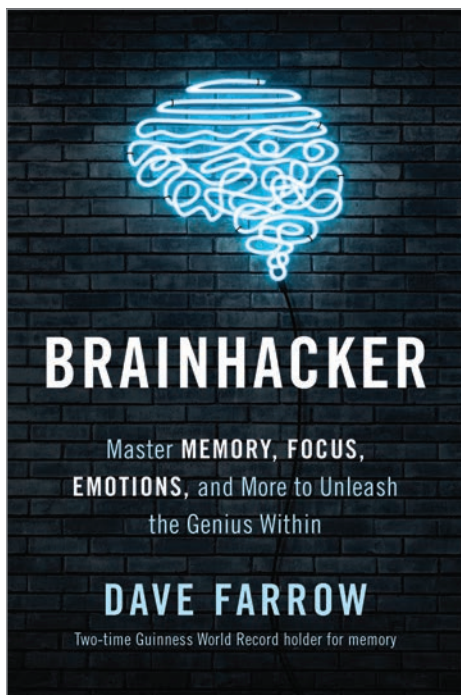
coaches, and other experts—hosts Amy Baldwin and April Lampert address the most-asked questions around sex, including:

- How do I figure out what I want in the bedroom—and then ask for it?
- How can I become a better lover?
- How can I have hotter, steamier sex?
- How can I keep the fire burning?

Shameless Sex is more than just a fascinating and insightful read—this guide is designed to be revisited time and time again when new relational and sexual questions inevitably arise.

Are you ready to open yourself up to creating the lasting change you desire in your sex and relationships? Join the *Shameless Sex* revolution, and find the passion, richness, depth, and connection you've been looking for.

9781637743768 • 6X9 • HARDCOVER • NOVEMBER 2023
320 PAGES • US \$28.95 / \$38.95 CAN • SELF-HELP / SEXUAL INSTRUCTION
EBOOK: 9781637743775 • DISTRIBUTION: WORLD
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BRAINHACKER

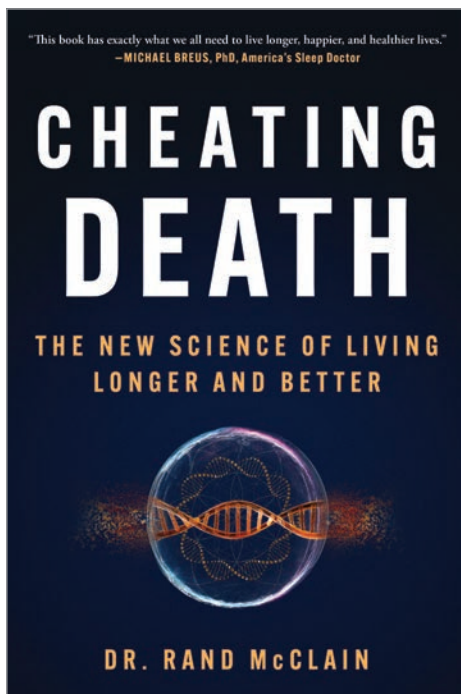
DAVE FARROW

If you feel like your brain is “glitching,” or working against you, know that you’re not stuck with the brain that biology gave you. An upgrade is possible.

In *Brainhacker: Master Memory, Focus, Emotions, and More to Unleash the Genius Within*, you’ll learn how to “rewire” your brain and boost its power. David Farrow, author of *The Farrow Method*, helps you get inside your own head and call the shots, with concrete exercises and tips to train your brain to work for you. These tricks can instantly boost your memory, improve your reading speed, help you push away pain, and form life-changing habits—with techniques as simple as a hand movement or a little bit of imagination.

Farrow’s unlikely journey from underachieving kid with ADHD and dyslexia to winner of multiple Guinness World Records for memorization is proof that training your brain really works—and can unlock hidden potential. *Brainhacker* pairs Farrow’s unique, tried-and-true methods with his own story, following his path to success as he searched for solutions to overcome his struggles with focus, memory, sleep, anxiety, self-esteem, and more.

**HARDCOVER • 9781637741405 • EBOOK: 9781637741412 • US \$27.95 / \$36.95 CAN • SELF-HELP
FEBRUARY 2023 • ACQUIRED FROM: BILL GLADSTONE, WATERSIDE PRODUCTIONS**



CHEATING DEATH

DR. RAND McCLAIN

Cutting-edge treatments are emerging that increase longevity, stave off disease, and enhance our appearance and quality of life—our “healthspan.” But chances are, these advances are not readily available at most doctor’s offices, in stores, or easy to find online.

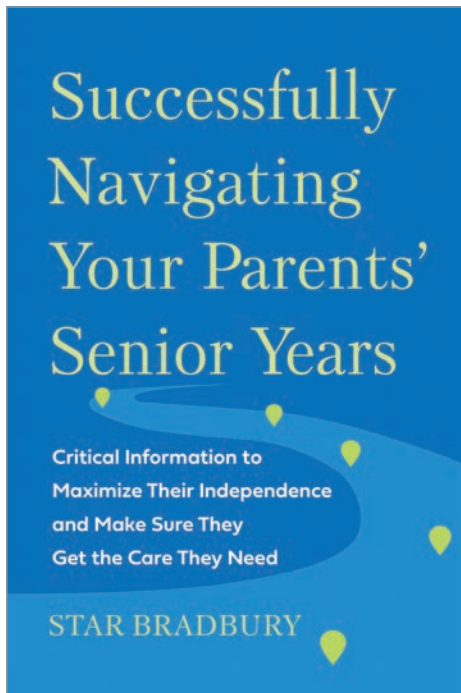
Dr. Rand McClain is the founder and head of the renowned Regenerative and Sports Medicine Clinic in Santa Monica, a leading practitioner of alternative and cutting-edge treatments. In *Cheating Death: The New Science of Living Longer and Better*, McClain shares the best drugs and supplements, treatment methods, and devices—approaches that are backed by extensive research as well as Dr. McClain’s own work with his patients.

Best of all, McClain shows how you can get access to these therapies and jump-start your body’s regenerative processes—everything from stabilizing mood swings, relieving depression and anxiety, extending hormone balance and sexual function, improving muscle strength and stamina, easing debilitating pain, and restoring a youthful appearance.

Bolstered with research and recovery stories from real people, *Cheating Death* gives readers the tools to live healthier, longer lives.

**HARDCOVER • 9781637740408 • EBOOK: 9781637740415 • US \$24.95 / \$33.95 CAN • HEALTH
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SUCCESSFULLY NAVIGATING YOUR PARENTS' SENIOR YEARS

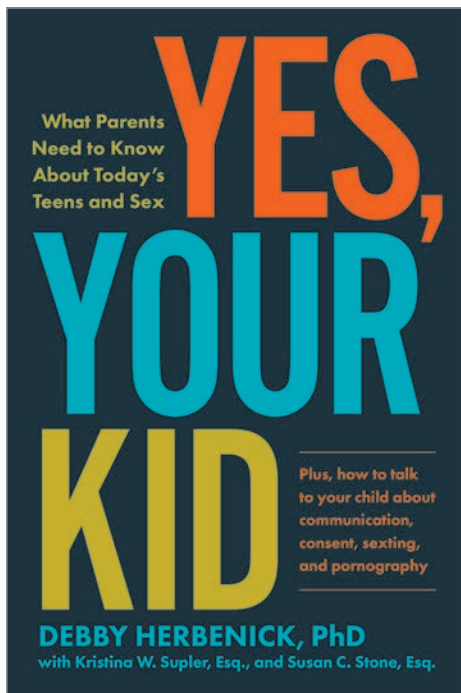
STAR BRADBURY

No matter your parents' age or stage of life, this comprehensive guide walks you step-by-step through developing a flexible, proactive plan that will allow you to make the best, most informed decisions—for your parents' well-being and your own.

Whether your parents are in their 60s or their 90s, and whether they have years of health ahead of them or already need more support, *Successfully Navigating Your Parents' Senior Years: Critical Information to Maximize Their Independence and Make Sure They Get the Care They Need* provides the framework and information you need to prepare for and handle with confidence the changes ahead.

Aging Life Care Specialist® and CEO of Senior Living Strategies Star Bradbury draws on her 25 years of experience in senior living to bring you an up-to-date, comprehensive guide to navigating the tricky waters ahead—starting with putting a plan in place now that maximizes your parents' independence while providing them with the support they need.

PAPERBACK • 9781637742471 • EBOOK: 9781637742488 • US \$19.95 / \$25.95 CAN
FAMILY / ELDERCARE • MARCH 2023 • ACQUIRED FROM: WENDY KELLER, KELLER MEDIA



YES, YOUR KID

DEBBY HERBENICK, PhD, WITH KRISTINA W. SUPLER, ESQ., AND SUSAN C. STONE, ESQ.

Discover a crash course for parents on talking to teens and older kids about sex to keep them healthy, happy, and safe.

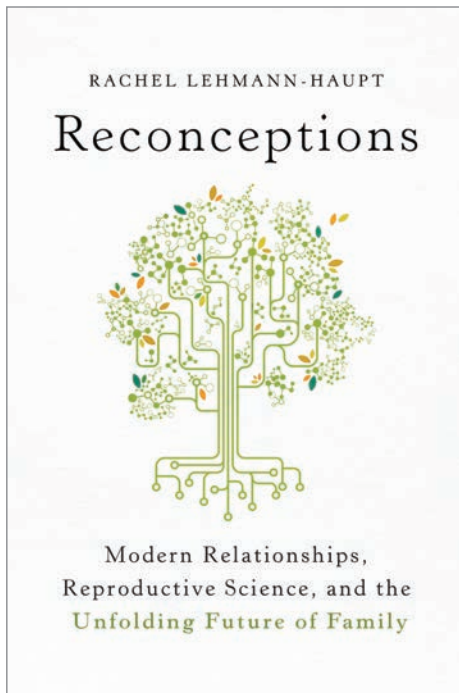
Too often, parents wear blinders when it comes to the sex lives of their children. They hear the statistics—how 80 percent of college students have engaged in rough sex or choking; how 44 percent have shared nude or suggestive photos via text—and think, “Not *my* kid.”

Yes, Your Kid: What Parents Need to Know About Today's Teens and Sex is the reality check parents need about what sex is like today—so they can better educate and support their tweens, teens, and college students.

Parents of teenagers and young adults have enormous catching up to do to understand how sexting, internet porn, TikTok, Title IX, and more have shaped sex for young people. Authoritative, supportive, sex-positive, and facts-forward, *Yes, Your Kid* provides parents with the frank, accurate information they and their children need to safely navigate today's sexual landscape.

PAPERBACK • 9781637743805 • EBOOK: 9781637743812 • US \$21.95 / \$28.95 CAN • FAMILY
NOVEMBER 2023 • ACQUIRED FROM: KARI STUART, INTERNATIONAL CREATIVE MANAGEMENT

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RECONCEPTIONS

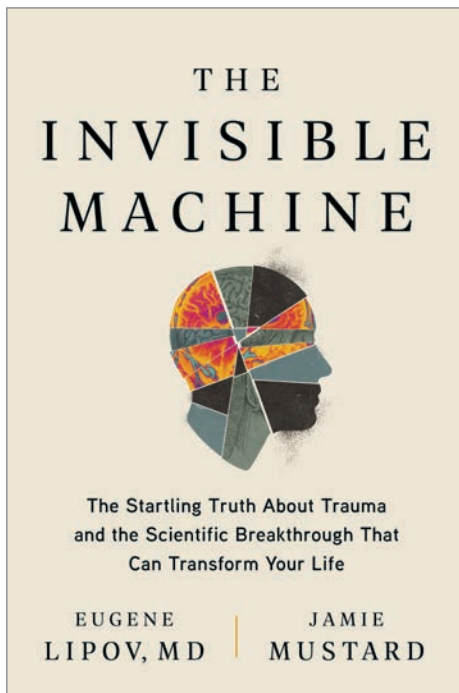
RACHEL LEHMANN-HAUPT

Traditional family structures are adapting to make room for children conceived in previously unimaginable ways. Whole industries and internet-enabled communities are being built around reproductive technologies. And there's more change coming. Combining intimate personal stories with cutting-edge research, *Reconceptions: Modern Relationships, Reproductive Science, and the Unfolding Future of Family* invites readers to reconsider their own ideas about parenthood and embrace a new vision of the meaning of family.

In 2012, Rachel Lehmann-Haupt, an award-winning journalist, chose to begin a family on her own as a single mother by choice. In *Reconceptions*, she shares intimate stories from the bleeding edge of society's redefinition of family—including her own experience of creating a new kind of tribe with her son's "dosies," or donor siblings, and their parents.

Reconceptions offers a compelling vision of what advances in reproductive science mean for the definition of family in the 21st century and beyond, and imparts a modern story for anyone looking to better understand their own familial relationships.

PAPERBACK • 9781637742433 • EBOOK: 9781637742440 • US \$18.95 / \$24.95 CAN • FAMILY
APRIL 2023 • ACQUIRED FROM: NICKI RICHESIN, WENDY SHERMAN ASSOCIATES



THE INVISIBLE MACHINE

EUGENE LIPOV, MD, AND JAMIE MUSTARD

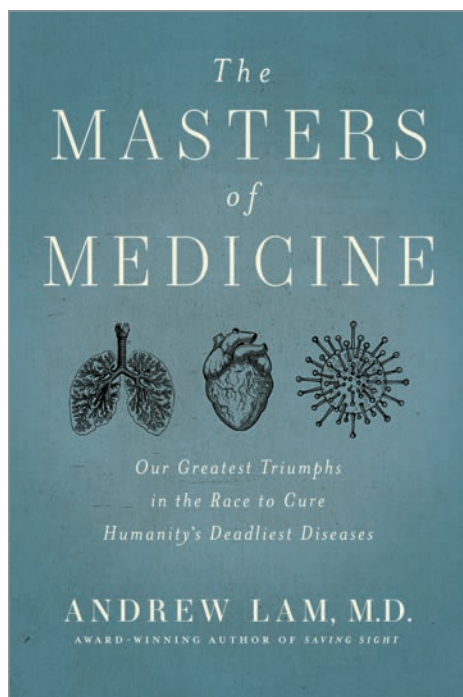
Despite its prevalence, post-traumatic stress disorder, PTSD, is often seen as an unbeatable lifelong mental disorder. Leading trauma doctors and neuroscientists now understand that the result of trauma is not a *disorder*, but rather a physical *injury* to the body—invisible but tangible, and most importantly, *treatable*.

Meet Dr. Eugene Lipov. His research and partnerships have led to an amazing discovery that all trauma has at its root a single piece of human hardware: the stellate ganglion. The symptoms of post-traumatic stress are the same for all of us, whether from childhood poverty or abandonment, the ravages of war, or the brutality of sexual assault. Dr. Lipov's pioneering procedure appears to treat injury to the stellate ganglion with a 15-minute treatment.

Weaving hard science with moving human stories, *The Invisible Machine: The Startling Truth About Trauma and the Scientific Breakthrough That Can Transform Your Life* reveals how this treatment was developed. It also tells the incredible story of the unlikely team, including the doctor, an artist, Special Forces leadership, and a sheriff, who are working together to change our understanding of post-traumatic stress and why it matters to society.

PAPERBACK • 9781637741603 • EBOOK: 9781637741610 • US \$21.95 / \$28.95 CAN • PSYCHOLOGY
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THE MASTERS OF MEDICINE

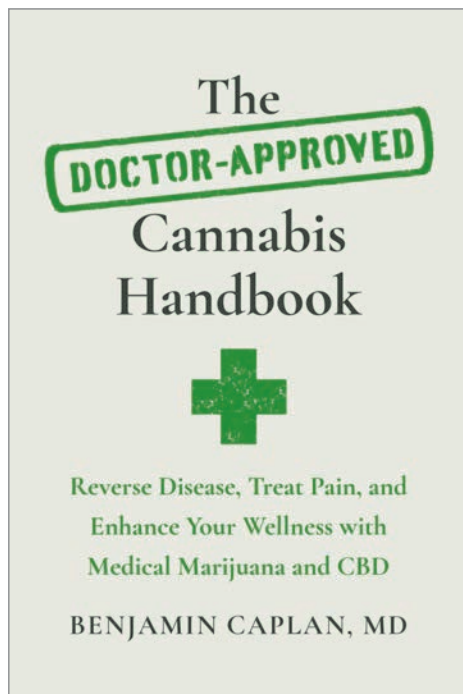
ANDREW LAM, MD

Human history hinges on the battle to confront our most dangerous enemies—the half-dozen diseases responsible for killing almost all of mankind. The story of our medical triumphs reveals an inspiring tapestry of human achievement, but the journey was far from smooth.

In *The Masters of Medicine: Our Greatest Triumphs in the Race to Cure Humanity's Deadliest Diseases*, Dr. Andrew Lam, an award-winning author and retinal surgeon, distills the long arc of medical progress down to the crucial moments that were responsible for the world's greatest medical miracles. He brings to life heroic tales of embattled mavericks who endured ridicule and sometimes risked their own lives to conceive the incredible, life-saving cures we depend on, and often take for granted, today.

The Masters of Medicine is a fascinating chronicle of human courage, audacity, error, and luck. This riveting ode to mankind expertly highlights the battle against deaths from heart attacks, diabetes, infection, cancer, trauma, and childbirth, revealing why the past is prelude to the game-changing breakthroughs of tomorrow.

**HARDCOVER • 9781637742631 • EBOOK: 9781637742648 • US \$31.95 / \$41.95 CAN
SCIENCE / HISTORY • APRIL 2023 • ACQUIRED FROM: STEVE HARRIS, CSG LITERARY PARTNERS**



THE DOCTOR-APPROVED CANNABIS HANDBOOK

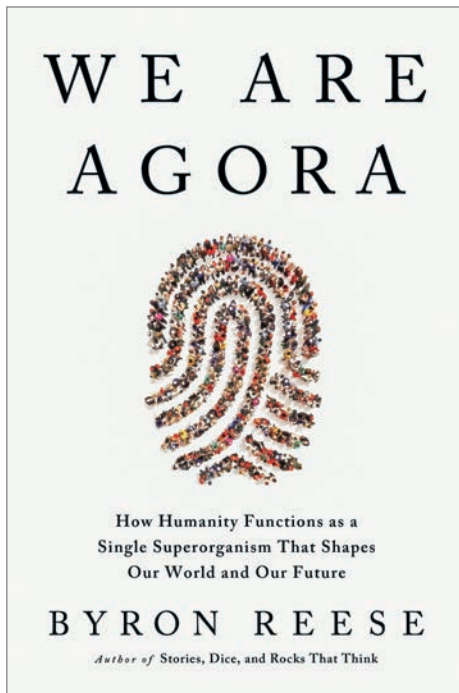
BENJAMIN CAPLAN, MD

The medical benefits of cannabis have never been clearer. But the explosion of the cannabis marketplace has left behind the people who can benefit most: adults looking for trustworthy care. Now Dr. Benjamin Caplan, the authoritative face of cannabis medicine, shares the ultimate resource for navigating cannabis treatments.

Dr. Caplan is a licensed, board-certified family physician who has overseen care of more than 250,000 patients with guided cannabis care. In *The Doctor-Approved Cannabis Handbook: Reverse Disease, Treat Pain, and Enhance Your Wellness with Medical Marijuana and CBD*, he explains clearly how cannabis works, which products are best for specific illnesses, typical dosages to use, and more. *The Doctor-Approved Cannabis Handbook* covers how safe cannabis use can help individuals manage the symptoms of a variety of common conditions, such as cognitive decline, cancer, chronic pain, depression, diabetes, insomnia, and headaches. With increasingly safe and legal access to medical marijuana products, there has never been a better time to take advantage of legitimate and effective cannabis medicine—and take control of your health in the process.

**PAPERBACK • 9781637742679 • EBOOK: 9781637742686 • US \$24.95 / \$33.95 CAN • HEALTH
OCTOBER 2023 • ACQUIRED FROM: CAROL MANN, CAROL MANN AGENCY**

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WE ARE AGORA

BYRON REESE

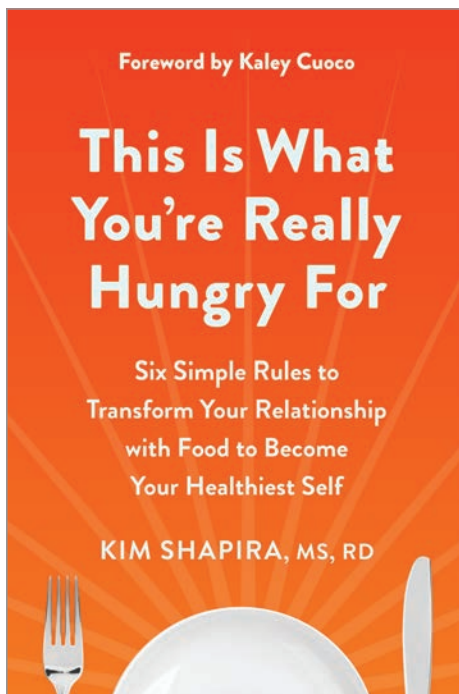
Could humans unknowingly be a part of a larger superorganism—one with its own motivations and goals, one that is alive, and conscious, and has the power to shape the future of our species?

This is the fascinating theory from author and futurist Byron Reese, who calls this human superorganism “Agora.”

In *We Are Agora: How Humanity Functions as a Single Superorganism That Shapes Our World and Our Future*, Reese starts by asking the question, “What is life and how did it form?” From there, he looks at how multicellular life came about, how consciousness emerged, and looks at other superorganisms in nature to figure out how they form.

In this unique and ambitious work that spans all of human history and looks boldly into its future, Reese melds science and history to look at the human species from a fresh new perspective. Told with his characteristic wit and compulsive readability, *We Are Agora* will give readers a better understanding of where we’ve been, where we’re going, and how our fates are intertwined.

**HARDCOVER • 9781637744215 • EBOOK: 9781637744222 • US \$29.95 / \$39.95 CAN • SCIENCE
DECEMBER 2023 • ACQUIRED FROM: SCOTT HOFFMAN, FOLIO LITERARY MANAGEMENT**



THIS IS WHAT YOU'RE REALLY HUNGRY FOR

KIM SHAPIRA, MS, RD; FOREWORD BY KALEY CUOCO

Quit your on-again, off-again relationship with dieting for good—and become healthier and happier than ever.

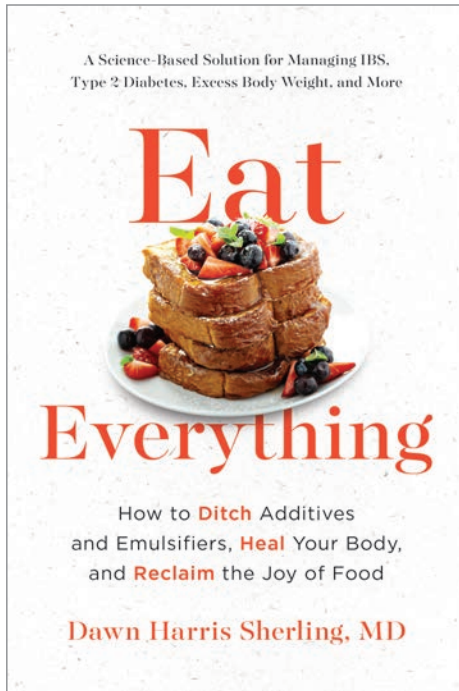
You’ve tried to eat only vegetables. You’ve tried to eat only meat. You’ve gone gluten-free, dairy-free, *satisfaction*-free—but you shouldn’t have to. In fact, you don’t have to. It’s time to stop restricting yourself and learn to make your relationship with food healthy—without forcing yourself to eat “healthy.”

Dietitian Kim Shapira has developed six simple rules to change your relationship with food forever. In *This Is What You're Really Hungry For: Six Simple Rules to Transform Your Relationship with Food to Become Your Healthiest Self*, she breaks down the science to get your brain and your body on board; replaces fad diets with a sustainable method that encourages you to eat what you love; and empowers you to be the authority in your own body.

Food should be a source of joy and nourishment in your life—not stress—and *This Is What You're Really Hungry For* will help you get there. Featuring a foreword by Kaley Cuoco, this will be the last “diet” book you ever need—without ever asking you to go on a diet.

**PAPERBACK • 9781637743416 • EBOOK: 9781637743423 • US \$19.95 / \$25.95 CAN
HEALTH / NUTRITION • JULY 2023 • ACQUIRED FROM: NENA MADONIA OSHMAN, THE NOMINATE GROUP**

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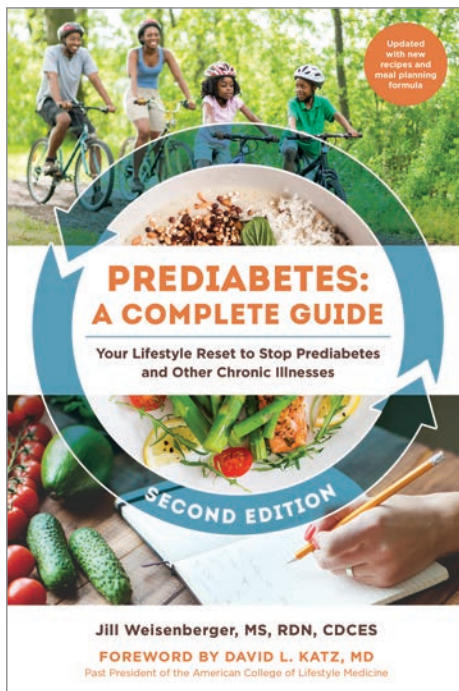
EAT EVERYTHING

DAWN HARRIS SHERLING

Carbs aren't causing your weight gain. Dairy may not be the reason for your upset stomach. And your liver isn't fatty because of the occasional hamburger. It's time to enjoy eating everything again—and to reclaim our health along the way. *Eat Everything: How to Ditch Additives and Emulsifiers, Heal Your Body, and Reclaim the Joy of Food* offers a better alternative to complicated, minimally effective, and highly restrictive diets. Physician Dawn Harris Sherling lays out compelling new evidence implicating food additives as the real culprits behind diet-related diseases and shares simple, actionable advice to heal.

Digging into emerging research, Dr. Sherling realized it's not the foods but the food additives, especially emulsifiers, that are at the root of our problems. Our bodies can't digest them, but they feed our microbiomes and they're everywhere in the ultra-processed foods that make up about half our daily diets. Dr. Sherling lays out the research on food additives and offers a straightforward guide to eating just about everything (yes, even bread, pasta, and ice cream!) without pain, worry, or guilt. This isn't just another restrictive diet in disguise; it's a call to rediscover our love of real food.

PAPERBACK • 9781637742594 • EBOOK: 9781637742600 • US \$21.95 / \$28.95 CAN • HEALTH MAY 2023 • ACQUIRED FROM: STACEY GLICK, DYSTEL, GODERICH & BOURRET



PREDIABETES: A COMPLETE GUIDE, SECOND EDITION

JILL WEISENBERGER

Prediabetes can be scary, but it's also an opportunity—an opportunity to “reset,” improve your health, and get yourself in better shape than ever.

Prediabetes: A Complete Guide, Second Edition: Your Lifestyle Reset to Stop Prediabetes and Other Chronic Illnesses reveals in detail what these actions are and empowers you to find the healthy eating and lifestyle changes that work best for you to help you achieve your health goals. This new, updated edition includes even more proven tools to make healthy eating easier than ever—including simple tips for foolproof meal planning, plus even more tasty recipes and meal ideas to cover breakfast, lunch, dinner, and snack time.

This comprehensive guide leads you through dozens of concrete steps you can take to reverse prediabetes and reduce the risk of developing type 2 diabetes and other lifestyle-related chronic diseases. Taking an individualized approach to your lifestyle “reset” allows you to choose your own path to wellness, and maintain a healthful lifestyle so that you can feel better than you have in years.

PAPERBACK • 9781637743607 • EBOOK: 9781637743614 • US \$19.95 / \$25.95 CAN • HEALTH MAY 2023 • ACQUIRED FROM: LINDA KONNER, LINDA KONNER LITERARY AGENCY

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LIFE BEYOND LIKES

ISA WATSON

With so much of our lives lived online, we've never been more connected—or disconnected—from what's most important to us. The truth is, life is messy, but curated online fabulousness makes it hard to let our true selves show, and it impedes our ability to have real, meaningful connections.

As the founder and CEO of Squad, an app company built on connectedness, Isa Watson knows firsthand why we need to learn how to be more genuine. She struggled privately with some of the biggest challenges life can throw at you, while online she seemed to be living her best life—earning high-profile accolades, taking fabulous trips, and partying with big name celebrities. It took a personal crisis to make her realize that she needed to change.

In *Life Beyond Likes: Logging Off Your Screen and Into Your Life*, she draws from a wealth of experiences, including being the youngest published chemist in the world, working as an executive at JPMorgan Chase, and founding her own company. Isa helps readers better understand what constitutes success, identify what's really important, and achieve a balance between the curated online world and the emotionally nourishing world right in front of us.

**HARDCOVER • 9781637740934 • EBOOK: 9781637740941 • US \$27.95 / \$36.95 CAN • SELF-HELP
FEBRUARY 2023 • ACQUIRED FROM: STEVE TROHA, FOLIO LITERARY MANAGEMENT**



FOLLOWED

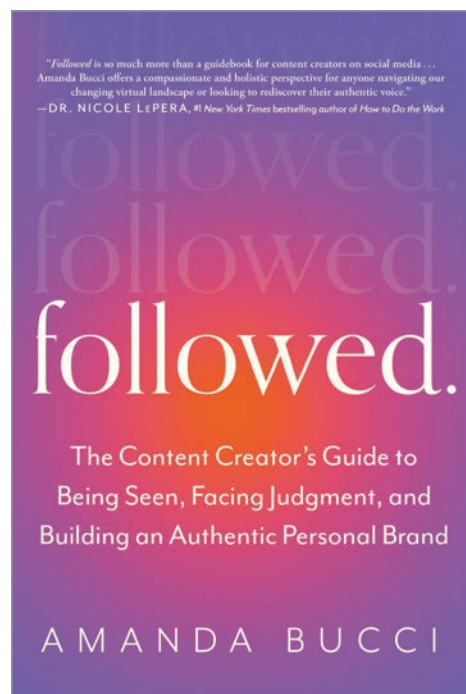
AMANDA BUCCI

Here's the go-to book for content creators to navigate what it truly means to have a platform: putting yourself out there, letting go of what others think, and claiming the power your authentic self has to offer the world.

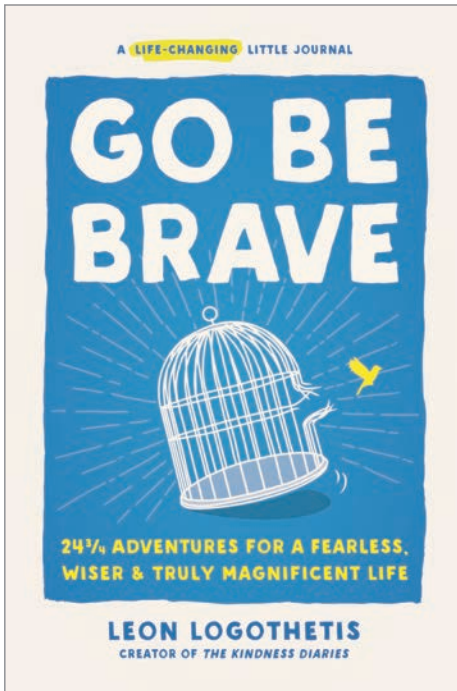
Since the boom of social media, tens of millions of people have started their own platforms in hopes of creating success on their own terms. What if the mere act of being followed—including the criticism, judgment, and expectation social media creates—could actually become a tool for your personal growth? Enter *Followed: The Content Creator's Guide to Being Seen, Facing Judgment, and Designing a Thriving Digital Brand*. By embracing self-discovery through self-expression, you can see exposure as an opportunity for personal development—and break free from the imaginary boxes that were too small for you, anyway.

As a content creator and well-known business and life coach, Amanda Bucci has successfully pivoted her brand to stay aligned with her purpose, having coached hundreds of clients, dozens of companies, and thousands of community members in their journeys of creating success while staying authentic.

**PAPERBACK • 9781637742532 • EBOOK: 9781637742549 • US \$18.95 / \$24.95 CAN • SELF-HELP
JUNE 2023 • ACQUIRED FROM: WENDY SHERMAN, WENDY SHERMAN ASSOCIATES**



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GO BE BRAVE

LEON LOGOTHETIS

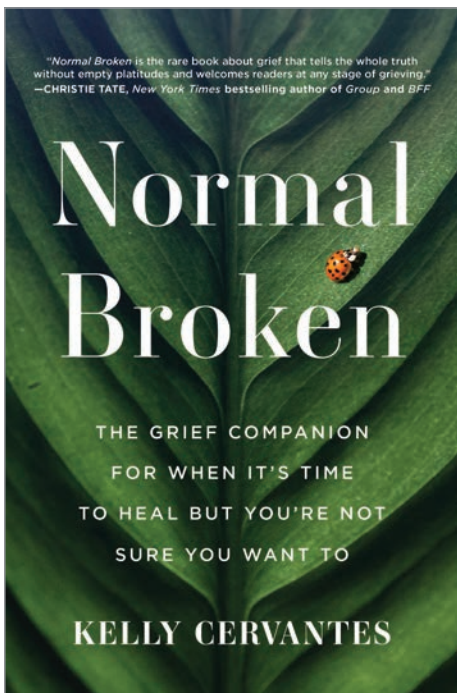
Leon Logothetis, host of the popular discovery+ series *The Kindness Diaries* and author of *Go Be Kind*, returns with a brand-new set of adventures and call to action: *Go Be Brave*!

In his travels across the world, Leon has met some of the kindest people around. What he discovered along the way was that bravery wasn't what he thought it was. True bravery means being kind, making connections, and tapping into the deep fearlessness that defines us as human beings.

Now, in *Go Be Brave*, Leon shares 24 (and $\frac{3}{4}$) new adventures for a fearless, wiser, and truly magnificent life. Bravery is a choice—the choice to reconnect to our humanity—and it's one we can make every single day. *Go Be Brave* is a simple concept and a simple journal that will strengthen your *being-human muscle* and remind you how brave you truly are.

Some of the adventures will be fun (ice cream sold separately), some will be serious, some will be hard, and a few will crack you up. But all of them have the power to change your life, and the lives of those around you.

PAPER OVER BOARD • 9781637742518 • EBOOK: 9781637742525 • US \$19.95 / \$25.95 CAN
SELF-HELP • APRIL 2023 • ACQUIRED FROM: COLEEN O'SHEA, THE O'SHEA AGENCY



NORMAL BROKEN

KELLY CERVANTES

None of us make it through life without experiencing loss that leaves us feeling broken. That's what makes grief so normal.

In *Normal Broken: The Grief Companion for When It's Time to Heal but You're Not Sure You Want To*, Kelly Cervantes isn't trying to tell you what to do, how to feel, or the right way to heal. She's also not flinging sunny thoughts, vibes, and prayers at you. After losing her daughter to epilepsy, she knows that grief is many things. It's weird. It sucks. It's all-encompassing. Something everyone will have to deal with. But never linear. Just as *what* we are grieving varies, so do our journeys to process it.

Normal Broken was born out of Kelly's desire to meet people where they are in their grief journeys, to lend a hand, or maybe to just sit in the dark with them. Kelly also shares stories from her ongoing journey, along with advice she wishes someone had given her, and simple exercises to help you reflect on where you are. *Normal Broken* is designed to serve as a companion through your own grief journey, whether you are mourning the loss of a child, a friend, a family member, or anyone special in your life.

PAPERBACK • 9781637743829 • EBOOK: 9781637743836 • US \$19.95 / \$25.95 CAN • SELF-HELP
NOVEMBER 2023 • ACQUIRED FROM: COURTNEY PAGANELLI, LEVINE | GREENBERG | ROSTAN

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STOP WAITING FOR PERFECT

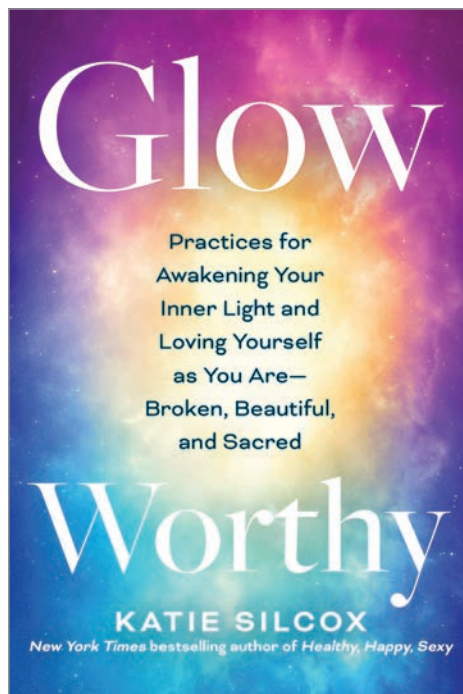
L'OREAL THOMPSON PAYTON

You are smart, brilliant, and talented, but if you're a woman, particularly a Black woman or woman of color, you're likely prone to doubting yourself. What's more, society often reinforces the idea that you—that *we*—don't deserve the success we do achieve. But that couldn't be further from the truth.

Award-winning journalist, motivational speaker, and blogger L'Oreal Thompson Payton is a self-professed success junkie and poster girl for “overly” ambitious high achievers everywhere. She also knows firsthand how imposter syndrome and self-doubt can derail your dreams. But she's also come out the other side ready to kick ass, take names, and bring everyone she possibly can along with her.

In *Stop Waiting for Perfect: Step Out of Your Comfort Zone and Into Your Power*, she's doing just that: using that hard-won insight to be your guide, your big sister, your best friend, and personal cheerleader to help you through your own journey. This book will force you to stop playing small and encourage you to fully step into your power and walk in your purpose.

PAPERBACK • 9781637743072 • EBOOK: 9781637743089 • US \$18.95 / \$24.95 CAN • SELF-HELP
AUGUST 2023 • ACQUIRED FROM: JESSICA FAUST, BOOKENDS



GLOW-WORTHY

KATIE SILCOX

Glow-Worthy is an antidote of embodied love and presence in a world where increased stress, polarization, and a deep sense that something is missing from our overly technologized lives leave us longing for more: for community, for spiritual authenticity, and for a feeling of belonging in the body.

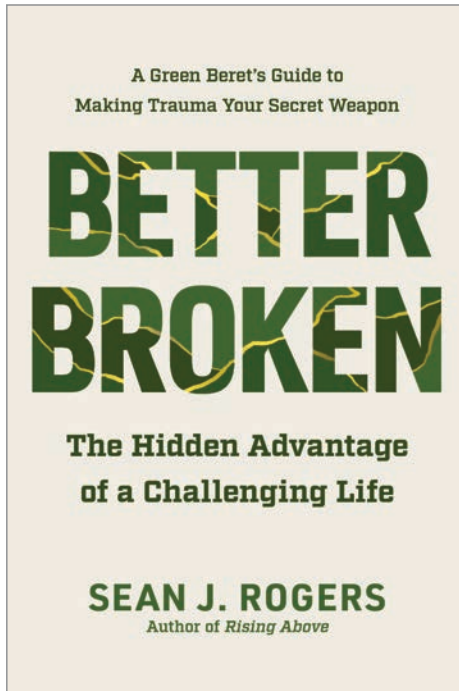
It's a powerful framework combining modern science and wisdom from global spiritual traditions will help you live a fuller, more authentic life—no matter your background or faith.

From *New York Times* bestselling author Katie Silcox, *Glow-Worthy* is a guidebook for accessing your inner light—that guiding spiritual force within us that connects us to the Divine (whether you believe that to be the Universe, God, or another Higher Power)—and letting it illuminate your innate power and worth.

Your inner Divine is the source and spark of spiritual light that resides within each of us. And the only person who can truly connect with and nourish that sacred inner spark is you. *Glow-Worthy* gives you the tools to connect and shine from the inside out.

PAPERBACK • 9781637743720 • EBOOK: 9781637743737 • US \$21.95 / \$28.95 CAN
BODY, MIND & SPIRIT • OCTOBER 2023 • ACQUIRED FROM: DANA NEWMAN, DANA NEWMAN LITERARY

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BETTER BROKEN

SEAN J. ROGERS

Your trauma is your tactical advantage—harness it to create the life of your dreams.

There are countless stories of people who have experienced trauma, in their childhoods or adult lives, who have gone on to accomplish incredible things. We know it's not only possible to overcome your trauma, but to use it to your advantage—but how? How do we become unstoppable?

From enduring an abusive childhood to fighting as a Special Forces Green Beret in the war in Afghanistan, Sean Rogers, author of *Rising Above*, has come away from his hardships with the tools necessary to not only survive, but thrive. He knows firsthand what it means to face your trauma and use it as a source for incredible strength.

In *Better Broken: The Hidden Advantage of a Challenging Life: A Green Beret's Guide to Making Trauma Your Secret Weapon*, Rogers helps readers from all walks of life harness their trauma for good, one step at a time.

Your past doesn't have to hold you back anymore. This book is a reminder that you are not alone in your struggles, and serves as a road map to the successful life you deserve.

HARDCOVER • 9781637743867 • EBOOK: 9781637743874

US \$29.95 / \$39.95 CAN • SELF-HELP • JANUARY 2024



RISE ABOVE THE STORY

KARENA KILCOYNE

Your past doesn't define you—you do. It's time to rise above your story and live the authentic life you deserve.

Criminal defense attorney and creator of the popular blog *Karousing* Karena Kilcoyne knows firsthand what it's like to rise above: Her story took shape in a scrappy steel town in northeastern Ohio. Her mother tried, unsuccessfully, to give her away at birth. Her father was sentenced to a federal penitentiary when she was 12, leaving her to care for her mentally unstable mother and three siblings. As a result, she believed her own limiting story for years:

No one wanted me. I will never be good enough.

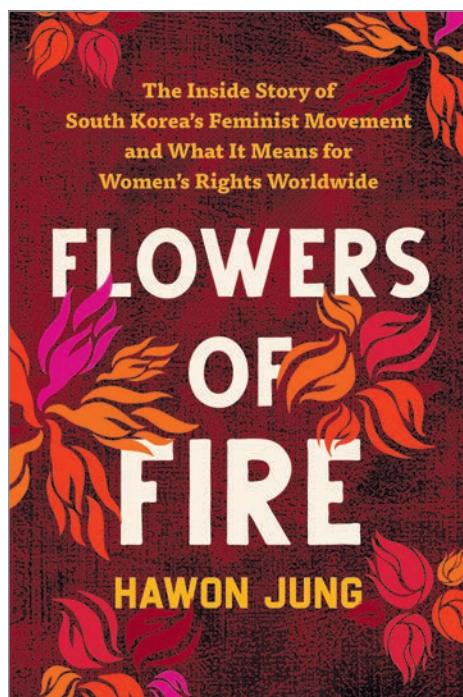
Now, in *Rise Above the Story: Free Yourself from Past Trauma and Create the Life You Want*, Karena shares the hard-won tools that allowed her to rise above her own story—and empowers you to do the same, no matter what your own story looks like.

Rising above your story is not a linear journey, and it's never a one-and-done endeavor. But by knowing the formula, you will possess a lifelong tool of empowerment that will all but ensure that you find peace and love in yourself first and always.

HARDCOVER • 9781637743904 • EBOOK: 9781637743911 • US \$26.95 / \$35.95 CAN • SELF-HELP

JANUARY 2024 • ACQUIRED FROM: STEVE HARRIS, CSG LITERARY PARTNERS

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FLOWERS OF FIRE

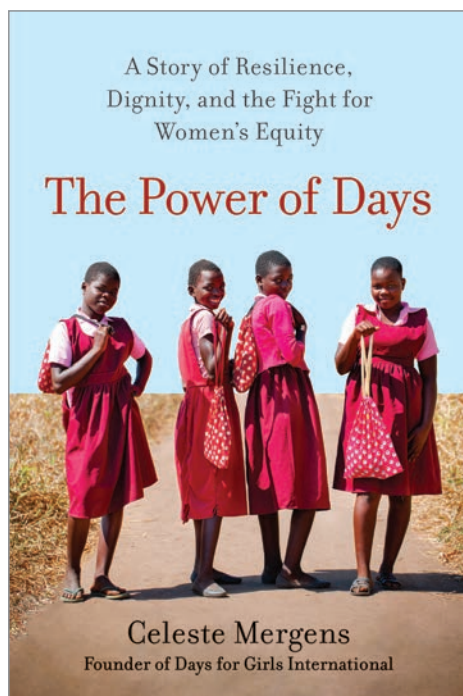
HAWON JUNG

Since the beginning of the #MeToo movement, tens of thousands of people in South Korea have taken to the street to end a decades-long abortion ban and bring down powerful men accused of sexual misconduct.

Now, author Hawon Jung will show the rest of the world that these women are no delicate flowers—they are trailblazing flames. *Flowers of Fire: The Inside Story of South Korea's Feminist Movement and What It Means for Women's Rights Worldwide* takes the reader into the trenches of this fight for equality. Jung, the former Seoul correspondent for the AFP, draws on her on-the-ground reporting and interviews with many women who became activists and leaders. Their stories, though long overlooked in the West, mirror realities that women across the world are all too familiar with: threats of defamation lawsuits to silence victims of assault, tech-based sexual abuse, and criminal justice systems where victims' voices are often met with suspicion and abusers' downfalls are met with sympathy.

These are the issues at the heart of their #MeToo movement, and South Korean women have fought against them vigorously—and with extraordinary success.

PAPERBACK • 9781637742419 • EBOOK: 9781637742426 • US \$18.95 / \$24.95 CAN • SOCIAL SCIENCE
MARCH 2023 • ACQUIRED FROM: AMY ELIZABETH BISHOP, DYSTEL, GODERICH & BOURRET



THE POWER OF DAYS

CELESTE MERGENS

In 2008, Celeste Mergens was working with an overcrowded orphanage on the outskirts of Nairobi, Kenya, when she learned that menstruating girls sat on cardboard in their rooms for several days each month.

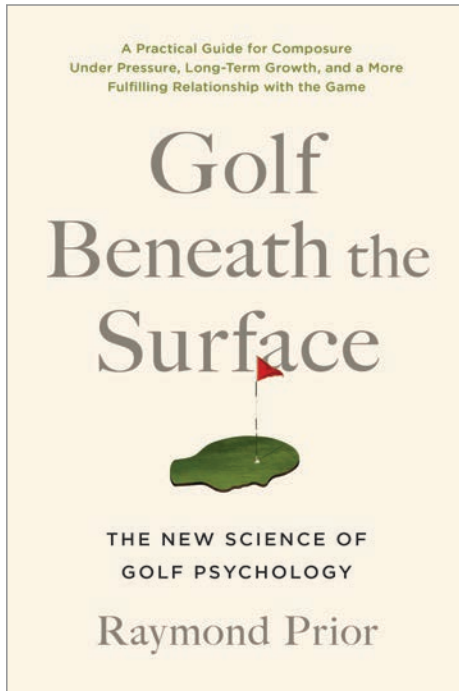
This set into motion a simple idea—combining a washable, long-lasting pad with taboo-breaking education—that became a catalyst for an unlikely global movement for equity.

The Power of Days: A Story of Resilience, Dignity, and the Fight for Women's Equity tells the story of Mergens's quest to rally a global response to elevate menstrual health, increase universal access to menstrual supplies, shatter stigma through education, and advocate for global policy change. The challenges Mergens faced and the lessons she learned, personally and professionally, and the triumphs and resourcefulness of leaders all over the globe are illuminating to all who wish to make a difference and create a more equitable world.

Today, Days for Girls reaches more than 2.9 million women and girls in 145 countries. The organization's impact continues to grow, proving that small changes can create big shifts and that no divide is impossible to bridge.

HARDCOVER • 9781637743744 • EBOOK: 9781637743751 • US \$29.95 / \$39.95 CAN • MEMOIR
OCTOBER 2023 • ACQUIRED FROM: BILL GLADSTONE, WATERSIDE PRODUCTIONS

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GOLF BENEATH THE SURFACE

RAYMOND PRIOR, PhD

For as long as golf has existed, the game's greatest players and instructors have lauded the importance of mental resilience. However, while golfing equipment and course strategy have evolved over time, the field of golf psychology has not kept pace. Many outdated, unscientific notions remain widespread, despite the fact that they actually lead to repetitive, harmful patterns that impair golfer gameplay and create mental barriers to success.

In *Golf Beneath the Surface: The New Science of Golf Psychology*, performance consultant Dr. Raymond Prior expertly debunks these “surface level” psychology myths and explains psychological predictors that encourage long-term growth and skillful performance under pressure. Backed by rigorously researched neuroscience and psychology, and drawing on years of experience working with some of the world's best players, Dr. Prior shares fresh, practical insights into how golfers think, train, and play, both on and off the course.

Accessible and entertaining, *Golf Beneath the Surface* challenges the status quo and brings a long-overdue update to modern performance psychology.

PAPERBACK • 9781637743096 • EBOOK: 9781637743102

US \$21.95 / \$28.95 CAN • SPORTS • MAY 2023



DESIGN ANY DISASTER

PATRICK HARDY

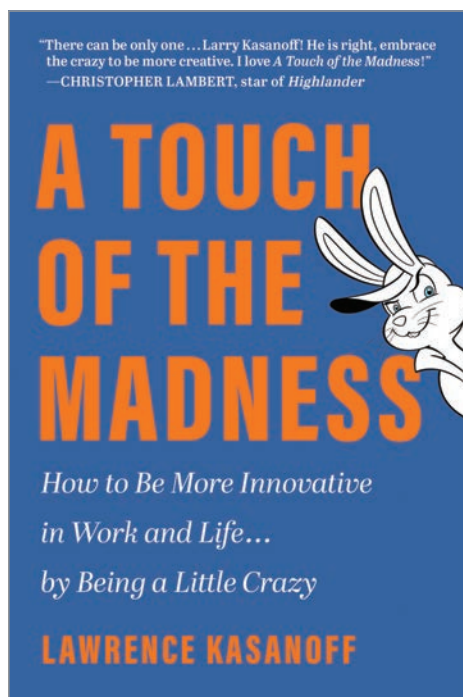
Hurricanes, wildfires, mass shootings, and pandemics are a reality for 21st-century families and small businesses. But here's the truth: *Not one of these has to be a disaster*. What determines whether an unexpected event becomes a disaster is you.

In *Design Any Disaster: The Revolutionary Blueprint to Master Your Next Crisis or Emergency*, certified emergency manager and master business continuity practitioner Patrick Hardy reveals the secrets of disaster preparedness that helped him build the largest and most successful small business and family disaster planning company in the world.

Using the same method Hardy uses with his clients, from Fortune 500 CEOs to average families, you will discover how to get ready (plan effectively), react (focus without panicking), respond (protect yourself and your possessions), and recover (overcome swiftly). And in a revolutionary section you will not find in any other disaster book, Hardy also reveals how to reverse disaster, converting the experience into an opportunity to become wiser and happier.

HARDCOVER • 9781637742730 • EBOOK: 9781637742747 • US \$31.95 / \$41.95 CAN • BUSINESS
MARCH 2023 • ACQUIRED FROM: JAMIE CHAMBLISS AND STEVE TROHA, FOLIO LITERARY MANAGEMENT

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A TOUCH OF THE MADNESS

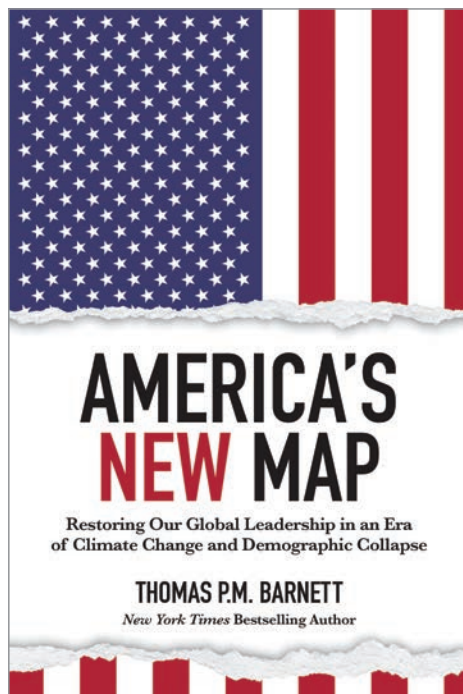
LAWRENCE KASANOFF

Legendary movie producer Larry Kasanoff knows firsthand that massive success requires taking big risks. It means embracing your crazy side: the most unique, boldest, and bravest part of you, and your greatest asset when it comes to creating something truly original.

In *A Touch of the Madness: How to Be More Innovative in Work and Life... by Being a Little Crazy*, Larry uses behind-the-scenes stories of some of Hollywood's biggest blockbusters, including *Terminator 2: Judgment Day*, *Platoon*, *True Lies*, *Dirty Dancing*, and the *Mortal Kombat* film series, to show you the three principles that form the foundation of a thriving career in any industry: (1) Create a great idea that will excite your audience, (2) ask as many times (and as many people) as it takes to get a "yes," and (3) play while you work—don't forget to have fun with it.

The best tool you have for swimming against that current of mediocrity is innovation. And to be innovative, you have to be a little crazy. *A Touch of the Madness* will help you embrace your wildest creative impulses and live your dreams—without anyone holding you back.

**HARDCOVER • 9781637744239 • EBOOK: 9781637744246 • US \$24.95 / \$33.95 CAN • BUSINESS
SEPTEMBER 2023 • ACQUIRED FROM: BILL GLADSTONE, WATERSIDE PRODUCTIONS**



AMERICA'S NEW MAP

THOMAS P.M. BARNETT

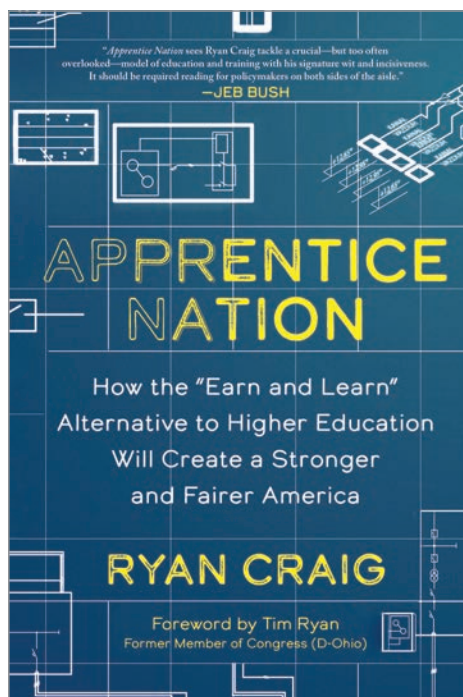
The 21st century unleashed unprecedented changes across the globe—to its climate, to the demographic makeup of its nations, and to the very nature of allegiance in the digital age. With its global influence waning, America must reevaluate its approach to globalization if it wishes to remain a leader.

In *America's New Map: Restoring Our Global Leadership in an Era of Climate Change and Demographic Collapse*, Thomas P.M. Barnett, bestselling author of *The Pentagon's New Map* and acclaimed geostrategist, offers seven throughlines to frame and redefine the ambitions and posture of these United States, setting our Union on a bold-but-entirely-familiar national trajectory.

Taking every variable of these unique circumstances into account, *America's New Map* charts a path toward a bigger and better United States. We will all be living in somebody's world come mid-century—this book tells Americans how to make sure it is one we can recognize as our own.

**HARDCOVER • 9781637744291 • EBOOK: 9781637744307 • US \$31.95 / \$41.95 CAN • HISTORY
SEPTEMBER 2023 • ACQUIRED FROM: JENNIFER GATES, AEVITAS CREATIVE MANAGEMENT**

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APPRENTICE NATION

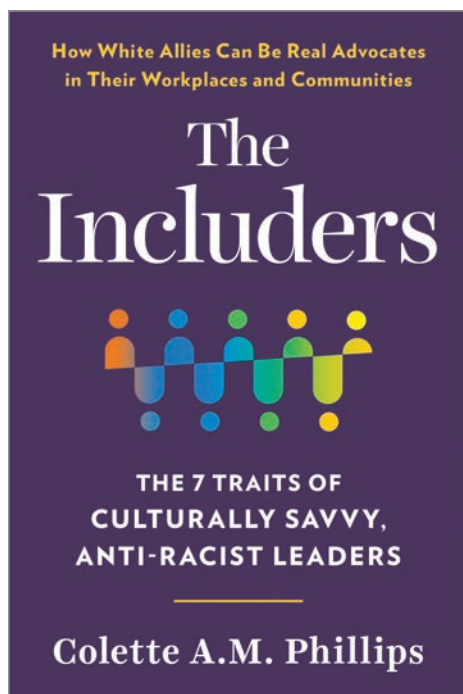
RYAN CRAIG

For decades, college has been the only respectable way to access the world of work, despite paralyzing tuition and a dire lack of practical skills that has left 40 percent of college graduates underemployed, unfulfilled, and struggling to repay student loan debt.

Fortunately, college is not America's only option. In *Apprentice Nation: How the “Earn and Learn” Alternative to Higher Education Will Create a Stronger and Fairer America*, education and workforce expert Ryan Craig explores how a modern apprenticeship system will allow students and job seekers to jump-start their careers by learning while they earn—ultimately leading to greater economic opportunity, workforce diversity, and geographic mobility.

With an easy-to-reference directory of US apprenticeship programs by industry and geography, Craig's *Apprentice Nation* is an accessible blueprint for a country where young Americans of all backgrounds can launch careers in tech, health care, finance, and more—without losing four critical, career-building years and tens of thousands of dollars to college tuition. With just a few commonsense changes to education and workforce development, an apprentice nation will place the American Dream within reach—for everyone.

**HARDCOVER • 9781637743881 • EBOOK: 9781637743898 • US \$29.95 / \$39.95 CAN
BUSINESS & ECONOMICS • NOVEMBER 2023 • ACQUIRED FROM: CAROL MANN, CAROL MANN AGENCY**



THE INCLUDERS

COLLETTE A.M. PHILLIPS

Learn to be a leader who is not simply against racism, but who actively does their part to facilitate diversity, equity, and inclusion as an anti-racist ally and advocate.

It's a simple fact that the people who oversee policy, government, sports, arts, and entertainment are most commonly white men. Another fact: we cannot achieve meaningful progress if we exclude the very people who have the power to make systemic change.

This easy-to-read handbook is free of any attempts to shame or guilt you for the choices you made in the past or the privileges you were born with. Instead, you'll learn to view the work you do through a lens of racial equity so you can begin making changes today.

In *The Includers: The 7 Traits of Culturally Savvy, Anti-Racist Leaders*, Colette Phillips shares data and real-life stories, focusing on the steps to take, qualities to hone, and people to emulate to become an “includer.” By highlighting the experiences of real includers who have utilized their positions as leaders to fight for change, Phillips shows that this form of allyship isn't just possible, it's easy, sustainable, and necessary.

**HARDCOVER • 9781637741382 • EBOOK: 9781637741399 • US \$26.95 / \$35.95 CAN • BUSINESS
JANUARY 2024 • ACQUIRED FROM: LORIN REES, REES LITERARY AGENCY**

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LOKI'S BOOK OF MAGIC AND MISCHIEF

Tricks and Deceptions from the Prince of Illusions

MARVEL COMICS

PUBLICITY AND MARKETING

- The four-color book will include step-by-step instructions for 35 magic tricks using no or easy-to-find props, all created by a professional magician who served as the official magic consultant for Disney's *The Little Mermaid* on Broadway
- New art, created by Star Wars comics artist Megan Levens, illustrates each of the steps
- Features images of Loki from more than 60 years of Marvel Comics
- Season 2 of *Loki* is scheduled to premiere on Disney+ in 2023
- Outreach to pop culture, comic book, and family media, Marvel fans, and gift guides
- Promotion on official Marvel platforms
- Promotion through Smart Pop's newsletter and social media
- Instagram: @Marvel (67M)
- Facebook: /Marvel (33M)
- Twitter: @Marvel (17M)
- Marvel.com



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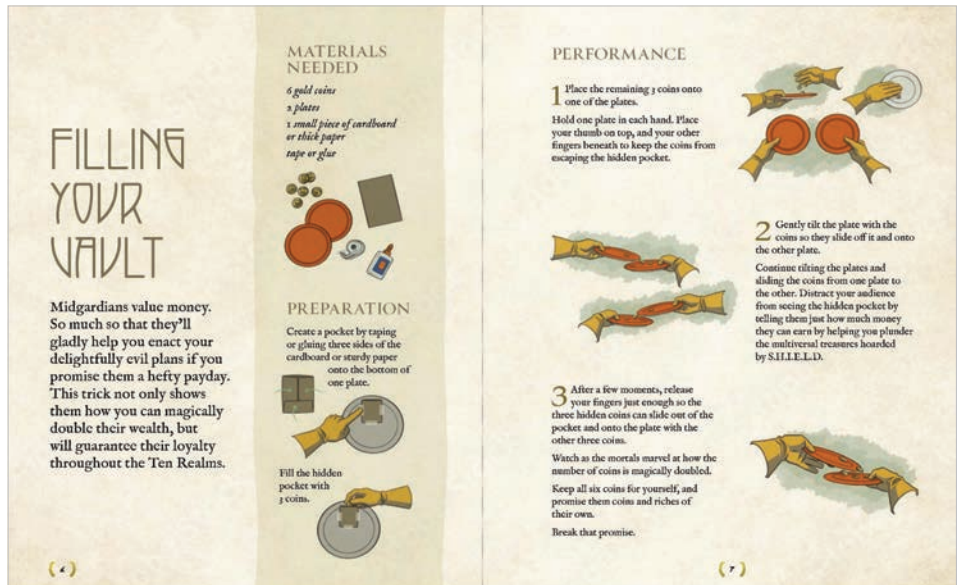
And with guest appearances by other Marvel magic-wielders, including Doctor Strange, Wong, and The Scarlet Witch, *Loki's Book of Magic and Mischief* offers something for every magic and Marvel fan!

Learn magic from the God of Mischief!

EVERYONE LOVES MAGIC! Especially Marvel Comics' Loki, whose mastery of magic makes him one of the most dangerous—and beloved—antiheroes in all of The Nine Realms. And now, for the first time ever, Loki shares the secrets behind performing 35 tricks!

Filled with classic Marvel comic book art and full-color photographs that illustrate easy-to-learn, step-by-step instructions, readers of all ages will learn ways to amaze their friends, impress their family, and trick their goody two-shoes brother.

An excerpted spread from Loki's Book of Magic and Mischief



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9781637741627 • 7X9 • TRADE PAPERBACK • AUGUST 2023
104 PAGES • US \$19.95 / \$25.95 CAN • ACTIVITIES / MAGIC
EBOOK: 9781637741634 • DISTRIBUTION: WORLD



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IRON MAN: TONY STARK DECLASSIFIED

MARVEL COMICS

Millions of comic book fans know Tony Stark as Iron Man. But few, if any, truly know the man inside the armor.

This fully authorized book tells the story of one of Marvel Comics' most heroic, heralded, and complex characters—in his own words as well as notes, interviews, and files assembled from the Avengers' archives.

An unprecedented, comprehensive firsthand chronicle, *Iron Man: Tony Stark Declassified* draws on more than a half century of classic tales to present an insightful, personal take about—and by—one of the most talked-about heroes of all time.

Featuring Tony's perspective on his most important friends, allies, and enemies including Captain America, Pepper Potts, Happy Hogan, James Rhodes, Ironheart, Bruce Banner, Hellcat, and Arno Stark, and his thoughts on the Marvel Universe's most memorable moments, this first-of-its-kind archival collection is a must for fans of all ages.

PAPERBACK • 9781637743058 • EBOOK: 9781637743065

US \$19.95 / \$25.95 CAN • FICTION / POP CULTURE • NOVEMBER 2023



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BLACK PANTHER: T'CHALLA DECLASSIFIED

MARVEL COMICS

Millions of comic book fans know T'Challa as the Black Panther and king of the futuristic African nation Wakanda.

But who really knows the ruler on the throne—and the man behind the mask?

For the first time since his introduction in *Fantastic Four* #52, this groundbreaking and intimate book tells the true story of one of Marvel Comics' most iconic and inspiring characters via in-world interviews, journal entries, newspaper articles, and intelligence briefings from S.H.I.E.L.D. and other agencies.

Black Panther: T'Challa Declassified draws on more than half a century of classic tales to present an insightful, completely unique—and completely personal—take on and by one of the most talked-about heroes of all time.

Featuring T'Challa's most important allies and enemies including Shuri, Okoye, Erik Killmonger, Ulysses S. Klaw, and the White Wolf, and some of Marvel Comics' most memorable moments, this first-of-its-kind archival collection is a must-read for Marvel and Black Panther fans of all ages.

PAPERBACK • 9781637744185 • EBOOK: 9781637744192

US \$19.95 / \$25.95 CAN • FICTION / POP CULTURE • APRIL 2024

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SUPES AIN'T ALWAYS HEROES

Inside the Complex Characters and Twisted Psychology of *The Boys*

LYNN S. ZUBERNIS AND MATTHEW SNYDER

PUBLICITY AND MARKETING

- Zubernis's previous books include *Family Don't End with Blood* (36K copies sold) and *There'll Be Peace When You Are Done* (15.4K)
- Zubernis writes for *MovieTVTechGeeks* and *Frolic*, and has contributed to publications including *Slate*, *Supernatural Magazine*, and *The Conversation*
- Book includes interviews with Jensen Ackles (*Soldier Boy*), Jim Beaver (Robert Singer), Aya Cash (*Stormfront*), and Darick Robertson (original comics artist)
- Zubernis plans to sell book at *Supernatural* conventions
- Twitter: @FangasmSPN (100.3K)
- Facebook: /FangasmSPN (10K)
- Instagram: @FangasmSPN (5.9K)
- FangasmtheBook.com



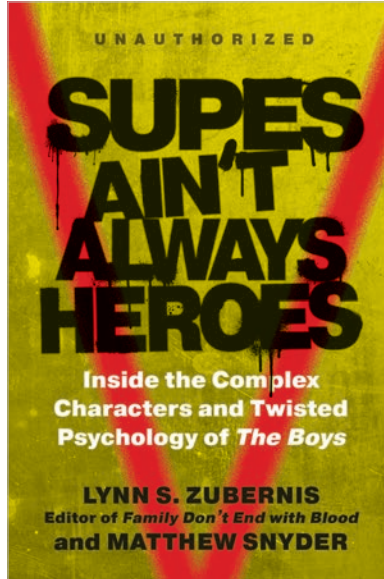
Lynn S. Zubernis, PhD, is a clinical psychologist, a mom of two, a university professor—and a passionate fangirl. Her writing celebrates all the positive things

that come with being a fan—inspiration, creativity, self-expression, validation, and a support system that extends across the globe. She has written for publications including *Slate*, *The Conversation*, and *Supernatural Magazine* about fandom, and has contributed to many articles, podcasts, and documentaries on fandom. Residence: Drexel Hill, Pa.



Matthew Snyder, PhD, is a licensed professional counselor, a university professor and previous department chair, and a practicing therapist. He has clinical

experience in a number of diverse settings, including as a high school and university counselor, inpatient psychiatric specialist, drug and alcohol counselor, university professor, and in private practice. Residence: West Chester, Pa.



Go deeper inside the hit TV show *The Boys* with psychologists, media experts, and more, including the original comic series cocreator and the actors behind *Soldier Boy* and *Stormfront*.

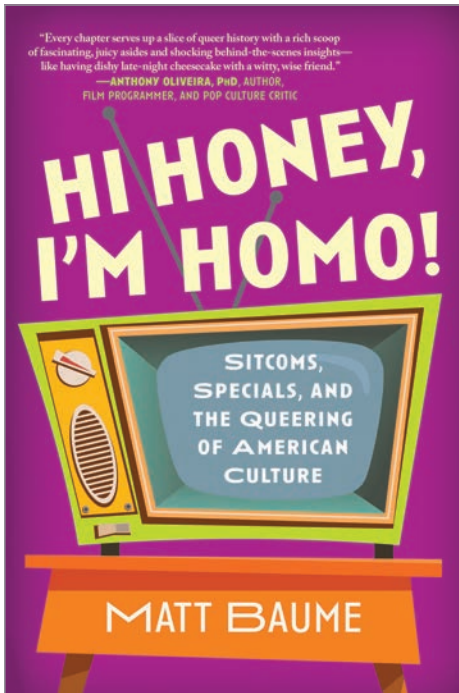
SUPES AIN'T ALWAYS HEROES offers a fresh look at *The Boys*, delving into the show's unflinching depiction of celebrity, politics, social media, corporate greed, racism, sexism, and more:

- The true difference between *Homelander* and *Billy Butcher*—and who the show's biggest villain really is
- What *Soldier Boy*'s characterization says about how we define masculinity
- How today's media landscape has contributed to *The Boys*' success
- What the evolutions of Hughie, Starlight, A-Train, Mother's Milk, and othershow standouts reflect about addiction, family, identity, and self-acceptance

PLUS: Exclusive interviews with comic series cocreator Darick Robertson and actors Jensen Ackles (*Soldier Boy*), Jim Beaver (Robert Singer, a.k.a. Dakota Bob), Aya Cash (*Stormfront*), and Nathan Mitchell (*Black Noir*) provide a unique glimpse behind the scenes. Comments from editor interviews with more of the show's stars give further insight into their experiences in bringing these complex characters to life.

Go inside the streaming television series that has captured the imaginations of everyone from Hollywood A-listers to former presidents... just be careful not to sneeze.

9781637744161 • 6X9 • TRADE PAPERBACK • OCTOBER 2023
320 PAGES • US \$19.95 / \$25.95 CAN • TELEVISION
EBOOK: 9781637744178 • DISTRIBUTION: WORLD
TRANSLATION RIGHTS: SUSAN WELTE, SUSAN@BENBELLABOOKS.COM



HI HONEY, I'M HOMO!

MATT BAUME

Behind the scenes of the most popular sitcoms of the 20th century, a revolution was brewing.

For decades, amid the bright lights, studio-audience laughs, and absurdly large apartment sets, the real-life story of American LGBTQ+ liberation unfolded in plain sight in front of millions of viewers, most of whom were laughing too hard to mind.

From flamboyant relatives on *Bewitched* to closely guarded secrets on *All in the Family*, from network-censor fights over *Soap* to behind-the-scenes activism on the set of *The Golden Girls*, from *Ellen*'s culture clash to *Modern Family*'s primetime power couple, *Hi Honey, I'm Homo!: Sitcoms, Specials, and the Queering of American Culture* is filled with exclusive commentary and interviews from celebrities, behind the scenes creators, and more.

Accessible, entertaining, and informative, this is the story not only of how subversive queer comedy transformed the American sitcom from its inception through today, but how our favorite sitcoms transformed, and continued to transform, America.

PAPERBACK • 9781637743010 • EBOOK: 9781637743027 • US \$22.00 / \$29.00 CAN • TELEVISION / LGBTQ+ MAY 2023 • ACQUIRED FROM: LAUREN ABRAMO, DYSEL, GODERICH & BOURRET



LEADING LADY

CHARLES BUSCH

Charles Busch dreamed of being on stage from the time he was a young boy, but it wasn't until his college years that he finally found a way to let his full talent shine—as a *Leading Lady*.

Charles, a Tony Award–nominated writer, has created a unique place in the entertainment world as a playwright, LGBT icon, drag actor, director, and cabaret performer, with his extraordinary gift for connecting with and channeling the leading ladies of show business.

In short, pithy chapters, Charles writes of his close friendship with the brilliant Joan Rivers, who was his mother figure after Lil's death, as well as his colorful interactions with such show business luminaries as Angela Lansbury (who observed her first Passover Seder with Charles), Debbie Reynolds, Greta Garbo, Elaine Stritch, Linda Lavin, Carol Channing, Marian Seldes, Rosie O'Donnell, Claudette Colbert, Valerie Harper, Kim Novak, Bea Arthur, and many others.

Full of humor and heart, and including 16 pages of photographs, *Leading Lady: A Memoir of a Most Unusual Boy* is perfect for theatre fans new and old, as well as anyone who knows the joy of finally finding the craft that makes their soul sing.

PAPERBACK • 9781637744147 • EBOOK: 9781637744154 • US \$27.95 / \$36.95 CAN • MEMOIR / LGBTQ+ SEPTEMBER 2023 • ACQUIRED FROM: TOM MILLER, LIZA DAWSON ASSOCIATES

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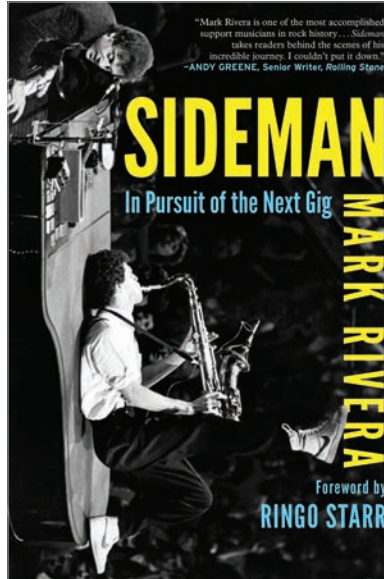
SIDEMAN

In Pursuit of the Next Gig

MARK RIVERA, FOREWORD BY RINGO STARR

PUBLICITY AND MARKETING

- Foreword by Ringo Starr
- Rivera is best known as Billy Joel's saxophonist, as well as Musical Director for Ringo Starr and his All Starr Band
- Potential book placement in Billy Joel store at Madison Square Garden
- Author has previously worked with Claire Mercuri (publicist for Billy Joel, Jimmy Fallon, and Lorraine Bracco), who has offered to support the book
- Author has been featured in *Newsday*, *Billboard*, iHeart Radio, *Far Out Magazine*, Radio.com, *Boston Globe*, *Baltimore Sun*, *Detroit Times*, and others
- Author frequently appears on or guest hosts radio programs, including Billy Joel's exclusive Sirius XM channel
- Instagram: @MarkRiveraMusic (7.5K)
- MarkRivera.com



While most successful sidemen are lucky to spend a decade in the music business, multi-instrumentalist Mark Rivera is working on his fifth.

BEST KNOWN AS Billy Joel's saxophonist as well as Musical Director for Ringo Starr and his All Starr Band, Rivera has shared the stage with some of rock 'n' roll's greatest performers, including John Lennon, Paul McCartney, Elton John, Simon & Garfunkel, Foreigner, Peter Frampton, Tony Bennett, Sheila E., Joe Walsh, Hall & Oates, and Peter Gabriel.

How does he do it while avoiding the typical pitfalls—falling out of favor with the band, burnout, depression?

A devoted father and husband for nearly forty years, Rivera's recollections in *Sideman* demonstrate that while he struggled to balance the two worlds—a rock 'n' roller circling the globe and a regular guy worried about putting food on the table—his body's compulsion to always be playing music kept him in constant pursuit of “the next gig.”

The sideman is put to the test as he recounts his past from the confines of a global pandemic, and the man accustomed to “keeping up with the music” is forced to put down his instruments and reflect.

Full of optimism, humor, and candor, Rivera turns the spotlight on the sideman's life, revealing not only what it takes to climb the industry ladder (and stay there), but something more surprising: a bit of ourselves rocking out amongst all those superstars.



Mark Rivera is best known as Billy Joel's saxophonist, as well as Musical Director for Ringo Starr and his All Starr Band. Rivera is a multi-instrumentalist and

vocalist who over the past 50 years has shared the stage and supported some of rock 'n' roll's greatest performers, including John Lennon, Paul McCartney, Elton John, Simon & Garfunkel, Foreigner, Peter Frampton, Tony Bennett, Sheila E., Joe Walsh, Hall & Oates, and Peter Gabriel. Residence: Brewster, N.Y.

9781637742990 • 6X9 • HARDCOVER • FEBRUARY 2023
252 PAGES • US \$30.00 / \$41.00 CAN • MEMOIR / MUSIC
EBOOK: 9781637743003 • DISTRIBUTION: WORLD
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ACQUIRED FROM: IAN KLEINERT, PROJECTOR MEDIA

“But other times, music touches something deeper. There’s this more personal connection with it. And when the audience hears it live, it’s not like they’re looking up on stage at some superstar—they’re way past the whole celebrity thing. They’re looking up at an old friend.”

THE REASON PEOPLE go see a show is because the music resonates on some level. Maybe they hear some catchy songs on the radio and when they hear the songs live and see the band in person, they freak out, like, “Oh my God, oh my God, oh my God . . .” That’s the way it was with Foreigner. People freaked, and anywhere the band went, onstage or offstage, they always seemed like rock gods.

But other times, music touches something deeper. There’s this more personal connection with it. And when the audience hears it live, it’s not like they’re looking up on stage at some superstar—they’re way past the whole celebrity thing. They’re looking up at an old friend. That’s the first thing I noticed out on tour with Billy Joel. Even when the music was pumping and the crowd was dancing and singing and we were going nuts up onstage, there was always this intimate connection to the fans with Billy and his music.

I remember we were playing a show in Bethlehem, Pennsylvania, and when we played “Allentown,” the place went crazy. You could just tell they felt like they were part of something, or Billy and the rest of us were a part of them. It was a working-class crowd being celebrated by a working-class piano man and his working-class band.

Originally, I didn’t have much to do on that particular song except sing backup and a little percussion. But back at rehearsals, I too had been sucked up in the power of the song and I’d seen a metal pipe laying in the corner. So, while we were running through the song, I just picked up the pipe and started banging on it, like it was one of my percussion toys. I did it on a lark, but Billy loved it and we incorporated it as part of the act. Again, the song spoke to my blue-collar roots. My dad had worked the midnight shift. Hell, my grandfather lost a hand at a chocolate factory. And all the dads in my neighborhood were blue-collar guys.

And now, in Bethlehem, we were like thirty shows in, and the pipe had become a featured part of what we did. And at the end of the song, I picked up the pipe like a

“Fight the Power” kind of thing, holding it up like you’d hold up a championship belt or the Stanley Cup. I held it up and the people were like, “Yeah! Fuckin’ A! We bang steel! We’re Pennsylvania!”

Sometimes I’m recognized as “that guy who bangs the pipe on ‘Allentown.’” I’m good with that. So good. I mean, I obviously had the sax and all the great bits that I got to do. But it was something that stood out. I think it was really the beginning of my being more of a showman. Everything up until that time was me just playing, just performing. But at that point, I realized I had more of a theatrical thing that I could contribute.

And that’s the power of Billy’s writing. As a musician, as a fan, you can’t help but get sucked up into the bigger picture. Especially “Goodnight Saigon” and “Allentown.” These really resonated on that tour and in places like Bethlehem where you got the feeling that the men in the audience came home covered with soot and needed a shower and a beer, as opposed to their bedroom slippers and a martini. There were guys that were just out of the Vietnam War a couple of years, and people in neighborhoods that were full of kids who’d been drafted and shipped off to the war. These weren’t college-deferment kids. These were kids from neighborhoods like Brooklyn and Queens and the Bronx.

And up on stage it was a very blue-collar mindset, too. Very egalitarian, as in “we’re all in this together.” I mean, take the way we were set up on stage. I had a place that was visible the whole time. We all did. I’d interact with Liberty. I’d interact with David Brown. I’d interact with Billy. We played off of him and he played off of us. It was like going back to Trax, playing with those guys like Yogi and Bett. It was just jamming with the band. Again, I never really got that with Foreigner. There wasn’t that sort of community and synergy.

...[Billy] wanted others to shine. For me, that meant probably eight sax solos, big vocal parts, the pipe, the triangle in Saigon. Ding! And that may seem like a silly thing, but it’s quite special theatrically.

WHAT A UNICORN KNOWS

How Leading Entrepreneurs Use Lean Principles to Drive Sustainable Growth

MATTHEW E. MAY AND PABLO DOMINGUEZ

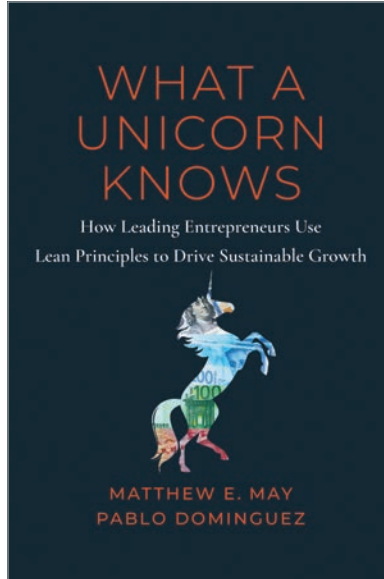
PUBLICITY AND MARKETING

- Dominguez is an operating partner at Insight Partners, and May is a strategy advisor at Insight Partners, a venture capital and private equity firm
- Authors will leverage past consulting clients for bulk sales opportunities and speaking events
- May is a TEDx speaker and will give a talk on this new book
- May has been featured in the *New York Times*, *New York Post*, *Harvard Business Review*, *Fast Company*, *Inc.*, and *Financial Times*
- May is a popular podcast guest, appearing on *Something You Should Know*, *The Great Work Podcast*, *Collective Campus*, and more
- May's previous titles include *The Elegant Solution* (11.5K copies sold) and *In Pursuit of Elegance* (10K)
- MatthewEMay.com; Stratechia.com



Matthew E. May (left) and **Pablo Dominguez** (right) have been working together for more

than a decade to optimize performance of fast-growing technology companies. They lead, respectively, the Lean ScaleUp program and Sales and Customer Success Center of Excellence for the Onsite advisory unit of Insight Partners, a global venture capital and private equity firm investing in high-growth technology and software ScaleUp companies that are driving transformative change in their industries. Matthew is the author of five previous books, including *The Elegant Solution* and *In Pursuit of Elegance*. Pablo is an operating partner at Insight, where he partners with portfolio companies to build and scale effective commercial teams. Residence: Lake Sherwood, Calif.



What a Unicorn Knows is your company's best guide to becoming a well-oiled, high-velocity machine for growth on its way to billion-dollar valuation.

WHY DO SOME young companies become unicorns, while others don't? *What a Unicorn Knows* is a playbook that offers a field-tested approach to delivering superior customer value and reaching unicorn status by removing the potential inhibitors to organizational scale and speed.

Drawing on a mastery of lean-based methods for achieving maximum effect with minimum means, private equity operators Matthew E. May and Pablo Dominguez provide readers

with a powerful framework of universally applicable principles that enable any company to effectively accelerate its ability to scale and grow.

Called The Unicorn Model™ and built on five foundational principles, the authors deliver a compelling narrative of stories and experiences in an easy-to-remember mnemonic:

- Strategic speed
- Constant experimentation
- Accelerated value
- Lean process
- Esprit de corps

Drawn from the authors' successful track record with a wide variety of unicorn-level companies, *What a Unicorn Knows* offers a necessary guide for rapid but lasting growth. As more companies than ever vie for unicorn status, your competitive edge will depend on learning from the best.

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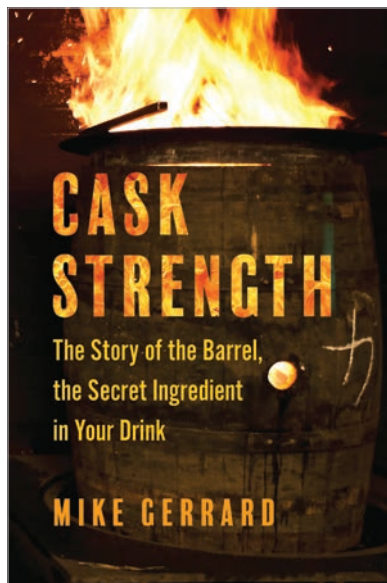
CASK STRENGTH

The Story of the Barrel, the Secret Ingredient in Your Drink

MIKE GERRARD

PUBLICITY AND MARKETING

- Gerrard is an award-winning travel and drinks writer who publishes the Travel Distilled website
- Author has written for *National Geographic*, *London's Times*, *American Express*, Google, Microsoft, BBC's *Good Food*, Waitrose Drinks, HuffPost, and BBC Travel
- Author's regular outlets include *Chilled Magazine*, Drinkhacker, The Alcohol Professor, and Travel Distilled
- Author is the winner of the Travelex Award for Best Travel Consumer Magazine Feature, British Guild of Travel Writers Award, Benjamin Franklin Award in the USA for a guidebook to Paris, and 50 Most Influential Travel Journalists in the UK award
- Author is a frequent speaker at spirits-centric events and festivals and will integrate his new book into these talks and presentations
- Author plans to promote book to distilleries, breweries, and wineries, and will compile list of locations with retail stores
- Twitter: @Mike_Gerrard (5.8K)
- TravelDistilled.com; MikeGerrard.com



Discover the story of the unsung hero of the world of spirits, wine, and beer, and an invention as ancient and important as the wheel—the humble barrel.

FROM ITS FIRST use by the Ancient Egyptians, the barrel has left an unmistakable imprint on human history. The Romans used the barrel in all corners of their vast empire, and explorers could not have charted the globe or opened up trade routes without barrels to store their food and water. And in all its thousands of years of use, the barrel's basic design has barely changed at all—a testament to its sheer and simple perfection.

Cask Strength is more than a history book. In it, Mike Gerrard, an award-winning travel and drinks writer, investigates the making, buying, and selling of barrels and details how drinks like wine, tequila, rum, cognac, and others are enhanced by specific kinds of barrel production.

Today, modern distillers, brewers, and wine-makers continue to use barrels in new, creative ways—with the barrel providing up to 60–70 percent of their flavors. Without the barrel, we would have no bourbon, no oak-aged chardonnay, no barrel-aged stouts ... and no tabasco sauce, either.

Gerrard's expertise and palpable passion for good beverages interestingly made will ignite the curiosities of booze fans and history buffs alike as *Cask Strength* traces the simple splendor of the barrel.



Mike Gerrard is an award-winning travel and drinks writer who publishes the Travel Distilled website and who has visited distilleries around the world.

He divides his time between Cambridgeshire in his native England and Arizona in the USA, where he is proud to be described as a “resident alien.” Residence: Wisbech, England; Green Valley, Ariz.

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THINGS HAVE CHANGED

What Every Parent (and Educator) Should Know About the Student
Mental Health and Substance Misuse Crisis

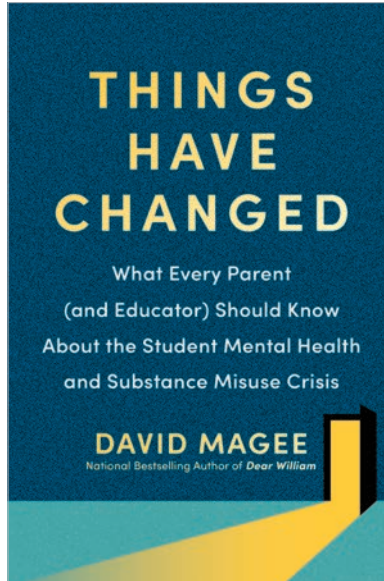
DAVID MAGEE

PUBLICITY AND MARKETING

- Magee and his book *Dear William* (21K copies sold) were featured on *CBS Mornings* in 2022
- Author has 30+ speaking engagements anticipated for the promotion of the book
- Author gave a TEDx Talk, *Road to Wellbeingville*, that covers similar topics in the book.
- Author is a sought-after speaker to parents, students, and universities on substance use disorder and mental health, identifying the problems and solutions
- Author plans on sponsoring an independent bookstore galley mailing and offering in-person engagements with 20 bookstores
- Author has been featured in *Newsweek*, *Daily Journal*, *AL.com*, and *KirkusReviews.com*
- DavidDMagee.com



David Magee is the author of *Dear William: A Father's Memoir of Addiction, Recovery, Love, and Loss*, a *Publisher's Weekly* bestseller, named a Best Book of the South, and featured on *CBS Mornings*, and other nonfiction books. A changemaker in student and family mental health and substance misuse, he's the creator and director of operations of The William Magee Institute for Student Wellbeing at the University of Mississippi and a frequent K-12 and university educational and motivational speaker, helping students find and keep their joy. He's also a National Recovery Advisor for the Integrative Life Network. Residence: Oxford, Miss.



Written with a parent's passion and empathy, *Things Have Changed* offers a clear road map for navigating painful struggles that many modern children and students face, including mental health issues, substance abuse, and more.

TODAY'S WORLD CAN be a daunting one for parents. Anxiety, depression, addiction, eating disorders, loneliness, social media; the list goes on. Award-winning author, student wellbeing activist, and creator of The William Magee Institute for Student Wellbeing at the University of Mississippi, David Magee offers guidance on

raising teens amid increasingly common challenges.

Magee shares research-backed insights on how to:

- Have conversations about mental health and drug and alcohol abuse
- Empower your child to ask for help when they need it
- Decide when and if treatment is needed
- Encourage your child to invest in healthy relationships
- Be intentional about social media use and interactions
- Foster your child's desire to engage with your family
- Create and maintain healthy boundaries
- Advocate for your child's wellbeing at school and with family

Now, more than ever, parents and educators need better information about the challenges facing their children, what sorts of issues to expect and when, and the warning signs to look for. You'll find the guidance you need to feel prepared and tackle obstacles to your child's wellbeing in *Things Have Changed*.

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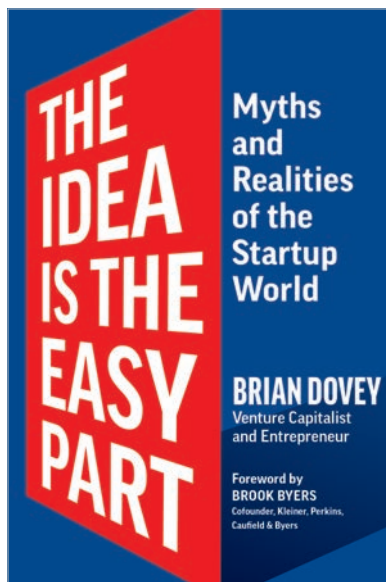
THE IDEA IS THE EASY PART

Myths and Realities of the Startup World

BRIAN DOVEY

PUBLICITY AND MARKETING

- Dovey plans on giving his large network of influential friends early PDF excerpts to generate social media plugs, podcast invitations, email blasts, and speaking invitations
- Author will pitch to a wide range of entrepreneurial and business-focused media outlets, podcasts, and newsletters
- Author will reach out to contacts at many business schools around the country, for course adoptions and guest lectures
- Author is involved with the Kauffman Foundation and Young Presidents Organization
- Promotion to author's email list (1K)



This humorous, story-driven handbook of practical advice for entrepreneurs counters widespread myths of both failure and success with lessons learned from decades of hands-on experience.

TODAY'S ENTREPRENEURS EARN celebrity and billionaire status. Our books, movies, and TV shows insist that with a big idea and a jazzy elevator pitch, anyone can immediately earn funding for their own startups and immediately achieve massive financial success. Your initial idea—and the funding you'll soon acquire afterward—is the key to massive financial success.

The reality, however, is vastly different. Getting funding is incredibly hard, and success depends on a host of factors, strategies, and decisions.

The idea, it turns out, is the easy part.

Between serving as the president of the company that developed the groundbreaking EpiPen, bringing entrepreneurship to a Fortune 500 company as president, working in venture capitalism for several decades, and being involved in the development of nearly three hundred startups, Brian Dovey is well acquainted with entrepreneurship—its reality as well as its mythology. Now, in *The Idea Is the Easy Part*, Dovey busts common myths about entrepreneurship and lays out for aspiring entrepreneurs an enthusiastic but realistic guidebook to making better decisions at each major stage of the entrepreneurial process by: embracing startup life, choosing opportunities, acquiring funding, executing for growth, and deciding how and when to end your involvement.

For those seduced by the myths of fame and fortune, as well as for those who don't realize what they're missing out on—*The Idea Is the Easy Part* is a reliable guide to navigating the entrepreneurial waters, replacing today's misleading notions with objective and actionable advice.



Brian Dovey has been a partner at the venture capital firm Domain Associates, which has invested \$2.8 billion in start-ups, since 1988. He has been involved

in the development of nearly 300 pharmaceutical and life sciences startups and has served on the boards of more than 35 companies (and as chairman of six) with a combined value of more than \$50 billion. Dovey teaches business students part-time, including a long-running, acclaimed course at San Diego State University called Managing the Growing Firm. He has spoken at events organized by the National Venture Capital Association, the Kauffman Foundation, and the Young Presidents Organization. Residence: San Diego, Calif.; Philadelphia, Pa.

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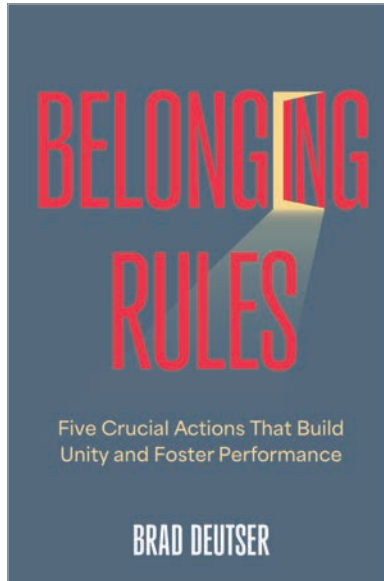
BELONGING RULES

Five Crucial Actions That Build Unity and Foster Performance

BRAD DEUTSER

PUBLICITY AND MARKETING

- Deuster is interested in hiring an outside PR firm and social media/digital partner for marketing purposes
- Author's clients include Rooster Teeth, PHI Health, Accenture, Brookfield Hedge Solutions, First Reserve, and Young Presidents Organization
- Author and company will be developing products and workshops specific to the book
- Book campaign planned to engage current clients and new clients from author's companies, as well as individuals and teams engaging in workshops and leadership coaching offered by the author
- Author's previous book, *Leading Clarity* (2018), sold 11.8K copies
- Deuster's international clients include Noble Corporation, PHI Aviation, Methonal Global, Barcardi, Ergon, among others
- Deuster.com, DeusterClarityInstitute.com



Today's leaders can overcome the disconnect between employers and employees by inviting individuals to become part of something bigger than themselves—to belong.

BELONGING ENTAILS HOLDING space for something of shared importance—where agreement is not required but a shared framework is understood—and fostering belonging is essential work for leaders whose organizations are craving a sense of connection, security, and acceptance.

In *Belonging Rules*, award-winning executive coach and management consultant Brad Deuster outlines a multidimensional, highly impactful strategy for creating the space necessary for belonging. Central to the approach are five rules leaders must consider each and every time they make decisions for themselves, their people, and their company:

- **Listen without labels**
- **Empower identity over purpose**
- **Turn into the power**
- **Challenge everything**
- **Demand 100% of the truth**

The book explores these rules and their impact through insights, stories, exercises, and thought-provoking leadership perspectives.

More than ever before, employees want to feel aligned with their organization's approach to key social and organizational issues, including diversity, equity, and inclusion; environmental, social, and corporate governance; mental health; cancel culture, workplace stress, distributed workforces, and generational attitudinal shifts; and more. *Belonging Rules* offers critical guidance for navigating both the pre-existing and ever-evolving social and organizational facets of the workplace.

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Brad Deuster is the visionary leader behind Deuster and Deuster Clarity Institute (Texas, New York, Bermuda, and Arizona). He is a trusted

counselor, executive coach, and leadership guru for CEOs, board chairs, and top corporate management. Brad is recognized for his ability to navigate complex, contentious, ambiguous business and people challenges, both inside and outside organizations. He is sought after as an authority and innovative thinker on matters of organizational change, belonging, DEI, and complexity in leadership. He is the bestselling author of *Leading Clarity*. Residence: Houston, Texas.

ASK LIKE AN AUCTIONEER

How to Ask for More and Get It

DIA BONDI

PUBLICITY AND MARKETING

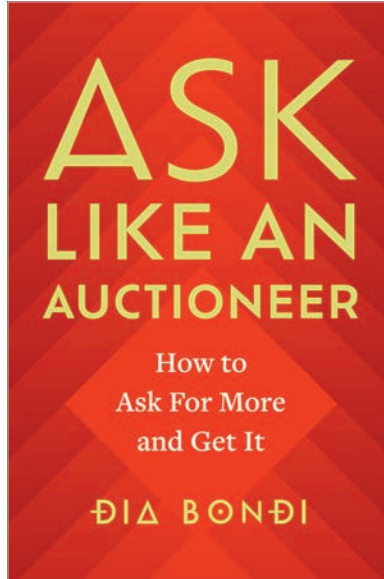
- Bondi has connections with women-run companies who will advertise the book at events with target audience; companies include The Riveter, Professional Businesswomen of CA, The Female Quotient, Coralus (formerly SheEO), and Women's Council of Realtors
- Author has previously worked with Quartz, Salesforce, Google's X team, and Dropbox
- Author has been featured in CNBC's *Make It*, *Forbes*, and *Fast Company*
- Author's company will be engaging Amber Villhaur and her team as a book launch partner
- Author has secured a partnership with Washington Speakers Bureau to help target sales opportunities and speaking engagements tied to the book
- Promotion to author's email list (1.5K)
- DiaBondi.com; AskLikeanAuctioneer.com



Dia Bondi is the CEO and founder of Dia Bondi Communications, which helps high-performance professionals speak with power and purpose at

crucial communications moments to amplify their impact and reach their goals faster.

Dia is the secret weapon behind some of the world's most influential brands, leaders, and VC-backed founders. She helped Rio de Janeiro secure the 2016 Summer Olympics and was the communications coach for world leaders for United Nations gatherings. Dia believes that you are your most compelling and impactful when you lead with who you are. Residence: El Cerrito, Calif.



When we ask, we aim low—afraid of risking too much. This guide outlines a six-step framework that will help you strategically and confidently ask for more.

A COMMUNICATIONS COACH for two decades, Dia Bondi works with top CEOs, VC-backed founders, innovators, and creatives to speak powerfully and elevate their impact.

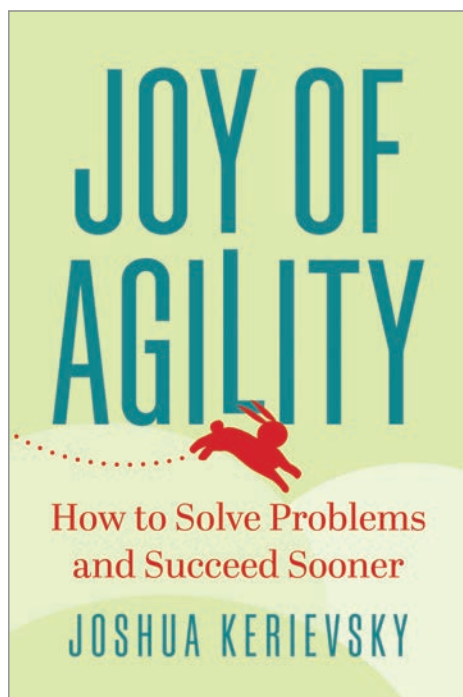
After training as an auctioneer, Bondi translated the strategies she learned from the fundraising auctioneering stage into a program that helps women ask for more in their career and life.

Based on Bondi's wildly successful keynotes and workshops, *Ask Like an Auctioneer* is an actionable guide that shows you the secret to getting out of your comfort zone and into your "zone of freaking out" (ZOFO). Among other ideas, in this book you will learn to:

- **Set your reserve**
- **Understand price is a measure of value, not worth**
- **Find the offer in every ask**
- **Take productive action when you get a "no"**

Join the thousands of women who are stepping into their ZOFO, asking for more and getting it, and reaching their goals on their own terms.

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JOY OF AGILITY

JOSHUA KERIEVSKY

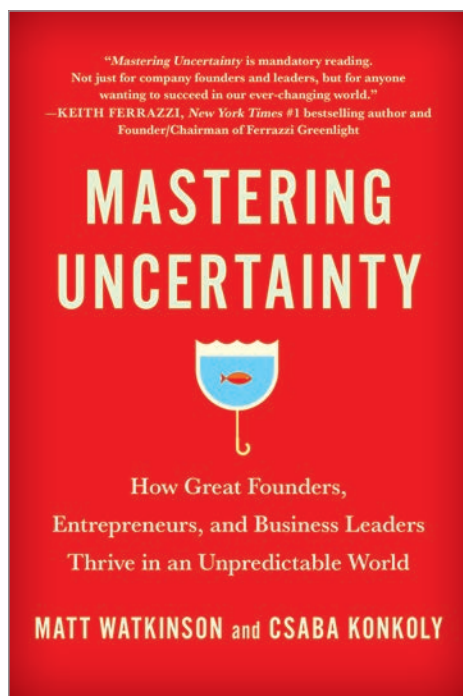
Agility enables you, your team, and your organization to streamline slow and awkward actions, overcome obstacles quickly, and adapt to change with ease and grace.

Agility isn't a formula or a framework, nor a set of roles and rituals to follow. It's a timeless way of being that matures with practice and skill. Becoming agile involves knowing the difference between being quick or hurrying, moving with ease or difficulty, being in or out of balance, graceful or awkward, adaptable or rigid, resourceful or resentful.

With *Joy of Agility: How to Solve Problems and Succeed Sooner*, Joshua Kerievsky, CEO of Industrial Logic, one of the oldest and most respected agile consultancies in the world, shows you how to harness agility in work and life to solve problems and succeed sooner.

Kerievsky shares six essential agile mantras, plus unforgettable, real-world stories of agile people and teams, that will empower you to be quick, adaptable, and resourceful in the face of challenges and opportunities. Use the lessons learned in *Joy of Agility* to transform agility from a mere buzzword into an approach that helps you obtain triumphant results.

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MASTERING UNCERTAINTY

MATT WATKINSON AND CSABA KONKOLY

What separates the world's most successful founders, entrepreneurs, and business leaders from the rest? It's not visionary ideas or superhuman intelligence. It's something more fundamental—their relationship with uncertainty.

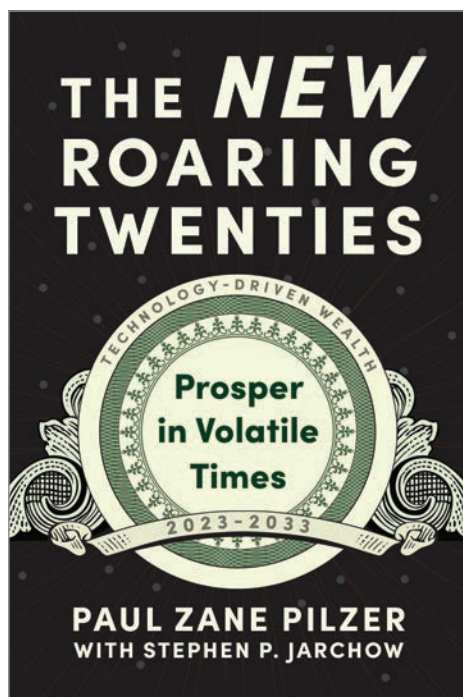
Most people are blown off-course by unexpected events. Top performers, by contrast, know how to navigate our unpredictable world. Not just that: they know how to thrive in it.

In *Mastering Uncertainty: How Great Founders, Entrepreneurs, and Business Leaders Thrive in an Unpredictable World*, investor and serial entrepreneur Csaba Konkoly and award-winning business author Matt Watkinson reveal the shortcomings of conventional business thinking and the advantages of developing a “probabilistic” mindset that turns uncertainty from a source of fear into an incredible and exciting advantage.

They offer superbly practical advice on everything from how to handle setbacks and expand your network, to how to spot business opportunities and shape them into successful, growing businesses.

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THE NEW ROARING TWENTIES

PAUL ZANE PILZER WITH STEPHEN P. JARCHOW

The world and its economic foundations are shifting beneath our feet.

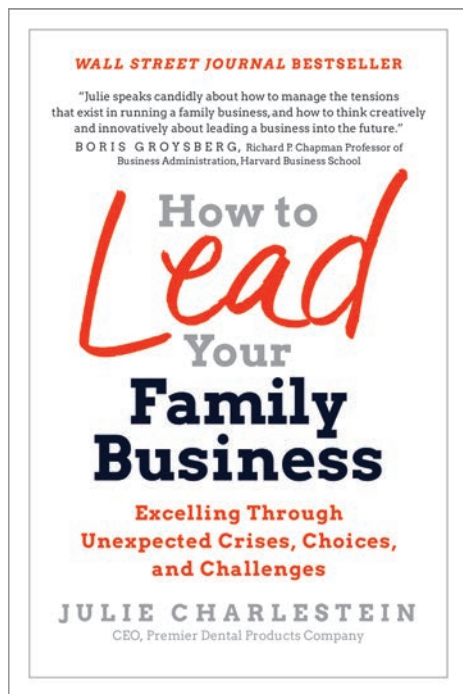
We are at the threshold of the new roaring twenties—a resurgent era of technology-driven advancement with greater financial equality and economic expansion.

Not unlike the famed decade of the previous century, our next ten years will be filled with striking cultural shifts, new challenges, and, ultimately, abundant financial opportunities.

Paul Zane Pilzer, the economist/entrepreneur and *New York Times* bestselling author of eleven books, sees a better world on the horizon. In *The New Roaring Twenties: Prosper in Volatile Times*, he imparts inspiration and a new template for escaping the shadow of a global pandemic, with all its fallout, and stepping into the resplendent possibilities of the future.

The New Roaring Twenties offers solid ground in a shifting world, revealing the principles that will allow you to find new pathways to financial success and personal happiness.

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#4 WALL STREET JOURNAL BESTSELLER (BUSINESS)

HOW TO LEAD YOUR FAMILY BUSINESS

JULIE CHARLESTEIN

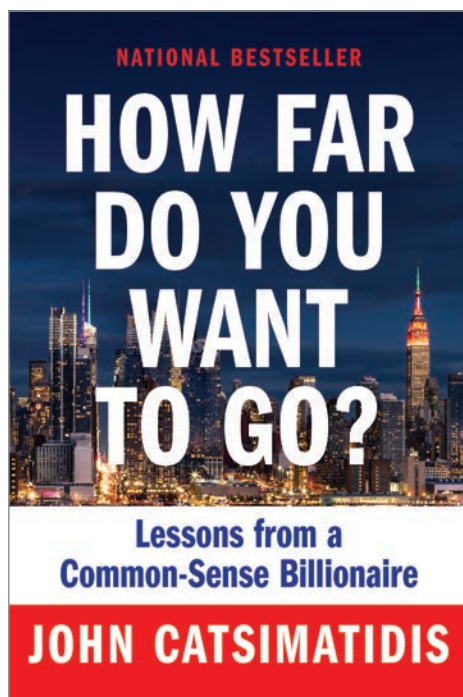
How to Lead Your Family Business: Excelling Through Unexpected Crises, Choices, and Challenges is a master class in working with and for family, reshaping generations-old company cultures, earning your colleagues' respect, and more.

Family businesses—from massive corporations like Walmart to the mom-and-pop store on your local street—have always been a vital part of the American life and economy. But as these family-owned companies evolve and grow, so too do their unique difficulties and the need for dynamic leadership. And as more women rise into leadership roles within commonly male-dominated organizations, challenges abound in already tense environments, where family members also happen to be one's coworkers—and superiors.

Author Julie Charlestein gets vulnerable about her experience as an emerging leader and ultimately CEO of her father's company, offering actionable strategies for those leading and working within their own family businesses.

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#6 WALL STREET JOURNAL AND #20 PUBLISHERS WEEKLY BESTSELLER

HOW FAR DO YOU WANT TO GO?

JOHN CATSIMATIDIS

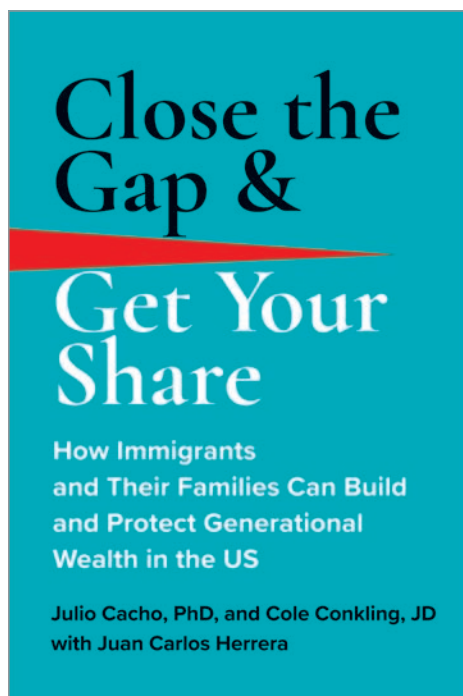
Billionaire entrepreneur John Catsimatidis, owner and CEO of the Red Apple Group, reveals how his instincts and commonsense have propelled him to massive business success in this detailed account of an incredible rags-to-riches story.

Born on the small Greek island of Nisyros, Catsimatidis immigrated to the States with his family and quickly became a true New Yorker, raised in Harlem. He went to school by day and worked in a small grocery store by night to help his parents pay the bills until, just eight credits short of graduating from NYU, he opted to work in the grocery business full-time.

Today, that grocery business has become the Red Apple Group, a conglomerate with interests in energy, real estate, aviation, baseball, entertainment, and media, including the iconic radio station WABC, where John hosts leading figures across all industries.

How Far Do You Want to Go? tells Catsimatidis's dynamic story. He's tried his hand at nearly everything, but he's far from finished with his adventures. Now, he offers readers a glimpse into the wisdom he's gained—and the excitement he has for what the future holds in store.

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**CLOSE THE GAP & GET YOUR SHARE**

JULIO CACHO, PhD, AND COLE CONKLING, JD, WITH JUAN CARLOS HERRERA

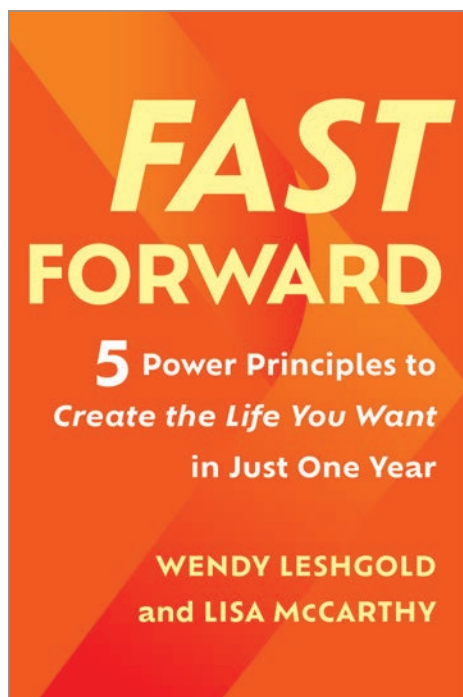
Despite the American Dream's promises of prosperity and security, many immigrants still discover a seemingly insurmountable wealth gap upon their arrival to the United States.

From Dr. Julio Cacho, Cole Conkling, and Juan Carlos Herrera, managing directors of Inscription Capital, *Close the Gap & Get Your Share: How Immigrants and Their Families Can Build and Protect Generational Wealth* is a crucial resource that explains US-based investing in a way that makes sense to immigrants (as well as novice investors) and allows them to skip years of learning and catch up to their nonimmigrant peers in attaining financial prosperity and building generational wealth—*without* jeopardizing their families' existing resources.

For all generations of immigrants and nonimmigrants alike motivated to grow their wealth and pass it on, *Close the Gap & Get Your Share* is a robust guide to closing the ever-growing wealth gap with accessible and distilled financial literacy and strategy—and a tool to help them and their families not only amass wealth, but also flourish.

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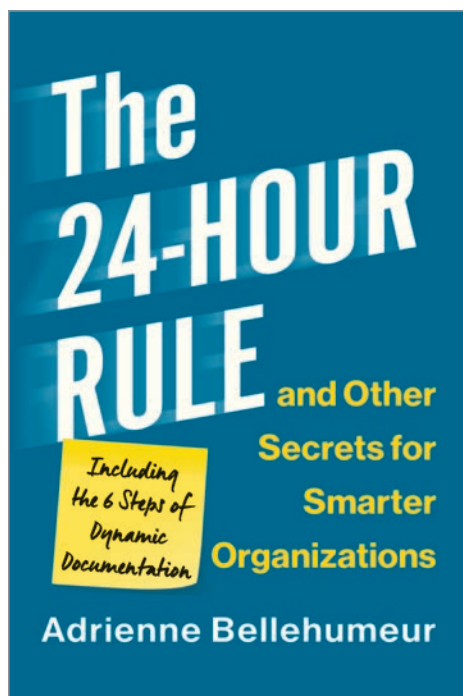
FAST FORWARD

WENDY LESHGOLD AND LISA MCCARTHY

Discover how leaders from the world's most successful companies are dealing with stress, pressure, and constant change—and still thriving. Backed by psychological research and brain science, *Fast Forward*'s 5 Power Principles have helped more than 100,000 professionals achieve extraordinary success *and* happiness. As they have excelled, so have their businesses and teams.

For the first time, authors Wendy Leshgold and Lisa McCarthy share their proven system along with compelling stories from the people who have made their boldest ambitions a reality. Through powerful exercises that generate insights and action, they'll help you declare a bold vision for your whole life, reframe negative stories that hold you back, gain control of your time and energy, use language of action to produce meaningful results, become a conscious listener, and so much more. *Fast Forward* will help you and your teams create the life you want this year and every year.

HARDCOVER • 9781637744000 • EBOOK: 9781637744017
US \$28.00 / \$37.99 CAN • SELF-HELP • SEPTEMBER 2023



THE 24-HOUR RULE AND OTHER SECRETS FOR SMARTER ORGANIZATIONS

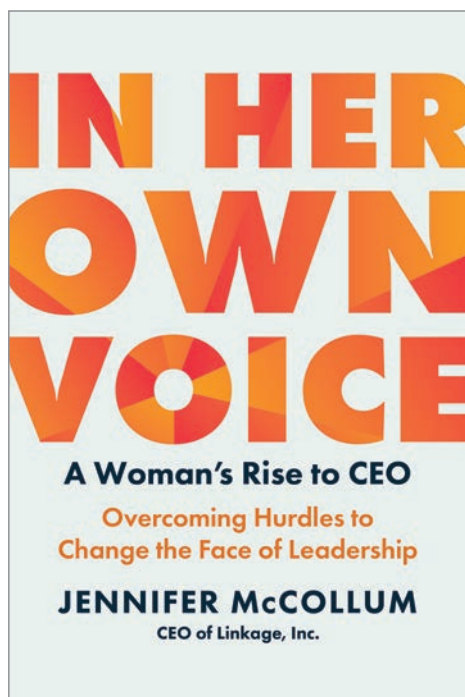
ADRIENNE BELLEHUMEUR

It's one thing to take information in, but it's an entirely different thing to have the systems and habits to do something with that information to push work forward. In *The 24-Hour Rule and Other Secrets for Smarter Organizations: Including the 6 Steps of Dynamic Documentation*, business consultant Adrienne Bellehumeur shows how her six steps of documentation can become your and your team's new superpower.

Drawing on the fields of Information Management, Organizational Design, and Personal Productivity, as well as her years on the ground (and in the trenches) working with a wide range of organizations, Bellehumeur lays out the first comprehensive (yet refreshingly simple) framework for a dynamic approach to documentation. At its heart is the "24-Hour Rule," a reminder that you need to rethink, reprocess, or rewrite information within 24 hours before your short-term memory lets it go.

HARDCOVER • 9781637742839 • EBOOK: 9781637742846 • US \$28.00 / \$37.99 CAN • BUSINESS
MARCH 2023 • ACQUIRED FROM: JANET GOLDSTEIN, JANET GOLDSTEIN ENTERPRISES

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IN HER OWN VOICE

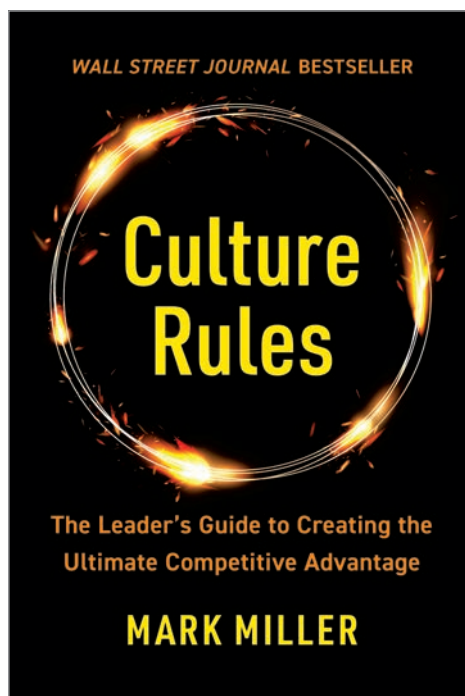
JENNIFER MCCOLLUM

The world has awakened to the urgent need to focus on women's advancement—companies with gender-balanced leadership are far more likely to outperform their peers, and the evolving expectations of leadership align to women's natural strengths. But we're nowhere near achieving that equity. Less than 10 percent of Fortune 500 CEOs are women, and the pace of growth is shockingly slow, made worse by COVID-19 and its aftermath.

What does it take for women to ascend permanently into leadership roles? *In Her Own Voice: A Woman's Rise to CEO: Overcoming Hurdles to Change the Face of Leadership*—written by Jennifer McCollum, CEO of Linkage, a decades-old leadership-development firm with a mission to “Change the Face of Leadership”—reveals some answers.

In Her Own Voice outlines the key competencies and action steps to overcome these obstacles. Backed with data and infused with compelling real-life stories, it's a blueprint for helping readers identify, measure, and conquer what's holding women back at any stage of their careers.

HARDCOVER • 9781637744109 • EBOOK: 9781637744116 • US \$27.00 / \$37.00 CAN
BUSINESS / LEADERSHIP • NOVEMBER 2023 • ACQUIRED FROM: SCOTT MILLER, TRIDENT MEDIA GROUP



#4 WALL STREET JOURNAL AND #15 PUBLISHERS WEEKLY BESTSELLER

CULTURE RULES

MARK MILLER

The pandemic has magnified the essential role that culture plays in an organization's health, vitality, and sustainability—some passed the test with flying colors while others are seeing with fresh eyes the deeply rooted issues and challenges within their culture.

After completing a study with more than 5,000 participants from 10 countries, Mark Miller and his team have exposed the most predominant fissures and their fixes. *Culture Rules* showcases leaders and organizations who are building strong, enduring cultures. It makes the case for why leaders should invest their time and energy on building culture and gives them three simple, actionable rules they must play by if they want to stay in the game and win.

These rules and their accompanying best practices enable leaders to clarify and communicate the organization's cultural aspirations, reinforce the aspiration through their daily activities, and maintain relevance and vitality by constantly enhancing their culture.

When leader's play by these rules, their actions become more strategic and their organization's untapped potential is released and transformed into performance.

HARDCOVER • 9781637742877 • EBOOK: 9781637742884 • US \$28.00 / \$37.00 CAN • BUSINESS
MARCH 2023 • ACQUIRED FROM: ALEXANDER FIELD, THE BINDERY AGENCY

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SEEING THE HOW

Transforming what people do, not buy, to gain market advantage

Allen P. Adamson

SEEING THE HOW

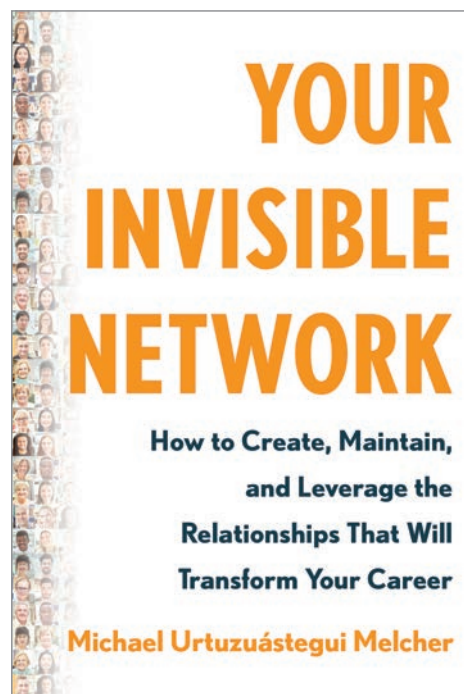
ALLEN P. ADAMSON

Among today's most successful businesses are those that have significantly transformed our daily routines. They are experience disruptors and their focus on the consumer experience, not solely on product, has enabled them to drive remarkable growth and customer loyalty and, in many cases, create totally new marketplace categories.

Based on data-driven research on consumer behavior, behavioral psychology, marketing analysis, and storytelling, *Seeing the How: Transforming What People Do, Not Buy, to Gain Market Advantage* provides a framework to help identify the methods by which business leaders can make these experience disruptions possible. Allen P. Adamson, an expert in branding, experience creation, and innovation strategy offers businesses a step-by-step guide to breaking into the market based on the tactics of the biggest experience disruptors out there, including Netflix, Apple, Warby Parker, and Stitch Fix.

With *Seeing the How*, you'll have the strategy necessary to bring your disruption to life, command market segments, and cultivate consumer loyalty.

HARDCOVER • 9781637742952 • EBOOK: 9781637742969 • US \$30.00 / \$40.00 CAN • BUSINESS MAY 2023 • ACQUIRED FROM: ANDREW STUART, THE STUART AGENCY



YOUR INVISIBLE NETWORK

MICHAEL URTUZUÁSTEGUI MELCHER

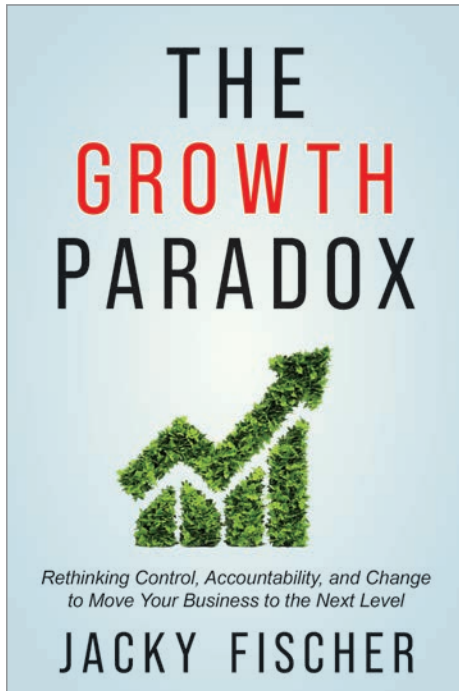
Create, maintain, and leverage professional relationships—in only 20 minutes a day. A network built on reciprocity, depth, and trust isn't merely helpful to your career growth; it is absolutely necessary. Your skills, work ethic, education, lived experience, passions—all these will only achieve their full potential when paired with meaningful relationships.

Your Invisible Network: How to Create, Maintain, and Leverage the Relationships That Will Transform Your Career provides a practical, nuanced plan for building and sustaining a network that will supercharge your growth—from author Michael Urtuzuástegui Melcher, an internationally acclaimed executive coach and leadership expert who has partnered with professionals in nearly every field for decades. Every chapter of *Your Invisible Network* contains compelling true stories along with quick lessons and manageable practice exercises that even the busiest of professionals can fit into their schedules.

No matter what career stage you're in, it's time to reevaluate your network and equip yourself with the tools to boost its power—your secret weapon for career success.

HARDCOVER • 9781637742914 • EBOOK: 9781637742921 • US \$30.00 / \$40.00 CAN • BUSINESS APRIL 2023 • ACQUIRED FROM: TIM BRANDHORST, THE AQUITAINE AGENCY

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THE GROWTH PARADOX

JACKY FISCHER

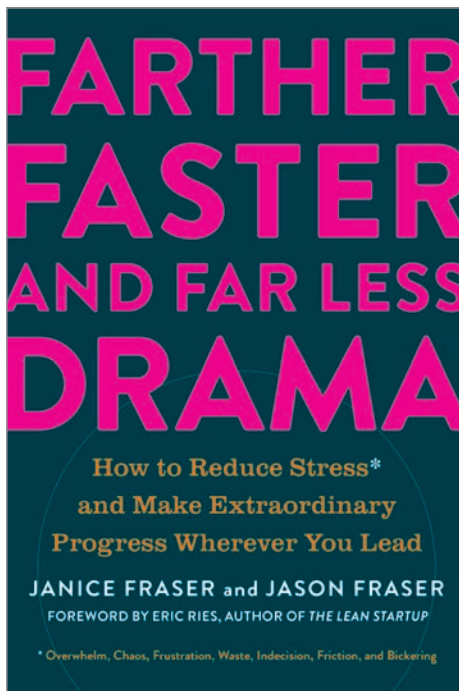
Award-winning CEO Jacky Fischer presents her signature management method to help small businesses scale by avoiding the most common and destructive pitfalls.

Letting go to help your business grow is the apparent contradiction central to *The Growth Paradox: Rethinking Control, Accountability, and Change to Move Your Business to the Next Level*—and embracing it will lead to more profits, less stress, and happier employees.

If you as a leader hold on too tightly—to your people, to everyday decision-making, to the past, and more—you will cut off vital oxygen necessary for growth. Instead, embrace the growth paradox to get unstuck and grow your company to the next level. By leaning into some key, counterintuitive business ideas, you'll make space for changes that will lead to nonlinear growth.

In addition to lessons she learned from growing a small family business into an organization with annual revenue topping \$40 million, Fischer offers practical tools for taking stock of where you are and charting an actionable plan for getting where you want to go so that you too can create hypergrowth in your business.

HARDCOVER • 9781637744086 • EBOOK: 9781637744093 • US \$28.00 / \$37.99 CAN • BUSINESS
NOVEMBER 2023 • ACQUIRED FROM: KEVIN ANDERSON, KEVIN ANDERSON & ASSOCIATES



FARTHER, FASTER, AND FAR LESS DRAMA

JANICE AND JASON FRASER; FOREWORD BY ERIC RIES

Everyone—from team leaders to consultants to stay-at-home parents—wishes life could be simpler in this fast-paced world, but that often feels impossible. It doesn't have to.

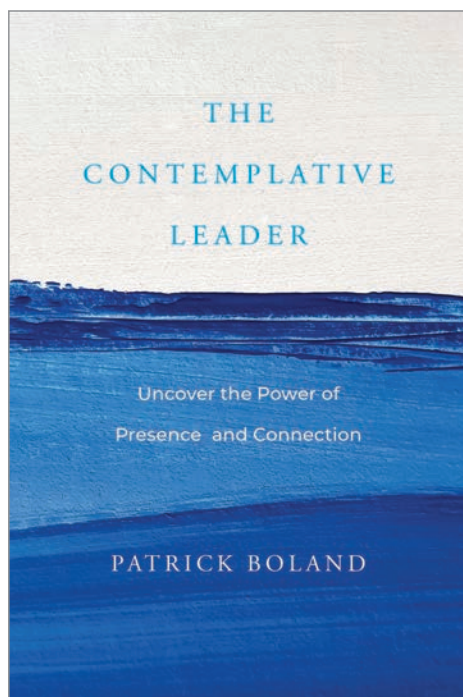
Janice and Jason Fraser have been using their method for decades to help all kinds of people—including Navy SEALs, startup CEOs, and Fortune 100 executives—make progress in both their professional and personal lives by solving hard problems with grace.

You will set and achieve goals faster, make complex problems more manageable, and conduct yourself with integrity, even during overwhelming circumstances. It's a practical, ambitious, and humane guide for everyday leaders striving to persist and thrive in today's enormously stressful landscape.

Farther, Faster, and Far Less Drama: How to Reduce Stress and Make Extraordinary Progress Wherever You Lead offers theory alongside hands-on exercises, formulas, and frameworks that can all be adapted to real-life situations. The world around you might constantly be in flux, but you can make efficient progress with less stress—every single day.

HARDCOVER • 9781637742891 • EBOOK: 9781637742907 • US \$30.00 / \$40.00 CAN
BUSINESS / LEADERSHIP • APRIL 2023 • ACQUIRED FROM: JOY TUTELA, DAVID BLACK AGENCY

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THE CONTEMPLATIVE LEADER

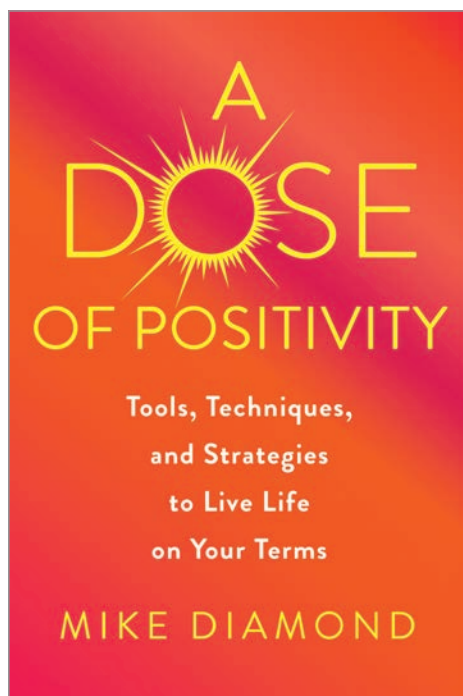
PATRICK BOLAND

In a world ever-changing under unpredictable economic, political, and relational forces, leaders need to go inside—to their internal world—to uncover the why and how of their leadership and influence.

The Contemplative Leader asks us to examine the narratives we tell ourselves as leaders, to reflect on how we respond to challenges, and to consider how our nervous system states (Polyvagal theory) impact the ways we influence others. As we deepen the exploration of our inner world, we consider the source of our values, the identities we inhabit (composed of our ego and shadow), and the fundamental sense of meaning and purpose we embody in leadership.

Whether you are a seasoned leader in need of a reset to connect with what's most important, new to leadership and looking for some "soul" work to do to develop your influence, or just looking to integrate contemplative practices into your active roles in work, family, and religious life, *The Contemplative Leader* is an essential guide to practicing thoughtful leadership and contributing to meaningful change.

HARDCOVER • 9781637744277 • EBOOK: 9781637744284 • US \$28.00 / \$37.99 CAN
BUSINESS / LEADERSHIP • JANUARY 2024 • ACQUIRED FROM: CHRIS FEREBEE, CHRISTOPHER FEREBEE



A DOSE OF POSITIVITY

MIKE DIAMOND

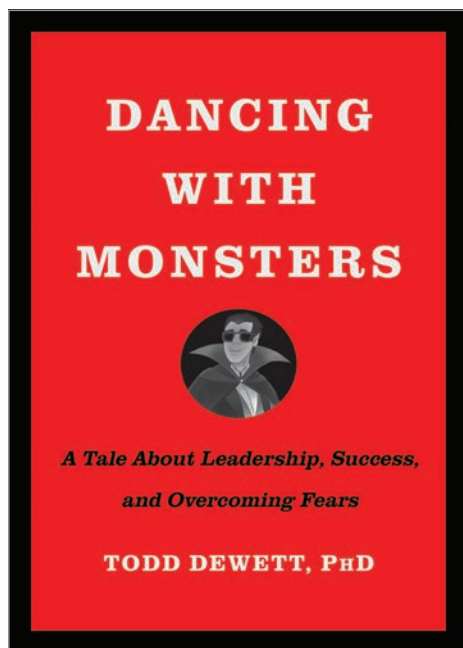
In *A Dose of Positivity: Tools, Techniques, and Strategies to Live Life on Your Terms*, life coach and television personality Mike Diamond explains his tried-and-true methods for empowerment and offers tools and stories to help you find your purpose and create your ideal future.

In 2006, realizing his life depended on it, Mike decided to get sober and, with his life completely turned around, has now helped hundreds of people on their own paths to recovery. Now, Mike shares not only his own incredible stories of overcoming hardship, but also reveals his personally tested techniques for staying grounded, finding success, and creating positive change. *A Dose of Positivity* provides concrete tips on how to lean on and trust your Source—the spiritual energy and intuition within you—to maintain the flexible attitude necessary for your success.

No matter what obstacles you face, a properly cultivated mindset can make all the difference. With *A Dose of Positivity*, unlock your potential and discover how to make your dreams a reality—with guidance from someone who's personally tested everything he recommends.

HARDCOVER • 9781637743133 • EBOOK: 9781637743140 • US \$28.00 / \$37.99 CAN • SELF-HELP
APRIL 2023 • ACQUIRED FROM: BILL GLADSTONE, WATERSIDE PRODUCTIONS

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DANCING WITH MONSTERS

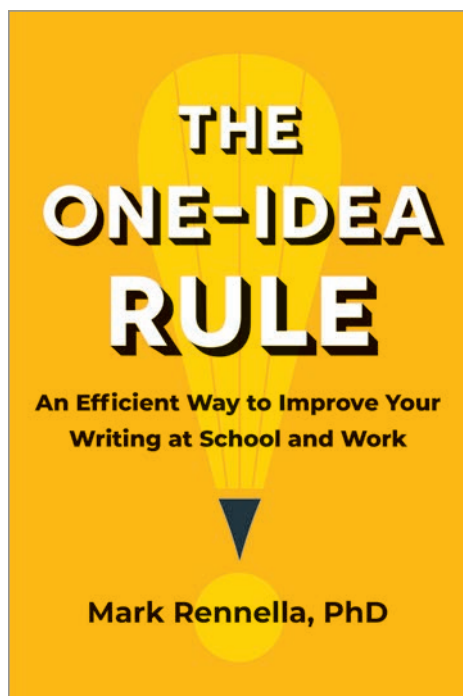
TODD DEWETT, PhD

Fears and discomfort slow us down and sometimes completely derail our personal progress. As leaders at work, we can similarly be knocked off course by the conflict, personality differences, motivational issues, and performance problems within our teams.

These obstacles are the monsters in our lives. In *Dancing with Monsters: A Tale About Leadership, Success, and Overcoming Fears*, globally recognized leadership educator, author, and speaker Todd Dewett, PhD, offers an enthralling, fast-paced fable that examines how to embrace those monsters to harness you and your team's true power.

Joe is a depressed vampire at risk of losing his monster status due to poor performance. He is tasked with leading a group of misfit monsters who lack confidence. Sheets, Mum, Wolfy, and Z have not yet learned to do the one thing all monsters do: scare kids. *Dancing with Monsters* tells the story of their collective efforts, missteps included, toward connecting with their authentic selves.

HARDCOVER • 9781637743270 • EBOOK: 9781637743287
US \$25.00 / \$34.00 CAN • BUSINESS • APRIL 2023



THE ONE-IDEA RULE

MARK RENNELLA, PhD

After a 30-year career as a writer, instructor, and editor, Mark Rennella has crafted a battle-tested method to help students and young professionals who want to improve their writing: the One-Idea Rule, anchored on the assertion that every component of a successful piece of writing should express only one idea.

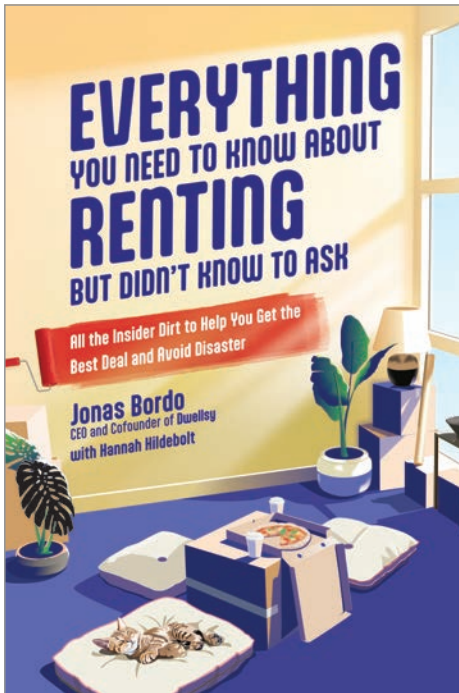
With *The One-Idea Rule*, writers embarking on their adult lives and professional journeys will have a reliable methodology they can easily remember and count on for all of their writing tasks, as well as increased confidence about the cogency of their writing and its potential for impact in the public sphere.

Most advice about writing looks like a long laundry list of dos and don'ts. For those already accomplished as writers, these lists can be a helpful addition to an already-developed communication style. But for teens starting college and young professionals entering the workforce, it can be challenging to wield such complex advice to tackle increasingly demanding writing assignments.

The One-Idea Rule is a writing primer aligned and empathetic with any young writer's needs.

PAPERBACK • 9781637743980 • EBOOK: 9781637743997
US \$19.95 / \$25.95 CAN • LANGUAGE ARTS & DISCIPLINES • AUGUST 2023

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EVERYTHING YOU NEED TO KNOW ABOUT RENTING BUT DIDN'T KNOW TO ASK

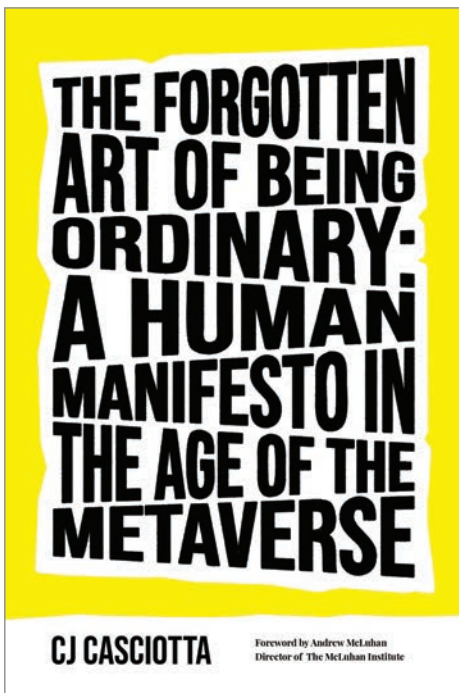
JONAS BORDO AND HANNAH HILDEBOLT

The rental process is complicated, but your journey to finding a home doesn't have to be dominated by confusion and frustration. *Everything You Need to Know About Renting but Didn't Know to Ask: All the Insider Dirt to Help You Get the Best Deal and Avoid Disaster* gives you the information and confidence you need to seek, secure, and flourish in your new home.

With more than 20 years of experience in the rental industry as a renter, landlord, property manager, and now founder of Dwellsy, the largest US rental marketplace, Jonas Bordo has compiled a comprehensive and practical guide to help you navigate the entire process. You'll find tips on determining your price range, touring options in person or from afar, negotiating your lease, bringing your pet with you, moving in and moving out, being a good neighbor, and much more.

With this book as your companion, eliminate surprises and leave frustration behind as you find your next home with confidence and ease.

PAPERBACK • 9781637743928 • EBOOK: 9781637743935 • US \$21.95 / \$28.95 CAN
HOUSE & HOME • AUGUST 2023 • ACQUIRED FROM: MATT WAGNER, FRESH BOOKS LITERARY AGENCY



THE FORGOTTEN ART OF BEING ORDINARY

CJ CASCIOTTA

We're addicted to our devices. Our kids are too. None of us seem to be better for it. We all know this, but what can we do practically to become less isolated, polarized, and disconnected?

This book answers that question with a bold idea: In an age of personal brands and artificial intelligence, perhaps it's time to relearn the forgotten art of being ordinary.

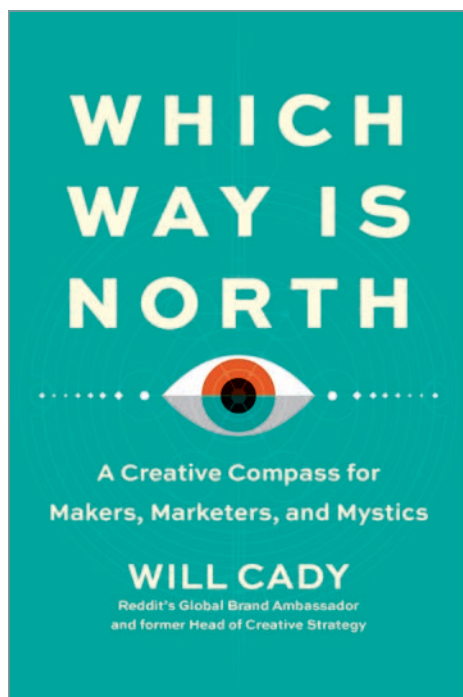
In his follow up to *Get Weird*, writer and media producer, CJ Casciotta, outlines nine practical solutions and illuminates a better way to live in a culture addicted to media technology, a lifeboat for anyone who feels like they're drowning in a sea of digital noise.

This is a book for those who are tired of feeling like technology owns them, their children, their politics, and their livelihood, a hopeful and realistic game plan for navigating the 21st century mindfully without losing their soul.

The future of our society will depend on the choices we make right now when it comes to our communication methods. It's a crisis as urgent as climate change, yet far fewer people are talking about it. *The Forgotten Art of Being Ordinary* will give you the language you've been looking for to start changing the conversation.

PAPER OVER BOARD • 9781637743171 • EBOOK: 9781637743188
US \$25.00 / \$34.00 CAN • SELF-HELP • SEPTEMBER 2023

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WHICH WAY IS NORTH

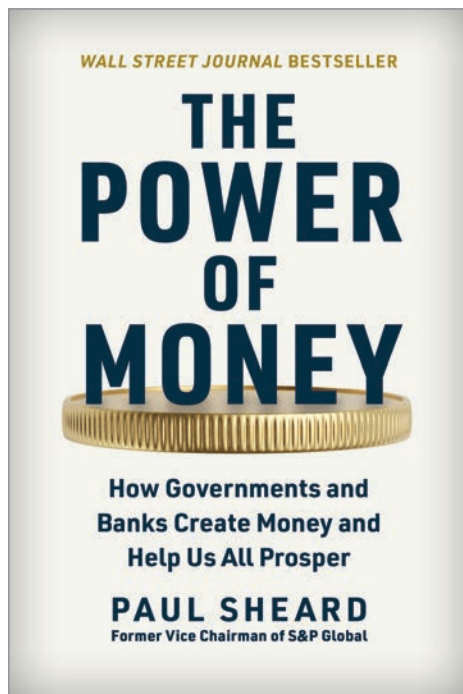
WILL CADY

Which Way Is North: A Creative Compass for Makers, Marketers, and Mystics offers an illuminating journey into the interior of the human heart and mind to see how your inner experience informs who you can be and what you express out in the world.

Serving as both spiritual guide and executive for tech unicorn Reddit, Will Cady, creative strategist and global director of Reddit's KarmaLab, counsels top marketers, executives, engineers, and other creatives using the popular modern meditation system he developed to unlock and embrace the powerful ingenuity and intuition needed to navigate today's challenges in art, business, and life.

Now Cady's offering those insights in this book, exploring each of the Seven Directions foundational to his system and pairing each with a meditation to help you uncover new truths about your past, present, and future potential. With *Which Way Is North* as your compass, you'll locate your inner authentic truths and gain an approachable system to transform anxiety into creativity so you can flourish in all your pursuits.

HARDCOVER • 9781637744062 • EBOOK: 9781637744079 • US \$28.00 / \$37.99 CAN
SELF-HELP / CREATIVITY • OCTOBER 2023 • ACQUIRED FROM: CLAUDIA BOUTOTE, RED RAVEN STUDIO



#6 WALL STREET JOURNAL BESTSELLER (BUSINESS)

THE POWER OF MONEY

PAUL SHEARD

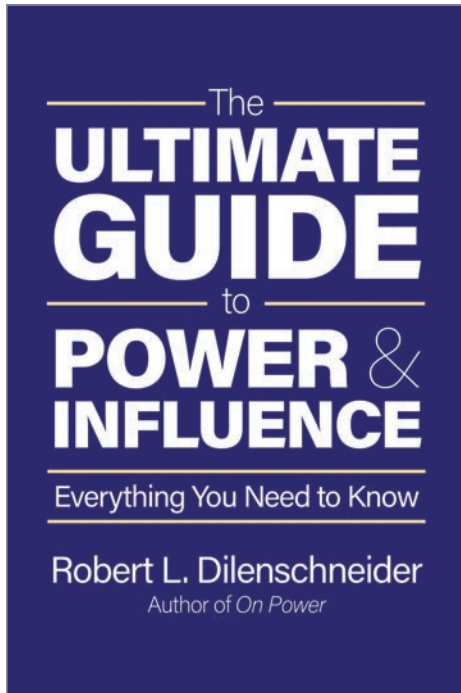
Money permeates our everyday lives—it literally makes the economic world go round—and yet confusion and controversy about money abound.

In *The Power of Money*, economist Paul Sheard distills what money is, how it comes into existence, and how it interacts with the real economy. Sheard empowers readers to become better-informed economic citizens by providing context for some of the biggest questions surrounding money, such as: How is the process of money printing governed, particularly if too much of it causes inflation? Does government debt ever have to be repaid, and is it really a burden on our grandchildren? Are financial crises bound to happen sometimes?

Financial enthusiasts and nonspecialists alike will be surprised by the answers to these questions. *The Power of Money* provides a comprehensive foundation of knowledge to help you feel better informed and more confident as you follow and engage in economic and financial affairs and policy debates.

HARDCOVER • 9781637743157 • EBOOK: 9781637743164
US \$30.00 / \$40.00 CAN • BUSINESS / FINANCE • MAY 2023

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THE ULTIMATE GUIDE TO POWER & INFLUENCE

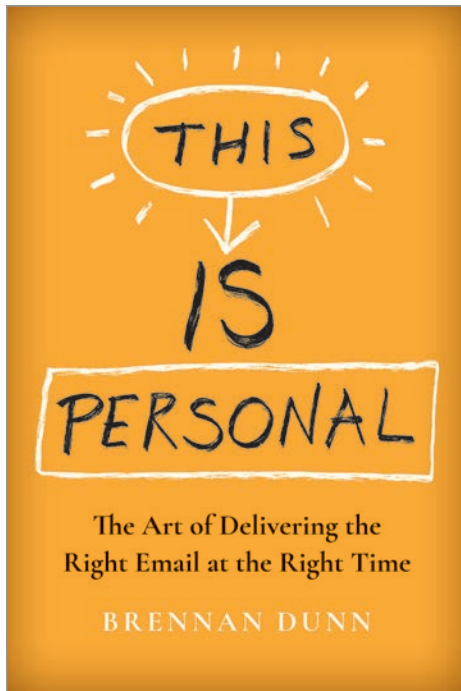
ROBERT L. DILENSCHNEIDER

From respected consultant Robert Dilenschneider, *The Ultimate Guide to Power & Influence* explains how technology and globalization have revolutionized the ways to both build and keep success—and tells readers that to accomplish your goals, you must not only gain power, but also apply it with proper wisdom.

Drawing from current-day lessons and the wisdom of hundreds of drivers of change in all fields of business, *The Ultimate Guide to Power & Influence* is Robert Dilenschneider's latest guide to harnessing the universal principles for success. It provides anecdotes and insights on a wide range of keys to success, including how to seize opportunity amid crisis, manage your network, communicate effectively, and take full advantage of social media to bolster your image.

A leader in the sphere of public relations and the founder of The Dilenschneider Group, which provides strategic advice to Fortune 500 companies and leading figures around the world, Dilenschneider writes with experience and authority to help readers acquire and amplify their power.

HARDCOVER • 9781637742938 • EBOOK: 9781637742945
US \$28.00 / \$37.99 CAN • BUSINESS • JULY 2023



THIS IS PERSONAL

BRENNAN DUNN

Sending highly relevant, personal, and timely messages to your email list is essential for winning new customers and keeping current ones happy. *This Is Personal: The Art of Delivering the Right Email at the Right Time* offers a paradigm-shattering marketing model for meeting customers where they are.

Most companies send “one size fits all” communication to everyone in their audience, leading to low engagement on their social media and emails left unread in their customers’ inboxes. But all businesses, from banks to local butchers, depend on their latest promotions and product announcements reaching and personally resonating with their customers.

Brennan Dunn shares the key strategies for maintaining high-touch, personalized sales relationships and doing so at scale. As a speaker, consultant, and founder of RightMessage, a software company focused on infusing mass marketing with personalization, he has been dialing in on and refining these strategies for years so that you can immediately implement them in your business.

HARDCOVER • 9781637742006 • EBOOK: 9781637742013 • US \$28.00 / \$37.99 CAN
BUSINESS / MARKETING • OCTOBER 2023 • ACQUIRED FROM: LISA DIMONA, WRITERS HOUSE

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FUTURE 2024 BOOKS

BUSINESS IS ABOUT TO PICK UP!

JIM ROSS WITH PAUL O'BRIEN

For wrestling fans, Jim Ross' voice is the soundtrack of an era. This book is your ringside ticket to sports entertainment's most unforgettable events—through the voice of the man who made them legendary. From the grit and glory days of the 1970s with NWA, to the rise of WCW and the heyday of WWF and WWE, to signing on as on-air talent and senior advisor for wrestling's newest chapter at AEW, JR has long had the best seat in the house. Now, in 50 definitive chapters, chronicling 50 iconic calls across 50 unforgettable years, this book takes you into the ring, and behind the scenes, as only Jim Ross can. *Business is About to Pick Up* is a celebration of pro wrestling's past, present, and future—narrated by the man who lived and voiced it all.

BENBELLA BOOKS

HARDCOVER

9781637744642

EBOOK: 9781637744659

US \$27.95 / \$36.95 CAN

MEMOIR / SPORTS HISTORY

MARCH 2024

HOW TO NOT GET SICK

**BENJAMIN BIKMAN, PhD,
AND DIANA KEUILIAN**

With his breakout book *Why We Get Sick*, Benjamin Bikman helped thousands of people to understand insulin resistance. Now, in this companion guide, Bikman has teamed up with the fitness expert and recipe developer Diana Keuilian to help the nearly nine in ten American adults affected with insulin resistance. Together, they translate the latest research into actionable, easy-to-follow steps. You can make dramatic improvements in your insulin sensitivity, stave off chronic illness, attain a healthy weight, and improve your energy. Illustrated with stunning full-color photography and chock-full of knowledge and encouragement, *How Not to Get Sick* is an essential resource for healthy living. In these pages, you'll get the tools to put this comprehensive plan into action, including more than 70 low-carb and keto recipes that the whole family will love.

BENBELLA BOOKS

TRADE PAPERBACK

9781637744543

EBOOK: 9781637744550

US \$26.95 / \$35.95 CAN

COOKING

JUNE 2024

THE IMPACTFUL VEGAN

ROBERT CHEEKE

When it comes to reducing animal suffering, many people aren't sure where to start or which options are most beneficial—Charitable donations? Volunteer work? Dining at vegan restaurants? “Meatless monday?” But the truth is that you have far more power than you think to make a real difference. *The Impactful Vegan* teaches readers how to audit their impact and follow methods that have been scrutinized, evaluated, and determined to do the most good for animals. From *New York Times* bestselling author Robert Cheeke comes a new way of thinking about helping animals and the environment—and a guide to making the biggest impact possible with resources already available to you. Some of these actions are easier and more important than one might think, and armed with this knowledge you can put your ethics into action. *The Impactful Vegan* will help you help animals every day.

BENBELLA BOOKS

HARDCOVER

9781637744581

EBOOK: 9781637744598

US \$27.95 / \$36.95 CAN

SOCIAL SCIENCE

JUNE 2024

CAPTAIN AMERICA: STEVE ROGERS DECLASSIFIED

MARVEL COMICS

Get to know one of the world's most iconic superheroes through rare interviews, personal letters, declassified government documents, and more. Experience World War II and its aftermath through Steve's own words. Witness his relationships with comrades and enemies alike, from Bucky Barnes and Sam Wilson to villainous foes like the Red Skull. Go inside Steve's internal struggle to find purpose in the modern world after being frozen for decades—and learn what continues to drive this enduring symbol of hope, courage, and justice today. Featuring in-universe content as written by characters from across the Marvel universe, this new archival collection delivers an unprecedented glimpse into the life and mind of an American legend. Immerse yourself in the human story with this one-of-a-kind volume—the perfect read for any Cap or Marvel fan.

SMART POP BOOKS

TRADE PAPERBACK

9781637743461

EBOOK: 9781637743478

US \$19.95 / \$25.95 CAN

FICTION / POP CULTURE

JUNE 2024

FUTURE 2024 BOOKS

MILLIONAIRE MISSION!

BRIAN PRESTON

Money doesn't have to be a mystery. Financial freedom is simpler to achieve than you might expect. *The Millionaire Mission* will help you account for your blind spots, overcome the fear of making wrong decisions, and take the guesswork out of what to do with your next dollar. Brian Preston, host of *The Money Guy Show* and cofounder of Abound Wealth Management, lays out a nine-step system for building wealth with the money you already have. Remember "PEMDAS" from grade school? It's an acronym that captures the correct sequence for solving math problems. When it comes to managing your money, following a similar process—the Financial Order of Operations—can add up to transformative growth for every dollar. Stop worrying so much about money so you can focus on what really matters to you. This book will motivate you to be the best version of your financial self.

MATT HOLT BOOKS

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BUSINESS

MAY 2024

THE WHOLE STORY

JOHN MACKEY

Whole Foods Market's cofounder and CEO for 44 years, John Mackey, offers an intimate and provocative account of the rise of this iconic company and the personal and spiritual journey that inspired its remarkable impact. The growth of Whole Foods isn't just a business success story—it's the story of a retail, cultural, and dietary revolution that has forever changed the industry and the way we eat. *The Whole Story* invites readers on the adventure of building Whole Foods Market: the colorful cast of idealists and foodies who formed the company's DNA; the many breakthroughs and missteps; the camaraderie and the conflict; the narrowly avoided disasters. For the millions of people who know and love Whole Foods, Mackey's story is a candid look at the fellowship and meaning born of a shared mission and how an inimitable entrepreneur shepherded a startup hippy food store into the market-leading international brand it is today.

MATT HOLT BOOKS

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BUSINESS

MAY 2024

MAKING WAVES

LISA LUTOFF-PERLO

WITH SARAH McARTHUR

Making Waves follows the incredible career journey of Lisa Lutoff-Perlo, from her stories as an ambitious young woman, to trailblazing president and CEO of Celebrity Cruises. Lutoff-Perlo's story will inspire women to be courageous against stormy seas—while staying true to oneself as you navigate your life and career. Lutoff-Perlo is a shining testament to the value of being an authentic leader, and never sacrificing your integrity as she details throughout this book the ins and outs of her extraordinary forty-year career. In *Making Waves*, Lutoff-Perlo walks us through her triumphs, hardships, and teaching moments. She breaks down her unique leadership style that catapulted Celebrity Cruises to heights no one thought possible. Readers will learn her biggest secrets and how she used her superpower to set herself apart from other leaders and that has guests and employees in awe of her authenticity and kindness.

MATT HOLT BOOKS

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BUSINESS

FEBRUARY 2024

UNSTOPPABLE MINDSET

ALDEN MILLS

What would you do if you knew you were unstoppable? *Unstoppable Mindset* is the book that will help you activate your potential in order to achieve those goals. You are so much more capable than you realize, and this book offers a proven system for using your mind to achieve what you want. A three-time Navy SEAL platoon commander, CEO of an INC 500 fastest-growing company, Division 1 athlete, top-ranked public speaker, and a father of four boys with a deep passion for helping people realize their dreams, Alden Mills has identified a step-by-step process over 35 years to help you succeed. Packed with personal stories and easy-to-remember tools to create a concrete action plan for success, this essential guide will help you achieve more than you originally thought possible. This book will help you choose to be unstoppable every day.

MATT HOLT BOOKS

HARDCOVER

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US \$30.00 / \$41.00 CAN

BUSINESS

APRIL 2024

PITCHING BENBELLA

The first rule of pitching BenBella is that you can't over-pitch us! We're open to all nonfiction titles. Our tastes are broad, although we are always attracted to books that explore new territory, provide a contrarian perspective, or give the reader practical help.

To pitch BenBella Books (including the Smart Pop and BenBella Vegan lines), please contact Glenn Yeffeth or Leah Wilson. We're open to pitches in health, science, business, self-help, pop culture, parenting, current events, politics, social science, and more.

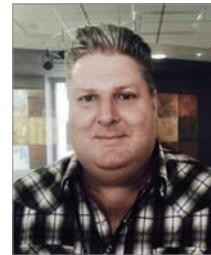
To pitch Matt Holt Books, please contact Matt Holt. His imprint specializes in business and finance, although he has been known to acquire the occasional sports title.



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