

BenBella Books

23 YEARS OF INNOVATIVE PUBLISHING



FALL 2026 CATALOG



DEAR AGENTS AND PARTNERS,

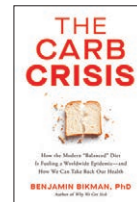
We're thrilled to bring you BenBella's 2026 catalog, with our biggest set of books yet—99 original titles!

2025 was an exciting year for us, with 20 national bestsellers and a number of strong performers like *The Dog's Table*, *The Biology of Trauma*, and *Mistakes That Made Me a Millionaire*.

Last year we very selectively began acquiring a set of celebrity/big platform fiction titles. I'm delighted to say we're off to a great start, with Louis C.K.'s *Ingram* hitting the *New York Times* best-seller list and some wonderful titles coming in 2026, including *Bulletproof Angel* by WWE superstar CJ Perry and Blake Northcott.

In 2026, we're particularly excited about:

- *The Carb Crisis*, an in-depth examination of the impact of carbohydrates on our biology and health by leading nutrition researcher Dr. Benjamin Bikman. His earlier book, *Why We Get Sick*, sold more than 125,000 copies and helped make Dr. Bikman a household name in nutrition education.
- *Generation F*cked*, a manifesto that breaks down why it's so hard for Millennials and Gen Zers to afford life in 2026, a debunking of Boomer and Gen X's "get ahead" work-culture values, and a practical guide for how young people can get unfucked by taking control of their finances while enjoying a happy, meaningful life, by viral-video creator Freddie Smith.
- *The Role of Mom Will Be Played By*, an empowering and intimate exploration of the transformative journey into motherhood by social media superstar Shawna Lander. Through candid anecdotes and humorous reflections, Shawna reveals how having a baby reshaped her worldview and debunks the prettily romanticized version of motherhood, presenting it instead as a raw, challenging, and profoundly rewarding experience.



Thank you all for your partnership.

Best,

GLENN YEFFETH
CEO, BENBELLA BOOKS
GLENN@BENBELLABOOKS.COM

ADRIENNE LANG
PUBLISHER, BENBELLA BOOKS
ADRIENNE@BENBELLABOOKS.COM

EXCITING ACQUISITIONS



ACCEPTABLE RANGE

A Novel

REPRESENTED BY JUD LAGHI AT
THE JUD LAGHI AGENCY

Peter Zeihan is a globally recognized geopolitical strategist and author specialized in the intersection of demographics, geography, and global trade. He has spent decades advising the highest tiers of government and industry on systemic collapse, predicting major global conflicts and the fragmentation of international integration years before they manifest.

Acceptable Range is his debut novel, utilizing his deep expertise to craft a realistic and high-stakes near-future thriller.

IMPRINT: BENBELLA BOOKS



36 HOURS TO SAVE A NATION

The True Story of the Most Consequential Battle in Europe since World War II

REPRESENTED BY MARK GOTTLIEB AT
TRIDENT MEDIA GROUP

Dan Hampton is one of the most decorated fighter pilots since the Vietnam War and a bestselling author, while **William Doyle** is an award-winning, *New York Times* bestselling author of history and politics. Together, they bring elite military expertise and exhaustive research to this historic account.

This minute-by-minute narrative reconstructs the pivotal Battle of Hostomel Airport, where a lightly equipped group of 200 local guards stalled an elite Russian airborne shock force of thousands. This desperate 36-hour stand derailed a Russian decapitation strike on Kyiv and changed the course of the war.

IMPRINT: BENBELLA BOOKS



NOTHING CHANGES IF NOTHING CHANGES

Actionable and Transformational Tools to Live an Unbreakable Life

REPRESENTED BY STACEY GLICK AT
DYSTEL, GODERICH & BOURRET LLC

Brian Mazza is a founder, endurance athlete, and disciplined operator who built his success one "brick" at a time after facing numerous physical and professional setbacks. A former D1 soccer player, his successful brand has been acquired by health and wellness juggernaut Life Time.

This book is a battle-tested manual for identity transformation through discipline, structured suffering, and uncompromising accountability. Mazza provides a system for engineering energy, auditing relationships, and mastering daily routines to build a mindset that thrives under pressure.

IMPRINT: BENBELLA BOOKS

EXCITING ACQUISITIONS



IT'S STILL YO MUTHA F*CKIN SET

The Mindset That Fueled the Faith to Defy Death and Build a Legacy

REPRESENTED BY TINA WAINSCOTT AT THE SEYMOUR AGENCY

CT Fletcher is a six-time world powerlifting champion and a decorated U.S. Army veteran who rose from the streets of Compton to become a viral motivational sensation. Despite flatlining five times on the operating table, he continues to lead his “Iron Addicts” movement.

This unfiltered memoir chronicles Fletcher’s journey through childhood trauma, poverty, and multiple life-threatening open-heart surgeries. It is a raw exploration of resilience, using his famous battle cry—**ISYMFS**—as a mindset to inspire anyone who has ever felt broken or counted out.

IMPRINT: BENBELLA BOOKS



SLEEP, INC.

Why the Billion-Dollar Business of Sleep Exhausts Us—and How to Get the Rest You Need

REPRESENTED BY STEPHANIE TADE AT THE STEPHANIE TADE AGENCY

Amanda Ruggeri is a multi-award-winning science and history journalist whose investigative work has reached millions of readers globally. An American-British-Italian citizen, she explores how cross-cultural and historical perspectives can dismantle modern myths.

This incisive investigation unpicks the fear-mongering narratives of the \$78 billion sleep industry, revealing that many societal “sleep crisis” claims are overmarketed or misinformed. Ruggeri draws on anthropology and neuroscience to offer evidence-based strategies to help readers truly feel refreshed.

IMPRINT: BENBELLA BOOKS



WHEN YOU KNOW YOU KNOW

The 5 Skills You Already Have to Outsmart Medical Gaslighting and Reclaim Your Health

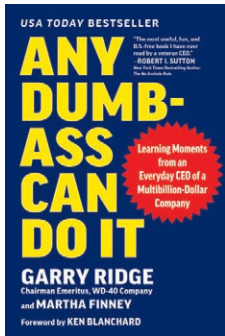
REPRESENTED BY BETHANY SALTMAN AT WAVE LITERARY

Efrat LaMandre, NP, PhD, is a nationally recognized clinician and the founder of EG Healthcare, one of the largest NP-led practices in the United States. Known to her millions of followers as Dr. E, she is a leading advocate for patient empowerment and medical disruption.

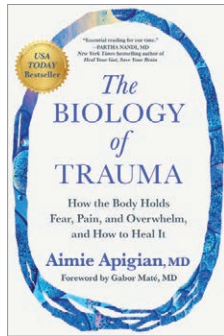
This groundbreaking guide teaches patients how to stop participating in their own medical gaslighting by trusting their internal data over standard “normal” lab ranges. Dr. E outlines five essential skills—from pattern recognition to team-building—that enable readers to secure the medical care they deserve.

IMPRINT: BENBELLA BOOKS

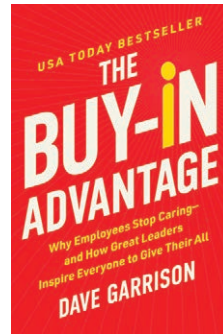
20 NATIONAL BESTSELLERS IN 2025



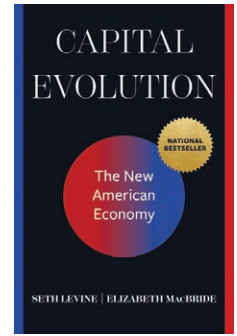
#10 *USA TODAY*
#13 *PUBLISHERS WEEKLY*
(hardcover nonfiction)
CLOTH: 9781637746295



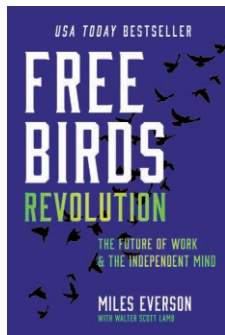
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#6 *PUBLISHERS WEEKLY*
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#78 *USA TODAY*
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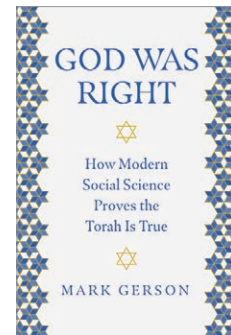
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#30 *USA TODAY*
#7 *PUBLISHERS WEEKLY*
(hardcover nonfiction)
CLOTH: 9781637745755



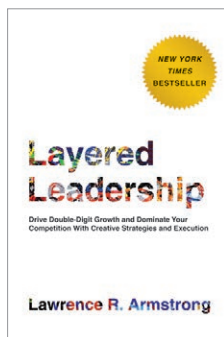
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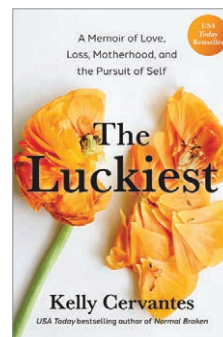
#9 *USA TODAY*
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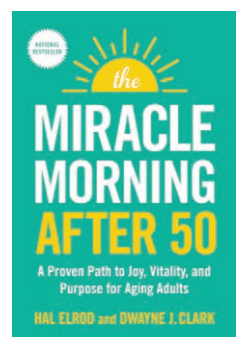
CLOTH: 9781637747902
#14 *NEW YORK TIMES*
(hardcover fiction)
#90 *USA TODAY*



CLOTH: 9781637746356
#8 *USA TODAY*
#10 *NEW YORK TIMES*
(miscellaneous)

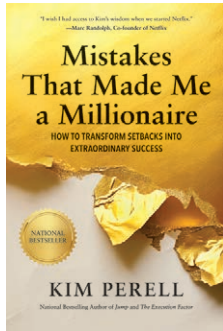


#104 *USA TODAY*
CLOTH: 9781637747599



#10 *LA TIMES* (paperback nonfiction)
#32 *USA TODAY*
PAPERBACK: 9781637746196

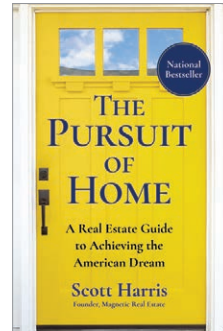
20 NATIONAL BESTSELLERS IN 2025



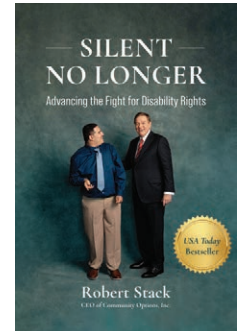
#2 USA TODAY
#2 PUBLISHERS WEEKLY
 (hardcover nonfiction)
CLOTH: 9781637747124



#8 PUBLISHERS WEEKLY
 (hardcover nonfiction)
CLOTH: 9781637746394



#55 USA TODAY
CLOTH: 9781637747476



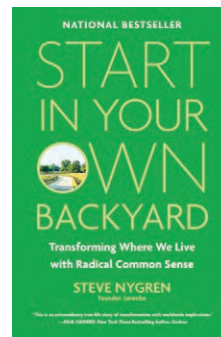
#18 PUBLISHERS WEEKLY
 (hardcover nonfiction)
#51 USA TODAY
CLOTH: 9781637747377



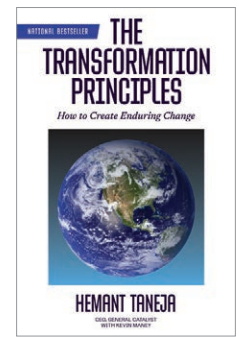
#7 PUBLISHERS WEEKLY
 (trade paperback)
#8 LA TIMES
 (paperback nonfiction)
#20 USA TODAY



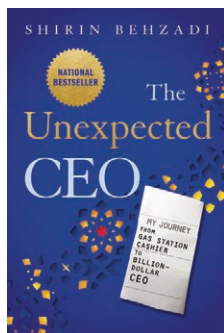
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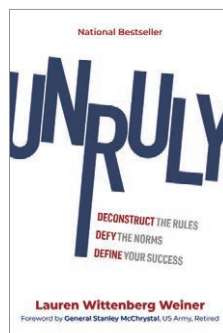
#92 USA TODAY
CLOTH: 9781637747438



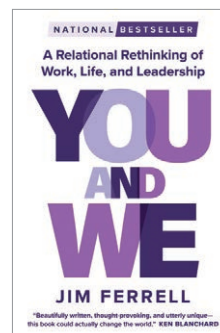
#1 USA TODAY (business)
#10 PUBLISHERS WEEKLY
CLOTH: 9781637747353



#7 USA TODAY
 (hardcover nonfiction)
CLOTH: 9781637747537



#3 PUBLISHERS WEEKLY
 (hardcover nonfiction)
#7 USA TODAY
CLOTH: 9781637746967



CLOTH: 9781637747339



#1 USA TODAY
 (business)
#14 PUBLISHERS WEEKLY
 (hardcover nonfiction)

THE ART OF THE CRAFTSMAN

Advice, Inspiration, and Cautionary Tales for Anyone Who Dreams of Starting Their Own Shop

JESSE JAMES

PUBLICITY AND MARKETING

- James is the former host of Discovery Channel's *Monster Garage* (2002-2006) and founder of West Coast Choppers, a garage that builds custom, high-end motorcycles
- James has appeared in TV shows like *Sons of Guns*, *Celebrity Apprentice*, and *American Chopper*, and voiced himself in the video game *Tony Hawk's Underground 2*
- He appeared on *Ironclad* and *In Depth with Graham Bensinger* to promote the book
- JesseJames.com
- Instagram: @PopeofWelding (928.8K)



After building a world-famous brand and multiple companies, Jesse James has one goal: helping others find success in what they love

SUCCESS ISN'T JUST about creating a successful business, the fame, or the money. It's about seizing every opportunity to learn and grow. It's about the person you are behind the scenes.

Throughout his career, Jesse James has been known as many things: reality star, criminal, thrill seeker, husband, father, entrepreneur. With all these titles, Jesse has built his empire on one common theme—hard work. In an era of instant gratification, he knows the value of persistence and how discovering your passions can spring-

board you to success when you cultivate and pursue them with dedication, creativity, and care.

A business book unlike any other, *The Art of the Craftsman* gives a detailed, candid look at what it took to build his empire from the ground up, the value of hard work, and how he kept pushing once he reached the top.

Featuring Jesse's raw candor and decades of skill, this unique and deeply honest book provides practical advice and useful lessons that anyone can apply to their life or business by:

- **Understanding the true value of craftsmanship**
- **Finding the confidence to forge your own path**
- **Taking care of yourself—as well as your business**
- **Building long-term relationships with customers**
- **Not settling for mediocre work (or expecting instant success)**

With his unique perspective on friends, family, and business, Jesse's memorable stories and hard-won wisdom will leave the reader with a clear road map to achieving growth and self-improvement, encouraging readers to always keep learning and to never settle for anything less than the best.

**HARDCOVER: 9781637747971 • EBOOK: 9781637747988 • US \$24.95 / \$33.95 CAN
BUSINESS • FEBRUARY 2026 • BENBELLA BOOKS • DISTRIBUTION: WORLD
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Jesse James made his name in the early 2000s with his hit TV show *Monster Garage*, engrossing documentaries, and of course, as the iconic founder of the West

Coast Choppers building high-end motorcycles for discerning celebrity clientele. Having originally opened in 1992 in his mom's single-car garage, Jesse turned West Coast Choppers into a multimillion-dollar company and household name over the next two decades. Expanding his businesses over the last few years, Jesse has moved into the custom firearms industry, as well as culinary knives, and reopened WCC, with his wife, Bonnie, and their newborn son, Bishop. Residence: Austin, TX.

THE BEST PART OF PRISON

The Power of Second Chances and Reclaiming Life Out of Darkness

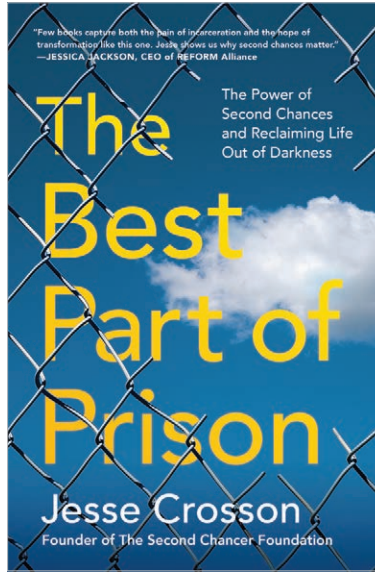
JESSE CROSSON

PUBLICITY AND MARKETING

- Crosson created the Second Chancer Foundation, which supports people leaving the prison system, after he was pardoned in 2021, 16 years into a 32-year sentence
- He has appeared in local and national media, including *Newsweek*, *Bloomberg News*, *CBS News*, *The Lucas Rockwood Show*, *Doc Talks with Dr. Brian Sheppard*, and *The Second Act Podcast*
- He's written essays for *The Marshall Project* (YouTube: 84K subscribers) and *Months to Years*
- His past speaking events include SXSW 2023, TikTok Sales Conference, Boston Public Library, and universities
- JesseCrosson.com
- TikTok: @Second_Chancer (1.3M followers)
- Facebook: /SecondChancer434 (153K followers)
- Instagram: @Second_Chancer434 (133K followers)
- YouTube: @Second_Chancer (117K followers)



Jesse Crosson, strung out on drugs and out of his mind, committed crimes just after his eighteenth birthday. He caused great harm and was sentenced to serve 32 years in prison. Through a combination of support and determination, he turned his life around while inside and was offered a second chance. Once out, he was determined to create second chances for others. He took to social media, amassing more than a million people who followed his story and the adventure that is his life. He started the Second Chancer Foundation to provide resources and opportunities for others in the same situation as he was. Residence: Palmyra, Va.



An unvarnished, deeply human account of one man's time in prison . . . and his unexpected journey to healing, accountability, transformation, and redemption

AT 18, JESSE CROSSON was considered a lost cause. Strung out on drugs, he committed a robbery and later a nonfatal shooting. For those choices, he was sentenced to 32 years—nearly twice as long as the maximum recommended by sentencing guidelines.

No one expected his story to end well. But for Jesse, prison was not the end. It became the beginning of a long path toward redemption.

In *The Best Part of Prison*, Jesse reveals how a system "meant to rehabilitate" so often alienates and destroys, describing both the daily brutality of incarceration and the added cruelty of surviving the COVID-19 pandemic behind bars. Across four prisons, shoulder to shoulder with people convicted of every imaginable crime, Jesse anticipated only the worst. Instead, he discovered teachers, friends, trauma survivors striving to heal, victims seeking repair, and even hardened lifers who became unlikely mentors. Within that crucible, he confronted what it means to cause harm, to make amends, and to rediscover humanity.

Now a pardoned advocate for criminal justice reform and the founder of the Second Chancer Foundation, Jesse shares a story that exposes the inequity of today's justice system, champions rehabilitation and restorative justice, and demonstrates the redemptive power of accountability, education, and human connection.

Electric and deeply felt—from the slam of a cell door to the awe of seeing the night sky after 19 years—*The Best Part of Prison* reminds us that second chances are always possible, and that none of us are defined solely by our worst moments.

"Few books capture both the pain of incarceration and the hope of transformation like this one. Jesse shows us why second chances matter—not just for individuals, but for families and communities."

—JESSICA JACKSON, CEO of REFORM Alliance

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BEYOND DARWIN

How Epigenetics, Quantum Science, and Cooperation Shape Humanity's Future

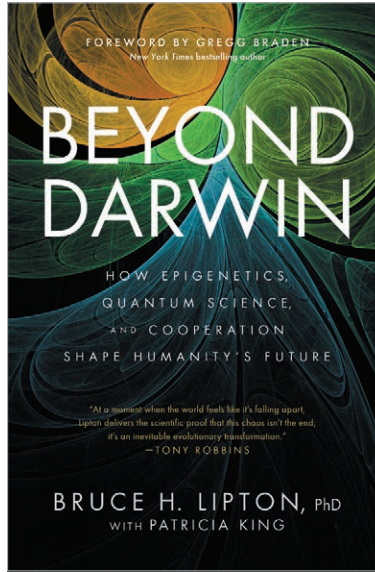
BRUCE H. LIPTON, PhD, WITH PATRICIA KING

PUBLICITY AND MARKETING

- Lipton is a pioneer in epigenetic science and the author of the international bestseller, *The Biology of Belief*, which has sold more than 1M copies across editions
- He is also the author of *Spontaneous Evolution* (37.3K copies sold) and *The Honeymoon Effect* (30.9K copies sold)
- With translations available in more than 35 languages, Dr. Lipton lectures frequently at international events (ranging from 500 to 10K attendees), including in France, Denmark, Germany, Greece, India, Japan, and New Zealand
- He has shared the stage with Wayne Dyer (Facebook: 3.1M followers), Deepak Chopra (Instagram: 3.3M), Tony Robbins (Instagram: 7.6M), and Joe Dispenza (Instagram: 3.8M)
- BruceLipton.com
- Facebook: /BruceHLiptonPhD (949K)
- Instagram: @BruceLipton (736K)
- YouTube: @BruceHLiptonPhD (610K)
- X: @BiologyofBelief (115.6K)
- Newsletter: 127K subscribers



Bruce H. Lipton, PhD, is an internationally recognized best-selling author and cellular biologist who has spent decades challenging scientific orthodoxy with a revolutionary message: Genes don't control our destiny—our beliefs and environment do. As a senior research scientist at Stanford University's School of Medicine, his groundbreaking cloning experiments revealed the biochemical pathways by which the mind controls behavior and genetic activity, presaging today's revolutionary field of epigenetics. Dr. Lipton's research has been published in prestigious scientific journals including *Science*, *Nature*, *Journal of Cell Biology*, *Developmental Biology*, *Biochemistry*, and *Experimental Cell Research*. Residence: Santa Cruz, Calif.



From survival of the fittest to survival of the most conscious, discover a revolutionary scientific message of hope for humanity's future

FOR OVER A century, Darwin's concept of "survival of the fittest," or life as competition, has shaped the fate of civilization. Renowned cell biologist Bruce H. Lipton, bestselling author of *The Biology of Belief*, presents a paradigm-shattering synthesis built on three key fields unknown to Darwin: epigenetics, quantum physics, and fractal geometry.

From the climate crisis to collapsing "dinosaur corporations," and the 1% wealth gap to our need for the resources of 1.6 planet Earths—Lipton places today's turmoil in an evolutionary context. We're not witnessing humanity's death throes. We're in the cocoon. The science reveals an optimistic vision of exactly how we can emerge as the butterfly.

In this groundbreaking book, you'll uncover:

- **How environmental signals, not genes, control your biology (making you the creator, not victim, of your destiny)**
- **Why cooperation—proven from bacterial colonies to human civilization—is evolution's actual survival strategy**
- **The fractal patterns that make evolution predictable, showing current global chaos as a necessary breakdown before the breakthrough**
- **Four cultural myths keeping us trapped in self-destruction—and the scientific realities that shatter them**
- **Why quantum physics reveals we're energetically connected in a field where consciousness shapes matter**

Beyond Darwin is the unified theory of conscious evolution backed by hard science, offering evidence-based optimism precisely when we need it most.

**HARDCOVER: 9781637749364 • EBOOK: 9781637749371 • US \$26.95 / \$35.95 CAN
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BLIZZARD OF LIES

Karen Read, John O’Keefe, and the Shocking Unsolved Murder in Cop Town, USA

DAVE WEDGE

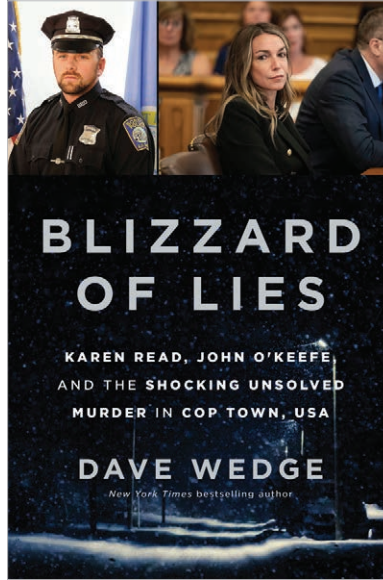
PUBLICITY AND MARKETING

- Wedge is the author or coauthor of seven books, including the *New York Times* bestseller *The Last Days of John Lennon* (169K copies sold across formats)
- His book *Boston Strong*, on the Boston Marathon bombing, was adapted for the 2016 movie *Patriot’s Day*; two additional books, *Riding with Evil* and *Blood & Hate*, are in development as feature films
- Wedge was a journalist for the *Boston Herald* for 14 years, and has written for *VICE*, *Esquire*, and *Newsweek*
- He has appeared on CNN, MSNBC, E!, France 24, Fox News Channel, and *Good Morning America*
- His books have been translated into Italian, Chinese, Russian, Greek, Romanian, Spanish, and Portuguese
- Facebook: /DaveWedge (5.9K)
- X: @DaveWedge (5.6K)



Dave Wedge is a *New York Times* bestselling author and an award-winning investigative journalist who wrote for the *Boston Herald* for 14 years. His

book about the 2013 Boston Marathon attacks, *Boston Strong: A City’s Triumph Over Tragedy*, was adapted for the 2016 movie *Patriots Day*. He has written bestsellers about Tom Brady and “Deflategate,” Whitey Bulger, and John Lennon. His most recent books, *Riding with Evil: Taking Down the Notorious Pagan Motorcycle Gang* and *Blood & Hate: The Untold Story of Marvelous Marvin Hagler’s Battle for Glory*, are both in development as feature films. Residence: Boston, Mass.



In January 2022, a Boston police officer turned up dead in the snow, seemingly a victim of a simple hit-and-run

BUT OFFICER JOHN O’KEEFE’S death kicked off a scandalous whodunit that invited federal scrutiny and triggered nationwide outrage.

The explosive story of O’Keefe’s death, and the subsequent accusation and trial of his girlfriend Karen Read, ignited one of the most high-profile true crime mysteries in decades. The apparently open-and-shut manslaughter case quickly devolved into a chaotic mixture of lies, institutional corruption, and police cover-ups that threw the Massachusetts law enforcement scene into turmoil.

And Read’s 2025 acquittal left O’Keefe’s death an unresolved mystery, with more questions than answers.

With dramatic twists including a rogue journalist, a mistrial, and polarizing public protests—along with revelations that called several other murder cases into question—*Blizzard of Lies* is a Boston-area veteran reporter’s detailed and immersive account of one of the most controversial crime stories of his career.

Featuring interviews with people on both sides of the case, including law enforcement, Read and her legal team, and the O’Keefe family, investigative journalist Dave Wedge shares inside stories and new details on:

- **John O’Keefe’s turbulent relationship with Karen Read**
- **Evidence excluded from the courtroom**
- **Additional cases now in jeopardy because of misconduct uncovered during Read’s trial**
- **Heroic acts from O’Keefe’s policing career**
- **The O’Keefe family’s civil suit and ongoing pursuit of the truth**

The definitive narrative of a controversial, headline-grabbing tragedy, *Blizzard of Lies* dispels the myths and misinformation around John O’Keefe’s death to chronicle a vivid account of a complex case and the lasting emotional toll on all involved.

**HARDCOVER: 9781637749289 • EBOOK: 9781637749296 • US \$29.95 / \$39.95 CAN
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BORDERLANDS

My Fight for an Inclusive America

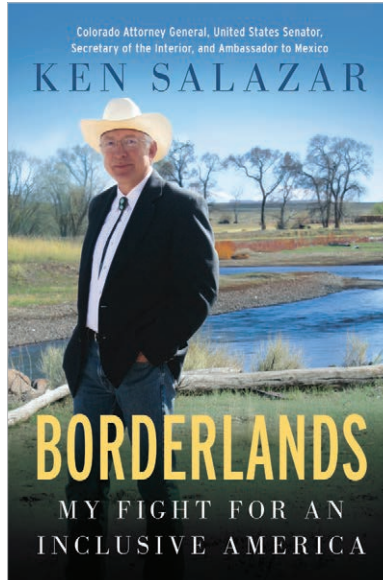
KEN SALAZAR

PUBLICITY AND MARKETING

- Salazar was the US Ambassador to Mexico (2021–2024), the US Secretary to the Interior during the Obama administration (2009–2013), and Colorado’s US senator (2005–2009)
- As a national leader, Ken appears and is quoted frequently in national media like *CBS News*, *The New York Times*, *Reuters*, *PBS*, *NPR*, and *The Wall Street Journal*, as well as regional Colorado outlets
- Author is planning a multi-city book tour, with stops in Alamosa, Denver, Colorado Springs, Aspen, DC, Los Angeles, San Diego, San Francisco, Phoenix, Tucson, Santa Fe, Albuquerque, El Paso, San Antonio, Austin, Houston, McCallen, Dallas, New York, Ann Arbor, Chicago, Miami, and Atlanta
- In 2025, his speaking events included the New American Alliance, Council on Foreign Relations, Hispanic Bar Association, Velocity, and more
- KenSalazar.com
- Facebook: /SecretarySalazar (6.8K)
- X: @KenSalazar (4.8K)



Ken Salazar is a fifth-generation Coloradan whose ancestors have lived in the American Southwest for more than four hundred years. Ken grew up in the rural San Luis Valley, where the Salazars continue to farm and ranch the same lands his family has been working since before Colorado became a state. Most recently, Ken served as US ambassador to Mexico (2021–2025), where he led the US diplomatic mission during a pivotal time for North America. He continues to be a champion for conservation, civil rights, and an inclusive United States of America. Residence: Denver, Colo.



Former US ambassador to Mexico, US senator, and US secretary of the interior Ken Salazar shares his unrivaled vantage on the US-Mexico relationship and the border and migration crisis

LIKE MANY MEXICAN Americans, the Salazars have deep roots in the American Southwest. They have ranched and farmed along the banks of the Rio Grande for more than four centuries, and have called the San Luis Valley home since the end of the Mexican-American War in 1848.

Ken’s innate connection to our nation’s land, water, and people led him from his family ranch to law school and ultimately to the pinnacles of

power in Colorado and Washington.

Borderlands traces the relationship of the United States and Mexico from its early days to the present. Framed by Donald Trump’s attacks on American diversity, Ken recounts the early conflicts between our two countries, the treaties that created our modern and broken border, the political malpractice of both major US parties where it concerns migration and the border, and the necessity to fight for an inclusive and united America. Told through personal stories from childhood to his time in Washington and Mexico City, Ken asks us to consider:

- **In a nation of immigrants, who counts as an American?**
- **If the diversity of our many communities and cultures is America’s superpower, why is it being forsaken?**
- **How do we catalyze a movement to preserve and strengthen our democracy—one that recognizes the richness of American diversity as our nation’s enduring strength?**

Borderlands is a clarion call for a different way forward, one that unites North America instead of divides it. It invites you to come and see the prairies, deserts, and mountains, and feel the history and culture of our peoples. Come and meet your neighbors. Come and witness the strength of American diversity for yourself.

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BULLETPROOF ANGEL

A Novel

CJ PERRY AND BLAKE NORTHCOTT

PUBLICITY AND MARKETING

- Perry is a WWE superstar who has appeared under the ring names Lana, and most recently with All Elite Wrestling, as CJ
- She appeared as Lana in *Total Divas* (2016-2018) and *Total Bellas* (2016-2018), as well as in six WWE video games
- She has appeared in/on *Sports Illustrated*, *USA Today*, Fox News, ESPN, and other major sports media
- Northcott is the coauthor of *Arena Mode* (250K copies sold across formats), a contributor to *Weird Tales* (4.3K copies sold), and a writer for comic books like DC's *Catwoman*, Aspen Comic's *Fathom*, *Synapse*, *Vampirella*, and *Barbarella*
- BlakeNorthcott.com
- Instagram: @TheCJPerry (3.8M); @Blake_Northcott (13.2K)
- X: @TheCJPerry (1.3M); @BlakeNorthcott (34K)
- TikTok: @CJPerryTikTok (318.1K)
- YouTube: @CJPerryDances (139K)



CJ Perry is a WWE Legend, global entertainer, and media powerhouse. She rose to fame as Lana, appearing regularly on RAW, SmackDown, and global events like WrestleMania—working alongside icons like The Rock and John Cena. Residence: Los Angeles, Calif.



Blake Northcott is the international bestselling author of *Arena Mode* and *The North Valley Grimoire*. With over 50 novels, comics, and short stories to her credit, she's written for *Heavy Metal Magazine*, *Weird Tales*, DC Comics's *Catwoman*, and Dynamite Comics's *Barbarella*, as well as collaborated with Amy Lee, lead singer of Evanescence. Residence: Toronto, Canada.



A high-octane spy thriller from the international bestselling author of *Arena Mode* and *The North Valley Grimoire*

REAGAN ASHE—A YOUNG CIA operative on her first undercover assignment in Russia—poses as the girlfriend of a ruthless mafia boss. Her mission: shut down a multibillion dollar arms deal that could lead to a terror group acquiring next-gen military tech...weaponry so advanced it would shift the balance of power on a global scale.

When a firefight erupts, the code to unlock a superweapon known as the “Skeleton Key” is destroyed, but not before Reagan uses her photographic memory to capture every line. With her

cover blown, Reagan is hunted through Moscow's icy streets: no backup, no exit strategy, nowhere to hide... and the world's deadliest weapon trapped in her mind.

Disavowed and left for dead, her time is running out, until a legendary spy comes out of retirement for an unauthorized extraction: a woman she hasn't spoken to in years... her mother, Bex. The unlikely duo are forced to work out their differences as one navigates the harsh realities of life on the run, and the other has to reconcile with a dark past she thought she'd left behind.

Another gripping story from Blake Northcott, *Bulletproof Angel* is a well-shaken cocktail of blistering action, double-crosses, and a treacherous cat-and-mouse game—all leading to an explosive climax that lands like a missile strike.

HARDCOVER: 9781637749449 • EBOOK: 9781637749456 • US \$18.95 / \$25.95 CAN FICTION • SEPTEMBER 2026 • BENBELLA BOOKS • DISTRIBUTION: WORLD
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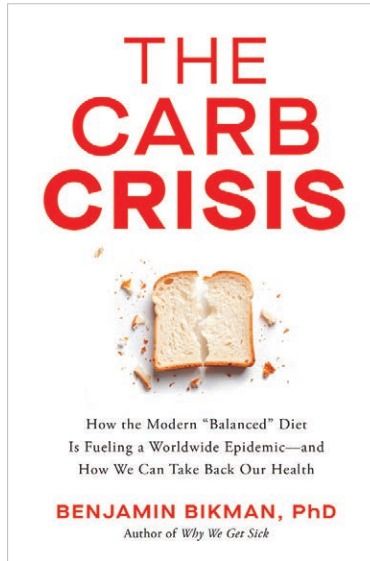
THE CARB CRISIS

How the Modern “Balanced” Diet Is Fueling a Worldwide Epidemic—
and How We Can Take Back Our Health

BENJAMIN BIKMAN, PhD

PUBLICITY AND MARKETING

- Bikman is a renowned metabolic scientist, professor of cell biology and physiology at Brigham Young University, and author of *Why We Get Sick* (166.2K copies sold), a finalist in the Health category at the 2020 Foreword Indie Awards, and *How Not to Get Sick* (26.5K copies sold)
- Dr. Bikman has been interviewed by *The Salt Lake Tribune* and *The Healthy*
- BenBikman.com
- Instagram: @BenBikmanPhD (283K)
- YouTube: @BenBikman (176K)
- X: @BenBikmanPhD (90.6K)
- Facebook: /BenjaminBikmanPhD (69K)



An evidence-based exploration of how excess carbohydrates—even ones you wouldn’t expect—are fueling today’s chronic disease crisis

CARBS MAKE UP over half of our daily routines, according to conventional dietary recommendations—despite decades of scientific research linking carbs to a spectrum of health issues including obesity, type 2 diabetes, autoimmune and metabolic disorders, and more. But carbs don’t actually fuel the body—glucose does, and it does it without causing inflammation, harming the gut, or inviting long-term disease.

In this persuasive, contemporary case against carbs, internationally renowned scientist Benjamin Bikman draws a clear line between carb-heavy diets and today’s most common health crises and demystifies the biochemistry that allows us to thrive on low-carb and even carb-free diets.

With clear, science-based recommendations for long-term wellness, *The Carb Crisis* empowers readers to take back their metabolic health to:

- **Understand how carbs slow metabolisms and hijack the body’s dopamine system to cause cravings and overeating**
- **Practice intentional, strategic dietary choices to prevent heart disease, autoimmune disorders, inflammation, and other chronic health conditions**
- **Proactively improve cognitive and mental health by stabilizing blood sugar and hormone levels**
- **Control carb intake and replace refined carbs with whole foods, “anti-carbs,” and other healthier options for better health, mental clarity, and longevity**

Accessible, authoritative, and urgent, *The Carb Crisis* is more than a diet book—it’s a call to action that disrupts conventional dietary wisdom and reclaim our health and relationship with carbs.

HARDCOVER: 9781637749722 • EBOOK: 9781637749739 • US \$28.95 / \$38.95 CAN HEALTH • DECEMBER 2026 • BENBELLA BOOKS • DISTRIBUTION: WORLD TRANSLATION RIGHTS: RACHEL PHARES, RACHEL@BENBELLABOOKS.COM REPRESENTED BY FAYE ATCHISON, MCBRIDE LITERARY



Benjamin Bikman earned his PhD in Bioenergetics and was a postdoctoral fellow with the Duke-National University of Singapore studying metabolic disorders. Currently, his professional focus as a scientist and professor (Brigham Young University) is to better understand the origins and consequences of metabolic disorders, including obesity and diabetes, with a particular emphasis on the role of insulin. He frequently publishes his research in peer-reviewed journals and presents at international science and public meetings. Residence: Provo, Utah.

DON'T DO BUSINESS WITH DICKS

How to Ditch Toxicity and Align Yourself with Positive Influences

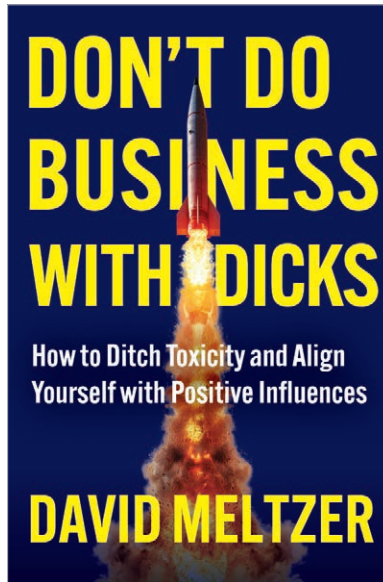
DAVID MELTZER

PUBLICITY AND MARKETING

- Meltzer is the cofounder of Sports 1 Marketing and the former CEO of the Leigh Steinberg Sports & Entertainment Agency
- He's a regular guest on ESPN Radio, NBC Radio, Yahoo Sports Radio, and Angels Radio
- His radio show, *Sport Blender*, airs nationally on Angels Baseball Radio; his podcast, *The Playbook with David Meltzer*, receives more than 100K monthly downloads
- He has been featured in/on *Variety*, *Forbes*, *The Huffington Post*, *Bloomberg, Inc.*, NBC Sports, and CNBC's *Fast Money*, and was a TEDx and SXSW speaker
- DMeltzer.com
- TikTok: @DavidMeltzer (881K followers)
- Instagram: @DavidMeltzer (660.5K followers)
- Facebook: /DavidMeltzer11 (399K followers)
- Email list: 300K subscribers



David Meltzer, a distinguished sports executive and former CEO of Leigh Steinberg Sports & Entertainment (the inspiration for *Jerry Maguire*), is a top-tier entrepreneur, investor, and business coach. David's influence extends across multiple platforms as the executive producer of Apple TV's *2 Minute Drill* and *Office Hours*, Entrepreneur's #1 digital business show *Elevator Pitch*, Netflix's *Beyond the Secret*, and Cheddar's #1 show *Go Fund Yourself*. He has appeared in numerous books, films, and TV shows like *World's Greatest Motivators* and *Think and Grow Rich*. Residence: Ladera Ranch, Calif.



Pragmatic principles for success and strategies to help you overcome your biggest obstacle—you—by surrounding yourself with the right people, ideas, and environments

AS CHAIRMAN OF the Napoleon Hill Institute and former CEO of Leigh Steinberg Sports & Entertainment (the inspiration for *Jerry Maguire*), where his first major task was to bring home negotiations for returning the NFL's Rams to Los Angeles from St. Louis, David Meltzer followed his boss's instructions: "Don't negotiate to the last penny. Always be fair. Don't do business with dicks."

Since then, David's taken this advice on as his mantra, not just for negotiating high-stakes deals but for navigating life. In *Don't Do Business with Dicks*, Meltzer distills his wisdom into actionable strategies for cultivating meaningful relationships, aligning yourself with positive influences, and holding fast to your integrity.

Packed with anecdotes and practical advice, you'll discover how to fill your life with all the right stuff and leave behind the negativity and pettiness that stunt growth. Adopt a guiding philosophy that empowers you to:

- **Avoid negative influences and build positive connections**
- **Align your actions with your values**
- **Cultivate gratitude and accountability**
- **Master the art of clear and honest communication**
- **Make wise choices in partnerships**
- **Navigate the dynamics of different environments**
- **Foster a growth mindset**

Don't Do Business with Dicks is a call to eliminate toxicity and create your own "gold standard" for success, one built on kindness and integrity. Instead of just focusing on getting what you want, ask yourself—what's standing in your way?

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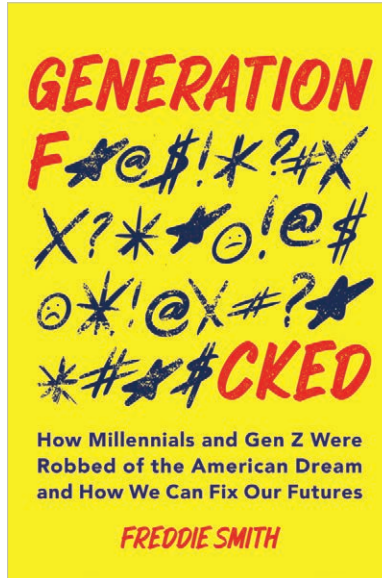
GENERATION F*CKED

How Millennials and Gen Z Were Robbed of the American Dream and How We Can Fix Our Futures

FREDDIE SMITH

PUBLICITY AND MARKETING

- Smith is the Daytime Emmy Award-winning actor best known for his role as Sonny Kiriakus on *Days of Our Lives* (viewership: 1.7M)
- More recently, he has appeared as a financial expert on NewsNation and Fox News (15 times in six months, including *The Ingraham Angle*, *America Reports*, *American Built*, and *Varney & Co.*)
- In his acting career, he's also appeared on *Medium* and the remake of *90210*
- He has been featured in publications like *BuzzFeed*, *Yahoo Finance*, *Business Insider*, *The New York Post*, *Newsweek*, *Moneywise*, *The New York Times*, and more
- TikTok: @FMSmith319 (712.8K)
- Instagram: @FMSmith319 (511K)
- YouTube: @FMSmith319 (251K)



Our economic system has changed—learn how the system broke, why the old rules no longer work, and what Millennials and Gen Z can do to reclaim their financial futures

CANCEL YOUR SUBSCRIPTIONS. Make coffee at home. Go to college. Don't rent. Buy a house to build equity. That advice was built for a different economy. Today, those choices come with far less certainty.

With rising inflation, unaffordable housing, stagnant wages, and crushing student debt, the traditional 'rules of success' for many working- and middle-class young adults no longer lead to

the outcomes once promised. This leaves younger generations searching for strategies that actually work in today's world.

Drawing on Freddie Smith's personal journey and data-driven insights, *Generation F*cked* explores the uncomfortable reality of how the American dream—homeownership, family, and a secure retirement—has become increasingly difficult for people under forty-five. With a frank, solutions-oriented approach, this modern guide to our financially f*cked reality will help you:

- Understand how the economy became so unequal
- Talk about the generational wealth divide with older generations in ways that encourage empathy, understanding, and productive conversation
- Decide whether renting or homeownership makes sense for your life and take meaningful steps toward clearing debt, investing, and saving
- Build a retirement plan without relying on Social Security or sacrificing your work-life balance
- Advocate for change and redefine success on realistic, modern terms

The current system isn't sustainable. By pairing big-picture clarity with actionable, ground-level guidance, *Generation F*cked* offers a path toward a more stable, fair, and achievable future, serving as a guide for generations navigating a radically different economy.

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Freddie Smith is an Emmy Award-winning actor turned economic storyteller with a mission to decode the rigged systems holding Millennials and Gen

Z back. With over a billion views on social media, Freddie has become a leading voice on wealth inequality, housing, and the future of work. Known for turning complex economic concepts into viral, relatable content, Freddie blends his Hollywood background with real-world insights to spark a movement toward economic justice. *Generation F*cked* is his debut book. Residence: Orlando, Fla.

A HAPPY, HEALTHY MOM

Your Guide to Less Stress, Better Teamwork, and More Joy on the Journey

RICK HANSON, PhD, JAN HANSON, LAc, AND RICKI POLLYCOVE, MD, WITH RENEE BRNA

PUBLICITY AND MARKETING

- Hanson is a clinical psychologist who has worked with families for over 30 years
- He is the *New York Times* bestselling author of seven books on health and psychology, including *Buddha's Brain* (317K copies sold), *Hardwiring Happiness* (112.4K copies sold across formats), *Just One Thing* (90.3K copies sold), and *Resilient* (62.2K copies sold)
- His books have sold over a million copies in English and been translated into 33 languages
- He's been featured on the BBC, NPR, PBS, CBS, Fox Business, *O Magazine*, *Consumer Reports Health*, and *U.S. News & World Report*
- Pollycove is the former chief of gynecology at California Pacific Medical Center in San Francisco and an OB-GYN
- RickHanson.com
- Instagram: @RickHansonPhD (67.7K)
- YouTube: @RickHanson (37.3K)
- Newsletter: 250K



Rick Hanson, PhD, is a psychologist, senior fellow at UC Berkeley's Greater Good Science Center, and *New York Times* bestselling author. Residence: San Rafael, Calif.



Jan Hanson, MS, LAc, is a licensed acupuncturist and integrative health practitioner with more than four decades of experience in nutritional medicine, functional testing, and holistic approaches to wellbeing. Residence: San Rafael, Calif.



Ricki Pollycove, MD, MS, is a nationally recognized expert in OB-GYN, caring for women through all stages of their lives. Residence: San Francisco, Calif.



This science-based, reassuring guide will help restore energy, balance, and well-being, so you can be the mom you *want* to be

AS A MOTHER, you are carrying more than ever: work, home, constant demands, chronic sleep loss, and the invisible mental load of keeping everything running. Taking care of your needs often feels impossible.

From Rick Hanson, PhD, clinical psychologist; Jan Hanson, LAc, nutrition specialist; and Ricki Pollycove, MD, gynecologist-obstetrician, *A Happy, Healthy Mom* offers a compassionate road map to help moms get the rest, nutrition, help, and comfort they need. This comprehensive

guide addresses the full range of physical, psychological, and relationship challenges that can peak in the demanding early years from infancy through elementary school.

Inside, you'll learn how to:

- Tune into your own body and needs with zero judgement or self-blame
- Solve common hormonal, mood, or gastrointestinal problems
- Protect yourself from stress and stop irritability before it starts
- Restore important minerals drained by pregnancy and breastfeeding
- Increase teamwork and emotional intimacy with your partner
- Return to a normal sleep cycle after your child is sleeping through the night
- Eat healthy meals that take only minutes to prepare
- Request the right medical tests at the right time

Far too many mothers are physically, mentally, and emotionally depleted, which can overshadow the deeply rewarding experience of motherhood. Featuring stories from real mothers, this book will ensure that you thrive—not just survive—while taking care of your little one.

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ISSUES

Remove Friction, Fast Track Your Growth, and Ignite Your Greatness

MARK O'DONNELL, SUE HAWKES, AND JILL YOUNG

PUBLICITY AND MARKETING

- The Entrepreneurial Operating System (EOS) is a set of simple concepts and practical tools used by more than 275K companies worldwide
- *Issues* is the fourth in EOS's Mastery series, after *Process!* (45.2K copies sold across formats), *People* (20.6K sold), and *Data* (7.5K sold)
- Previous EOS books include *Traction* (3M sold across formats), *What the Heck Is EOS?* (582.8K sold), and *Rocket Fuel* (208.3K sold); they have been translated into more than a dozen languages, including Chinese, Russian, French, and Arabic
- EOSWorldwide.com
- LinkedIn: /EOS-Worldwide-LLC (57K)
- YouTube: @EOSWorldwide (35K)
- Facebook: /EOSWorldwide (17K)



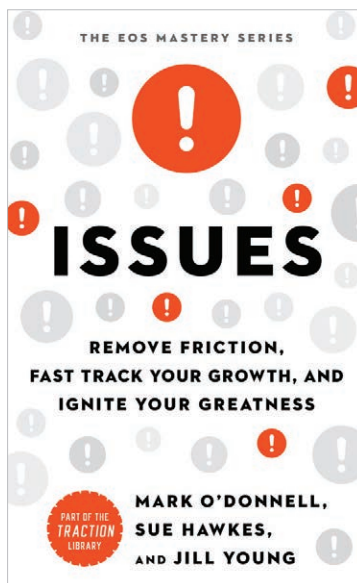
Mark O'Donnell is a highly successful entrepreneur, CEO, and Expert EOS Implementer. He is the current Visionary and CEO of EOS Worldwide and has also served as head coach for the company. Residence: Sinking Springs, Pa.



Sue Hawkes is a keynote speaker, best-selling author, Certified Business Coach, CEO of YESS!, and Expert EOS Implementer™. Residence: Chanhassen, Minn.



Jill Young is the author of *The Advantage Series*, the Creatrix of Coaching Magic, a school for passionate and dedicated coaches, and has served as head coach of EOS Worldwide. Residence: Dallas, Texas.



The ability to tackle issues head-on isn't just nice to have anymore—it's your competitive advantage when things get tough.

THE BIGGEST EPIDEMIC plaguing businesses today is the failure to solve issues quickly and permanently. Most companies get stuck in endless meetings that rehash the same problems without resolution, creating a culture of frustration and stagnation.

Issues reveals the cure: a proven system used by tens of thousands of businesses to remove friction, fast-track growth, and ignite greatness. Authors Mark O'Donnell, Sue Hawkes, and Jill Young show you how to revolutionize your organization by:

- Mastering two essential tools to systematically tackle any business challenge, idea, opportunity, or obstacle
- Building a high-trust culture and understanding how to create psychological safety where teams can openly debate and challenge ideas without taking things personally, leading to better decisions
- Getting to the root of problems fast and solving what's really causing friction instead of just treating the symptoms
- Transforming meeting culture to turn boring, circular meetings into productive 90-minute meetings that consistently solve 5–15 issues per week
- Empowering every team member to be a problem-solving expert, creating leaders at every level

Built on the foundation of the Entrepreneurial Operating System (EOS), this methodology has helped leadership teams find quick solutions to every problem that arises. You'll learn to build a culture of openness and honest accountability, where teams attack problems together instead of hiding from them.

Stop letting the same issues drain your energy and profits. Great companies solve issues as they arise and make them disappear forever, and this book shows you exactly how to become one of them. Your path from chaos to clarity starts here.

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LESS OVER MORE

How to Rethink Your Path, Reset Your Future, and Rebuild the Life You Love

TONY CALIENDO

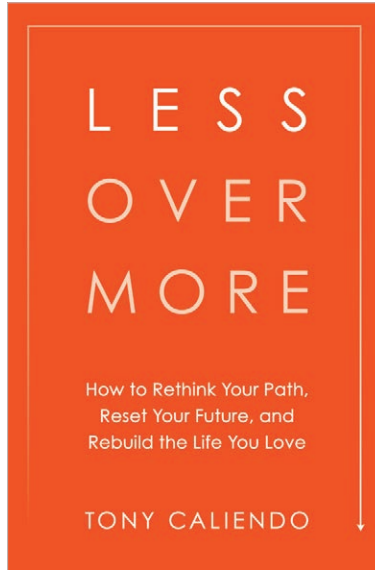
PUBLICITY AND MARKETING

- Caliendo is the executive coach at eXp Realty and a go-to trainer in the real estate industry, as well as a founding partner at reTHINK Coaching
- He writes a monthly newsletter, The Less Letter, on minimalism in work and life
- eXp Realty has been named one of Glassdoor's "Best Places to Work" and Forbes's "America's Best Large Employers"
- TonyCaliendo.com
- RethinkingCoaching.com
- eXpRealty.com
- LinkedIn: /eXp-Realty (207.6K)
- Facebook: /eXpRealty (195K)
- Instagram: @eXp Realty (108.6K)
- YouTube: @eXpRealty (52.9K)
- X: @eXpRealty (24K)
- Email list (The Less Letter): 50K subscribers



Tony Caliendo is a passionate entrepreneur and leadership coach with over 15 years of experience dedicated to helping individuals grow both personally

and professionally. Before embarking on his coaching journey, Tony spent 13 successful years in corporate America, where he held executive-level leadership positions in the hospitality industry. With a total of 24 years in entrepreneurial roles, Tony seamlessly integrates real-world insights with heartfelt coaching techniques. His mission is to inspire lasting transformation in both individuals and organizations, equipping them with the tools and mindset needed to thrive in today's fast-paced world. Residence: Santa Fe, N.M.



True abundance isn't found in more—it's discovered in less. Clear away the noise to create space for clarity, connection, and fulfillment.

IN THIS POWERFUL guide, you're invited to embrace the counterintuitive truth that less can actually unlock greater joy, success, and freedom. Blending candid storytelling with practical strategies, *Less Over More* offers a revolutionary shift in perspective for anyone exhausted by the relentless pursuit of "more." Transformational leadership coach and entrepreneur Tony Caliendo reveals how to clear the clutter—both mental and material—and align your life and business around what truly matters.

This approach isn't about deprivation; it's about liberation. By reframing success and releasing the distractions of overconsumption, you'll open the door to a more meaningful way of living. Along the way, you'll discover how to reclaim time, energy, and purpose, and experience a deeper satisfaction in life. Inside these pages, you'll learn how to:

- **Identify and release beliefs that keep you stuck in cycles of overconsumption and burnout**
- **Apply the LESS Activation Framework to create empowering thoughts, actions, and results**
- **Reclaim time and energy for authentic relationships, meaningful work, and inner peace**
- **Build systems in life and business that focus on quality over quantity**
- **Experience the joy, clarity, and freedom that come when you finally embrace "enough"**

Caliendo's message is both timely and timeless: When we courageously choose less, we make room for the kind of more that truly multiplies—more purpose, more peace, and more joy.

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LIFE AND LOBSTER

From Shark Tank to a Billion-Dollar Business (and How We Almost Lost It All)

JIM TSELIKIS AND SABIN LOMAC

PUBLICITY AND MARKETING

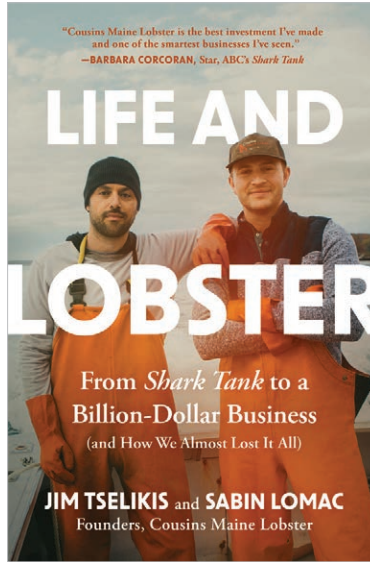
- Cousins Tselikis and Lomac are the founders of Cousins Maine Lobster, a franchise company of wild-caught lobster food trucks
- Authors will work with PR agency 360PR+ to promote the book
- *Shark Tank* investor Barbara Corcoran plans to support and promote the book to her social media following (1.1M on Instagram; 721.3K on X)
- Cousins Maine Lobster has been featured on CNBC, *The Chew*, *Food Network*, and *Good Morning America*, and in print in *TMZ, Inc.*, *Entrepreneur*, and *OK! Magazine*
- Cousins Maine Lobster sold food at events for the NFL, NCAA, NASCAR, Stagecoach, and Coachella
- CousinsMaineLobster.com
- Instagram: @CousinsMaineLobster (302K); @JimTselikis (19K); @SabinLomac (29.1K)
- X: @CousinsMaineLobster (18.6K)



Jim Tselikis is the cofounder of Cousins Maine Lobster, a thriving food truck and fast-casual restaurant business. Jim launched a single food truck in Los Angeles with his cousin Sabin in 2012. Their mission was simple: bring the authentic Maine lobster experience to the West Coast through a sustainable-minded, “family first” approach. Residence: Scarborough, Maine.



Sabin Lomac founded Cousins Maine Lobster with his cousin Jim, starting with a single food truck in Los Angeles. After a 2012 *Shark Tank* appearance led to a partnership with Barbara Corcoran, Cousins franchised and now has over 75 locations across the US. Residence: Wellesley, Mass.



From cofounders of Cousins Maine Lobster comes an invaluable guide for entrepreneurs and those aspiring to new ventures

COUSINS JIM TSELIKIS AND SABIN LOMAC'S dream of bringing the authentic Maine lobster of their childhood to the West Coast was ultimately realized, but not without consistent hard work and dedication. The perseverance that propelled their brand into the spotlight on *Shark Tank* and made them into a thriving, multimillion-dollar national franchise did not come easy.

Now, the two founders share the honest difficulties that got them to this point and the key business foundations they developed over the

last twelve years that led them through uncertainties and accomplishments alike.

Shedding light on the sacrifices, struggles, and victories that shape a leader's life, *Life and Lobster* is a personal, practical guide to all the founding pair wished they knew at the beginning of their entrepreneurship journey. Readers will learn how to:

- **Build a resilient mindset that frames setbacks as stepping-stones to success**
- **Hire with purpose and navigate working with family**
- **Embrace challenges, take risks, and move forward with renewed drive**
- **Elevate and promote your brand with confidence**

For aspiring entrepreneurs, established business owners seeking a fresh perspective on management and growth strategies, and fans of a resilient success story, *Life and Lobster* will inspire readers to transform fear into motivation and gain the confidence to take the chance that could change your life.

“Cousins Maine Lobster is the best investment I’ve made and one of the smartest businesses I’ve seen.”

—BARBARA CORCORAN, STAR OF ABC'S *SHARK TANK*

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LOST INNOCENT WORLD

Chronicles of a Ukrainian Punk Rocker in the Free World

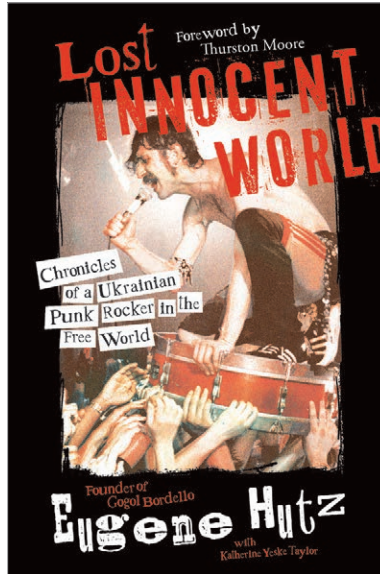
EUGENE HUTZ WITH KATHERINE YESKE TAYLOR

PUBLICITY AND MARKETING

- Hutz is the lead singer and songwriter for the wildly popular “gypsy punk” band, Gogol Bordello.
- Hutz will work with Shore Fire to promote the book.
- Gogol Bordello tours frequently and will sell the book on tour at their merch tables; confirmed 2026 stops include New York, Montreal, Toronto, Detroit, Chicago, Minneapolis, Denver, Salt Lake City, Seattle, Los Angeles, Dallas, Nashville, Atlanta, Boston, and Germany.
- Hutz and Gogol Bordello have been featured in dozens of publications, including *Variety*, *Rolling Stone*, *The Guardian*, *Spin*, *Village Voice*, and *The New York Times*.
- Hutz has been featured in/on *Rolling Stone*, *The Tonight Show with David Letterman*, NPR’s *Tiny Desk*, and *Fresh Air with Terry Gross*.
- GogolBordello.com
- Facebook: /GogolBordello (626K)
- Instagram: @GogolBordello (140K); @Eugene_Hutz (67.2K)



Eugene Hutz is the most famous Ukrainian musician in the world. He leads Gogol Bordello, the preeminent and internationally famed “gypsy punk” band with fans and followers in the millions. He has guided his group through eight successful studio albums (so far) and two decades of sold out shows from New York to London to Istanbul. As an actor, he has starred in acclaimed films such as *Everything Is Illuminated* (2005). He is also a highly in-demand DJ, event host, guest musician, and political activist. Residence: New York City, N.Y.



Join Gogol Bordello’s Eugene Hutz on his explosive journey from Ukrainian refugee to global punk icon, cultural rebel, and vital political force

EUGENE HUTZ’S JOURNEY from his Romani “gypsy” roots, family interrogations for being “anti-Soviet,” and European refugee camps to a crash landing in his beloved New York hardcore scene may sound like a Tarantino movie, but it’s only the beginning of Eugene’s trajectory.

Born and raised in Boyarka, Ukraine, where a century earlier Sholem Aleichem wrote his world-famous tales, and “pickled in its mystical vitamins,” Eugene discovers rock ‘n’ roll music

through his Western-spirited, freedom-loving father.

Uprooted by the Chernobyl disaster and inspired by a Sonic Youth concert in Kiev in 1989, Eugene embarks “to find his own sonic heart” in NYC. Follow along as he goes from being brutally discouraged by his Soviet music teachers to making records with Rick Rubin and headlining major world festivals.

The real punk saga kicks off when Eugene and his kin score asylum in the USA. Safe in Vermont, but itching for rebellion, he grinds for years before birthing Gogol Bordello, a badass musical fusion labeled “gypsy punk”—a raw blend of traditional Eastern European music and punk that enraptures global music maniacs.

Gogol Bordello is a wild, visionary cadre of immigrant musicians, artists, and outsiders, whose border-blasting message of inclusion and personal liberation—coupled with their musical supercollider style—have made them one of the world’s most vital and explosive live acts.

The band became the darlings of artists, tastemakers, and fashion icons, landing a breakthrough gig at the Whitney Biennial in 2002 that would raise their profile and launch their international career. Their embrace of multiculturalism created a unique style that seamlessly blends the disparate.

Lost Innocent World is Eugene’s deeply personal account of surviving conflict and displacement and a reminder of how powerful music can be in raising the resilience of the dispossessed.

HARDCOVER: 9798902680048 • EBOOK: 9798902680055 • US \$32.00 / \$43.00 CAN BUSINESS • DECEMBER 2026 • MATT HOLT BOOKS • DISTRIBUTION: WORLD ENGLISH TRANSLATION RIGHTS: MARK GOTTLIEB, MGOTTLIEB@TRIDENTMEDIAGROUP.COM REPRESENTED BY MARK GOTTLIEB, TRIDENT MEDIA GROUP, LLC

THE NEW MENOPAUSE KITCHEN

Targeted Nutrition to Help Fight Symptoms, Lose Weight, and Thrive in Perimenopause, Menopause, and Beyond

IAN K. SMITH, MD, WITH RECIPES BY RACHEL RAY

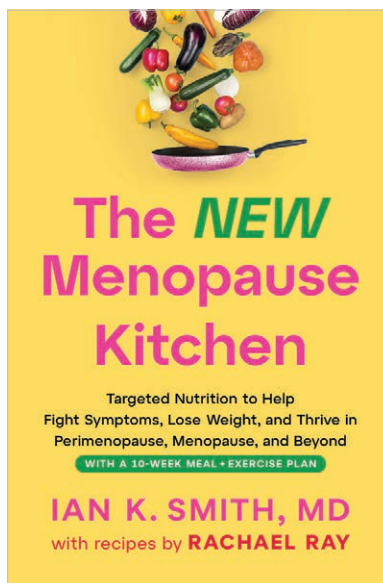
PUBLICITY AND MARKETING

- Smith is the author of 29 books, including the *New York Times* bestsellers *Shred* (384.6K copies sold), *The Fat Smash Diet* (328.7K copies sold), and *Super Shred* (202K copies sold)
- He is the longtime medical contributor to *The Rachael Ray Show*, and former solo host of the nationally syndicated, Emmy Award-winning show *The Doctors*
- He has appeared on *Good Morning America*, *Today*, *The Oprah Winfrey Show*, *The View*, *Anderson Cooper 360*, CNN, and MSNBC
- Smith has written for *Time*, *Newsweek*, and *Men's Fitness*, and been featured in *People*, *Ebony*, *Cosmopolitan*, and *Black Enterprise*
- Planned promotion includes multicity book tour, national radio tour, and morning show appearances
- DoctorIanSmith.com
- Facebook: /Dr.IanKSmith (294K)
- Instagram: @DrIanSmith (170K)
- X: @DrIanSmith (53.1K)



Dr. Ian K. Smith is the author of 29 books, including the #1 *New York Times* bestsellers *Shred*, *Super Shred*, *Blast the Sugar Out*, *The Clean 20*, and *Fast Burn*. Dr.

Ian served as the solo host of the nationally syndicated Emmy Award-winning television show *The Doctors* and was a longtime medical contributor to *The Rachael Ray Show*. He is the founder of the national health initiatives The 50 Million Pound Challenge and The Makeover Mile and served two terms under President Obama as a member of the President's Council on Fitness, Sports, and Nutrition. Residence: Chicago, Ill.



Take control of your menopause journey with #1 *New York Times* bestselling author Dr. Ian K. Smith's nutrition and lifestyle advice and 50+ energizing recipes from Rachael Ray

YOUR BODY NO longer responds the way it used to. Energy is fleeting. Your favorite foods cause weight gain and bloating. And no matter what you do, you can't kick the sleepless nights, hot flashes, joint pain, or mood changes making you miserable.

Luckily, while menopause is inevitable, suffering through its symptoms doesn't have to be. With the right nutrition, you can stay

strong and clear-headed, even as estrogen dips and the rules of health change.

Drawing on the latest research on perimenopause and beyond, Ian K. Smith, MD, shares science-backed nutritional guidance to tame symptoms, preserve muscle mass and bone density, boost energy, and manage weight.

With *The New Menopause Kitchen*, you'll be prepared to navigate menopause with:

- 55 power nutrient-packed recipes from award-winning chef and TV host Rachael Ray—including Gumbo Z'herbes, Chicken in Salsa Verde, Lentil Bolognese, and Thai Red Curry with Shrimp—designed to be adaptable for busy schedules and all dietary preferences
- A 30-day exercise plan to keep your muscles, bones, and heart strong as you age, with QR codes to guided workout videos
- 100 simple snacks to support your changing nutritional needs
- A detailed 10-week meal plan, with a focus on alleviating symptoms like hot flashes, weight gain, and mood changes

A comprehensive guide for menopause-smart living, *The New Menopause Kitchen* empowers you to work with your body—not against it—to cut through the chaos of midlife with confidence and reconnect with a stronger, more vibrant you.

HARDCOVER: 9781637749500 • **EBOOK:** 9781637749517 • **US \$29.95 / \$39.95 CAN**
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RELATIONSIICK

Why Putting Yourself Last Is Destroying Your Health—and How to Heal

LISSA RANKIN, MD, AND JEFFREY REDIGER, MD

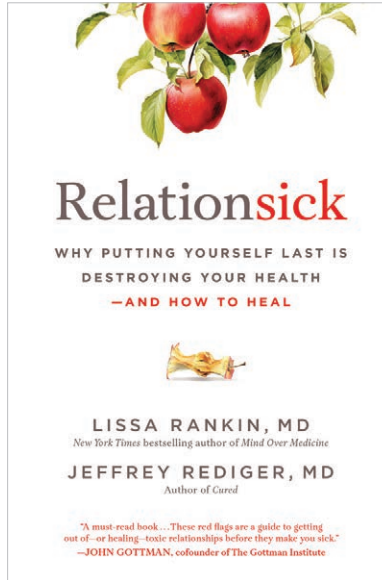
PUBLICITY AND MARKETING

- Rankin is the *New York Times* bestselling author of *Mind Over Medicine* (260K copies sold across editions, translated into 28 languages), *The Fear Cure* (15.4K copies sold), and five additional books
- Rankin has delivered four TEDx Talks with over 6M views cumulatively and starred in two PBS specials
- She has been featured by *O, Shape, Health, Woman's Day*, CNN, and *Dr. Oz*
- Rediger is the author of *Cured* (84K copies sold, translated into 22 languages) and faculty at Harvard Medical School
- He has appeared on *The Oprah Winfrey Show*, *Dr. Oz*, *Anderson Cooper 360*, and the TEDx stage (67K views)
- LissaRankin.com
- DrJeffreyRediger.com
- X: @LissaRankin (117.3K)
- Facebook: /LissaRankin (105K followers)
- Instagram: @LissaRankin (24.7K)
- Email list: 95.6K subscribers



Lissa Rankin, MD, is an OB-GYN physician and author of seven books, including the *New York Times* bestseller *Mind Over Medicine*. She is the founder of the Whole Health Medicine Institute and the health equity nonprofit Heal at Last, and researches radical remission, trauma-informed medicine, and the effects of loneliness, narcissism, and coercive control on health. Residence: Muir Beach, Calif.

Jeffrey Rediger, MD, MDiv, is the author of *Cured*, a licensed physician and psychiatrist, on the faculty of Harvard Medical School, and he was a medical director at McLean Hospital in Boston for 22 years. Residence: Muir Beach, Calif.



The body wants to heal itself. By treating your relational trauma, you can create the conditions it needs to begin.

OUR BODIES TRANSLATE trauma into physical, chronic, and even terminal illnesses—auto-immune disorders, cancer, chronic pain, and more. For people in unbalanced, abusive, or toxic relationships, this means their relational trauma and narcissistic abuse is literally making them sick.

Building on the Internal Family Systems model, *Relationsick* is a trauma-informed recovery plan that will help you rebalance relationships where you give too much and receive too little. *Relationsick* will help you

break free from the fawning behaviors that keep you stuck in toxic relational dynamics so you can heal your nervous system, emotions, and body. Drawing on more than 30 years of experience, Drs. Lissa Rankin and Jeffrey Rediger place recovery firmly in your hands through grounded, trauma-informed advice.

Protect and heal your body by learning to:

- **Spot the red flags of narcissism—as well as the green flags of healthy, responsible, health-inducing behaviors**
- **Understand fawning, codependency, and enabling behaviors**
- **Deprogram unhealthy conditioning and set patterns that will help your nervous system begin the process of deeper healing**
- **Heal traumatized parts so you are empowered to take a firm stand for yourself and your health**
- **Communicate clear and assertive boundaries and decide if a no-contact approach is right for you**
- **Nurture safe, transparent, and loving connections in your life**

This radical new approach to recovering from physical illness and unhealthy relationships makes it clear that your body has the power to treat and reverse trauma-inflicted illness. All you have to do is let it.

HARDCOVER: 9781637749548 • EBOOK: 9781637749555 • US \$29.95 / \$39.95 CAN
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THE ROLE OF MOM WILL BE PLAYED BY

The Year I Had a Baby and Became Myself

SHAWNA LANDER

PUBLICITY AND MARKETING

- Lander is an actor, writer, and creator of the viral social media platform @ShawnatheMom
- A Meisner-trained actor, she first went viral in January 2021 when a skit on childbirth skyrocketed to 1.5M views within 24 hours
- Lander anticipates promotional support from creators like Casey Davis (TikTok: 4.7K followers), Amber Estenson (Instagram: 570K), Annalee Grace (TikTok: 572.7K), and Lisa P (TikTok: 669.3K)
- Planned promotion includes a book tour, podcast tour, select speaking opportunities, and collaborations with other creators
- She plans to relaunch her podcast, *Surviving Baby*, to promote the book
- ShawnatheMom.com
- TikTok: @ShawnatheMom (2.1M)
- Instagram: @ShawnatheMom (977K)
- YouTube: @ShawnatheMom (787K)
- Facebook: /ShawnatheMom (793K)



Shawna Lander is a Meisner-trained actor, writer, and content creator with a passion for sharing stories that bring people together. Through her hilarious and poignant viral skits, Shawna takes on relationships, motherhood, and family dynamics with a sincerity and vulnerability that has created a fiercely loyal audience of four million. In everything she does, Shawna strives to be entertaining, uplifting, and most of all, authentic. Shawna believes that it is through the honest sharing of our stories that we begin to realize how fundamentally connected we all are. Residence: Charlotte, N.C.



This deeply personal and funny memoir from actress and storyteller Shawna Lander reveals why motherhood isn't just a new chapter—it's a metamorphosis

AS THE CREATOR of the witty humor account @ShawnatheMom that delights more than 4 million followers with her comedy skits, Shawna Lander knows what it's like to play a lot of different roles. But before she ever took to the online "stage," her role as a mom changed everything, not only about her life, but about her identity. Like many first-time mothers, she imagined her baby as a beautiful addition to her life—and instead found that every aspect of her

world changed completely so that her new life could begin.

Through motherhood, Shawna was reborn. And in *The Role of Mom Will Be Played By*, she's sharing her empowering, transformative journey for the first time.

Through candid anecdotes and humorous reflections, Shawna reveals how motherhood reshaped her identity, worldview, relationships, and understanding of human worth. She debunks the prettily romanticized version of motherhood, presenting it instead as a raw, challenging, and profoundly rewarding experience.

Central to this heartfelt book is the belief that every mother's journey is linked and, while there is no one-size-fits-all approach to parenting, the magnitude of the experience is universal. She captures the essence of motherhood as weird, gross, profound, mundane, and incredibly personal—all at once.

The Role of Mom Will Be Played By is a celebration of the resilience, love, and humor that defines motherhood. Shawna's authentic voice and relatable experiences provide comfort and inspiration to anyone on the extraordinary journey of becoming a mom, offering wisdom, support, and a deep appreciation for the beautiful chaos.

HARDCOVER: 9781637749623 • EBOOK: 9781637749630 • US \$27.95 / \$36.95 CAN
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THE SECRET ORDER OF MILLIONAIRES

Seven Principles for Building Tax-Free Wealth

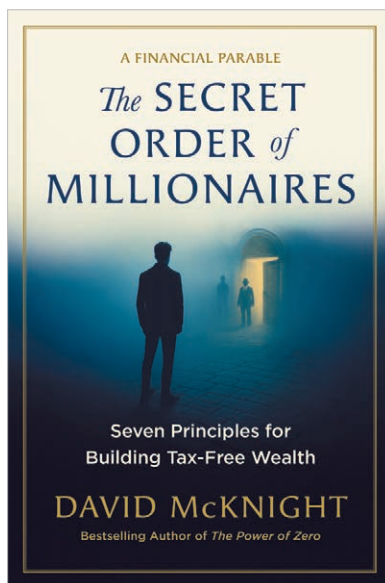
DAVID McKNIGHT

PUBLICITY AND MARKETING

- McKnight is the author of *The Power of Zero* (approx. 350K copies sold), which was adapted into a Prime documentary film
- His other books include *Tax-Free Income for Life* (19.6K copies sold) and *The Guru Gap* (14.2K copies sold)
- McKnight is the host of the weekly podcast *The Power of Zero* (approx. 25K monthly downloads and 1M+ total downloads)
- He has been featured in *The New York Times*, *The Huffington Post*, *Bloomberg BusinessWeek*, and *NerdWallet*, as well as on *USA Today*, CNBC, Fox Business, and CBS Radio
- A frequent speaker, he spoke at 45 in-person events and 20 virtual events in 2023
- DavidMcKnight.com
- YouTube: @DavidMcKnight (67.6K)
- LinkedIn: /ThePowerofZero (7.2K)
- Instagram: @DavidMcKnight (3K)
- Email list: 40K subscribers



David McKnight has helped put thousands of Americans on the road to the zero percent tax bracket. He has made frequent appearances in *Forbes*, *USA Today*, *The New York Times*, Fox Business, CBS Radio, Bloomberg Radio, *Huffington Post*, *Reuters*, CNBC, Yahoo! Finance, Nasdaq.com, *Investor's Business Daily*, Kiplinger's, MarketWatch, and other national publications. His book, *The Power of Zero*, has sold more than 350,000 copies and was adapted into a full-length documentary film. For two consecutive years, *Forbes Magazine* has ranked *The Power of Zero* as a top 10 financial resource in the country. Residence: Dorado, Puerto Rico.



A financial parable that proves financial freedom lies not in get-rich-quick schemes, but in the time-tested wisdom of ordinary people who quietly build extraordinary wealth

MEET CALEB CALLOWAY, a cocky social media investment guru who believes his flashy strategies for trading meme coins and NFTs represent the future of wealth creation. When his thesis promoting these speculative approaches is brutally rejected by his professors, threatening his coveted equity stake at a prestigious investment firm, Caleb's entire world crumbles.

Desperate to salvage his future, Caleb seeks help from Ron, an elderly janitor who challenges everything he believes about investing. Ron introduces him to the Secret Order of Millionaires, a mysterious group of ordinary people who have somehow accumulated vast fortunes. With only seven days to completely rewrite his thesis, Caleb must visit one member each day to uncover their wealth-building secrets.

The Secret Order of Millionaires may be a parable, but its financial principles are grounded in real-world data and decades of proven success—with the power to transform how young Americans build wealth, protect their financial security, and escape devastating tax burdens. Readers will learn the Order's seven core principles that transform financial futures, spanning topics such as:

- **How to leverage the stock market as the greatest wealth-building engine in history**
- **The critical difference between tax-deferred and tax-free investing**
- **A step-by-step, “set-it-and-forget-it” system that builds wealth without constant monitoring**
- **Why “time in” the market is far more effective than “timing” the market**
- **Why buying the entire market is far safer, and more profitable, than owning single stocks**

For young investors seeking proven wealth-building fundamentals, this story is more than a charming tale—it's a roadmap to financial freedom.

**HARDCOVER: 9781637749241 • EBOOK: 9781637749258 • US \$26.00 / \$35.00 CAN
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SHINE, REVISED EDITION

How Driven People Can Live a Life of Exceptional Success and Profound Purpose

GINO WICKMAN AND ROB DUBE

PUBLICITY AND MARKETING

- Wickman's Entrepreneurial Operating System (EOS) is implemented by over 400,000 companies
- His books include *Traction* (2M sold across formats), *What the Heck Is EOS?* (582.8K sold), and *Rocket Fuel* (208.3K sold), and have been translated into more than a dozen languages
- Wickman has appeared on over 100 podcast and radio shows, including *Achieve Your Goals with Hal Elrod* and *Entrepreneurs on Fire*
- Dube has appeared as a speaker at TEDx, Ford, PayPal, the Small Giants Summit, and more
- The10Disciplines.com
- GinoWickman.com
- RobDube.com
- Wickman's LinkedIn: /GinoWickman (16K)
- Dube's LinkedIn: /RobDube (8K)



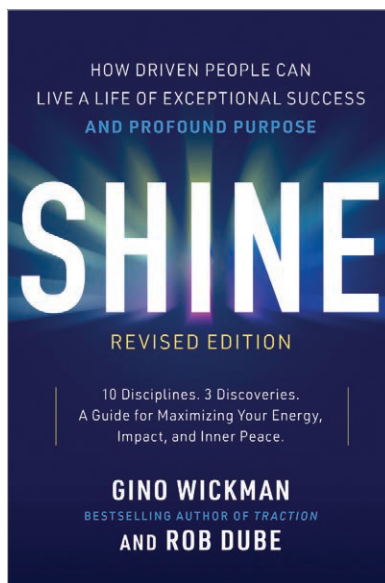
Gino Wickman is the bestselling author of *Traction*, and the creator of the Entrepreneurial Operating System® (EOS), which helps leaders run better busi-

nesses, get better control, have better life balance, and gain more traction—with the entire organization advancing together as a cohesive team. Residence: Milford, Mich.



Rob Dube is the cofounder of The 10 Disciplines, and host of the *Entrepreneurial Leap* and *Genuine Care* podcasts. Rob teaches business leaders and entrepreneurs to

look inward with mindfulness and meditation. Residence: Harbor Springs, Mich.



With 10 simple disciplines, this guide will help you make a bigger impact while increasing your freedom and creativity

DRIVEN PEOPLE OFTEN have a burning need to succeed. But that same relentless brilliance that propels you can take a toll on your teams, personal relationships, and even your health.

Gino Wickman, bestselling author of *Traction*, teams up with mindfulness expert Rob Dube to help you strike a crucial balance between those inner and outer worlds while taking your success to new heights.

In *Shine*, they share 10 disciplines to help you stay sharp and energetic without burning out. You'll learn to:

- Set boundaries in your work life (without compromising productivity) that allow you to become more impactful
- Reset your energy in practical, sustainable ways and recognize burnout and stress before they happen
- Tap into a flow state to harness unbridled creativity, think clearly, and move through your career and life with ease

With a self-assessment survey, a rich resource guide, and prompts for reflection at the end of every chapter, *Shine* is a ground-breaking approach to work-life balance and peace of mind.

HARDCOVER: 9781637748343 • EBOOK: 9781637748350 • US \$29.95 / \$39.95 CAN BUSINESS • FEBRUARY 2026 • BENBELLA BOOKS • DISTRIBUTION: WORLD
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ALSO FROM GINO WICKMAN:

Traction: Get a Grip on Your Business

PAPERBACK: 9781936661831 • EBOOK: 9781936661824
US \$19.95 • BUSINESS • APRIL 2012 • BENBELLA BOOKS

**20TH ANNIVERSARY
EDITION EXPECTED
IN 2027**

THE WHOLE TRUTH

The Hidden Agendas Behind Decades of Health Misinformation—and What to Do About It

T. COLIN CAMPBELL, PhD, AND NELSON CAMPBELL

PUBLICITY AND MARKETING

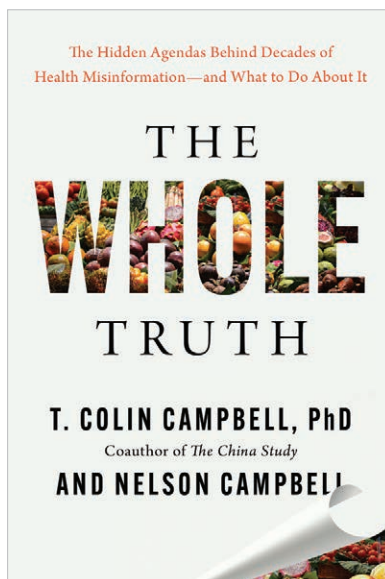
- T. Colin Campbell's first book, *The China Study*, has sold more than 3 million copies across formats and editions
- His other books on plant-based health include the *New York Times* bestseller *Whole* (185.6K sold) and the 2020 Indie Award winner *The Future of Nutrition* (22.3K sold)
- Dr. Campbell has authored over 350 research papers and delivered 1.3K lectures internationally in 30+ countries and 40+ states
- He has been featured in several documentaries, including *Forks Over Knives*, *Eating You Alive*, *Food Matters*, *PlantPure Nation*, and *From Food to Freedom*
- NutritionStudies.org
- Facebook: /NutritionStudies (193K)
- Instagram: @NutritionStudies (99.1K)
- X: @TColinCampbellF (30.7K)
- YouTube: @NutritionStudies (23.3K)
- LinkedIn: /T-Colin-Campbell-Center-for-Nutrition-Studies (9.7K)



T. Colin Campbell, PhD, has been dedicated to the science of human health for more than 60 years. Known for the *China Study*—one of the most comprehensive studies of health and nutrition ever conducted, and recognized by the *New York Times* as the “grand prix of human epidemiology”—Dr. Campbell's profound impact also extends to education, public policy, and laboratory research. Residence: Webster, N.Y.



Nelson Campbell is the director of the 2015 documentary film *PlantPure Nation*, which highlights the dramatic healing power of a plant-based diet, and founder of the nonprofit PlantPure Communities. Residence: Saluda, N.C.

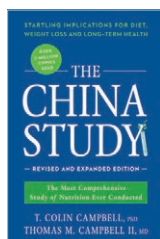


tells eight riveting stories including:

- A national nutrition “supreme court” quietly organized by industry-affiliated scientists to control public messaging.
- A research paper on the impact of nutrition on immunity—vital information for the COVID-19 pandemic—that was rejected from academic journals without professional review.
- An infant-feeding scandal in which a heavily marketed commercial product displaced breastfeeding, leading to widespread infant malnutrition and deaths around the world.

Coauthor Nelson Campbell, a filmmaker, health advocate, and Dr. Campbell's son, expands in the book's third part, examining how the plant-based movement can be renewed through messaging and grassroots strategy to empower people everywhere to participate in building a healthier world.

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ALSO FROM T. COLIN CAMPBELL:

The China Study, Revised and Expanded Edition

PAPERBACK: 9781941631560 • EBOOK: 9781942952909
US \$19.95 • HEALTH • DECEMBER 2016 • BENBELLA BOOKS

YOU ARE THE SUN

Healing the Trauma That's Secretly Blocking Your Full Potential

RJ SPINA

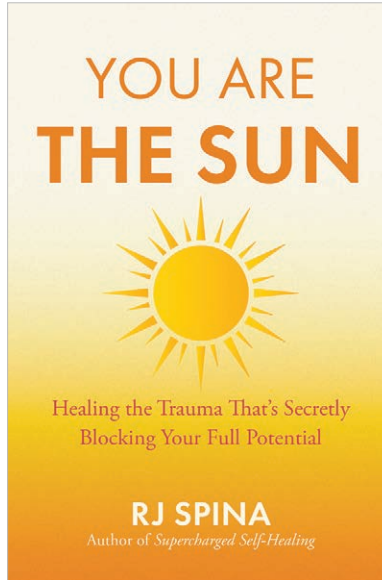
PUBLICITY AND MARKETING

- Spina is a self-healing expert and the author of *Supercharged Self-Healing* (54.2K copies sold across formats), *Change Your Mind* (50.4K copies sold across formats), and *Access Super Consciousness* (43.3K copies sold across formats)
- His books have been translated in Polish, German, Czech, and Spanish
- Spina is signed to produce and star in his own documentary TV show, *The Mechanics of Money*, slated to begin filming in March 2026 and release in Fall 2026
- He will appear in all 12 episodes of season 2 of *The Sound of Creation*, airing in 2026, and has appeared on *Coast to Coast AM* (five times)
- AscendtheFrequencies.com
- YouTube: @AscendtheFrequencies (78.7K)
- Instagram: @RJSpina (15.9K)
- Facebook: /RJSpina. AscendtheFrequencies (3.8K)
- Email list: 40K subscribers



RJ Spina is a leading authority on metaphysics. His own incredible story of healing permanent paralysis and enlightenment is well-documented and verifiable.

He is an internationally published author of four bestselling revolutionary books, a humanitarian award winner, and highly sought-after counselor and healer. He has changed the lives of millions of people across the globe and his audience and following continue to grow exponentially. Residence: Dubai, United Arab Emirates.



From the world's leading authority on metaphysics, the ultimate guide for self-healing in the aftermath of narcissistic abuse

FOUR-TIME BESTSELLING AUTHOR RJ Spina, who healed his own “permanent” paralysis through energetic attunement, returns with *You Are the Sun*, a book that will help you finally heal the psychological wounds that have been holding you back. By looking inward first and pushing beyond self-limiting beliefs, your wellbeing can be optimized and personal fulfillment achieved.

You Are the Sun provides an intimate reminder that you are not your past—no matter what happened or what you’ve been told about yourself and your identity. What you desire is already

within you. You are not broken, and a return to your whole, true Self is not only possible, but much simpler than you think.

With RJ as your guide, you’ll explore:

- **The most common mistakes in healing**
- **5 incredibly easy but effective meditation techniques**
- **Brand new insights for material success and lasting fulfillment**
- **Actionable protocols you can begin immediately**

These tools, combined with RJ’s wisdom and expertise, will equip you with a master-level understanding of what it truly means to heal, overcome trauma, and transcend the immense pain that narcissistic phenomena has fostered worldwide.

You are not alone. The clarity and peace you’ve been searching for are waiting to be unlocked. Isn’t it time to take the next step forward?

**PAPERBACK: 9798902680253 • EBOOK: 9788902680260 • US \$17.95 / \$24.95 CAN
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REPRESENTED BY TINA WAINSCOTT, THE SEYMOUR AGENCY**

YOUR ANXIETY IS GIVING ME ANXIETY

A Survival Guide for Thriving in a High-Stress World

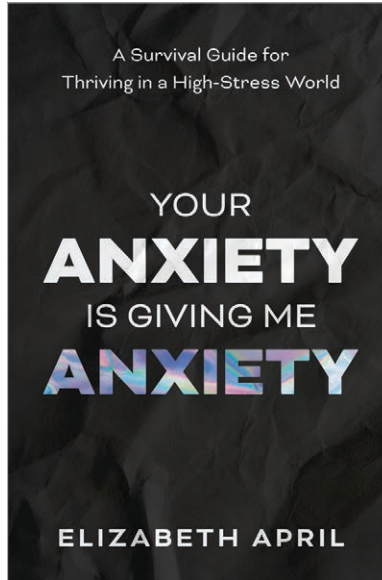
ELIZABETH APRIL

PUBLICITY AND MARKETING

- April is an intuitive psychic and author of *You're Not Dying, You're Just Waking Up* (48K copies sold across formats), which has been translated into German, Polish, Slovenian, Japanese, French, and Spanish
- She has been featured on/in *The Los Angeles Times*, *New York Post*, *Bustle*, *UFO Witness*, *Vice*, NBC Peacock's *Unidentified with Demi Lovato*, *Beyond Belief with Georgy Noory*, and Fox News
- Social media promotion includes live videos, inspirational quotes, daily pictures, and interactive stories
- ElizabethApril.com
- YouTube: @ElizabethApril (328K)
- Instagram: @Elizabeth.April (332K)
- Facebook: /PsychicElizabethApril (124K)
- TikTok: @ElizabethApril1 (88.2K)
- X: @ElizabethApril_ (4.3K)



Elizabeth April is a remote viewer and truth seeker who is deeply passionate about guiding humanity toward awakening. Also known as EA, she is a best-selling author whose work has been featured by networks such as *Vice*, *Bustle*, Discovery, and Peacock. Elizabeth has shared her insights at conferences across North America and on NBC's Peacock TV series *Unidentified with Demi Lovato*. Her mission is to inspire positive global change and help unlock humanity's true potential. Are you ready to join her on this transformative journey? Residence: Henderson, Nev.



Ready to stop being at war with your own mind? Get the guidance you need to break free from stress and start thriving.

ANXIETY HAS REACHED epidemic levels, yet most solutions barely scratch the surface. We've been told it's a chemical imbalance, a disorder to be managed, or something to medicate away. But what if anxiety isn't the enemy? What if it's a powerful tool for clarity, resilience, and personal growth?

In this paradigm-shifting guide, renowned intuitive, life coach, and truth seeker Elizabeth April dismantles outdated beliefs about anxiety and exposes its true root cause: an energetic imbalance signaling unresolved emotional and spiritual misalignment. Drawing from her personal journey with chronic anxiety, she delivers a bold new framework that empowers you to take control, without medication, years of therapy, or exhausting trial and error.

Through her three-part strategy for rewiring anxious responses, you'll learn how to:

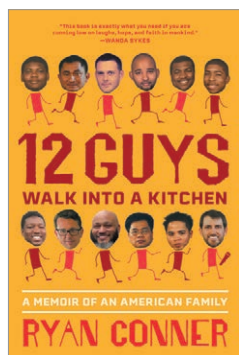
- **Decode anxiety at its core, so you can stop fighting it and start using it to your advantage**
- **Recognize anxiety triggers before they escalate and neutralize them in real time**
- **Break free from the looping cycle of fear, stress, and overthinking**
- **Reclaim your power and transform anxiety into an ally for intuitive guidance and self-mastery**

No more guesswork. No more fear. *Your Anxiety Is Giving Me Anxiety* offers a clear, practical path to lasting peace, self-trust, and unshakable calm, regardless of what's happening in the world around you.

"This book offers both validation and direction, helping us navigate the turbulence of our times with wisdom, humor, and hope."

—KAITLIN PARSONS, ADVANCED PRACTICE REGISTERED NURSE

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12 GUYS WALK INTO A KITCHEN

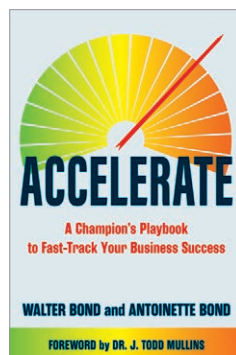
A Memoir of an American Family

REPRESENTED BY SCOTT KAUFMAN,
BUCHWALD TALENT AGENCY

A stand-up comic's collection of stories offer a humorous and sincere exploration of culture and family, as one of 12 children raised in a multiracial family.

Ryan Conner has performed on and written for several television shows. On NBC's *Last Comic Standing*, judge Norm Macdonald called his set "the best [he's] seen in five years."

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ACCELERATE

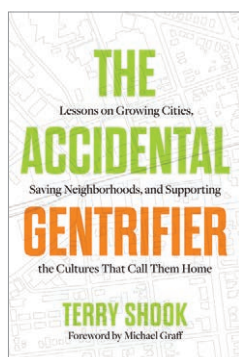
A Champion's Playbook to Fast-Track Your Business Success

"A compelling, research-driven framework."
—**JASON PARKER**, Cofounder and Co-CEO K9 Resorts

In this relatable fable, a couple's getaway from their stressful auto shop turns into profound lessons for a flourishing enterprise.

Walter and Antoinette Bond are cofounders of Peak Performance Huddle.

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THE ACCIDENTAL GENTRIFIER

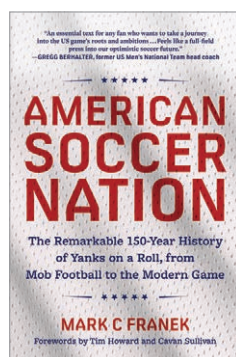
Lessons on the Path to Growing Our Cities and Saving Our Neighborhoods

REPRESENTED BY DAVID PATTERSON,
STUART KRICHEVSKY LITERARY AGENCY

An in-depth, nonpartisan analysis of gentrification as an opportunity to make change work for everyone from a veteran architect and urban planner.

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AMERICAN SOCCER NATION

The Remarkable 150-Year History of Yanks on a Roll, from Mob Football to the Modern Game

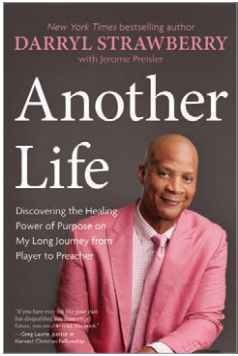
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"An essential text for any fan who wants to take a journey into the US game's roots and ambitions. It reads like history but feels like a full-field press into our optimistic soccer future."

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A record-breaking MLB star turned minister shares the wisdom he gained from overcoming hardships—and reminds us that it's never too late to find a new life through love, generosity, compassion, and personal growth.

Described as a legend by many, four-time World Series Champion **Darryl Strawberry** travels the country sharing a message of hope and restoration in Christ.

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Marissa Rachel and Shanna Lisa are the sisters and Brazilian American content creators behind the wildly popular YouTube Channel @MarissaRachel.

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BAKE IT 'TIL YOU MAKE IT

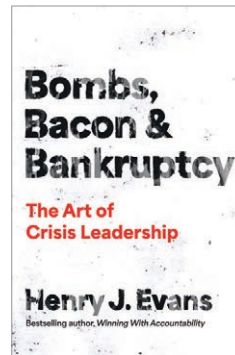
The Story of a Risk-Taking Cookie Queen

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BUCHWALD TALENT AGENCY

When life crumbles, don't quit—bake a better batch! Part business playbook, part comeback story, and 100% inspiration, this is your reminder that the sweetest victories rise from the messiest beginnings.

Molly Blakeley is the founder of Molly Bz Cookies, a nationally recognized gourmet cookie brand known for its unique flavors and creative approach.

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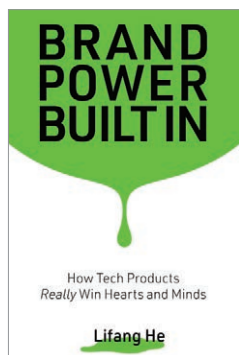
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Whether the stakes are literally life-and-death or just feel that way, this is the essential guide to crisis leadership to keep your team at their best when things are at their worst.

Henry J. Evans is the author of *Winning with Accountability* and the founder and CEO of Dynamic Results, a strategy and culture transformation firm.

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BRAND POWER BUILT IN

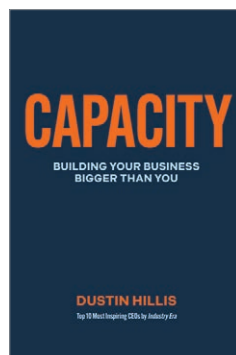
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“Think of every product you love—the brand is inseparable from the offering. Lifang’s practical guide shows you how to create these connections and build remarkable experiences.”

—COLIN RANEY, CEO of Ray

Lifang He has nearly 20 years of experience driving brand strategy, product marketing, and go-to-market excellence for some of the world’s most influential tech companies, including Apple, Amazon, and Ring.

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CAPACITY

Building Your Business Bigger Than You

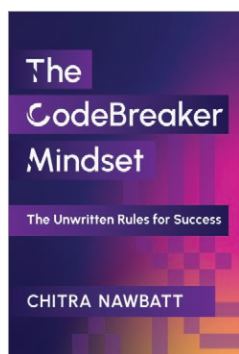
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“A powerful, actionable road map for entrepreneurs and executives ready to scale their businesses to the next level.”

—MATT MOORE, author of *Serial Griller*

Dustin Hillis is a visionary CEO of a global and the founder of All Things New Ventures, where he serves as Chief Strategy Officer and the key leader in several high-impact and scaling technology businesses.

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THE CODEBREAKER MINDSET

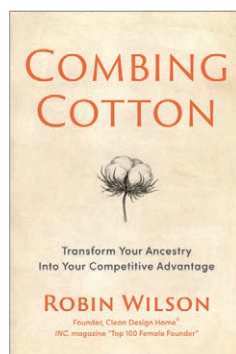
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In a world of rigid playbooks and conventional thinking, this proven, revolutionary framework empowers you to write your own rules for extraordinary success.

Chitra Nawbatt is a multi-industry growth executive, investor, and media creator, recognized for launching and building businesses across fintech, media, venture capital, and tech.

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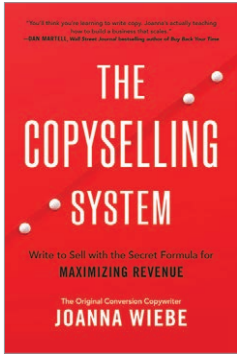
Transform Your Ancestry into Your Competitive Advantage

REPRESENTED BY KAREN KILPATRICK,
 KAYPPIN MEDIA LLC

From a globally recognized entrepreneur comes the business blueprint for turning obstacles into opportunities and setbacks into success.

Robin Wilson is the founder of the global allergen-aware lifestyle brand, Clean Design Home®, which is sold at Macy’s, BELK, Wayfair, and every branch of the military.

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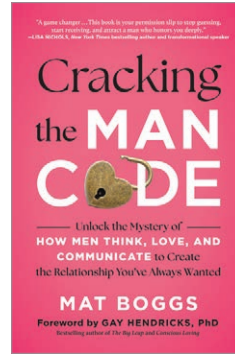
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Write to Sell with the Secret Formula for Maximizing Revenue

Discover a foolproof method for crafting customer-centric copy that converts visitors into leads and leads into sales—while staying true to your brand.

The original conversion copywriter, **Joanna Wiebe** is the founder of Copyhackers, where marketers of all stripes learn to become the most profitable people in the room.

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CRACKING THE MAN CODE

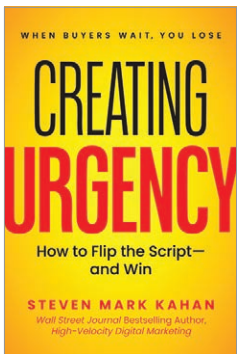
Unlock the Mystery of How Men Think, Love, and Communicate to Create the Relationship You've Always Wanted

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"A game changer . . . This book is your permission slip to stop guessing, start receiving, and attract a man who honors you deeply."
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Mat Boggs is the author of *Project Everlasting* and founder of Brave Thinking Institute's love and relationship division.

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CREATING URGENCY

How to Flip the Script—and Win

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LINDA KONNER LITERARY AGENCY

Stop losing to buyer indecision and stalled conversations, and instead learn how to create urgency, transforming hesitation into momentum that drives faster deals and bigger wins.

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CREATIVITY MACHINE

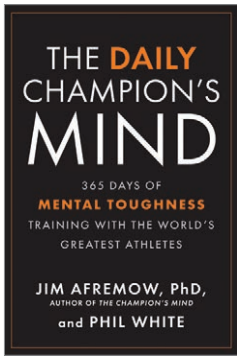
How to Innovate, Brainstorm, and Hatch Great Ideas on Command

REPRESENTED BY MARK GOTTLIEB,
TRIDENT MEDIA GROUP, LLC

A foolproof system for brainstorming innovative solutions—whether you want to disrupt an industry, enhance your team's productivity, or simply get unstuck.

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THE DAILY CHAMPION'S MIND

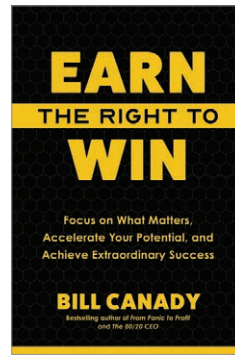
365 Days of Mental Toughness Training with the World's Greatest Athletes

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ZIMMERMAN LITERARY

Build mental toughness every day with 365 quick, daily reps to reset, focus, and compete like a champion, with tips from champions like Tom Brady, Simone Biles, and Serena Williams.

Jim Afremow, PhD, is a sport and performance psychologist, licensed professional counselor, and author of *The Champion's Mind*. Phil White is an Emmy-nominated writer.

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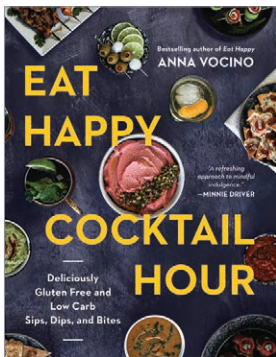
EARN THE RIGHT TO WIN

Focus on What Matters, Accelerate Your Potential, and Achieve Extraordinary Success

Win more by doing less of what doesn't matter. Simplify your strategy, accelerate your results, and build unstoppable momentum toward what truly counts.

The author of *From Panic to Profit* and *The 80/20 CEO*, **Bill Canady** has worked for over 30 years as a global business executive focused on industrial and consumer products and services.

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EAT HAPPY COCKTAIL HOUR

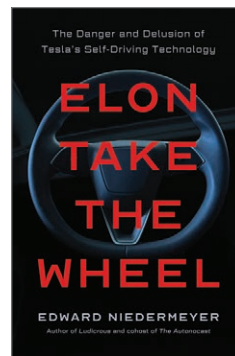
Deliciously Gluten Free and Low Carb Sips, Dips, and Bites

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TALCOTT NOTCH LITERARY SERVICES, LLC

For your next dinner party or friend's night in, mix up your menu with gluten-free, grain-free, and low-carb recipes for cocktails, mocktails, small plates, and dips.

Anna Vocino is a culinary personality, cookbook author, actor, stand-up comedian, podcast cohost, clean-eating expert, and founder of premium natural food company Eat Happy Kitchen.

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ELON TAKE THE WHEEL

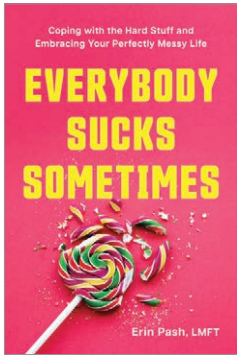
The Danger and Delusion of Tesla's Self-Driving Technology

REPRESENTED BY JANE DYSTEL,
DYSTEL, GODERICH & BOURRET

Timely, thought-provoking, and rigorously sourced, this exposé invites readers to reconsider what automated driving promises, what it obscures, and what it means for the future of mobility.

Edward Niedermeyer began covering the auto industry in 2008, and his work has been featured in *The New York Times*, *Wall Street Journal*, *BloombergView*, *The Daily Beast*, and *The Verge*.

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EVERYBODY SUCKS SOMETIMES

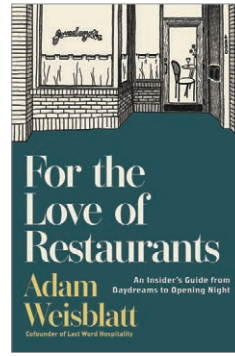
Coping with the Hard Stuff and Embracing Your Perfectly Messy Life

REPRESENTED BY LEAH SPIRO,
RIVERSIDE CREATIVE MANAGEMENT

With helpful exercises, practical solutions, and a good sense of humor, a pocket therapist designed to help you cope with bad days and life's drama without losing your peace of mind.

Erin Pash is a licensed marriage and family therapist, and the founder and former CEO of Ellie Mental Health, which now has more than 265 locations nationwide.

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FOR THE LOVE OF RESTAURANTS

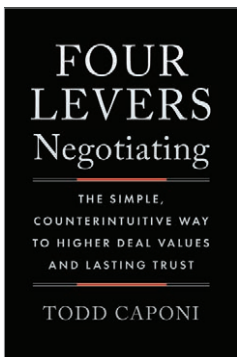
An Insider's Guide from Daydreams to Opening Night

REPRESENTED BY LEILA CAMPPOLI,
CALLIGRAPH

A playful, soup-to-nuts guide to creating a restaurant, and a love letter to those who make the struggle palatable, the resilience possible, and the journey more fun—restaurant people.

Adam Weisblatt is the cofounder of Last Word Hospitality, which launched some of Los Angeles's most beloved restaurants including Found Oyster and Barra Santos.

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FOUR LEVERS NEGOTIATING

The Simple, Counterintuitive Way to Higher Deal Values and Lasting Trust

"Most negotiation advice is either outdated or straight-up manipulative. This flips the script—finally giving sellers a practical way to win deals without selling their soul."

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Todd Caponi is an award-winning author, speaker, and the principal of Sales Melon, LLC.

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THE FUTURE OF TRUTH

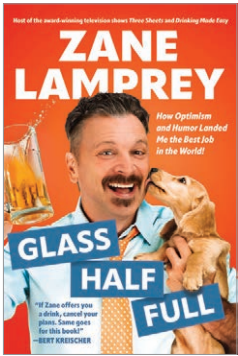
How AI Reshapes Reality

REPRESENTED BY TODD SHUSTER, AEVITAS

Part cultural investigation, part memoir, and part manifesto, a wild journey into the collapse—and the humans determined to rebuild Truth into something better, before AI rewrites reality without us.

Steven Rosenbaum is the executive director of the Sustainable Media Center, a nonprofit organization dedicated to exploring the impact of AI and social media on truth and society.

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GLASS HALF FULL

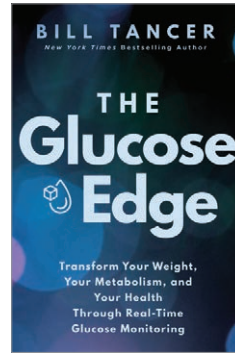
How Optimism and Humor Landed Me the Best Job in the World

REPRESENTED BY SCOTT KAUFMAN,
BUCHWALD TALENT AGENCY

A lively collection of humorous tales from a comedian's unconventional journey to becoming a globetrotting professional drinker.

Zane Lamprey is a comedian and world traveler, and the host of popular shows like *Three Sheets*, *Have Fork, Will Travel*, *Drinking Made Easy*, *Chug*, and *Four Sheets*.

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THE GLUCOSE EDGE

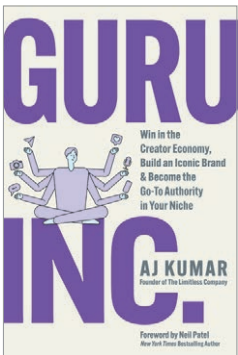
Transform Your Weight, Your Metabolism, and Your Health Through Real-Time Glucose Monitoring

REPRESENTED BY MELISSA FLASHMAN,
JANKLOW & NESBIT ASSOCIATES

Learn how to use continuous glucose monitoring to work with your body—not against it—in this revolutionary guide.

New York Times bestselling author **Bill Tancer** is the chief data scientist at Signos, a company that connects people to their metabolic signals.

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Win in the Creator Economy, Build an Iconic Brand, and Become the Go-To Authority in Your Niche

REPRESENTED BY GARY KREBS,
GMK WRITING AND EDITING, INC.

In the age of social media as personal television, it's not about being the best at what you do, it's about being the best at getting the right people to see it.

AJ Kumar is a digital marketing expert and the founder of The Limitless Company, a social media agency.

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HIDDEN PATTERNS

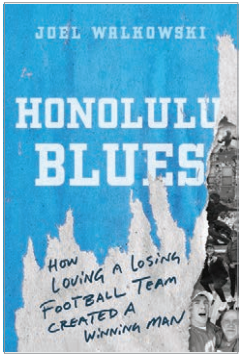
A Playbook for More Human Workplaces

REPRESENTED BY JESS REGEL,
HELM LITERARY

Unlock the hidden patterns that shape how work really works with this groundbreaking framework for designing it to be more adaptive, intelligent, and human.

Clay Parker Jones leads Organizational Design & Development at Airbnb, refining how a creativity-first company learns and ships new ideas.

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HONOLULU BLUES

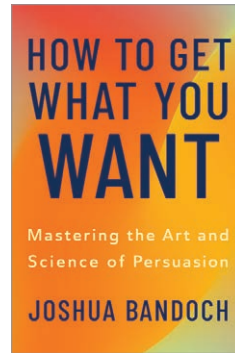
How Loving a Losing Team Created a Winning Man

REPRESENTED BY SCOTT KAUFMAN,
BUCHWALD TALENT AGENCY

A comedic play-by-play of historic gridiron failure marked by stunning almost wins and saw-it-coming losses that positions Detroit Lions lore as the backdrop for exploring themes of generational trauma, addiction, mental illness, and death.

Joel Walkowski is a writer, nationally touring comedian, and New York City basketball legend.

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HOW TO GET WHAT YOU WANT

Mastering the Art and Science of Persuasion

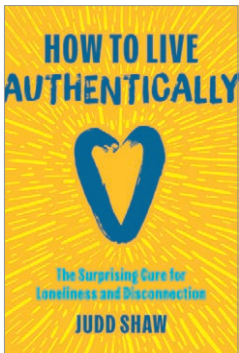
REPRESENTED BY JENNIFER LYONS,
JENNIFER LYONS LITERARY AGENCY

“This book gives readers confidence to advocate for themselves, whether interacting with family members, business associates, or even politicians. A solid roadmap to successful persuasion techniques.”

—*LIBRARY JOURNAL*

Persuasion expert **Joshua Bandoch** has spent over a decade uncovering the secrets of persuasion.

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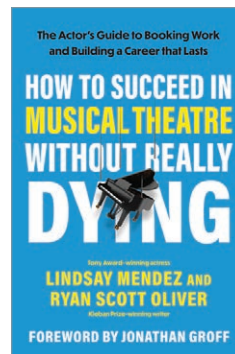
HOW TO LIVE AUTHENTICALLY

The Surprising Cure for Loneliness and Disconnection

Reclaim your life by reconnecting with the one person you've been avoiding: your true self. With the Connection CURE framework, put an end to patterns keeping you stuck in isolation and be real with yourself and your relationships.

Judd Shaw is a visionary keynote speaker, award-winning author, and the president of Judd Shaw Injury Law.

HARDCOVER: 9781637749128 • EBOOK: 9781637749135
US \$29.00 • BUSINESS • MAY 2026 • MATT HOLT BOOKS



HOW TO SUCCEED IN MUSICAL THEATRE WITHOUT REALLY DYING

The Actor's Guide to Booking Work and Building a Career That Lasts

REPRESENTED BY MICHAEL JOHNSTON, CAA

“Lindsay and Ryan are phenomenal teachers... their combined knowledge about what to have in your 'book' is truly the best.”

—ANNE L. NATHAN, Broadway actress and educator

The path to excellence requires daily determination and savvy strategy to help you stand out from the rest. Acclaimed master teachers **Lindsay Mendez** and **Ryan Scott Oliver** are here to show you the way.

PAPERBACK: 9781637747995 • EBOOK: 9781637748008
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I WILL FOLLOW YOU ANYWHERE

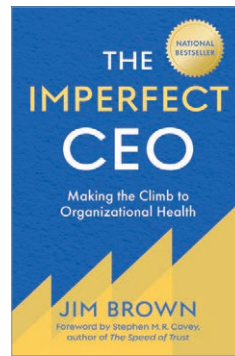
The True Story of the 9/11 Responders Who Took on Congress

REPRESENTED BY LUCINDA HALPERN,
LUCINDA LITERARY

The untold story of an American hero who proved that one person can turn trauma into heroic action—from the wounded construction worker who became a relentless champion of the 9/11 responders.

John Feal is a native New Yorker and Army veteran who worked as a demolition supervisor at Ground Zero.

HARDCOVER: 9781637748749 • **EBOOK:** 9781637748756
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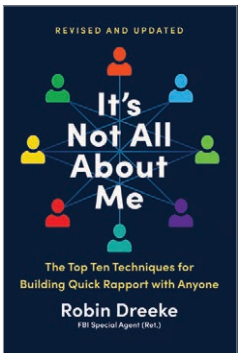
THE IMPERFECT CEO

Making the Climb to Organizational Health

A compelling story that provides leaders with a practical framework to deepen their understanding of effective leadership and strengthen their company's organizational health.

Jim Brown has been a trusted advisor to boards and executive teams for over 30 years.

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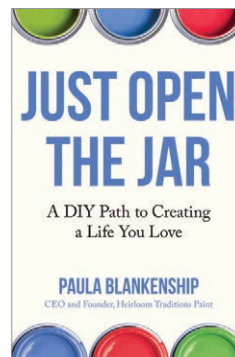
IT'S NOT ALL ABOUT ME, REVISED AND UPDATED

The Top Ten Techniques for Building Quick Rapport with Anyone

A field-tested set of principles and practices for connecting with others on a deeper level and fostering more meaningful relationships.

Robin Dreeke is an accomplished professional speaker, bestselling author, executive coach, and a Marine Corps Officer and retired FBI Special Agent who served as Chief of the Counterintelligence Behavioral Analysis Program.

PAPERBACK: 9781637748466 • **EBOOK:** 9781637748473
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JUST OPEN THE JAR

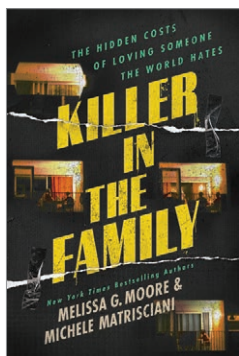
A DIY Path to Creating a Life You Love

REPRESENTED BY JILL MARSAL,
MARSAL LYON LITERARY AGENCY LLC

Sometimes the most powerful transformation starts with the smallest action—and you already have everything you need to begin.

From a high-school dropout turned multimillion-dollar entrepreneur, and the founder of Heirloom Traditions Paint, **Paula Blankenship**, a powerful memoir about creating lasting change without starting from scratch.

HARDCOVER: 9781637749081 • **EBOOK:** 9781637749098
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KILLER IN THE FAMILY

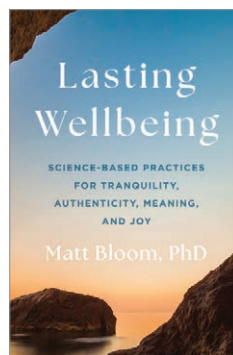
The Hidden Costs of Loving Someone the World Hates

REPRESENTED BY MARILYN ALLEN,
ALLEN LITERARY AGENCY

An intimate, unflinching account of what it's like to love a killer in the family, featuring deeply personal interviews with the families of Chris Watts, Diane Downs, John E. Robinson, Drew Peterson, and more.

Melissa Moore (the daughter of the Happy Face Serial Killer) and *New York Times* bestselling coauthor **Michele Matrisciani** share these rare, unguarded conversations.

PAPERBACK: 9781637749586 • EBOOK: 9781637749593
US \$19.95 • TRUE CRIME • OCTOBER 2026 • BENBELLA BOOKS



LASTING WELLBEING

Science-Based Practices for Tranquility, Authenticity, Meaning, and Joy

REPRESENTED BY LAURIE ABKEMEIER,
DEFIORE AND COMPANY

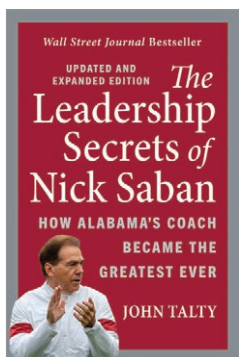
"This book is a powerful companion for anyone seeking deeper joy, gratitude, and inner peace."

—ALEXANDRA ELLE, *New York Times* bestselling author

A psychologist's field guide for better emotional, mental, and spiritual health.

Matt Bloom, PhD, is a professor emeritus at the University of Notre Dame and cofounder of Ritual.

HARDCOVER: 9781637748787 • EBOOK: 9781637748794
US \$29.95 • HEALTH & FITNESS • AUGUST 2026 • BENBELLA BOOKS



LEADERSHIP SECRETS OF NICK SABAN, UPDATED AND EXPANDED EDITION

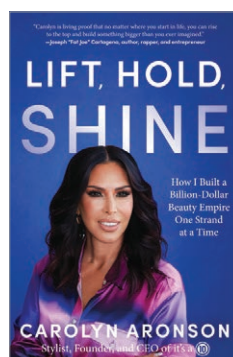
How Alabama's Coach Became the Greatest Coach Ever

"This is a remarkable must-read book—an absolute masterpiece."

—PAUL FINEBAUM, ESPN commentator and radio host

Senior sports editor and SEC Insider for Alabama Media Group **John Talty** highlights the keys to Saban's winning strategy and offers readers a blueprint for paving their own paths to success using the esteemed coach's leadership lessons.

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US \$21.00 • BUSINESS • JULY 2026 • MATT HOLT BOOKS



LIFT, HOLD, SHINE

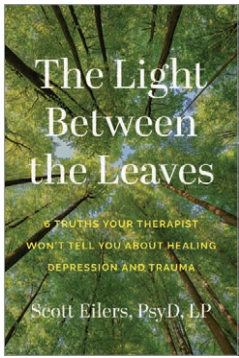
How I Built a Billion-Dollar Beauty Empire One Strand at a Time

REPRESENTED BY ELIZABETH KAPLAN,
ELIZABETH KAPLAN LIT

In this vulnerable and inspiring memoir, the CEO of It's a 10 Haircare shares the surprising twists and life lessons behind building a name brand, one bottle at a time.

Carolyn Aronson is the founder and CEO of It's a 10 Haircare, the only Latina-owned worldwide beauty brand.

HARDCOVER: 9781637749524 • EBOOK: 9781637749531
US \$29.95 • BUSINESS • OCTOBER 2026 • BENBELLA BOOKS



THE LIGHT BETWEEN THE LEAVES

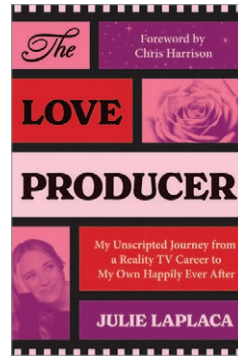
6 Truths Your Therapist Won't Tell You About Healing Depression and Trauma

REPRESENTED BY GILES ANDERSON;
THE ANDERSON LITERARY AGENCY

For many people, therapy, medication, and self-help advice provide insight—but not relief.

Clinical psychologist **Dr. Scott Eilers**, who spent decades working with patients who did not respond to standard approaches, provides unconventional therapies that have led to clinical breakthroughs.

PAPERBACK: 9781637748282 • EBOOK: 9781637748299
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THE LOVE PRODUCER

My Unscripted Journey from a Reality TV Career to My Own Happily Ever After

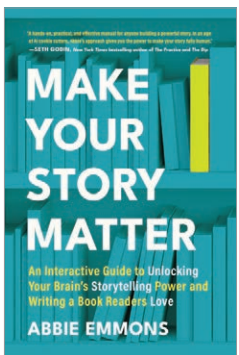
REPRESENTED BY AMANDA BERNARDI,
HIGH LINE LITERARY COLLECTIVE

“Julie invites readers into stories of heartbreak, aging, and dating—all leading to a place of feeling less alone.”

—BEN HIGGINS, former star of *The Bachelor*

Former Bachelor producer **Julie LaPlaca** flips the script in this vulnerable memoir about her journey to find love after her job turned into a real-life rom-com.

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US \$21.95 • TELEVISION • JULY 2026 • BENBELLA BOOKS



MAKE YOUR STORY MATTER

An Interactive Guide to Unlocking Your Brain's Storytelling Power and Writing a Book Readers Love

REPRESENTED BY STACEY GLICK,
DYSTEL, GODERICH & BOURRET LLC

“In an age of AI cookie cutters, Abbie's approach gives you the power to make your story fully human.”

—SETH GODIN, *New York Times* bestselling author

Youtuber **Abbie Emmons** shares a new writing method that harnesses the brain's natural storytelling instincts to write a book with heart, power, and impact.

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MAN ON FIRE

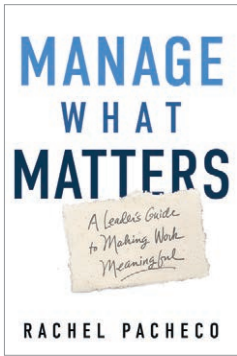
Of Life, Love, Literature, and Really Good Barbecue

REPRESENTED BY STACEY GLICK,
DYSTEL, GODERICH & BOURRET LLC

Global grilling authority Steven Raichlen reveals how a kid from Baltimore—armed with a degree in French literature—launched a barbecue revolution worldwide.

Steven Raichlen is the *New York Times* bestselling author of *The Barbecue Bible* and 33 other books, and host of *Planet Barbecue*, *Project Fire*, *Project Smoke*, and *Primal Grill*.

HARDCOVER: 9781637749609 • EBOOK: 9781637749616
US \$29.95 • MEMOIR • OCTOBER 2026 • BENBELLA BOOKS



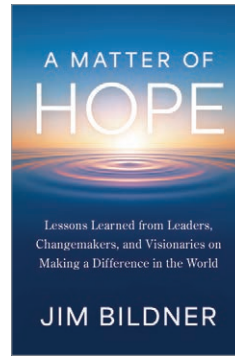
MANAGE WHAT MATTERS

A Leader's Guide to Making Work Meaningful

Exceptional leaders make day-to-day work matter. But few leaders are trained to help their employees find purpose in their mundane day-to-day work. With this practical guide, make even tedious work more meaningful.

Rachel Pacheco is a management professor at Georgetown University and award-winning author of *Bringing Up the Boss*.

**HARDCOVER: 9781637749869 • EBOOK: 9781637749876
US \$28.00 • BUSINESS • OCTOBER 2026 • MATT HOLT BOOKS**



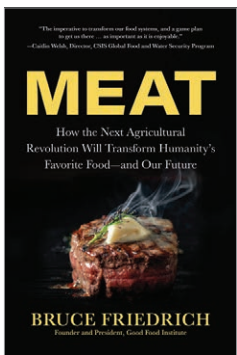
A MATTER OF HOPE

Lessons Learned from Leaders, Changemakers, and Visionaries on Making a Difference in the World

**REPRESENTED BY KEN LIZZOTE,
EMERSON CONSULTING GROUP INC.**

Hope is not in short supply; it is everywhere. **Jim Bildner**, CEO of Draper Richards Kaplan Foundation, one of the world's largest philanthropy firms, offers a blueprint for anyone determined to make a dent in our toughest problems—poverty, food insecurity, access to health and mental health care, education, climate adaptation, justice, and more.

**HARDCOVER: 9781637749760 • EBOOK: 9781637749777
US \$28.00 • BUSINESS • SEPTEMBER 2026 • MATT HOLT BOOKS**



MEAT

How the Next Agricultural Revolution Will Transform Humanity's Favorite Food—and Our Future

**REPRESENTED BY STACEY GLICK,
DYSTEL, GODERICH & BOURRET LLC**

"This packed account makes food science feel like an urgent and essential undertaking."
—**PUBLISHERS WEEKLY** (Top 10 New Release in Science)

Good Food Institute founder and president **Bruce Friedrich** offers a hopeful and rigorously researched exploration of the future of meat.

**HARDCOVER: 9781637747933 • EBOOK: 9781637747940
US \$29.95 • TECHNOLOGY • FEBRUARY 2026 • BENBELLA BOOKS**



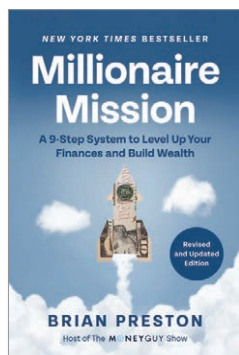
MEN AT WORK

The Roadmap to Gender Partnership

**REPRESENTED BY SCOTT MILLER,
GRAY MILLER AGENCY**

Work isn't working—for women or for men. Through powerful personal stories and groundbreaking research, **Jennifer McCollum**, CEO of Catalyst and author of *In Her Own Voice*, shows how inviting men into the inclusion conversation as gender partners—not just sponsors or allies—creates workplaces where everyone thrives.

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US \$30.00 • BUSINESS • MARCH 2026 • MATT HOLT BOOKS**



MILLIONAIRE MISSION, REVISED AND UPDATED

A 9-Step System to Level Up Your Finances and Build Wealth

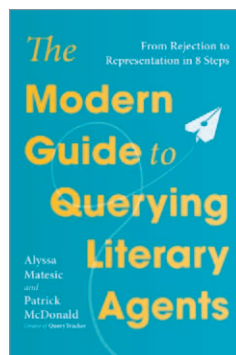
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BYRAN NORMAN, ALIVE LITERARY

“A living example of extraordinary success built upon fairly ordinary rules of saving and investing.”

—*USA TODAY*

The instant *New York Times* bestseller that will do more than help you optimize your army of dollar bills—it will motivate you to be the best version of your financial self.

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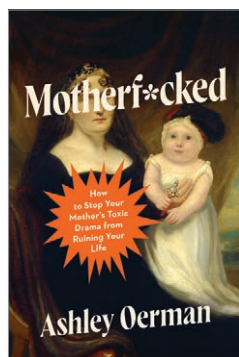
THE MODERN GUIDE TO QUERYING LITERARY AGENTS

From Rejection to Representation in 8 Steps

REPRESENTED BY JILL MARSAL,
MARSAL LYON LITERARY AGENCY

The confusion and guessing games of the querying process end here. Editor **Alyssa Matesic** and **Patrick McDonald**, creator of QueryTracker and QueryManager, share a step-by-step, proven guide for what works—and what doesn’t—when approaching literary agents, backed by real data and exclusive insights from over four million queries.

PAPERBACK: 9781637749005 • EBOOK: 9781637749012
US \$21.00 • WRITING • AUGUST 2026 • MATT HOLT BOOKS



MOTHERF*CKED

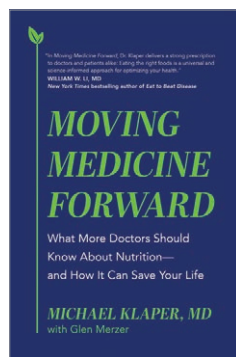
How to Stop Your Mother's Toxic Drama from Ruining Your Life

REPRESENTED BY JILL MARSAL,
MARSAL LYON LITERARY AGENCY

For anyone whose mother is the reason they're in therapy, this primer on problematic moms offers a super relatable modern approach to dealing and healing.

Ashley Oerman is a reporter, writer, and editor with a focus on health and lifestyle and the former lifestyle director at *Cosmopolitan*.

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US \$21.95 • FAMILY & RELATIONSHIPS • APRIL 2026 • BENBELLA BOOKS



MOVING MEDICINE FORWARD

What More Doctors Should Know About Nutrition—and How It Can Save Your Life

“A compelling, evidence-based case for why nutrition and lifestyle must be central to modern medical care.”

— **WILLIAM W. LI, MD**, *New York Times* bestselling author

Michael Klaper, MD, is a board-certified physician and pioneer in using plant-predominant medicine to prevent surgery and reverse chronic illnesses like heart disease, type 2 diabetes, and hypertension.

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MY TIME TO STAND

A Memoir

REPRESENTED BY MARILYN ALLEN,
ALLEN LITERARY AGENCY

With a new preface reflecting on her life after prison and her true feelings about co-conspirator Nick Godejohn, Gypsy-Rose Blanchard shares her story.

Gypsy-Rose Blanchard served 8 years for the second-degree murder of her mother, Claudine Blanchard, after years of abuse caused by her mother's Munchausen syndrome by proxy.

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US \$21.95 • MEMOIR • APRIL 2026 • BENBELLA BOOKS



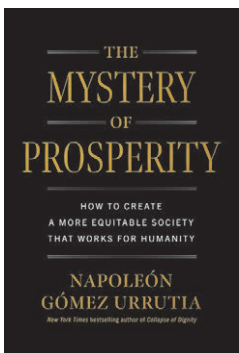
MY UNCLE THE MAGICIAN

Journey from Heartbreak
and Fear to Self-Love

Change your perception, and you change your world. Discover the hidden magic within yourself—the kind that transforms pain into strength, doubt into clarity, and everyday life into something extraordinary.

Alex Nottingham, JD, MBA, is an attorney and former top Tony Robbins coach who empowers professionals with practical strategies for business and personal growth.

HARDCOVER: 9781637749746 • EBOOK: 9781637749753
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THE MYSTERY OF PROSPERITY

How to Create a More Equitable
Society That Works for
Humanity

REPRESENTED BY JONAS KOFFLER,
INFLUENCE WORKS MEDIA

A timely work that decodes how nations build long-term prosperity and why so many fall short. *New York Times* bestselling author, Mexican labor leader, and Oxford-trained economist **Napoleon Gomez Urrutia** shares international case studies to chart a new path forward for economic growth, social equality, and democratic resilience.

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PICK MONEY

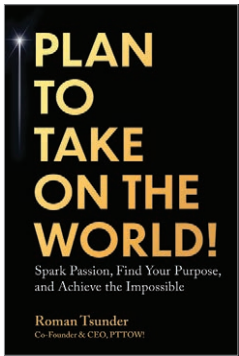
Five Years to Financial Freedom

REPRESENTED BY JILL MARSAL,
MARSAL LYON LITERARY

An unfiltered, no-nonsense road map to financial freedom from a self-made entrepreneur with a proven method to set money goals, enrich your life, and build lasting wealth.

Shawn Meaike is the founder and president of Family First Life, a multimillion-dollar independent marketing organization launched in late 2013.

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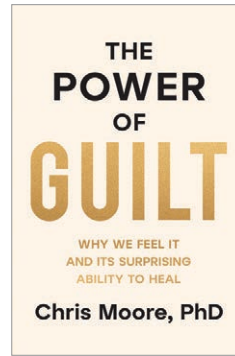
PLAN TO TAKE ON THE WORLD!

Spark Passion, Find Your Purpose, and Achieve the Impossible

Uncover the source of your energy, align with what lights you up, and learn a framework you can return to anytime you feel stuck or disconnected from your truth.

Roman Tsunder is the cofounder of PTTOW!, a network for creative CEOs, CMOs, and icons from 70 major industries.

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THE POWER OF GUILT

Why We Feel It and Its Surprising Ability to Heal

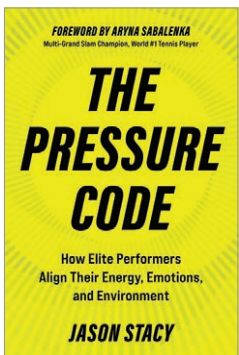
REPRESENTED BY KELLY BERGH, LUCINDA LITERARY

“This book will completely change your relationship with guilt.”
 —**SAMRA ZAFAR, MD**

A science-based guide to understanding and leveraging the surprising gift of guilt.

Chris Moore, PhD, professor of psychology and former dean of science at Dalhousie University.

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THE PRESSURE CODE

How Elite Performers Align Their Energy, Emotions, and Environment

REPRESENTED BY SCOTT MILLER, GRAY MILLER AGENCY

True peak performance isn't about simply pushing harder. Master the three forces that drive every outcome—energy, emotions, and environment—so you can sustain your edge under pressure and win without burnout.

Jason Stacy is a world-class high performance coach who has coached Olympic, world, and national champions—including Aryna Sabalenka, the current world No. 1 in women's singles.

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US \$28.00 • BUSINESS • SEPTEMBER 2026 • MATT HOLT BOOKS



RAIN DATE

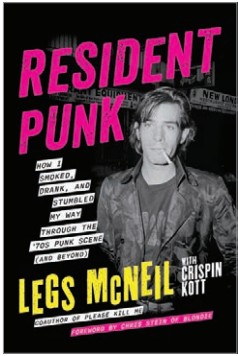
Unpredictable Lessons from My Life Forecasting the Weather

REPRESENTED BY ADAM CHROMY, MOVABLE TYPE MANAGEMENT

Weathercaster “Nor’Easter” Nick Pittman tells his heartfelt story of learning to embrace the unpredictable and turn rainy days into opportunities.

Nick Pittman is a meteorologist and the CEO of NorCast Media Group, an independent, New Jersey-based weather outlet that reaches millions of viewers each month.

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RESIDENT PUNK

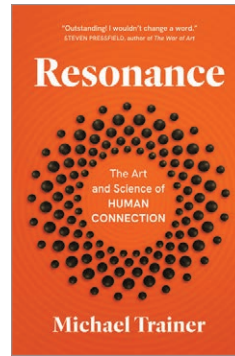
How I Smoked, Drank, and Stumbled My Way Through the '70s Punk Scene (and Beyond)

REPRESENTED BY MAX EDWARDS,
AEVITAS CREATIVE MANAGEMENT

Time-travel to the punk scene of 1970s New York as seen through the eyes of its chief reporter, “the original punk” who gave the movement its name.

Legs McNeil is the coauthor of the 2.5-million-copy global bestseller *Please Kill Me: The Uncensored Oral History of Punk* and cofounder of *Punk* magazine.

HARDCOVER: 9781637749463 • EBOOK: 9781637749470
US \$29.95 • MUSIC • SEPTEMBER 2026 • BENBELLA BOOKS



RESONANCE

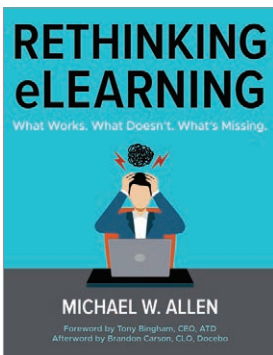
The Art and Science of Human Connection

REPRESENTED BY JAIDREE BRADDIX,
ARC COLLECTIVE

No matter what your long-term goals are, you can't afford to overlook meaningful connections. Learn to truly resonate and never miss out on a great connection again.

Michael Trainer is the co-creator of Global Citizen Festival, which has raised billions and impacted 2.5 billion lives, and creator of the *Peak Mind* podcast.

HARDCOVER: 9781637747957 • EBOOK: 9781637747964
US \$29.95 • SELF-HELP • MAY 2026 • BENBELLA BOOKS

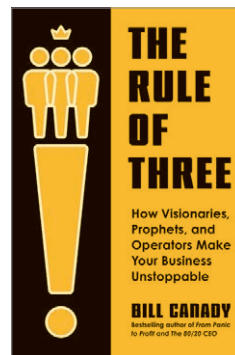


RETHINKING eLEARNING

What Works. What Doesn't. What's Missing.

Learn how to elevate your learning experiences and take your learners to new heights from the godfather of elearning, **Michael Allen**, as he revisits, challenges, and updates instructional design principles. Digestible and actionable, this guidebook is invaluable for designing learning experiences based both on designer goals and learner experience.

PAPERBACK: 9781637748367 • EBOOK: 9781637748374
US \$40.00 • BUSINESS • FEBRUARY 2026 • MATT HOLT BOOKS



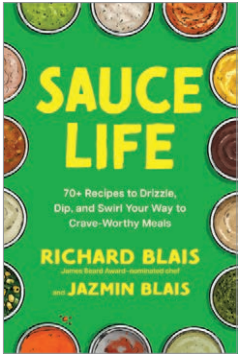
THE RULE OF THREE

How Visionaries, Prophets, and Operators Make Your Business Unstoppable

Discover how to supercharge your organization's success by reimagining your leadership team with three essential roles.

Bill Canady, a global business executive and author of *The 80/20 CEO*, outlines a triumvirate leadership system that works in concert to develop and execute data-driven visions for profitable growth.

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US \$28.00 • BUSINESS • MAY 2026 • MATT HOLT BOOKS



SAUCE LIFE

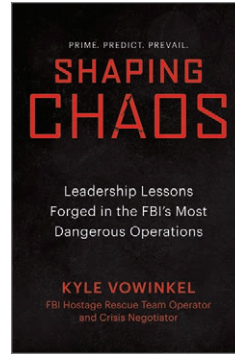
70+ Recipes to Drizzle, Dip, and Swirl Your Way to Crave-Worthy Meals

REPRESENTED BY KARI STUART, CAA

These aren't your mother sauces. Level up your cooking game with this illustrated kitchen companion that will help you make any meal unforgettable.

James Beard Award–nominated chef **Richard Blais** and **Jazmin Blais** share 70 mouthwatering sauce recipes—from hot fudge sauce to the perfect marinara—to elevate everyday cooking, grilling, and roasting.

PAPER OVER BOARD: 9798902680161 • EBOOK: 9798902680178
US \$24.95 • COOKING • NOVEMBER 2026 • BENBELLA BOOKS



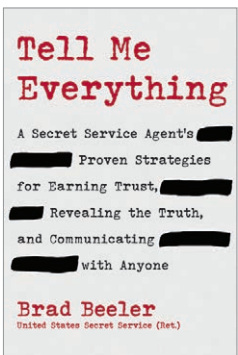
SHAPING CHAOS

Leadership Lessons Forged in the FBI's Most Dangerous Operations

REPRESENTED BY DAVID VIGLIANO, VIGLIANO ASSOCIATES

Alternating between vivid stories and concrete, repeatable tools, the stories within this book drop readers into real-world operations, from the Boston Marathon bombing manhunt to complex kidnappings and hostage standoffs. West Point graduate **Kyle Vowinkel** distills hard-won lessons from the Army and the FBI's elite Hostage Rescue Team (HRT) and Crisis Negotiation Unit (CNU) into a cohesive leadership operating system.

HARDCOVER: 9798902680239 • EBOOK: 9798902680246
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TELL ME EVERYTHING

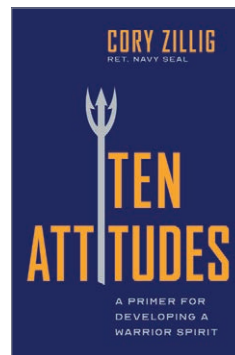
A Secret Service Agent's Proven Strategies for Earning Trust, Revealing the Truth, and Communicating with Anyone

"No matter what profession you are in, knowing how to get people to cooperate and share information with you is a skill few master."

—JOE NAVARRO, former FBI Agent

Brad Beeler, retired after 25 years with the United States Secret Service, shares a proven communication tool kit from his career.

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US \$30.00 • BUSINESS • FEBRUARY 2026 • MATT HOLT BOOKS



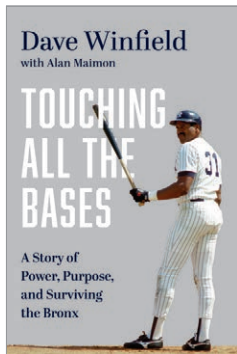
TEN ATTITUDES

A Primer for Developing a Warrior Spirit

REPRESENTED BY SCOTT KAUFMAN, BUCHWALD TALENT AGENCY

From retired Navy SEAL **Cory Zillig** comes a spiritual field guide for warriors navigating high-stakes operations, intense training, and everyday challenges. From soldiers and first responders to business leaders, parents, and athletes, this no-nonsense primer shares ten attitudes for strengthening resolve, rooting your life in service, and keeping you focused on your highest goals.

PAPERBACK: 9781637749142 • EBOOK: 9781637749159
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TOUCHING ALL THE BASES

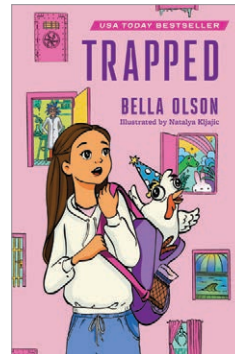
A Story of Power, Purpose, and Surviving the Bronx

REPRESENTED BY NOAH BALLARD, VERVE

A fearless portrait of power, race, and resilience from one of baseball's most dynamic legends, this memoir offers an unflinching look at one of the most infamous feuds in sports history.

Dave Winfield is a Hall-of-Fame baseball player and World Series champion who played 22 major league seasons, 17 of them in San Diego and New York.

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TRAPPED

REPRESENTED BY CHARLIE FUSCO, TGC

"This young author delivers a charming, original, and laugh-out-loud debut. Don't miss the fun!"

—KATHERINE APPLEGATE, Newbery Award-winning author

Ava's got brains, bravery... and a party-hat-wearing magic chicken. Good thing, too, because she'll need all three.

Bella Olson is the 11-year-old founder of Avocado Awesomeness.

PAPERBACK: 9781637748701 • **EBOOK:** 9781637748718
US \$12.95 • FICTION • APRIL 2026 • BENBELLA BOOKS



TWO EXTRA STEPS

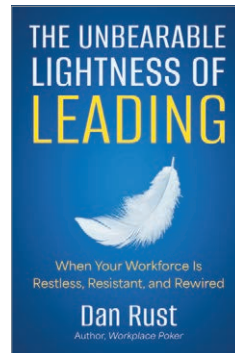
The Unfair Edge Anyone Can Use

REPRESENTED BY JILL MARSAL,
 MARSAL LYON LITERARY AGENCY

You don't need to do it all. You just need to do what others won't. Discover a no-nonsense strategy for builders, doers, entrepreneurs, and high-performers who are done settling for mediocre results.

Bill Faeth is a serial entrepreneur and the founder of the #1 short-term rental brand, Build STR Wealth.

HARDCOVER: 9781637749166 • **EBOOK:** 9781637749173
US \$28.00 • BUSINESS • JUNE 2026 • MATT HOLT BOOKS



THE UNBEARABLE LIGHTNESS OF LEADING

When Your Workplace Is Restless, Resistant, and Rewired

REPRESENTED BY MATTHEW CARNICELLI,
 CARNICELLI LITERARY MANAGEMENT

If you sense the ground getting softer beneath your feet—your authority growing lighter, your old playbook turning to dust—this book shows you how to lead through the maelstrom with depth, with clarity, with trust.

Dan Rust is an author, speaker, and corporate provocateur who helps leaders navigate many modern disruptions caused by generative AI, cultural and generational tensions, remote and hybrid work, among others.

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UNLOCKING THE LAST 20%

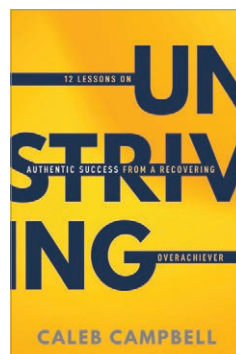
Rising to Greatness Through Discipline, Balance, and Resiliency

REPRESENTED BY GREG JOHNSON,
WORDSERVE LITERARY

For all those standing at the 80% threshold of their capabilities, a guide to reaching one's utmost capacity and finally breaking through the barriers to extraordinary achievement.

Tucker “Cinco” Hamilton’s journey from high school dropout to fighter test pilot and Air Force officer exemplifies the principles of this book—discipline, leadership, resilience, and transformation.

HARDCOVER: 9781637748480 • EBOOK: 9781637748497
US \$30.00 • BUSINESS • MARCH 2026 • MATT HOLT BOOKS



UNSTRIVING

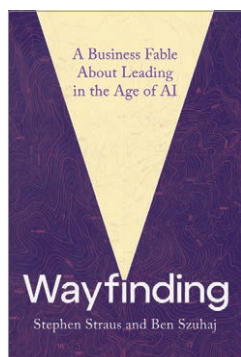
12 Lessons on Authentic Success from a Recovering Overachiever

REPRESENTED BY RACHEL JACOBSON,
ALIVE LITERARY

Your ambition should be fueling you, not draining you. It's time to pivot from the relentless cycle of hustle culture to the pursuit of play, curiosity, and purpose-driven fulfillment.

Caleb Campbell is a West Point graduate, former Army officer, and NFL athlete-turned-author who walked away from celebrity to build a joy-filled life.

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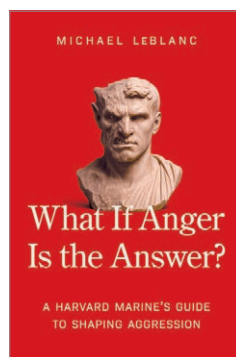
WAYFINDING

A Business Fable About Leading in the Age of AI

This modern business fable brings to life the urgent challenges executives face as artificial intelligence rewrites the rules of competition.

KUNGFU.AI’s CEO **Stephen Straus** and strategist **Ben Szuhaj** deliver a gripping narrative about a CEO’s race to create a viable AI strategy or lose her job, and what defines leadership in times of seismic change.

HARDCOVER: 9781637749845 • EBOOK: 9781637749852
US \$27.00 • BUSINESS • OCTOBER 2026 • MATT HOLT BOOKS



WHAT IF ANGER IS THE ANSWER?

A Harvard Marine’s Guide to Shaping Aggression

REPRESENTED BY CHARLIE FUSCO, TGC

At its worst, anger is responsible for destruction and death. But what if that same power could be harnessed to build and create?

Drawing on lessons from ancient philosophy, military leadership, and Silicon Valley, **Mike LeBlanc** shares lessons from his own journey of how the Marine Corps and the war in Afghanistan shaped his anger and aggression.

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US \$28.00 • BUSINESS • AUGUST 2026 • MATT HOLT BOOKS



WHITE. BLONDE. JEW.

A Call to End Extremism,
Speak Up, and Reclaim Center

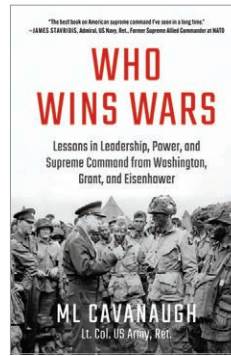
REPRESENTED BY AMI MCCONNELL,
WRITERFEST LITERARY SERVICES

“A courageous and timely book . . . By breaking through stereotypes, Rosenheck reminds us that each one of us has the power to stand up.”

—RABBI RAPHAEL SHORE, author, producer, and founder

Alyssa Rosenheck shares a cultural and political narrative for anyone ready to speak their truth and lead with values that won't bend.

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WHO WINS WARS

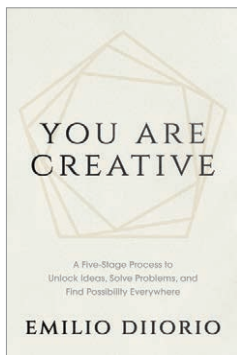
Lessons in Leadership,
Power, and Supreme
Command from Washington,
Grant, and Eisenhower

REPRESENTED BY JOSEPH PERRY,
PERRY LITERARY

What makes a general great? What should strategic leadership look like?

Award-winning military strategist and top West Point professor **ML Cavanaugh** unlocks the secrets to success in the wars that mattered most, offering fresh insights from history about leadership, power, and the art of better decision making in our modern world.

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YOU ARE CREATIVE

A Five-Stage Process to Unlock
Ideas, Solve Problems, and
Find Possibility Everywhere

Creativity isn't a lightning bolt—it's a way of moving through life. Learn a simple, repeatable process shaped by real stories from the operating room, the boardroom, and the studio.

Engineer-turned-surgeon-turned-sculptor **Emilio DiIorio** shows a path to creativity as a lived practice.

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YOU DO YOU

100+ Endlessly Adaptable
Recipes to Boost Your
Culinary Confidence

REPRESENTED BY EVE ATTERMAN, WME

“With simple additions or tweaks, every recipe can be a success, and every meal can be delicious and meaningful. Bravo!”

—MARTHA STEWART

Culinary expert **Serena Wolf** shares flexible, flavor-packed recipes—from crispy quesadillas to juicy reverse-seared steak—designed to boost creativity and confidence in the kitchen, one recipe at a time.

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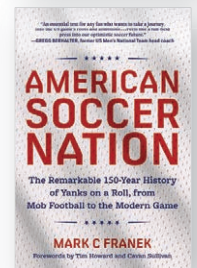
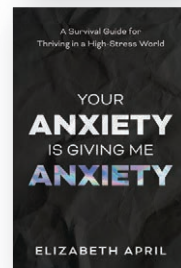
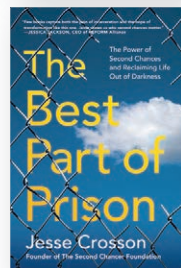
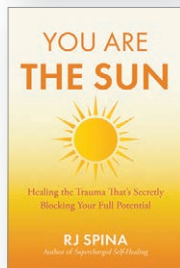
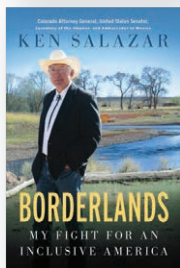
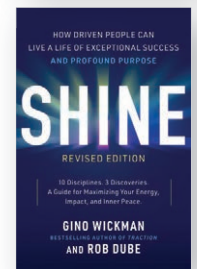
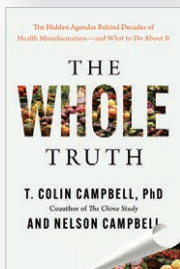
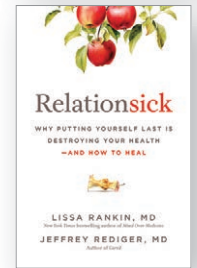
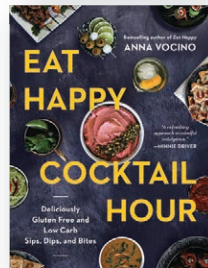
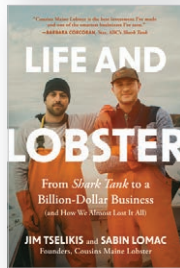
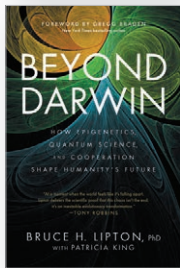
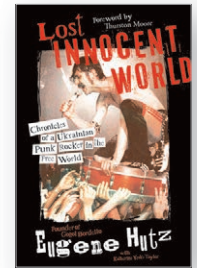
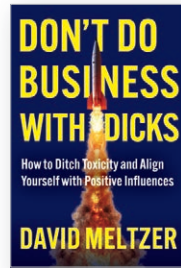
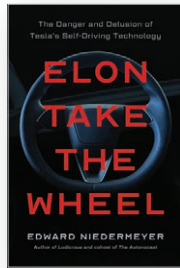
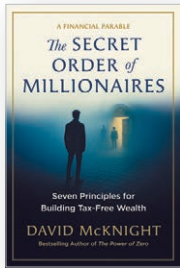
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