

BenBella Books

16 YEARS OF INNOVATIVE PUBLISHING



SPRING 2019 CATALOG



HELLO THERE!

DEAR READER,

Welcome to BenBella's Spring 2019 catalog! We've got another incredible set of titles for you.

But before I introduce the titles, I want to let you know about another BenBella Books production: *Building Books*, a podcast hosted by yours truly. Our podcast is aimed at writers, aspiring writers, and industry professionals. We cover our books and our authors but I also interview a variety of publishing experts, including other publishers, marketers, and literary agents. You can find it on iTunes or wherever you listen to podcasts, or at BuildingBooksPodcast.com. I think you'll enjoy it.

As usual, we've collected an eclectic set of titles for our readers, from the power of brainwaves to transform our lives to adventures on the set of *Saturday Night Live*, from the candid memoir of the singular Lamar Odom to an in-depth look at what's really happening at Tesla.

Almost everyone knows who Lamar Odom is, but his full story has never been told . . . until now. In *Darkness to Light*, Lamar reveals the details of his incredible life, filled with celebrity, athleticism, excess, tragedy, and an almost miraculous recovery. And sit down with the always funny Chris Kattan, as he tells the hysterical and occasionally shocking behind-the-scenes stories of *SNL* in *Baby, Don't Hurt Me*.

We've got some wonderful science titles this season. Matthew D. LaPlante takes us on a tour of nature's biggest, fastest, loudest, and deadliest creatures in the brilliant *Superlative: The Biology of Extremes*. Neuroscientist R. Douglas Fields explores the cutting-edge science of brainwaves and how they may soon allow direct mind-to-mind and mind-to-computer communication in *Electric Brain*. And Jon Lieff, MD, takes us on an incredible journey into the surprisingly sophisticated communications of cells in *The Secret Language of Cells*.

Plus . . . the in-depth story of the Bundy standoff with the government, eating vegan on a budget, inside stories of the ATF's undercover operations, and much, much more.

Enjoy!

GLENN YEFFETH

PUBLISHER, BENBELLA BOOKS

GLENN@BENBELLABOOKS.COM

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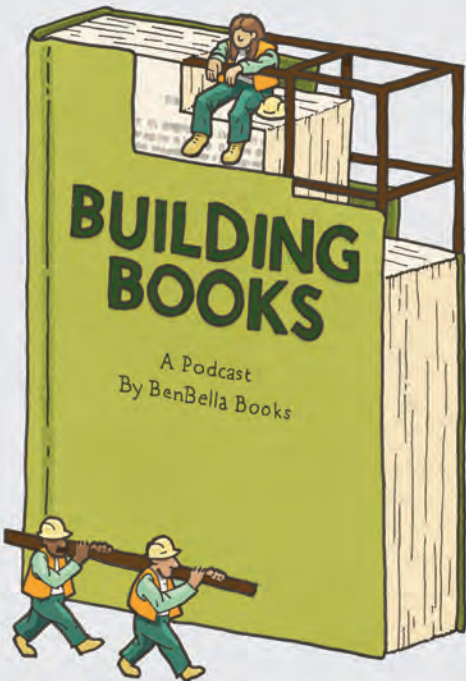
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Building Books
A PUBLISHING PODCAST FROM BENBELLA



BARE

A 7-Week Program to Transform Your Body, Get More Energy, Feel Amazing, and Become the Bravest, Most Unstoppable Version of You

SUSAN HYATT



Life coach Susan Hyatt, who has helped thousands of women through her podcast and online community, helps readers transform their bodies and lives in order to conquer their goals and feel their best.

“Bare flips the broken cultural norm—we must starve ourselves to fit into a patriarchal norm of desirability—and focuses instead on strengthening the love, power, and beauty we have inside us. Susan will help you nurture and love the body you are in, choosing health on your terms and in your time.”

—PAMELA SLIM, AUTHOR OF *BODY OF WORK*

GET READY TO SHED everything that’s weighing you down, treat your body like a beloved friend, and seize each day like you mean it!

You are more than your body; you are a badass, whole woman with big dreams, big feelings, and big potential—but right now, you’re also physically bigger than you want to be. What are you hiding behind that shield of overeating? Who do you want to be when you put down the shield and take on life’s battles *bare*?

Once you finally drop the shield, you naturally drop the weight.

In her second book, *Bare*, Susan Hyatt presents a badass, feminist approach to transforming your body and your life. Inside this book, you’ll learn:

- How to treat your body with care, love, and respect—not hateful criticism.
- How to shed everything that’s weighing you down, physically and mentally.
- How to de-stress at the end of the day without relying on excessive food, alcohol, Netflix binging, and other habits that clog up your mind and drain your energy.
- How to stop obsessing about your body and focus on the priorities that really matter in life—like rocking your career, writing your novel, learning a foreign language, contributing to your community, or otherwise leaving your legacy.

Bare is a must-read book if you want to take excellent care of yourself, upgrade your mental and physical health, build confidence, conquer your goals, crush the patriarchy, and look and feel damn good doing it.

Bare is not a weight-loss plan. It’s a life-gain plan.

- **Accompanying coaching program and new podcast**
- **Hyatt has been featured in *Cosmopolitan*, *Woman’s World*, *Seventeen*, and *O: The Oprah Magazine***
- **Author has 5–10 speaking engagements per year in large cities; 3–5 retreats per year; and regular webinars**
- **Promotion to author’s email list (8K)**
- **Preorder campaign with incentives such as promo kits, a digital course, and book club resources**
- **SHyatt.com**
- **Facebook: /Susan.OHyatt**
- **Instagram: @SusanHyatt**

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SUSAN HYATT is a master certified life coach, weight loss expert, and the author of *Bare*. She’s the creator of the trademarked BARE Process, the BARE Deck, a podcast called *BARE*, and an online community called BARE DAILY. Susan has been featured in *Cosmopolitan*, *Woman’s World*, *Seventeen*, and *O: The Oprah Magazine*. When she’s not coaching clients, you can find Susan lifting weights at the gym, lacing up her sneakers for a 5AM run, or broadcasting live to talk about transformation, courage, standing up to bullies (including the bullies that live inside your own mind), taking excellent care of your body, and creating the life that you crave. Residence: Evansville, Ill.

GO BE KIND

28½ Adventures Guaranteed to Make You Happier

LEON LOGOTHETIS

Host of Netflix's *The Kindness Diaries* and previously of *Amazing Adventures of a Nobody* presents an adventure journal that encourages readers to tap into the life-changing power of kindness.

IF YOU WANT TO be happy, all you have to do is . . . *Go Be Kind*.

Go Be Kind isn't just a journal or another how-to guide to getting what you want. It's a series of adventures that will help you rediscover the greatest human gift—kindness—connect you with others, and help you create a happier life.

This life-changing book is filled with highly classified missions, treasure hunts, dream dates, left-handed writing, awkward moments, and new adventures that are guaranteed to change your life. You will become best friends with total strangers. Some of the adventures can be done while you're falling asleep at night. Some of them will open your eyes to things you've never seen before. And all of them are really easy.

It might take 28½ days. It might take 11. Or you can take all the time you need (the adventure is up to you).

Go Be Kind isn't about random acts of kindness because kindness isn't an act. Kindness is a state of being. Kindness is who we really are, if only we can stop for long enough to remember. It makes us loving. It makes us vulnerable. It makes us courageous. Kindness is the greatest adventure of all time. That adventure is about to change your life. And someone else's, too . . .

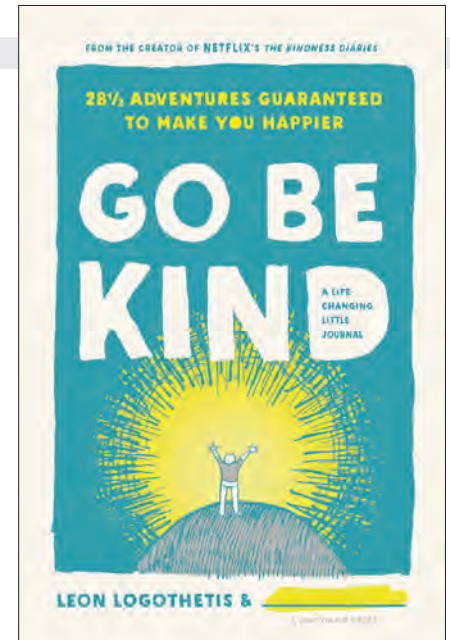
Because once we start being kind, we realize that there is no faster way to happiness. It will change how you see the world, how you connect with other people, and how you connect with yourself.

And it starts with you. All you have to do is change one life in order to change the world. You ready?

Let's do it. #gobekind



LEON LOGOTHETIS is a global adventurer, motivational speaker, and philanthropist. Leon has visited nearly 100 countries and traveled to every continent. He is the star of the Netflix series *The Kindness Diaries*, where he circumnavigates the globe on his vintage yellow motorbike Kindness One, giving life-changing gifts along the way to unsuspecting good Samaritans. Prior to *The Kindness Diaries*, Leon was host of the TV series *Amazing Adventures of a Nobody*, which ran on National Geographic International for three seasons, following Leon as he crossed America, the United Kingdom, and Europe on just five dollars, five pounds, and five euros a day, respectively. Leon has documented his travels for numerous media outlets including *CBS This Morning*, *Good Morning America*, CNN, *Los Angeles Times*, *San Francisco Chronicle*, *Outside*, *HuffPost*, *Psychology Today*, and the *New York Times*. He is the author of three bestselling books: *Amazing Adventures of a Nobody*, *The Kindness Diaries*, and *Live, Love, Explore*. Residence: Los Angeles, Calif.



- **Fully illustrated, 1-color journal**
- **Logothetis is host of the Netflix series *The Kindness Diaries* (1M+ views and 500M+ media impressions) and author of *The Kindness Diaries* (19K copies sold)**
- **Author has visited nearly 100 countries and has documented his travels for *CBS This Morning*, *Good Morning America*, CNN, *New York Times*, *Los Angeles Times*, *Psychology Today*, and *HuffPost***
- **In 2018, the author had 50+ speaking engagements; for 2019, he is planning a book tour in conjunction with the book release**
- **LeonLogothetis.com**
- **Facebook: /LeonLogothetis**
- **Instagram: @LLogothetis**

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MOVING FOREWORD

Real Introductions to Totally Made-Up Books

EDITED BY JON CHATTMAN

6



A fun collection of tongue-in-cheek forewords for imaginary books, penned by real celebrities.

A GREAT FOREWORD IS more than just a few pages of self-indulgent frippery that comes before a book. A great foreword adds zest. It sets the stage for the page-turner you're about to open, and perhaps even puts you in the locked room where a mystery happens or in the high-button shoes of a year gone by. A great foreword—sometimes—is even better than the book it precedes.

So why not skip the boring actual-book part?

Moving Foreword is a collection of introductions to imaginary books, written by real celebrities, comedians, musicians, and other writers with something to say. With a *real* foreword by **Rainn Wilson**, this book offers a no-holds-barred cacophony of laugh-out-loud funny, poignant, and thought-provoking writing that tackles everything from politics to pop culture, true crime to trout fishing, and *Star Wars* to skin flicks. Highlights include:

- **Chattman is a seven-time published author of pop culture and sports books**
- **Planning to leverage contributors' platforms where possible to promote book**
- **Promotion through the editor's blog; also possibly creating a *Moving Foreword* social media platform**
- **Aggressive book media outreach (podcasts, newsletters, blogs)**
- **ThisIsASides.com**
- **Facebook: /ThisIsASides**
- **Twitter: @ThatJonChattman**
- **YouTube: /TheCheapPopDotCom**

- *Bustin' Through: Confessions of the Kool-Aid Man*, Foreword by "Pop Candy" columnist **Whitney Matheson**
- *Sock Puppet Mozart: The Life and Gruesome Death of Randy Masterson*, Foreword by actor **Thomas Lennon**
- Stephen Hawking's *Why We Keep Making the Same Mistakes*, Foreword by recording artist **Moby**
- *The Lure of the Flies: On the Art of Fly Fishing*, Foreword by **Adam West**, the late, the great, the Batman
- *Keep Your Gaze on Me: The Murder of Persia Sadsashay*, Foreword by **Shirley Manson**, lead vocalist of Garbage
- *Pizzazz: The Life and Death of Darrell Hammond*, Foreword by *Saturday Night Live* alumnus **Darrell Hammond**
- *I'll Be There for You: The True Story of the Central Perk Murders*, Foreword by **Simeon Goodson**, Brooklyn-bred stand-up comedian
- *Blank Pages*, Foreword by rock and roll hall of famer **John Oates**
- *Nip-Slips: An Illustrated History*, Fore(skin) word by **Mr. Skin**
- *Everything You Need to Know About Massachusetts Fish and Wildlife Regulations*, Foreword by New Kids on the Block member **Jonathan Knight**
- *Fly Ball: How the New York Yankees Have Changed Lives*, Foreword by talk show host **Jerry Springer**
- *Terrible Band Names: A Chronology*, Foreword by **John Ondrasik**, also known as Five for Fighting

... and many more!

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JON CHATTMAN is an accomplished writer, author, marketing expert, and entertainment host. He's covered various red carpets and interviewed an array of talent from Meryl Streep to Courtney Love to Randy "Macho Man" Savage. He has written for *HuffPost*, *Inked*, *New York Post*, and *USA Today*. His A-Sides music and entertainment series has featured live performances and informal interviews with such artists as Imagine Dragons, Alice Cooper, and Wyclef Jean. His previous books include *Time Heels*; *How the Red Sox Explain New England*; *Superfly: The Jimmy Snuka Story*; *A Battle Royal in the Sky*; *I Love the Red Sox*, *I Hate the Yankees*; and *Sweet Stache*. Residence: Mamaroneck, N.Y.

WAIT. YOU WANT ME TO WRITE a foreword to a book about *forewords*?!”

That’s what I said when my friend Jon called me to ask about writing this particular piece of prose. “Cool! Count me in,” I said. Then, switching gears, I put on my best Dwight Schrute hat and said, “Well, how much are you willing to pay me to do it?”

Then Jon was like, “How about you pay *me* for the privilege, asshat? I mean, you’re a mostly unemployed former sitcom actor; you should be kissing our asses to be a part of this one-of-a-kind literary event.”

I thought about it a second and then, ashamed, red-faced, I croaked, “How does \$800 sound?”

Jon was like, “We’ll take it. But whatever you write better be good or you’re finished. FINISHED, I SAY!”

I gulped fearfully, wrote Jon a personal check, and here we are!

Being a part of one of the most “meta” books in human history cost me \$800, untold hours of writing time, and buttloads of self-esteem. I hope you like it! (Please like it. Because I will be contractually forced to pay an additional \$37 for each negative Amazon review. Please like it.) . . .

In life there are some things one simply cannot underestimate: wolverines, gastroenteritis, and the importance of forewords. One can also never underestimate the vast difference between a foreword, an introduction, and a preface. (If you don’t know the difference, probably something is very, very wrong with you or you are an idiot. At least that is what my friend Jon told me when I asked.)

So, let me fill you in. A *preface* is for when the book is really lame and complicated, and the author needs to tell you why he even wrote the book he’s just written. An *introduction* is when the book is really lame and complicated, and you need the author to tell you what’s even inside the rest of the book. A *foreword* is for when a book is not going to sell very well, and the author needs a currently unemployed former television sitcom actor to write something, *anything*, in a desperate, sweaty attempt to stick his “has-been” name on it and sell more copies.

Forewords (*fore* plus *words*, or the words before a book) are also not to be confused with forwards (the direction) or forwards (like in basketball). (I highly doubt that Blake Griffin or Charles Barkley would know what a foreword was if it bit them in the high top.) And, fun fact, “forward” is not a word at all.

Now! To the book at hand. Perhaps, dear reader, you enjoy browsing through tomes at your local independent bookstore and flipping open the vibrant cover to land on your favorite part, the foreword. Perhaps you read a bit of it right there in the aisle, to get a general sense of the very book you’re holding in your hand and, sold by the foreword author’s promises, bring the book home—where you realize the book itself is a disappointment.

Well, no more! With this book you don’t have to suffer through the rest of the book. There is no rest of the book. We’ve taken the best bit of any book and made an even bigger book out of it. It’s a book of best bits! What you’re reading is the book equivalent of eating the frosting off a cake. This book is like sex without any of that booooring foreplay! It’s the equivalent of going directly to the chorus of your favorite song. It’s a baseball game of constant home runs and none of those endless periods where guys adjust their gloves and jock straps and spit and talk to each other on the mound. It’s like the flavor-rich first two minutes of chewing gum! You get the idea.

So, get ready to stick a fork into some sticky, gooey goodness—tales of love and lust, humor, mystery, and the exploits of Hollywood elite like the Kool-Aid Man and Chewbacca. Enter a world in which Central Perk doesn’t only serve up coffee, it dishes out murder. Go forward like a power forward into the fantastical land of forewords!

“Forewords (*fore* plus *words*, or the words before a book) are also not to be confused with forwards (the direction) or forwards (like in basketball).”



INTERESTED? YOU MAY ALSO LIKE ...

THE ACTOR'S LIFE: A SURVIVAL GUIDE
JENNA FISCHER; FOREWORD BY STEVE CARELL

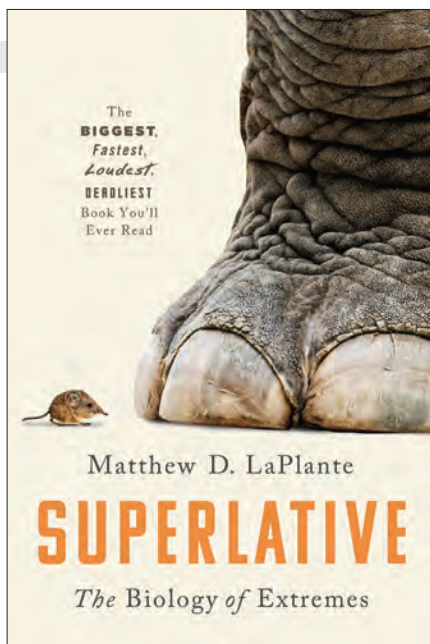
Jenna Fischer’s Hollywood journey began at the age of 22, eight long years before she landed her iconic role as Pam on *The Office*. If only she’d had a handbook for the aspiring actor. Now, Jenna wants to be that person for you. With amusing candor and wit, Fischer spells out the nuts and bolts of getting established in the profession, based on her own memorable and hilarious experiences.

TRADE PAPERBACK: 9781944648220 • EBOOK: 9781944648237 • US \$17.95 • NOVEMBER 2017

SUPERLATIVE

The Biology of Extremes

MATTHEW D. LAPLANTE



Journalist Matthew D. LaPlante presents a collection of nature's "outliers," or extraordinary animals and plants that could have the power to change our lives through research and scientific insights.

WELCOME TO THE BIGGEST, fastest, loudest, deadliest science book you'll ever read.

The world's largest land mammal could help us end cancer. The fastest bird is showing us how to solve a century-old engineering mystery. The oldest tree is giving us insights into climate change. The loudest whale is offering clues about the impact of solar storms.

For a long time, scientists ignored superlative life forms as outliers. Increasingly, though, researchers are coming to see great value in studying plants and animals that exist on the outermost edges of the bell curve.

As it turns out, there's a lot of value in paying close attention to the "oddballs" nature has to offer.

Go for a swim with a ghost shark, the slowest-evolving creature known to humankind, which is teaching us new ways to think about immunity. Get to know the axolotl, which has the longest-known genome and may hold the secret to cellular regeneration. Learn about *Monorhaphis chuni*, the oldest discovered animal, which is providing insights into the connection between our terrestrial and aquatic worlds.

Superlative is the story of extreme evolution, and what we can learn from it about ourselves, our planet, and the cosmos. It's a tale of crazy-fast cheetahs and super-strong beetles, of micro-bacteria and enormous plants, of whip-smart dolphins and killer snakes.

This book will inspire you to change the way you think about the world and your relationship to everything in it.



MATTHEW D. LAPLANTE is an associate professor of journalism at Utah State University, where he teaches news reporting, narrative non-fiction writing, and crisis reporting. He has reported from more than a dozen nations, including Iraq, Cuba, Ethiopia, and El Salvador, and his work has appeared in the *Washington Post*, *Los Angeles Daily News*, CNN.com, and numerous other publications. He is the coauthor of two books on the intersection of scientific discovery and society, *Inheritance* with Sharon Moalem, and *The Longevity Plan* with John Day, and is currently working with Harvard geneticist David Sinclair on a book about anti-aging research. *Superlative* is his first solo book. Residence: Salt Lake City, Utah.

- **LaPlante's work has been featured in the *Washington Post*, *Los Angeles Daily News*, *Christianity Today*, and CNN.com, and received the 2014 Kavli Award for science journalism**
- **Author's past books include *Inheritance* and *The Longevity Plan***
- **Author is planning a cross-country road trip April-June 2019 for book promotion**
- **Author launched a science-themed radio program called "UnDisciplined" with a Utah NPR affiliate in July 2018**
- **Prepublication thank-you card preorder campaign planned to leverage the book's 1K+ sources**
- **MDLaPlante.com**
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THE WORLD'S TINIEST KNOWN VERTEBRATE, which was discovered in 2009 on the southeast peninsula of Papua New Guinea, is so small that it had long been missed—and not just by western researchers. “The locals had no idea about these things either,” the frog’s co-discoverer, Louisiana State University herpetologist Christopher Austin, told me.

These frogs are teensy. At less than 8 millimeters from nose to tail, they’re about the size of a kernel of corn. Being so small, they’re really vulnerable to predation in a place with plenty of hungry animals. So they don’t hang out on the exposed part of the rainforest floor, but rather between the dense layers of decomposing leaves that are matted all around the ground. It’s a wonder they were found at all.

It was “a slow night” in New Guinea, Austin recalled. There are lots of nights like that, he said, when one is “herping.” The frogs he and his team were actually looking for just weren’t making a lot of noise, so the herpers didn’t have a good place to start.

Without the distraction of the noises they were accustomed to hearing, Austin, along with his then-PhD student, Eric Rittmeyer, and their colleague from the Papua New Guinea National Museum, Bulisa Lova, took notice of a rhythmic, high-pitched noise that didn’t sound much like a frog at all. And while they were supposed to be looking for frogs, Austin said, “We were just a bit bored.”

So off they went, stumbling around in the rainforest in the middle of the night, sending flashlight beams this way and that, trying to pinpoint the origin of the chirping. And, well, they didn’t find anything.

The noise was coming from something, of course. So Austin grabbed a big handful of leaves, stuffed them in Ziploc bag, and called it a night. The next morning he began slowly peeling the clump of leaves back, one by one. And there, looking back up at him, was an almost inconceivably small frog, dark brown with rusty-brown blotches and irregular bluish-white speckling.

That frog, of course, set into motion a search for others. And when all was said and done, Austin and his team had collected enough specimens to conclude that, at an average length of 7.7 millimeters, they’d discovered the world’s smallest vertebrate.

While he’s certainly proud of the discovery, Austin is circumspect about it, too. Could there be another, even smaller frog out there? “There might very well be,” he said. “There’s a bunch of new species of these micro-frogs that haven’t yet been described, and it’s quite possible that one of them is smaller than *amanuensis*.”

A search for an even smaller frog isn’t just about setting another superlative record. We live in a world in which every new genome, and especially those belonging to organisms at the far edges of extreme physiology, can add to our collective understanding of our own genetic history. It’s a world in which creatures that are evolutionarily distinct might offer us novel clues for curing diseases; the bright-green-blooded lizards of New Guinea called *Prasinohaema*, for instance, have bile-pigmented blood which Austin suspects might hold clues for fighting malaria. It’s a world in which every newly discovered frog species might help us get closer to a flu-free planet, since the mucus on the skin of some frogs has been shown to neutralize influenza.

While a lot of the potential held by new species is pharmaceutical, it’s also evolutionary and climatological. We also know there’s a big challenge to being a little frog: you have to stay moist all the time. Even an hour out of the water-saturated leaf litter could spell doom by desiccation. What these two things together tell us is that New Guinea’s climate has been unfailingly stable for a very long time—always wet enough to ensure that these frogs had sufficient moisture to continue to evolve to be smaller and smaller, but never so wet that the leaf litter flooded to the point of drowning them.

And now that we know that these frogs are there, so densely packed together that there may be thousands in a single acre of forest floor, we’ll have another unfortunate indicator by which to observe and measure the impact of global warming in New Guinea.



INTERESTED? YOU MAY ALSO LIKE ...

STRANGE SURVIVORS: HOW ORGANISMS ATTACK AND DEFEND IN THE GAME OF LIFE **ONÉ R. PAGÁN**

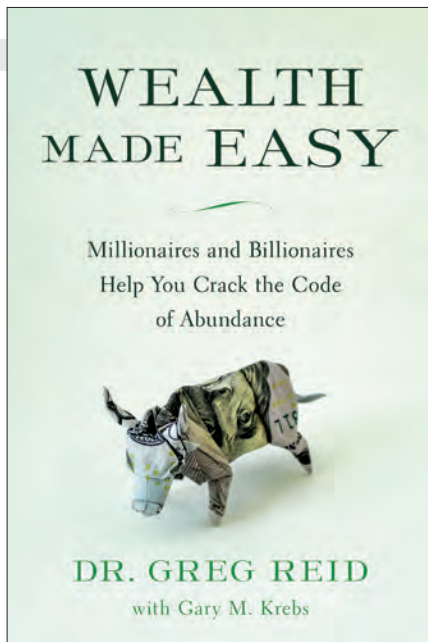
Life is beautiful, ruthless, and strange. In *Strange Survivors*, biologist Oné R. Pagán takes us on a tour of the ingenious and bizarre ways that creatures fight for life. Inside this funny, fascinating field guide to nature’s most colorful characters, you’ll meet killer snails, social bacteria, and an animal with toxic elbows. *Strange Survivors* is a love letter to science and an argument for the continuing relevance of this evolutionary battle.

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WEALTH MADE EASY

Millionaires and Billionaires Help You Crack the Code to Getting Rich

DR. GREG REID WITH GARY M. KREBS



In the tradition of Napoleon Hill's *Think and Grow Rich*, *Wealth Made Easy*, by noteworthy business author Greg Reid, offers direct, actionable advice and inspirational anecdotes from real millionaires and billionaires around the world.

LONG GONE ARE THE days when captains of industry like Rockefeller and Carnegie dominated the economic arena. Today, the world's richest individuals are a diverse group of idea-makers who prefer to keep their successes hidden from the public eye.

But what if you could simply call up this elite 1 percent and ask each to tell you the *one price-less secret* behind the making of their massive fortunes?

Bestselling author Greg Reid did just that, and now he's giving hungry entrepreneurs private, behind-the-scenes access to 100 of the world's wealthiest people as they reveal how they built their wealth, held onto it, and continue to thrive in an ever-changing economy.

Inside, discover exclusive, personal advice from those living at the top tier of wealth, including:

- **Ernesto Ancira Jr.**, chairman, president, and CEO at The Ancira-Winton Chevrolet, Inc. (annual revenue: \$1 billion)
- **Craig Clemens**, renowned ad copywriter of \$1 billion in sales and cofounder of Golden Hippo Media
- **Dwight Damon Jr.**, industry-leading orthodontist known for his development of the innovative Damon System
- **Scott Duffy**, business growth expert who has worked for CBS, Sportsline, NBC Internet, and FOXSports.com
- **Marshall Ezralow**, founder of the Ezralow Company, a Southern California real estate development company managing more than 20,000 apartments
- **Tonino Lamborghini**, founder of the Tonino Lamborghini Company and son of Ferruccio Lamborghini and heir to the Lamborghini fortune

And many more. *Wealth Made Easy* offers direct, actionable advice with every flip of the page.

- Reid is an established business author on his own (*The Millionaire Mentor*, *Positive Impact*) and through the *Think and Grow Rich* series
- Recipient of the "Excellence in Leadership and Empowerment" award from UN General Assembly
- Author is an active speaker (~50 events per year) and has been named a Top 5 speaker by Entrepreneur.com
- Author founded and hosts *Forbes'* top event, Secret Knock, and has relationships with *Inc.*, *Entrepreneur*, and *HuffPost*
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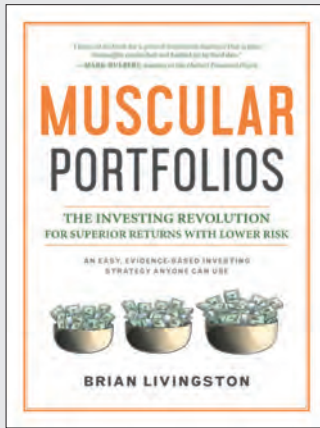
DR. GREG REID is an action-taking phenomenon; his strategies generate fast results, and relationships are deep and rich in the space he orbits. Published, coauthored, and featured in more than 50 books, 28 bestsellers in 45 countries, and five motion pictures, Greg demonstrates that the most valuable lessons we learn are also the easiest ones to apply. Recently, Greg has been hand selected by The Napoleon Hill

Foundation to help carry on the teaching found in the bible of personal achievement: *Think and Grow Rich*. Residence: San Diego, Calif.

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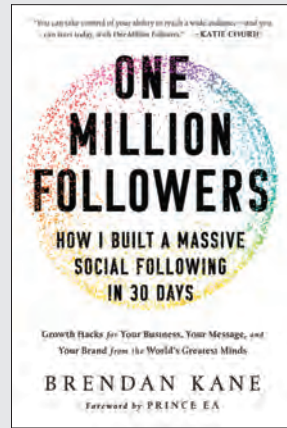


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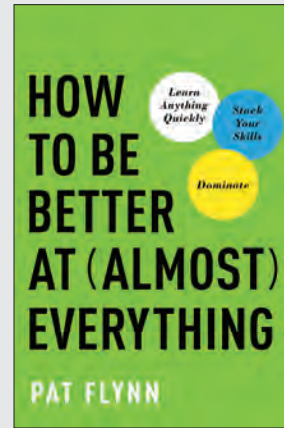


ONE MILLION FOLLOWERS

BRENDAN KANE

Over 60 billion online messages are sent on digital platforms every day, and only a select few succeed in the scramble for customer attention. Digital strategist and “growth hacker” Brendan Kane has the answer and will show you how to stand out in the digital world—in 30 days or less. Featuring interviews with celebrities, influencers, and marketing experts, this is the ultimate guide to building your worldwide brand and unlocking all the benefits social media has to offer.

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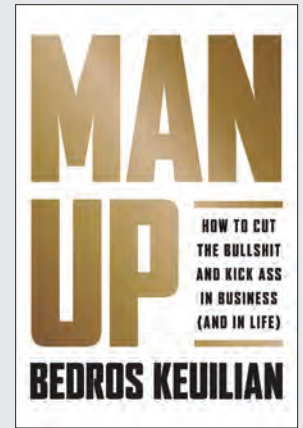


HOW TO BE BETTER AT ALMOST EVERYTHING

PAT FLYNN

It’s one of the biggest lies you’ve probably heard your entire life: Mastering one specific skill set is the key to success. That may have been true 20 years ago, but in today’s global economy, being the best at a single thing doesn’t cut it anymore. In this book, bestselling author, fitness expert, entrepreneur, and professional business coach Pat Flynn shares the secrets to learning (almost) every skill, teaching readers how to combine interests to achieve greatness in any field.

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MAN UP

BEDROS KEUILIAN

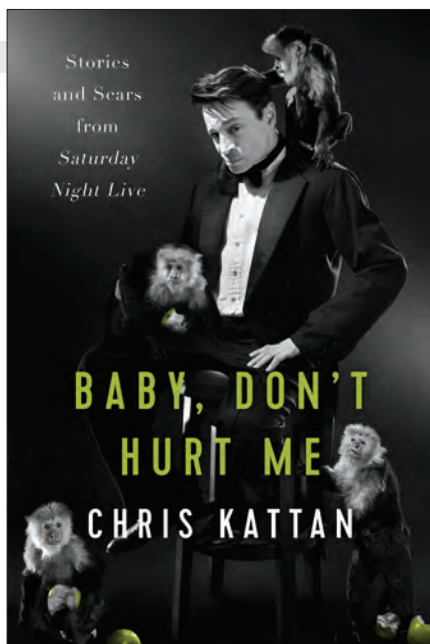
Get off your ass make your “someday” goals a priority—*today*. Bedros Keuilian, founder and CEO of Fit Body Boot Camp and the “hidden genius” behind many of the most successful brands and businesses, shows you how to break out of the sea of mediocrity, focus on your purpose, and not only achieve but *dominate* your goals. Whether it’s creating and growing a company, leaving a legacy, making a difference, or launching a new brand, *Man Up* will help you discover how to use your passion, purpose, and sheer grit to overcome any adversity that attempts to derail your progress.

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SEPTEMBER 2018

BABY, DON'T HURT ME

Stories and Scars from *Saturday Night Live*

CHRIS KATTAN WITH TRAVIS THRASHER



SNL veteran Chris Kattan offers a look behind the scenes at his personal life, complete with celebrity-filled stories and photos.

YOU MAY KNOW HIM as Mango, Mr. Peepers, the gibberish-spouting Suel Forrester or one half of the Butabi brothers. Maybe you remember him as the Gothic high schooler Azrael Abyss, Gay Hitler, or the guitarist in the Cowbell Sketch. Whichever it is, Chris Kattan has earned a spot in the hearts of a generation of *Saturday Night Live* fans.

Now, for the first time ever, Kattan opens up about his years being on *Saturday Night Live*, performing alongside friends and future legends including Will Ferrell, Jimmy Fallon, Amy Poehler, and Tina Fey, along with sharing about his fascinating and unusual childhood and his time hanging out backstage watching Pee-Wee Herman and the late Phil Hartman on the Groundlings stage.

But mostly, Kattan shares seven seasons' worth of hilarious, and never-before-told stories from his wild ride through *SNL*. From a hysterical and somewhat dark occupation driving a widowed 92-year-old Dutch millionaire on Mulholland Dr. (and her giant poodle Rex), to breaking his neck (literally!) while performing on live television, he chronicles the ups and downs of life in search of the spotlight, and pulls back the curtain on the inner workings of two of comedy's greatest institutions.

Provocative and personal, goofy and heartfelt, *Baby, Don't Hurt Me* is a window into the world of millennium-era *Saturday Night Live*, from the rehearsals to the after-after parties, as narrated by your funniest, wisest up, weirdest friend—who just so happened to be there for all of it!

CHRIS KATTAN began his comedic career as a member of several improv/sketch comedy troupes, including The Groundlings in Los Angeles. He moved to New York City to work on *Saturday Night Live* from 1995 to 2003. His recurring characters included Mr. Peepers, Mango, Azrael Abyss, and, most notably, one half of the Butabi Brothers with fellow *SNL* (and Groundlings) cast member Will Ferrell, known for their trademark head-bobbing. Kattan and Ferrell continued the characters in 1998's *A Night at the Roxbury*. Kattan has made an appearance on Broadway in Aristophanes' *The Frogs*, and has had roles on TV shows such as *The Middle* and *How I Met Your Mother*. Residence: Los Angeles, Calif.

Bestselling author **TRAVIS THRASHER** has written over 45 books, from love stories to supernatural thrillers. His novelizations include *Do You Believe?* and *God's Not Dead 2*. Travis lives with his wife and three daughters in a suburb of Chicago. Residence: Chicago, Ill.

- **Author has a vast network of well-known friends and media contacts, including Jimmy Fallon, Seth Meyers, Conan O'Brien, NPR, KROQ, People, US Weekly, and Entertainment Weekly**
- **Book signings and events planned**
- **Top-name potential endorsers include Tina Fey, Amy Poehler, David Sedaris, Adam McKay, Amy Schumer, Richard LaGravenese, Steven Soderbergh, Paul Thomas Anderson, Guy Oseary, Patricia Heaton, and more**
- **Author headlines stand-up shows across the US**
- **Instagram: @ChrisKattanOfficial**
- **Twitter: @ChrisKattan**

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MAY 2019 • MEMOIR

SELLING TERRITORY: WORLD ENGLISH

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WHEN MY PARENTS DIVORCED, I was three years old. I vividly remember the moment my mom took me out of my dad's arms, opened the sliding door of a 1972 Volkswagen Van, and buckled me into the back seat. Car seats weren't a requirement back then, so with no struggle at all, I slipped out from under my seat belt and crawled over to the other side of the vehicle. As I got on my feet and looked out the window, I could see Dad standing at the front door in his 2-piece, button-down cotton pajamas. He was crying more than I was, and that was a lot, since at this point I was bawling. When he raised his arms and reached out to me, like a scene from *Kramer vs. Kramer*, I did the same, screaming "I want my daddy!" over and over.

Dad decided to make the situation even more traumatic, yelling back, "My son! Give me back my son!" And that scene? Yep, you guessed it. Mel Gibson in *Ransom*.

My new stepfather was working to establish a new Zen center on Mt. Baldy, located in a desolate national forest in the San Gabriel mountains, and in their infinite Buddhist wisdom, he and my mother decided it would be a good idea to move to a cabin on the side of a mountain with a toddler.

When I was growing up, our neighbors were an odd, shady sort of bunch. Not to be rude, but if you were living on Mt. Baldy, you were probably either not doing so well financially or hiding from the government, possibly both. Take Carlos Castaneda, the Pulitzer Prize-winning writer and anthropologist, a cult figure who was also hated for his controversial books on shamanism. Castaneda had a huge following throughout the 1960s, when he wrote about his experiences and experiments with a medicine man named Don Juan, and also about developing his mind with psychedelics in order to get the most use out of it. He'd dropped out of society and was considered missing, but I knew right where he was—in a one-bedroom three cabins away from us. There were probably only five other houses in our community, and we all lived off the same ragged fire road.

The fact that I had had no idea who he was is probably what made Castaneda comfortable hanging out with me. For almost a year, we went on long walks together. Sometimes we'd walk four or five miles, staying out for the whole afternoon. Carlos was friendly, and talking to him was enlightening, even to a kid, though to be honest he had a somewhat insane look about him, with excessively sharp, bright eyes. I always thought he looked a lot like the Tasmanian Devil from Bugs Bunny cartoons. He had a Cheshire Cat grin, and his hair was tangled up and wild.

Years later, talking to Lorne Michaels during an *SNL* Tuesday-night guest-host dinner, it somehow came up that I'd known Carlos Castaneda when I was younger. He was so impressed he started choking on his soup. I honestly think it was the only time I impressed Lorne.

I know a lot of intelligent people regard Castaneda as a hero of literature. One time he gave me a quarter with a hole in it and then told me that he "flew through it." This really confused me. I asked him if he would fly through it again and he said, "Maybe later." Whatever, Carlos.

When I wasn't hanging out with my mom and stepfather or various renowned weirdos, I played with the few other kids growing up on the mountain. Since we were all raised with very little money and were living in an isolated forest 20 miles from the nearest market or gas station, there really wasn't any need or opportunity to keep up with the latest fashions. If you had a favorite shirt, you'd probably wear it for at least two years. In fact, most of us were fine wearing the same outfit for four days straight without bathing. Sometimes we didn't even wear shoes to school. We were a dirty tribe that rarely behaved because we had nothing to lose and nothing to do. At least Mowgli had a goal in *The Jungle Book*. We didn't have shit.

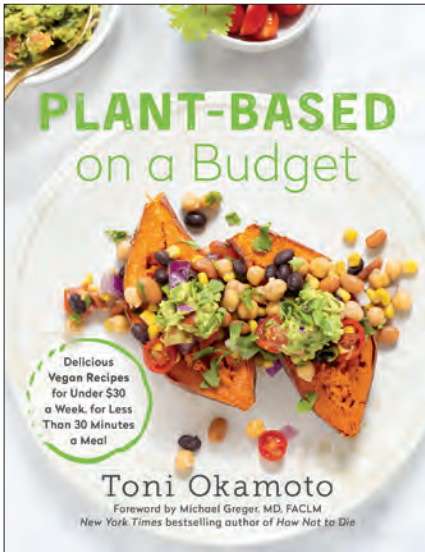
As I spent the weekends with my father, I began to live two very different childhoods: one on the remote mountain during the week, and another in the city on Saturday and Sunday with my dad, watching him perform at The Groundlings and screening old movies while he educated me on the finer points of classic comedy. One weekend, I showed up with stains around my mouth from a popsicle I'd eaten a few days earlier, and my dad began calling me Mountain Boy. When he'd burp he'd say, "Eughghuh! I've been around the Mountain Boy too long."

Weekends spent watching my father perform or sitting in the dark while Buster Keaton flickered on a screen shaped my career to come, but oddly, so did the time spent on Mt. Baldy. All of us "Mountain Boys" living there were thoughtless daredevils. We climbed trees and mountains, body-surfed down rock slides, swung on ropes that were long enough to swing us into traffic, and threw rocks at each other. I built up a tolerance for pain and physical endurance, and a willingness to try things that anyone having common sense and lacking a death wish would probably have dismissed as a bad idea. All this prepared me for a particular type of comedy, one I'd find myself particularly suited for, and one *SNL* hadn't quite seen before.

PLANT-BASED ON A BUDGET

Delicious Vegan Recipes for Under \$30 a Week, for Less Than 30 Minutes a Meal

TONI OKAMOTO



Founder of the popular diet website and blog *Plant Based on a Budget* gives a fun and accessible resource for people who want to save money while eating vegan.

EAT VEGAN—FOR LESS!

Between low-paying jobs, car troubles, student loans, vet bills, and trying to pay down credit card debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when she became a vegan at age 20, she worried: How would she be able to afford that kind of lifestyle change?

Then she discovered how to be plant-based on a budget.

Through her popular website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the process. With *Plant-Based on a Budget*, going vegan is not only an attainable goal, but the best choice for your health, the planet—and your wallet.

Toni's guidance doesn't just help you save money—it helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less.

Through her imaginative and incredibly customizable recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process.

Inside discover 100 of Toni's "frugal but delicious" recipes, including:

- 5-Ingredient Peanut Butter Bites
- Banana Zucchini Pancakes
- Sick Day Soup
- Lentils and Sweet Potato Bowl
- Tofu Veggie Gravy Bowl
- Jackfruit Carnita Tacos
- Depression Era Cupcakes
- Real Deal Chocolate Chip Cookies

With a foreword by Michael Greger, MD, FACLM, *Plant-Based on a Budget* gives you everything you need to make plant-based eating easy, accessible, and most of all, affordable.

Featured in the groundbreaking documentary What the Health.



TONI OKAMOTO is the founder of PlantBasedonaBudget.com, the popular website, food blog, and meal plan that shows you how to save dough by eating veggies. She's also author of *The Super Easy Vegan Slow Cooker Cookbook*. PlantBasedonaBudget.com has been featured in *Reader's Digest*, *US News and World Report*, and more. Toni's also a regular presence on the FOX affiliate in Sacramento, where she teaches viewers how to break their meat habit without breaking their budget. Toni is a burrito enthusiast, and spends her free time swing dancing across the county. Residence: Sacramento, Calif.

- **Okamoto's book, *The Super Easy Vegan Slow Cooker Cookbook*, has sold 36K+**
- **Author is well-connected in the plant-based space and has been featured in and on *What the Health*, NBC News, *Reader's Digest*, and *US News and World Report***
- **Author is also a monthly guest chef on Sacramento's FOX40's *Studio40 LIVE***
- **Promotion through author's podcast, newsletter (13.5K), and social media**
- **Promotion through BenBella Vegan**
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Peanut Butter Ramen Stir-Fry

YIELD: 4 SERVINGS

When I was younger, to save money, my grandma would make our stir-frys using Top Ramen noodles. Back then they were only 10 cents a package—yes, really! Actually, they’re still ridiculously cheap today. If you don’t want to use ramen noodles, feel free to use rice or chow mein noodles. Remember to look for plant-based ramen. The soy sauce flavor from the brand Nissin’s Top Ramen is vegan (it’s blue and says “vegetarian” on it). That said, this recipe doesn’t use the flavor packet, just the noodles. There are also plenty of natural instant ramen brands that are fantastic and cheap, just not 10-cents cheap.

- 3 (3-ounce) packages of ramen noodles
- ½ tablespoon oil (3 tablespoons water)
- ½ cup red or yellow or white diced onion
- 1 teaspoon minced garlic
- ½ bell pepper, diced
- 1 cup frozen broccoli
- ½ cup grated or finely diced carrots
- 1 batch peanut sauce (see recipe in Peanut Sauce and Tofu)

Optional Additions

- 1 cup shredded steamed green cabbage added to step 2

In a medium-sized pot over medium-high heat, cook the noodles based on package instructions

While the noodles cook, begin on the sauce. In a large pan with a lid over medium-high heat, heat the oil (or water, if using). Add the onion, garlic, and bell pepper, and sauté for 3 minutes.

Add broccoli and carrots. Cover, and cook for another 3–5 minutes (or until veggies are tender).

Drain, and set aside.

Add noodles and peanut sauce to the pan of veggies.

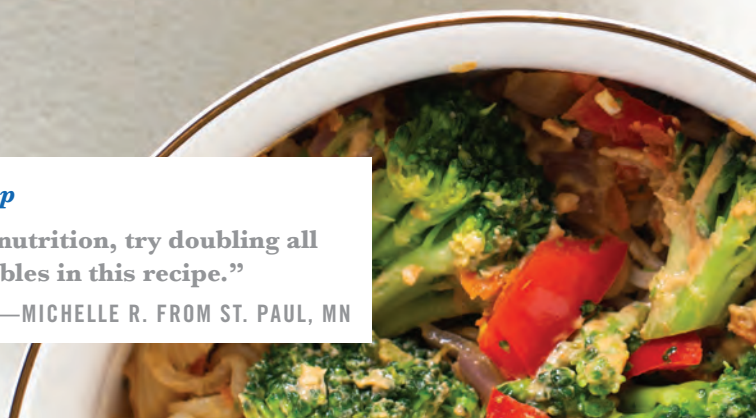
Mix well until noodles and veggies are coated and serve.



Tester’s Tip

“For extra nutrition, try doubling all the vegetables in this recipe.”

—MICHELLE R. FROM ST. PAUL, MN



THE PARK AVENUE FACE

Secrets and Tips from a Top Facial Plastic Surgeon
for Flawless, Undetectable Procedures and Treatments

ANDREW JACONO, MD, FACS



A top Park Avenue plastic surgeon provides an extensive guide to facial cosmetic procedures, including what to avoid and how to ensure the end results look completely natural.

FROM HIS ELITE PARK AVENUE aesthetic surgery center, Dr. Jacono has enhanced tens of thousands of faces not by prescribing an arbitrary standard of beauty, but by amplifying each patient's individual beauty for totally natural results. A global authority in advanced facial plastic surgery, he has presented clinical research and conducted live surgery in front of peer audiences at over 100 plastic surgery symposiums around the world, including at Harvard, Yale, and Stanford Universities.

Now, he's ready to share his expertise with you.

High-end Park Avenue clients want to fight the signs of aging while highlighting their best features. They want lips that look like their own lips, eyes that look like their own eyes. They want facial features in line with their ethnicities. Park Avenue clients want to look powerful yet approachable, wise yet fresh, and above all, natural. With Dr. Andrew Jacono's advice, you can have the Park Avenue Face no matter who you are or where you live.

If you want a face with character and depth that looks ageless and don't want a stretched, artificial or generic look, Dr. Jacono will show you how to get there. If you are considering any kind of facial enhancement, from minor and non-invasive treatments such as simple injections or a laser treatment to more involved surgical procedures such as a full-on facelift, this is your resource. *The Park Avenue Face* will show you how to avoid the quacks, the fads, the financial waste, and the dangers. Dr. Jacono will help you determine how you want to look and how best to get there.

Featuring fascinating patient anecdotes, dozens of before-and-after photographs showing what the various procedures can accomplish and line drawings by veteran medical illustrator William Winn, this comprehensive guide will fully prepare you to step into a doctor's office and discuss your facial enhancement options. You'll know how each treatment works, how long you will take to recover, and how much change you can expect.

Let *The Park Avenue Face* guide you to becoming your best you.

- **Dr. Jacono is one of *New York* magazine's best facial plastic surgeons and *Harper's Bazaar's* best surgeons**
- **Author has appeared on or in *Good Morning America*, *Anderson Live*, *USA Today*, *O* magazine, *Esquire*, *HuffPost*, *Parade*, *Marie Claire*, and *GQ***
- **Author is an active speaker**
- **Author plans to leverage celebrity network, including Dr. Paul Nassif, Anderson Cooper, and Sharon Osbourne**
- **Author is featured in UK, German, Portuguese, and Italian media and on *Facing Trauma* in South America**
- **NewYorkFacialPlasticSurgery.com**
- **Facebook: /DrJacono**
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ANDREW JACONO, MD, FACS, is a global authority in the field of facial plastic and reconstructive surgery. As one of New York City's premiere plastic surgeons, Dr. Jacono is known for his original, advanced approach to non-surgical and minimally invasive facial rejuvenation with flawless, natural-appearing results. He is dual board certified and currently serves as Section Head of Facial Plastic and Reconstructive Surgery at North Shore University Hospital Manhasset, as well as Associate Clinical Professor, Division of Facial Plastic and Reconstructive Surgery at Albert Einstein College of Medicine. He has published extensively in medical literature, with more than 50 articles appearing in peer-reviewed journals, including *Aesthetic Surgery Journal*, *JAMA Facial Plastic Surgery* and *Aesthetic Plastic Surgery*. A Castle Connolly Top Doctor, Dr. Jacono also has been elected as one of America's Top Plastic Surgeons by the Consumers Research Council of America and Super Doctors. Residence: New York, N.Y.

DARKNESS TO LIGHT

A Memoir

LAMAR ODOM WITH CHRIS PALMER

A refreshingly candid look at two-time NBA champion Lamar Odom, who recounts his dizzying fame, hitting rock bottom, and struggling on the treacherous path of self-discovery to redemption.

FAME. SEX. PAIN. DRUGS. Death. Booze. Money. Addiction. Redemption. Dizzying heights. Rock bottom depths. Desperation and elation. Sometimes in the same hour. Oh, and don't forget power . . . and the struggle for it.

There has never been an athlete quite like Lamar Odom.

The world knows him as a two-time NBA world champion who rocketed to uncharted fame few will ever know, thanks to being a member of both the storied 17-time NBA Champion Los Angeles Lakers and the ubiquitous Kardashian empire.

But who is Lamar Odom, really?

Fans have long praised his accessibility, vulnerability, good nature, and genuine everyman quality—he is a blinding talent who suffers everyday heartache, setback and loss. But until now, his most candid moments have remained behind closed doors . . . sometimes face-down on the floor.

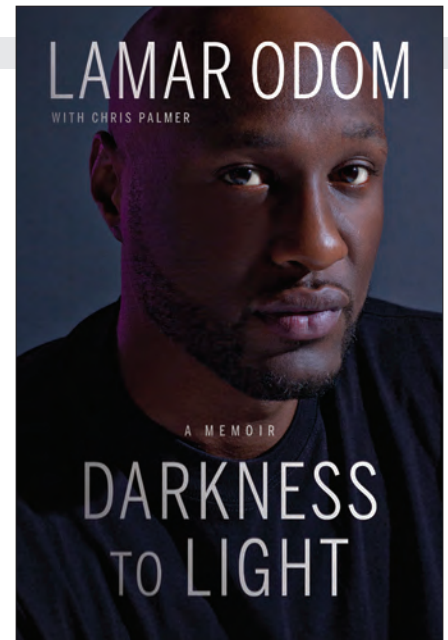
In his exclusive and revealing memoir *Darkness to Light*, Lamar gives an intimate look into his life like never before. In these pages, he recounts the highs and lows of fame and his struggle with his demons as he takes the treacherous path of self-discovery to redemption. From the pain of his unraveled marriage to Khloé Kardashian, to the harmful vices he used to cope, and a low point that made him rethink everything about his life, this is Lamar as you have never before seen him.

Lamar brings basketball fans directly into the action of a game during the Lakers championship years. He shares his personal account of the lifelong passion that started as one shining light in a childhood marked by loss, which led to international fame as one of the most extraordinary athletes of all time.

In this profoundly honest book, Lamar invites you to walk with him through the good times and bad, while looking ahead to a brighter future. From his near-death experience to his miraculous return, this is Lamar Odom: human being. And his fascinating journey is far from over.

LAMAR ODOM is a two-time NBA champion and 13-year veteran. He was a regular cast member on E!'s worldwide sensation *Keeping Up with the Kardashians*, the highest-rated reality show in history. He also starred in the wildly popular spinoff *Khloé & Lamar*, which documented one of the most covered marriages in recent Hollywood memory. Residence: Los Angeles, Calif.

CHRIS PALMER is a longtime sportswriter who has covered the National Basketball Association for 20 years for *ESPN The Magazine* and all of ESPN's digital platforms, as well as various other outlets. He is currently a writer for ESPN's *The Undeclared* and a contributing analyst for Spectrum SportsNet, the Lakers flagship network. He's the author of six books including the *New York Times* bestseller *Wide Open*. Residence: Los Angeles, Calif.



17

COVER NOT FINAL

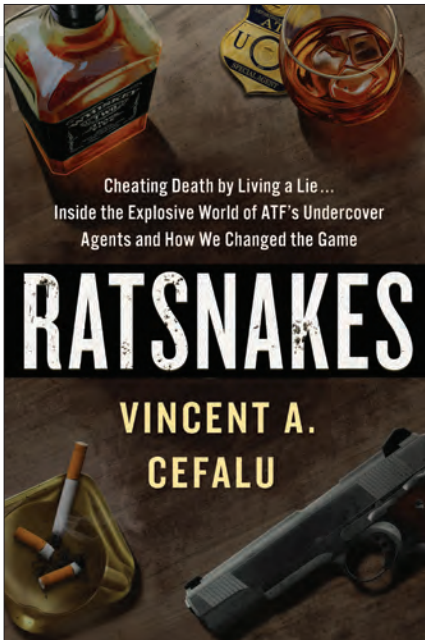
- Odom is a two-time NBA champion and 13-year veteran player
- Author was a regular cast member on E!'s *Keeping Up with the Kardashians*, the highest-rated reality show in history
- Author also starred in the spinoff *Khloé & Lamar*, which documented one of the most covered marriages in recent Hollywood memory (~2M viewers per episode, show ran for two seasons)
- This book is Odom's first-ever memoir and reveals exclusive details about his life and hardships
- National publicity firm hired with early interest from national broadcast shows

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RATSNAKES

Cheating Death by Living a Lie: Inside the Explosive World of ATF's Undercover Agents and How We Changed the Game

VINCENT A. CEFALU



A former undercover operative gives a fascinating and candid glimpse into the reality of being an ATF agent.

GET READY TO INFILTRATE the dangerous, secret world of criminals and cover identities by way of the Bureau of Alcohol, Tobacco, Firearms, and Explosives (ATF)—where the world's greatest undercover agents are known as RatSnakes.

RatSnakes are rarely, if ever, visible to the public they move among and risk their lives to protect. In fact, thanks to their cover personas, they're often assumed to be members of the clandestine criminal world they investigate. Real-life undercover work is a far cry from the sexy, candy-colored world you've seen in Hollywood movies. Only those strong and clever enough get inside and survive.

Vincent A. Cefalu would know. He spent 30 years as an ATF undercover operative, in assignments ranging from the Symbionese Liberation Army to Asian organized crime. He has infiltrated notorious outlaw motorcycle gangs as well as splinter groups of the Ku Klux Klan, and in *RatSnakes* he provides a transparent look at the organization and the operatives with whom he risked his life.

Part field guide, part heart-pounding thrill ride, Cefalu takes readers on a tour of what it's like to confront death on a daily basis. En route, he gives us a look at the on-the-job techniques of kicking in doors, orchestrating "street theater" to ensnare criminals, and making high-stakes gun buys. His irreverent, explicit stories from the inside are a mix of danger and unexpected hilarity that will have readers laughing one minute and then biting their nails when things break bad.

Immersive and brutal, *RatSnakes* offers an in-depth and eye-opening look into the lives of an elite group of men and women who volunteer to do things most couldn't and wouldn't stomach. Civilians with common sense and good judgment run from danger, while RatSnakes sprint toward it—smiling.

- **Author has been featured on or in *Anderson Cooper 360*, *Fox News*, and *Real News* (C-SPAN 2)**
- **Author has been cast in leading role for BBC's *Undercover*, a documentary-style reality series**
- **Charlie Fuller, founder of the International Association of Undercover Officers, will promote**
- **Plans to leverage the author's law enforcement and media contacts such as Lou Dobbs, Mike Huckabee, and *Fox and Friends***
- **Outreach to law enforcement conferences, including the NRA; Annual Shooting, Hunting, and Outdoor Trade Show; and International Association of Chiefs of Police**
- **Author has contacts in Budapest and Stockholm**

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VINCENT A. CEFALU was born and raised just north of San Francisco in Marin County, California. After a troubled youth and lackluster academic performance, he enlisted in the US Marines, where he spent six years in the military police and ultimately served in a classified Special Operations unit. The hook was set. Continuing to pursue his law enforcement career, he joined the Athens, Ga. police department while finishing his bachelor's degree in criminal justice in hopes of securing a position in federal law enforcement. After being hired by and spending a couple years with the US Customs Service chasing drug smugglers in south Florida, Vince had a life-changing experience with some very scary ATF Special Agents, and as they say, "the rest is history." Vince had found a home. Later earning a master's degree in the psychological sciences, Vince's trajectory led him to SRT (special response team member and hostage negotiations), the shadows of undercover work. Residence: South Lake Tahoe, Calif.

IN ADDITION TO UNDERCOVER WORK, we agents performed a wide variety of investigative duties. My second-favorite was “executing search and/or arrest warrants.” We called it “kicking in doors,” because that’s exactly what we did. In the 1980s, we probably had one battering ram for all eleven San Francisco ATF offices. So, we kicked the doors open. Or tried to.

Back then, we served most search warrants under the cover of darkness, using stealth approaches. You had to stack up a team at the door, breach (break down) the door, and make entry quickly to surprise the violator(s). Kicking in a door is an art. Failing to get it open on your first try would definitely get your balls busted when you got back to the office. Failing on a second or third try brought serious ridicule. My first attempt at kicking a door didn’t go so well. With everybody stacked at the door, literally lined up nut to butt, I gave the go signal, drew back, and kicked with all my strength.

Effectively kicking a door open requires you to target the lock and physically break it away from the doorframe. What you *don’t* want to do is kick at the dead middle of the door. Yes, that’s the weakest part, but kicking the center generally doesn’t defeat the lock. I learned that the hard way. My foot went all the way through the door up to my knee. I heard about that one for a *long* time.

My skills improved. The very next time I was the breaching agent, I nailed it, first try. I hit it so perfectly that the door flew open with a crash. The crash was the result of the inside doorknob smashing through a 100-gallon glass tank, spilling exotic tropical fish all over the entranceway. Due to agent safety, we couldn’t stop and about nine agents flowed into the house, with no choice but to stomp over very expensive fish as we went. I’m sorry about the fish, but you really can’t make this shit up.

Every undercover assignment is a little like kicking in a door and not knowing what awaits on the other side. All the training and planning in the world can get you only so far before that door eventually has to be flung open and you have milliseconds to react to an unforeseen scenario. The greatest day in a UC operator’s life is when he or she is turned loose to do just that: kick open the door and show the UC world what they’ve got. Actually, it’s potentially also the worst day in a UC operator’s life. All the talking is over; time to produce.

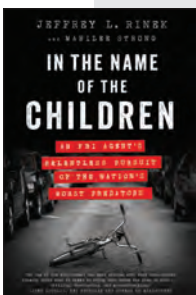
One of my most memorable experiences, once I was finally cut loose, happened when Agent Joe Stafford gave me a chance to cut my teeth doing the UC for the Marin County drug task force. The task force was made up of cops from all over the county—including from my hometown, Novato.

We met at the San Rafael Police Department for a briefing, and Joe introduced me around as people arrived. I was sitting with my cowboy boots propped on a desk when Novato Police Sgt. Mike Poole entered the room. He shook Joe’s hand and started to walk past where I sat. I could tell he recognized me. He kicked my boots off the desk, turned, and asked the others, “Why is the snitch sitting in on our briefing?” The entire place erupted into laughter.

I stood up and said, “Fuck you, Poole. You want me to do this deal or not?”

He spun around to find himself staring straight at my US Treasury badge and credentials. He was slack-jawed and stuttering; when it hit him, he threw a huge bear hug on me. See, Mike had been a patrolman when I was running around Novato being a juvenile dickhead, and had arrested me several times.

These are the issues that arise for an agent working in his or her hometown. What do you do when you run into old friends? Are they good guys, or are they bad guys? Do you tell them what you do for a living or give them the canned story? Do you pursue a case vigorously against a good friend and childhood buddy? Can he or she blow your cover? I never gave any of it much thought until I went into the field and started getting my name known among local law enforcement. In my case, having terrorized Marin and Sonoma counties as a kid, my name was already quite well known by the local constabulary—just not as an ATF agent.



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IN THE NAME OF THE CHILDREN: AN FBI AGENT'S RELENTLESS PURSUIT OF THE NATION'S WORST PREDATORS

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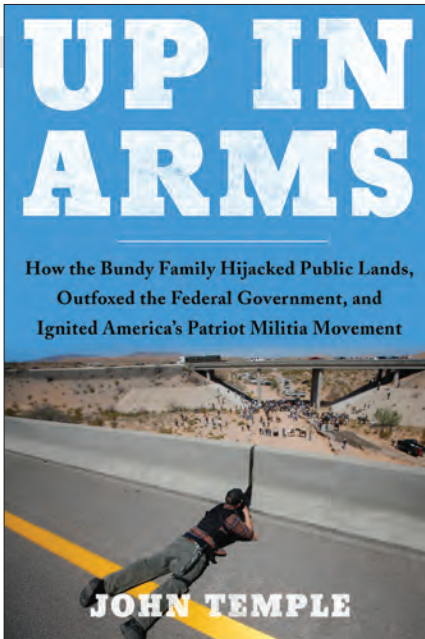
FBI Special Agent Jeff Rinek, well-known for a number of high-profile investigations, including the Unabomber, the kidnapping of Jaycee Dugard, and the Yosemite Park serial killer murders, offers a deeply personal account of what it's like to work cases when a missing child's life hangs in the balance or when a serial child killer must be identified and stopped before he kills again.

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UP IN ARMS

How the Bundy Family Hijacked Public Lands, Outfoxed the Federal Government, and Ignited America's Patriot Militia Movement

JOHN TEMPLE



The definitive and objective book on the Bundy family story, detailing how desert-dwelling ranchers transformed into the top dogs of the anti-government movement.

"IT'S TIME! THEY HAVE my cattle and now they have one of my boys. Range War begins tomorrow at Bundy Ranch."

These words, pounded out on a laptop at Cliven Bundy's besieged Nevada ranch on April 6, 2014, ignited a new American revolution. Across the country, a certain type of citizen snapped to attention: This was the flashpoint that they'd been waiting for, a chance to help a fellow American stand up to a tyrannical and corrupt federal government.

Up in Arms chronicles how an isolated clan of desert-dwelling Mormons became the guiding light—and then the outright leaders—of America's Patriot movement. The nation was riveted in 2014, when hundreds of armed Bundy supporters forced federal agents to abandon a court-ordered cattle roundup in the largest gathering of government-loathing organizations the FBI had ever witnessed. Then, in 2016, Ammon Bundy, one of Cliven's 13 children, led a 41-day armed takeover of the Malheur National Wildlife Refuge in Oregon.

Those events and the subsequent shootings, arrests, and trials captured headlines, but they're just part of a story that has never been fully told.

John Temple, award-winning journalist and author of *American Pain*, gives readers an unprecedented and objective look at the real people and families at the heart of this highly publicized standoff. Eye-opening and instantly gripping, *Up in Arms* offers a propulsive and thoroughly researched narrative populated by rifle-toting cowboys, apocalyptic militiamen, undercover infiltrators, and the devout and charismatic Bundys themselves. In its main storyline, the book chronicles Ammon Bundy's transformation from successful Phoenix businessman to the leader of an armed insurgency.

Neither mainstream nor conservative media outlets have contextualized the religious, political, environmental, and economic factors, decades in the making, that set the stage for these events. *Up in Arms* presents the Bundys and their supporters as they truly are: neither violent criminals nor folk heroes, but a diverse collection of American rebels who believe government overreach justifies the taking up of arms.

- **Temple is the author of Edgar Award finalist *American Pain* (one of the *New York Post's* "Favorite Books of 2015"), *The Last Lawyer*, and *Deadhouse***
- **Media coverage on the author and his previous books includes *BBC Newshour*, *CNBC Power Lunch*, *HuffPost*, *The Daily Beast*, *New York Times*, *Washington Post*, *New York Post*, *USA Today*, and *Publishers Weekly***
- **Author is a frequent public speaker, established journalist, and professor at West Virginia University's college of media**
- **Promotion to a variety of law enforcement offices**
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JOHN TEMPLE is an investigative journalist and the author of *American Pain*, which was named a *New York Post* "Favorite Book of 2015" and a 2016 Edgar Allan Poe Award nominee for Fact Crime. Temple wrote two previous nonfiction books: *The Last Lawyer* and *Deadhouse*. The American Society of Legal Writers awarded *The Last Lawyer* the 2010 Scribes Book Award. Temple is a tenured journalism professor at West Virginia University's Reed College of Media. Before academia, Temple worked as a newspaper reporter in Pittsburgh, North Carolina, and Florida. Residence: Morgantown, W.Va.

AMMON AND LISA BUNDY had made their way to the bottom of Toquop Wash, a ravine dotted with mesquite and sagebrush, its steep sandy banks flanking a wide, flat wash bottom. It's typically dry, but during storms, the wash fills with waters that flow down into the Virgin River. High above the wash bottom, two bridges arc overhead—the divided northbound and southbound highways of Interstate 15. Protesters were climbing down the banks into the wash, following them. Ammon held out his hands, signaling everyone to stop.

Lisa looked up the wash toward the southbound bridge. On the other side of the cattle gate there, white ranger pickups were pulling up, and federal agents were massing, carrying rifles.

Shawna Cox led the group of several dozen protesters as they knelt on the rocky slope and bowed their heads in prayer. Then, at Ammon's instruction, the group formed a line and swung out across the wash, facing the Bureau of Land Management troops like an old-fashioned infantry line, except that few of them were armed and most wore T-shirts and jeans.

Over a bullhorn, a BLM officer ordered them to leave. A couple of protesters began to comply, but Ammon urged them to stay.

He said: *We must stand together. Whatever it takes. If it takes two days, we will stay here. We'll bring in food and water.*

Other protesters seemed to be in a fever, pacing, cursing, threatening to charge toward the southbound bridge. Decades of wrath bubbled up inside them. This was the moment they'd waited for all these years, a rebellion, a mass rejection of federal authority, and they didn't want to wait any longer. Lisa didn't like the cursing and was about to speak up, but Ammon spoke first.

He said: *We don't need any of that. We're not here to act that way.*

Ammon wanted to wait until the cowboys arrived before confronting the feds. Lisa held Ammon's hand and looked around at the federal agents now gathering under the other bridge. About eight figures armed with rifles crouched behind the doors of their white BLM ranger pickups. Some wore olive-drab fatigues and helmets and carried a tear-gas launcher. Another group wore plain clothes with body armor. They looked like a small army. Lisa tried to stay calm for Ammon, but she couldn't fathom what was happening. This was over cows?

She said to Ammon: *We have five children at home who need a mom and a dad. Are you sure this is the right thing to do?*

The cowboys kicked up a cloud of dust as they rode down the slope into Toquop Wash and broke through the line of protesters. They slowed their horses to a walk as they moved toward the feds at the cattle gate under the southbound bridge, and then paused about halfway between the bridges to form a ragged line. LaVoy Finicum raised a jaunty hand and waved at the people on foot already there.

During the ride, a Bundy son-in-law had given the posse hard-bitten instructions. Provoke no one. Speak to no one. Form a line and advance toward the feds. Stand your ground. Show no fear.

The protesters on foot followed, hands raised toward the sky. They were mostly men, but a good number of women, and even a couple of kids. By now, more than 400 Bundy supporters were spread around the area, and more than half were in the wash, including about 40 on horseback. They faced some thirty federal officers on the other side of the gate.

Word trickled through the line of protesters: Let the unarmed people go first. Terri "Momma Bear" Linnell was carrying a pink pistol in a holster, so she let the others pass her and she took pictures of the flag-wavers in front of her, of the horses' rear ends, of a surveillance plane in the sky. She looked off to the side of the wash and was surprised to see a group of young children playing on the bank, out of the line of fire, as if nothing was happening.

"You're going to have to arrest us all or shoot us all!" one protester yelled.

Linnell didn't believe the federal agents would shoot into the crowd. Previous protests had taught Momma Bear that there was strength in numbers, and the protesters vastly outnumbered the feds. On the other hand, her parents had been students at Kent State University in 1970, when members of the Ohio National Guard had shot and killed four students during a mass protest. So Linnell knew it could happen. At least this time, Linnell thought, the protesters could shoot back.

The line began advancing toward the feds under the southbound bridge. It was high noon.

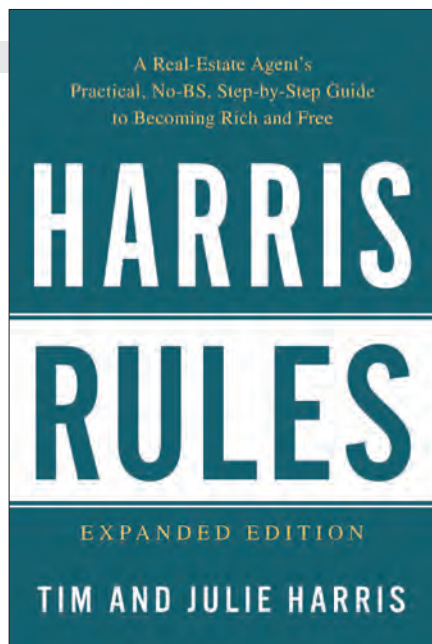
"On the other side of the cattle gate there, white ranger pickups were pulling up, and federal agents were massing, carrying rifles."

"Provoke no one. Speak to no one. Form a line and advance toward the feds. Stand your ground. Show no fear."

HARRIS RULES

A Real-Estate Agent's Practical, No-BS, Step-by-Step Guide
to Becoming Rich and Free

TIM AND JULIE HARRIS



Revised and expanded edition of the bestselling guide will help any agent pursue their real estate-funded goals and dreams.

WHERE DOES BUSINESS COME from? That's the question every real estate agent asks but few have a truthful answer for.

In an industry constantly selling the “easy button” and overrun with shiny widgets, agents are pulled in multiple directions at once, each promising that if they “just do this,” their dreams of success and fortune will come true.

After 20 years in the business, thousands of home sales, and hundreds of thousands of coaching calls, Tim and Julie Harris tell the hard truths about what it really takes to make it in real estate.

The new, revised edition of *Harris Rules* outlines specific, actionable, and proven rules of engagement that any agent—rookie or veteran—can count on as they pursue their real-estate funded goals and dreams. *Harris Rules* lays the groundwork, beginning with how agents need to think about the business. Moving them forward with a step-by-step action plan, Tim and Julie show agents how to create longevity by scaling the business and then teach them how to monetize it.

In this book, you'll learn:

- How to control your mindset to get more things done, even when you don't “feel” like it
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- Why you can't rely on only one method of generating leads
- How to use the proven Seven-Step Listing Process to win the listing virtually every time
- How to really achieve financial freedom

With all-new case studies, resources, and Q&As for the highly motivated agent, *Harris Rules* covers tricky topics with much-needed frankness: making a profit, why having a team isn't the “golden calf,” gaining multiple lead sources (that you don't have to pay for!), focusing on listings, and the fact that repetitious boredom does pay off.

Tim and Julie will tell you the truth: *Harris Rules* is the savvy agent's all-inclusive, no-BS guide to succeed in real estate.

- **Previous self-published edition of *Harris Rules* sold 111K copies across all formats, including bulk purchases to real estate offices**
- **Plans to leverage the authors' company Tim & Julie Harris® Real Estate Coaching through their website (30K unique visitors per month) and email list (400K)**
- **Promotion through authors' podcast, *Real Estate Coaching Radio* (190K listeners per month, and a reach of 2.3M)**
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For over two decades, **TIM AND JULIE HARRIS** have been leaders in the real estate industry, first as top-producing agents and now as the nation's most sought-after real estate coaches. During their very first full year as realtors, Tim and Julie earned real estate industry acclaim by selling more than 100 homes. Thereafter, they have participated in thousands of home sales. The

National Association of Realtors® featured Tim and Julie in articles about their real estate sales success, and in 1998 they were recruited to become Howard Brinton Stars, which introduced them to real estate coaching and training. Tim and Julie are honored to have coached many of the nation's top producing agents, and were named the “best coaches in the industry” by Inman News. Residence: Austin, Texas.

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ELECTRIC BRAIN

How the New Science of Brainwaves Reads Minds, Tells Us How We Learn, and Helps Us Change for the Better

R. DOUGLAS FIELDS, PhD

An NIH neuroscientist and leading expert presents extensive evidence showing that brainwaves provide far more information than previously realized and explores the exciting implications for society, medicine, and technology.

WHAT IS AS UNIQUE as your fingerprints and more revealing than your diary? Hint: Your body is emitting them right now and has been every single day of your life.

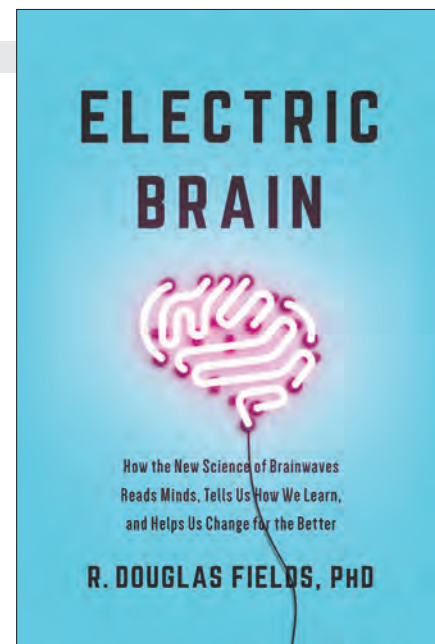
From the moment a reclusive German doctor discovered waves of electricity radiating from the heads of his patients in the 1920s, brainwaves have sparked astonishment and intrigue, yet the significance of the discovery and its momentous implications have been poorly understood. Now, it is clear that these silent broadcasts can actually reveal a stunning wealth of information about any one of us.

In *Electric Brain*, world-renowned neuroscientist and author R. Douglas Fields takes us on an enthralling journey into the world of brainwaves, detailing how new brain science could fundamentally change society, separating fact from hyperbole along the way. In this in-depth look at the most recent findings in brain science, Fields explores groundbreaking research that shows brainwaves can:

- **Reveal** the type of brain you have—its strengths and weaknesses and your aptitude for learning different types of information
- **Allow** scientists to watch your brain learn, glean your intelligence, and even tell how adventurous you are
- **Expose** hidden dysfunctions—including signifiers of mental illness and neurological disorders
- **Render your thoughts** and transmit them to machines and back from machines into your brain
- **Meld minds** by telepathically transmitting information from one brain to another
- **Enable individuals to rewire** their own brains and improve cognitive performance



R. DOUGLAS FIELDS, PhD, is a neuroscientist and an international authority on nervous system development and plasticity. He received advanced degrees from UC Berkeley, San Jose State University, UC San Diego, and he held postdoctoral fellowships at Stanford and Yale Universities before joining the National Institutes of Health. He is also Adjunct Professor at the Neuroscience and Cognitive Science Program at the University of Maryland, College Park. He has published over 150 articles in scientific journals and books and his research has been featured internationally in newspapers, magazines, radio, and television, including the *National Geographic*, *ABC News Nightline*, and *NPR Morning Edition*. In addition to his scientific research, Dr. Fields is the author of numerous books and magazine article about the brain written for the general reader, including *The Other Brain*, about brain cells that communicate without using electricity (glia), and *Why We Snap*, about the neuroscience of sudden aggression. Residence: Silver Springs, Md.



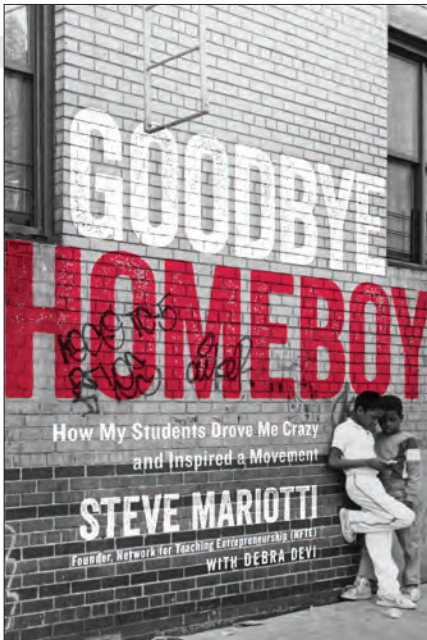
- **Author's previous books**, *The Other Brain* and *Why We Snap*, were reviewed in *Nature*, *Science*, *Discover*, and *Publishers Weekly*
- **Author's research has been featured on or in** *National Geographic*, *Nightline*, *NPR's Morning Edition*, *BBC World News Service*, *PBS*, and *Fox News*
- **Author has written for** *TIME*, *Washington Post* magazine, and *Scientific American*, and is a columnist for *HuffPost* and *Psychology Today*
- **Author speaks worldwide**, including the World Science Festival, and his past books have been translated in Italy, Japan, China, and Poland
- **RDouglasFields.com**

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GOODBYE HOMEBOY

How My Students Drove Me Crazy and Inspired a Movement

STEVE MARIOTTI WITH DEBRA DEVI



- **Mariotti founded the Network for Teaching Entrepreneurship (700K alumni and 5K teachers)**
- **Author has written or cowritten 34 books related to entrepreneurship, with 1.2M copies sold or donated worldwide; he is also a blogger for HuffPost**
- **Author featured on or in TIME, BBC World News Service, Bloomberg TV, MSNBC, and New York Times**
- **Coauthor Devi's writing has been featured in Investor's Business Daily, Village Voice, HuffPost, and RollingStone.com**
- **Promotion to NFTE's mailing lists (30K subscribers), NYC CEO Club, World Economic Forum, Council on Foreign Relations, and Rising Tide**
- **SteveMariotti.com**
- **Twitter: @SteveJMariotti**

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The Network for Teaching Entrepreneurship founder and CEO shares his memoir detailing how a series of hardships inspired him to help low-income youth create their own pathways out of poverty.

FAILING NEW YORK CITY teacher Steve Mariotti had been given one last chance to save his job: Run a South Bronx program for 23 special education students expelled for violent crimes.

"Your mission is to save *one* of them," Mariotti's principal told him.

When Mariotti was mugged by a group of teenagers, he was shaken to his core, and his life was forever changed. He closed his small import-export business, and at the encouragement of a therapist, decided to face his fears by becoming a teacher. He wanted to help troubled young people create better lives for themselves.

Mariotti volunteered to teach in some of the city's worst schools. But the students were harder to reach than he expected. They saw zero connection between school and improving their lives . . . until Mariotti introduced them to entrepreneurship. He consistently saw disinterested students light up and become eager to learn whenever he taught them about small business.

His unorthodox approach made him the target of school administrators, however. After being disciplined multiple times, he found himself facing one last opportunity to prove himself as an educator—in his most challenging classroom yet.

By turns hilarious and heartbreaking, *Goodbye Homeboy* unflinchingly displays Mariotti's missteps as he connects with his troubled South Bronx students, desperate to help them escape the soul-crushing poverty and gang violence of "Fort Apache" in the 1980s.

These experiences inspired him to found a revolutionary organization that has served 700,000 low-income students from Chicago to China.

Today, the Network for Teaching Entrepreneurship (NFTE) is a multimillion-dollar nonprofit, and Mariotti is widely recognized as the world's leading advocate for entrepreneurship education. NFTE counts Sean Combs, Chelsea Clinton, billionaire Diana Davis Spencer, and many more business, entertainment, and community leaders among its staunchest supporters.

Goodbye Homeboy powerfully illustrates that one small spark of hope really can illuminate a new pathway to change and empower us to overcome life's greatest hardships.

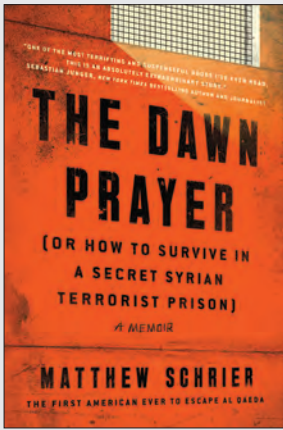


STEVE MARIOTTI is the founder and former CEO of the Network for Teaching Entrepreneurship (NFTE). His previous books include *The Young Entrepreneur's Guide to Starting and Running a Business* and *An Entrepreneur's Manifesto*. Today, NFTE is widely considered the leading provider of entrepreneurship education to low-income youth worldwide. Residence: Princeton, N.J.

DEBRA DEVI is an award-winning author, journalist and musician. She has coauthored numerous books with Steve Mariotti, including *Entrepreneurship: How to Start and Operate a Small Business*. As a journalist, Devi has written for *Investor's Daily*, *American Banker*, *Crain's New York*, *The Village Voice*, *RollingStone.com*, *Guitar World*, and more. Residence: Jersey City, N.J.

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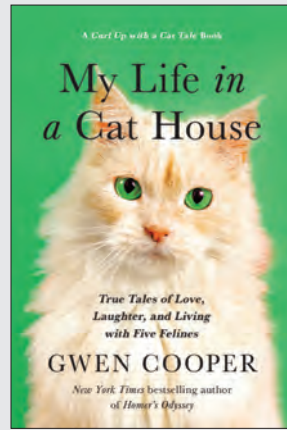
Life is unpredictable. Pick up these memoirs for real-life stories that will keep you turning page after page.



THE DAWN PRAYER (OR HOW TO SURVIVE IN A SECRET SYRIAN TERRORIST PRISON) MATTHEW SCHRIER

In 2012, Matthew Schrier was headed home from Syria, where he'd been photographing the country's civil war. Forty-five minutes from the Turkish border, he was taken prisoner by the al Nusra Front—an organization now known as the Syrian branch of Al Qaeda. For seven months he would endure torture and near starvation, but eventually, he'd escape. In this gripping memoir, Schrier details the horrifying and surreal experience, using humor to develop relationships with his captors—and keep himself sane.

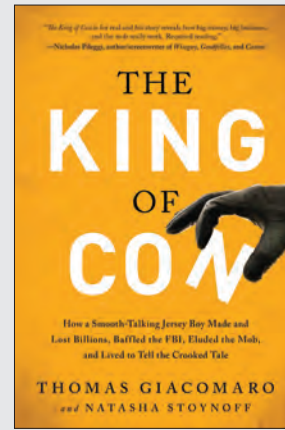
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Celebrate the human-feline bond with all its joys, mysteries, and life-changing moments. Gwen Cooper returns with the ongoing adventures of her much-beloved, world-famous fur family. Ideal for new readers and longtime fans alike, this collection of eight purr-fect cat stories is filled with all the humor and heart Gwen's devoted readership has come to know and love. Read all eight stories in one sitting, or savor each gem of a "tail" on its own. *My Life in a Cat House* will leave you laughing out loud, shedding an occasional tear, and hugging your own cat a little bit closer.

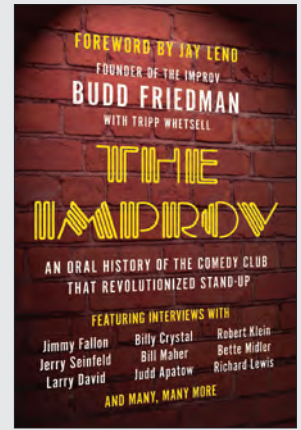
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THE KING OF CON TOM GIACOMARO AND NATASHA STOYNOFF

As a teenager, Tom Giacomaro began working in the mob-laden New Jersey trucking industry. A charming, brash-talking salesman, he climbed the ranks, letting his lust for money send him spiraling into a world of drugs and violence. Forced to go on the lam in South Africa and Europe he returned a year later, with millions of dollars worth of diamonds stuffed in his underwear. And that's only the beginning. *The King of Con* offers an unforgettable look into the life of a man who lived to a dangerous excess, rubbing elbows with celebrities and crime bosses, until he was humbled by the FBI, by the US Attorney, and by life itself.

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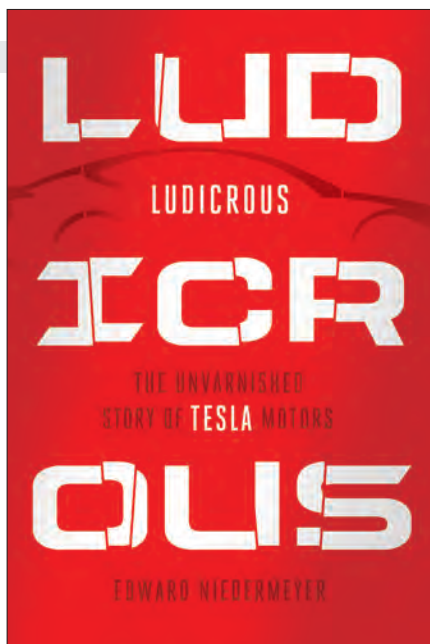
Get an insider's oral history of the world's most iconic comedy club. In 1963, 30-year-old Budd Friedman opened a coffee house for Broadway performers called the Improvisation. Later shortened to the Improv, it became the first venue to present live stand-up in a continuous format, and in the process reinvented the art form. Now, in *The Improv*, Friedman, along with famous alumni—including Jay Leno, Jerry Seinfeld, Jimmy Fallon, Larry David, Billy Crystal, Lily Tomlin, Judd Apatow, Al Franken, Paul Reiser, Howie Mandel, Bob Saget, Drew Carey, and many more—tell it like it was in the first-ever oral history of how this game-changing comedy club came to be.

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LUDICROUS

The Unvarnished Story of Tesla Motors

EDWARD NIEDERMEYER



With a unique blend of original reporting and deep analysis, journalist Edward Niedermeyer reveals the ugly reality hidden behind Tesla's popular mythology and explains why the company is more likely to end up as a transitional figure in automotive history than the next industrial juggernaut.

TESLA IS THE MOST exciting car company in a generation . . . but can it live up to the hype? Tesla Motors and CEO Elon Musk have become household names, shaking up the staid auto industry by creating a set of innovative electric vehicles that have wowed the marketplace and defied conventional wisdom. The company's market valuation now rivals that of long-established automakers, and, to many industry observers, Tesla is defining the future of the industry.

But behind the hype, Tesla has some serious deficiencies that raise questions about its sky-high valuation, and even its ultimate survival.

Tesla's commitment to innovation has led it to reject the careful, zero-defects approach of other car manufacturers, even as it struggles to mass-produce cars that are reliable and have minimal defects. While most car manufacturers struggle with the razor-thin margins of mid-priced sedans, Tesla's strategy requires that the Model 3 finally bring it to profitability, even as the high-priced Roadster and Model S both lost money. And Tesla's approach of continually focusing on the future, even as commitments and deadlines are repeatedly missed, may ultimately test the patience of all but its most devoted fans.

In *Ludicrous*, journalist and auto industry analyst Edward Niedermeyer lays bare the disconnect between the popular perception of Tesla and the day-to-day realities of the company—and the cars it produces. Blending original reporting and never-before-published insider accounts with savvy industry analysis, Niedermeyer tells the story of Tesla as it's never been told before, with clear eyes, objectivity, and insight.

- **Niedermeyer is the Silicon Valley reporter for *Automotive News* and former editor-in-chief of *The Truth About Cars*, which earned a spot on *TIME* magazine's Top 25 Blogs of 2011 list**
- **Promotion planned through author's podcast, *The Autonocast* (23K subscribers)**
- **Author's work has been featured in the *New York Times*, *Wall Street Journal*, *BloombergView*, *The Daily Beast*, and *The Verge***
- **Book is receiving early interest from top-tier auto industry writers**
- **Twitter: @Tweetermeyer**



EDWARD NIEDERMEYER began covering the auto industry in 2008, quickly establishing himself as a leading chronicler and critic of the struggles and bailouts of GM and Chrysler. More recently, he has focused on the collision between the auto industry and high-tech sector, and the reinvention of the automobile. His work on automotive topics has been featured in the *New York Times*, *Wall Street Journal*, *BloombergView*, *The Daily Beast*, *The Verge*, and elsewhere. He is currently the cohost of *The Autonocast*, a podcast about the future of mobility, and is the Silicon Valley reporter for *Automotive News*. Residence: Portland, Ore.

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GREATEST FORGIVENESS

Bring Joy and Peace to Your Life with the Power of Unconditional Forgiveness

DR. & MASTER ZHI GANG SHA WITH MASTER CYNTHIA DEVERAUX

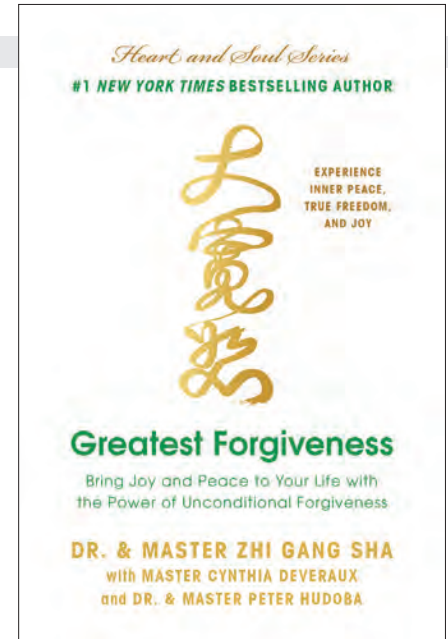
AND DR. & MASTER PETER HUDOBA

Dr. & Master Sha returns with a book highlighting the healing power of forgiveness and helps readers discover their “untapped potential” for spiritual growth and wholeness.

GREATEST FORGIVENESS WILL PROVIDE every reader with practices and exercises that will enable them to forgive themselves and others. There is no emotion more effective for healing than forgiveness. Forgiveness practices will enhance your relationships with your children, your parents, and those closest to you. The greatest gift you can give your loved one is the gift of forgiveness. This book is a precious jewel for use throughout the year.



DR. & MASTER ZHI GANG SHA is a world-renowned healer, Tao Grandmaster, philanthropist, humanitarian, and creator of Tao Calligraphy. He is the founder of Soul Mind Body Medicine™ and an 11-time *New York Times* bestselling author. An MD in China and a doctor of traditional Chinese medicine in China and Canada, Master Sha is the founder of the Institute of Soul Healing and Enlightenment™ and the Love Peace Harmony Foundation™, which is dedicated to helping families worldwide create happier and healthier lives. A grandmaster of many ancient disciplines, including tai chi, qigong, kung fu, feng shui, and the I Ching, Master Sha was named Qigong Master of the Year at the Fifth World Congress on Qigong. In 2006, he was honored with the prestigious Martin Luther King, Jr. Commemorative Commission Award for his humanitarian efforts, and in 2016 Master Sha received rare and prestigious appointments as Shu Fa Jia (National Chinese Calligrapher Master) and Yan Jiu Yuan (Honorable Researcher Professor), the highest titles a Chinese calligrapher can receive, by the State Ethnic of Academy of Painting in China. Residence: San Francisco, Calif.



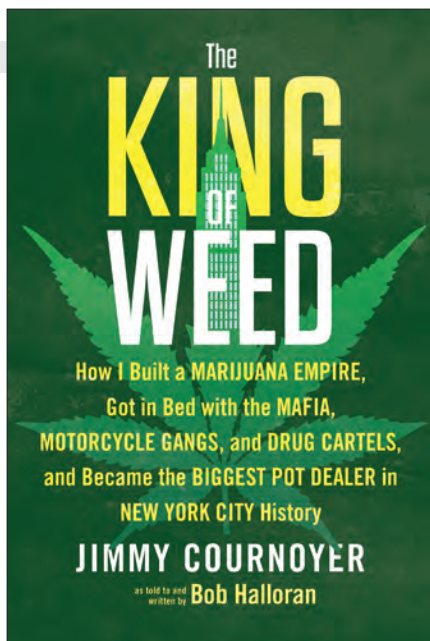
- **Dr. & Master Zhi Gang Sha is an 11-time *New York Times* bestselling author**
- **His previous books include *Soul Healing Miracles* (360K copies sold), *Soul Mind Body Science System* (70K copies sold), *Soul Over Matter* (27K copies sold), and *Greatest Love* (52K copies sold)**
- **DrSha.com**

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THE KING OF WEED

How I Built a Marijuana Empire, Got in Bed with the Mafia, Motorcycle Gangs, and Drug Cartels, and Became the Biggest Pot Dealer in New York City History

JIMMY COURNOYER AS TOLD TO AND
WRITTEN BY BOB HALLORAN



The exciting story of how Jimmy Cournoyer went from an average French Canadian playboy to the biggest marijuana dealer in New York City history.

JIMMY COURNOYER WASN'T JUST another teenager selling weed—he was able to turn his hobby into a global force, earning profits of over \$1 billion.

The King of Weed details how a high school dropout was able to turn a couple of pot plants into a billion-dollar business. Follow the rise and fall of Cournoyer—also known as the Pot Playboy, the King of Pot, and by his alias Cosmo—as he surpassed the thousands of low-level drug dealers operating from their bedrooms and backyards, making it to the top of his industry.

At the height of his success, Cournoyer controlled a drug trafficking empire that involved the Hell's Angels, the Sinaloa Cartel, Native American smugglers, and the Rizzuto and Bonanno crime families. He was friends with former MMA fighter Georges St. Pierre, dated Brazilian model Amelia Racine, and partied with Leonardo DiCaprio in Ibiza.

With first-hand accounts from Cournoyer himself, as recounted to and written by journalist Bob Halloran, *The King of Weed* is the remarkable, intimate story of one of New York City's most lucrative drug kingpins—until it all came crashing down when federal agents apprehended him after a chance tip ignited a seven-year investigation. Readers will be astounded by his creative business planning, risk assessment, and decision making—all within the eye of a violent, unpredictable, criminal enterprise.

- **Cournoyer's story has garnered significant media attention, including features in the *New York Times*, *New York Post*, and *Variety.com***
- **Possible movie and song coming from rapper 50 Cent based on the author's story**
- **Coauthor Halloran has a platform from *White Devil* (5K copies sold) and as an award-winning journalist**
- **Marketing outreach planned to true crime media including podcasts, radio programs, online sites, and bloggers**



JAMES "JIMMY" COURNOYER was born in 1979, in the city of Laval in Quebec, Canada. He grew up in an upper-middle-class home with his parents, Richard Cournoyer and Linda Bremner, and his older brother, Joey. Following his parents' divorce, Jimmy dropped out of high school and began selling marijuana to help his mother pay the bills. For the next 15 years, he built a marijuana empire that covered the East and West coasts of Canada and the US, and ultimately connected him to the Sinaloa Drug Cartel in Mexico. Jimmy was arrested in 2012 attempting to enter Mexico, pleaded guilty to money laundering and conspiracies to sell cocaine and marijuana, and is currently serving a 27-year sentence.



BOB HALLORAN is a Boston-based award-winning journalist, accomplished author, movie consultant and sports writer. Currently a sports anchor/reporter for Boston's ABC affiliate, WCVB, his broadcast career has included roles at ESPN, WFXT in Boston, and WPRI in Providence, RI. At ESPN, Bob spent three years as an anchor and writer for ESPN.com. Halloran has written several books including *Irish Thunder: The Hard Life and Times of Micky Ward*, *Count the Rings: Inside Boston's Wicked Awesome Reign as the City of Champions*, and *Impact Statement: A Family's Fight for Justice Against Whitey Bulger, Stephen Flemmi, and the FBI*. Halloran has won a New England Emmy Award for sportscasting, and two honors from the Associated Press. Residence: Boston, Mass.

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JIMMY DOVE INTO his notebook. Checked the inventory and thought about what kind of transport he would use from Quebec City to New York. He called his most reliable courier, Richie. For the past 25 years, Richie had been crossing the border from Quebec to the United States at least once a week. He had a double oil pan in his van that allowed him to stash up to a million dollars at a time. Richie was able to get the oil pan out without pulling the engine. He simply jacked up the engine until the bell housing hit the fire wall and then took off the steering rack. It was only difficult to do the first time. After that, it was easy, and Richie had done it thousands of times.

Jimmy had worked with Richie many times before and found him to be independent but reliable.

“What can I do for you?” Richie asked.

“I got money to bring back from New York. Are you still in business?”

“I will be until I die.”

“I need you every week from now on. Can you do this?”

“Hell yes!”

Jimmy gave him a burner phone with Primo’s number in it and told him to call that number whenever he gets to New York.

Meanwhile, Diego and Primo made their way to New York that same day. They had a meeting with Doogie at a Starbucks in Brooklyn and told him there was 600 pounds of high-grade weed on the way.

“All for me?” Doogie asked.

“First come, first served. You want it. You got it.”

He wanted it. They quickly went over the formalities of when the shipment would arrive, where it would be delivered, and of course, how the exchange of money would go down. Done deal.

While this was happening, Martin was on his way to BC. High on ephedrine tablets and red bull, he texted Bob and Smart that he was an hour away. Upon arrival, Bob and Smart swept the truck for any electronic devices. They found nothing, and as quickly as they could, they strapped 18 bundles of plywood containing 600 pounds of weed onto the truck. Martin popped another pill, downed another soda, and hopped back into the truck. He was ready for the long road ahead.

Everything was going according to plan. Each man had a part to play, and he played it well. Doogie made regular buys and paid cash. Martin hardly ever slept. Just kept making pick-ups and drove back and forth from Quebec to Vancouver. It was a 50-hour drive along the Trans-Canada Highway, and Martin did it by himself twice a week. He had his favorite radio stations and sang until his voice went hoarse.

Bob and Smart were getting weed from all over. The word was out, and every grower and distributor started bringing their stuff to Bob. Ray and John were bringing a few hundred pounds of good kush each month. Their growers were following Mr. Miagi’s instructions and were growing real good buds. Tom picked up their loads. Sealed it up as he was told. And brought it over the border. Jimmy was in charge of inventory. Every morning he decided which transport to use, and how to bring the money back to make sure everything continued rolling. Product went out. Cash came in. And so on, and so on.

Business was booming. The demand was growing exponentially. Jimmy was buying up everything he could find in BC, Alberta, Saskatchewan, Ontario, and Quebec. He had workers stacking pounds in nearly every province of Canada. Martin and his truckers were on the road 24/7. The pot supply under his domain was also still being transported in motor homes and trucks across Canada with the help of the Hells Angels. The motorcycle gang and the Montreal mob then smuggled the pot from Quebec into upstate New York, and trucks delivered it to warehouses in Brooklyn. It was perfect!

And then Patrick Paise stopped by.

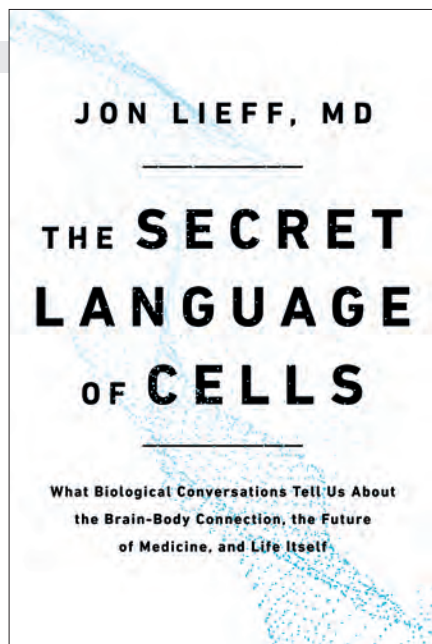
“Bob and Smart were getting weed from all over. The word was out, and every grower and distributor started bringing their stuff to Bob . . . Product went out. Cash came in. And so on, and so on.”

“Everything was going according to plan. Each man had a part to play, and he played it well.”

THE SECRET LANGUAGE OF CELLS

What Biological Conversations Tell Us About the Brain-Body Connection,
the Future of Medicine, and Life Itself

JON LIEFF, MD



Renowned neuroscientist, lecturer, and social-media sensation Jon Lieff provides ground-breaking cellular science that affects our immunity, mental health, weight loss and disease.

YOUR CELLS ARE TALKING ABOUT YOU.

Right now, both your inner and outer worlds are abuzz with chatter among living cells of every possible kind—from those in your body and brain to those in the environment around you. From electrical alerts to chemical codes, the greatest secret of modern biology, hiding in plain sight, is that all of life's activity boils down to one thing: conversation.

While cells are commonly considered the building block of living things, it is actually the communication between cells that brings us to life, controlling our bodies and brains, determining whether we are healthy or sick, and directly influencing how we think, feel, and behave.

In *The Secret Language of Cells*, doctor and neuroscientist Jon Lieff lets us listen in on these conversations, and reveals their significance for everything from mental health to cancer. He explains the surprising science of how very different cells—bacteria and brain cells, blood cells and viruses—all speak the same language. This overarching principle has been long overlooked because scientific journals use impenetrable jargon that makes it hard to be understood across disciplines, much less by the general public.

Lieff presents a fascinating and accessible look into cellular communication science—a groundbreaking and comprehensive exploration of this biological phenomenon. In these pages, discover the intriguing lives of cells as they ask questions, get answers, give feedback, gather information, call for each other, and make complex decisions. During infections, immune T-cells tell brain cells that we should “feel sick” and lie down. Cancer cells warn their community about immune and microbe attacks. Gut cells talk with microbes to determine which are friends and which are enemies, and microbes talk with each other and with much more complicated human cells in ways that determine which medicines work and which will fail.

With applications for immunity, chronic pain, weight loss, depression, cancer treatment, and virtually every aspect of health and biology, cellular communication is revolutionizing our understanding not just of disease, but of life itself. *The Secret Language of Cells* is required reading for anyone interested in following the conversation.

- **Author has been featured on or in *Scientific American*, *Psychology Today*, *Smithsonian*, *AARP*, *Discovery Channel*, *Fast Company*, *CBS News*, *Costco Connection*, *Sirius XM's Doctor Radio*, and more**
- **National publicity firm hired**
- **Possible adoption in university coursework**
- **Promotion through author's blog (177K+ unique readers per year) and social media**
- **JonLieffMD.com**
- **Facebook: /SearchingfortheMind**
- **Twitter: /JonLieffMD**

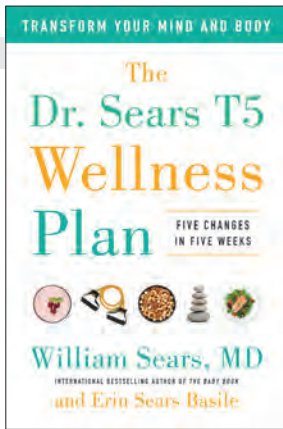


JON LIEFF, MD, brings to bear 40 years as a nationally recognized neuro-psychiatrist, during which he was president of a national medical subspecialty organization, founded a major scientific journal, and was the medical director for 25 years of a large network of psychiatric care for the elderly. He was a pioneer in several medical fields—geriatric psychiatry, brain injury, computer applications in psychiatry, and the integration of medicine, psychiatry, and neurology. Starting with an interest in brain cell communication, Dr. Lieff found similar signaling among all cells in nature. Five years ago, he established his acclaimed and popular scientific website, *Searching for the Mind*, about the topic of cellular communication. Residence: Newton, Mass.

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HEALTH

Your path to wellness begins here—with titles that help you make the best possible choices for your body and mind.

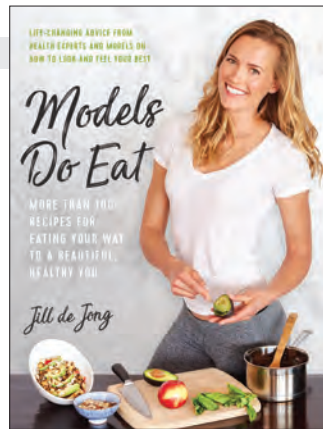


THE DR. SEARS T5 WELLNESS PLAN

WILLIAM SEARS, MD, AND
ERIN SEARS BASILE

The best of today's science-based nutrition and lifestyle research is finally available in one crystal-clear plan. All you need is five steps and five weeks. For more than 20 years, *The Baby Book* author William Sears's advice has been trusted by millions of parents around the world. Now, along with his daughter Erin, a health coach and fitness instructor, Sears turns his science-based guidance to creating better health for everyone. *The Dr. Sears T5 Wellness Plan* is a book for all ages and all ailments. Decrease inflammation, protect your brain and heart, strengthen your gut and balance your hormones—all by helping your body make its own medicine.

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MODELS DO EAT

JILL DE JONG

Getting the body you want doesn't mean giving up delicious food! Jill de Jong, fitness model and personal trainer who provided the real-life body for video game adventure icon Lara Croft, along with nine of her fellow models, have come together to share their food philosophies, expertise, and favorite recipes—their secrets to feeling healthy and looking great. *Models Do Eat* is more than a simple cookbook—it invites you to think critically about nutrition and make better choices for yourself. This team of inspiring women is dedicated to help you make the healthiest possible choices for your body.

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TARGET 100

LIZ JOSEFSBERG

A 15-year veteran of the weight-loss industry who lost—and kept off—65 pounds herself, Liz Josefsberg has accrued high-profile clientele. She helped Jennifer Hudson lose weight and transform her life and coached Jessica Simpson to shed over 50 pounds of baby weight (twice!). But along with the likes of Charles Barkley and Katie Couric, Josefsberg has also coached thousands of others. Along the way, she's learned what works—and what doesn't—when it comes to lasting weight loss, and she's ready to share her secrets. *Target 100* streamlines the weight-loss process into six easy-to-follow guidelines and shows you how to adjust them to fit your lifestyle.

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JANUARY 2019



GO DAIRY FREE

ALISA FLEMING

There are plenty of reasons to go dairy free. Whatever your reason, *Go Dairy Free: The Ultimate Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living* is the essential arsenal of information you need to change your diet. Inside, you'll find more than 250 recipes, must-have grocery shopping information, everyday living tips, a comprehensive guide to dairy substitutes, and more. This complete guide and cookbook is your vital companion to understanding dairy, how it affects you, and how you can eliminate it from your life and improve your health—without feeling like you're sacrificing a thing.

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BENBELLA VEGAN

Supporting your journey toward health with scrumptious recipes and vegan reads.

32

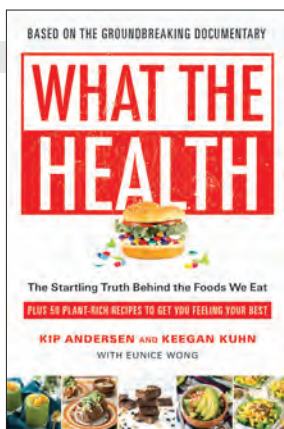


BACK TO THE CUTTING BOARD

CHRISTINA PIRELLO

When did cooking become so exhausting? *Back to the Cutting Board* helps you set aside all that tension and pretense and rediscover a pure, joyful passion for the art of cooking. Professional chef and Emmy Award-winning host of PBS's *Christina Cools*, Christina Pirello, takes you on a journey to re-engage with the soul of food preparation. Through more than 100 enriching plant-based recipes that pair the freshest ingredients with cooking techniques meant to optimize their natural, native flavors, Christina reintroduces you to the creative potential of food and transforms the kitchen into a nurturing sanctuary.

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US \$19.95 • COOKING
SEPTEMBER 2018



WHAT THE HEALTH

KIP ANDERSEN AND KEEGAN KUHN
WITH EUNICE WONG

There's a health revolution brewing; *What the Health* is your invitation to join. The creators of the groundbreaking documentary take readers on a science-based tour of the hazards of eating animal products—and what happens when we stop. If the film was a peephole, then the book knocks down the door itself, with expanded interviews, extensive research, and new personal narratives. Journey with Kip Andersen and Keegan Kuhn as they cross the country, talking to doctors, dietitians, public health advocates, whistle-blowers, and world-class athletes, to uncover the truth behind the food we eat, and its stunning implications for our health.

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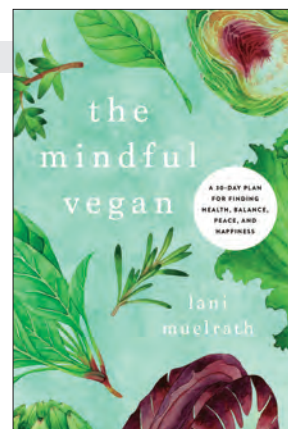


PLANT-POWERED BEAUTY

AMY GALPER AND
CHRISTINA DAIGNEAULT

If you've ever looked at the back of your so-called "natural" facial moisturizer or body cream and seen a list of complicated additives you couldn't recognize or pronounce, then you know firsthand that mass-produced synthetic beauty products can be something of a mystery. With *Plant-Powered Beauty*, harness the power of plant-based energy to maintain your natural beauty and let your skin glow like never before. Natural beauty experts Amy Galper and Christina Daigneault show readers how to deconstruct beauty labels, parse ingredients lists, make informed choices about the products they use—and, most important, better understand how their skin works.

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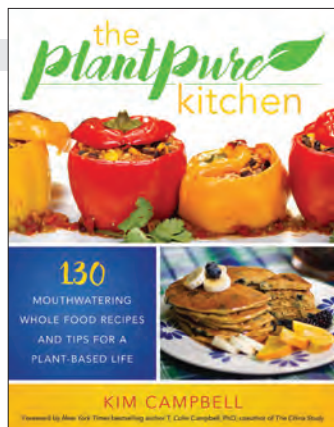


THE MINDFUL VEGAN

LANI MUELARTH

Mindfulness can be the deciding factor between your successful adoption of a healthy vegan diet and repeated frustrating attempts. Certified mindfulness meditation facilitator, award-winning health educator, and longtime vegan advocate Lani Muelrath has been practicing mindfulness meditation for 25 years. Backed by extensive research, with step-by-step instructions, personal stories, and a handful of delicious recipes, *The Mindful Vegan* will help you emancipate yourself from the stranglehold that mindless and compulsive eating have on your weight, health, food choices, and most of all, give you peace of mind.

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OCTOBER 2017



THE PLANTPURE KITCHEN

KIM CAMPBELL

The grassroots plant-based nutrition movement inspired by the film *PlantPure Nation* has helped foster a growing community of whole food, plant-based eaters. Key to its success has been the PlantPure Director of Culinary Education Kim Campbell's inspiring and delicious recipes. Now, Campbell is back with even more inventive recipes bursting with flavor in *The PlantPure Kitchen*. Campbell builds on favorites from her last cookbook, turning recipes like the Creamy African Stew into tasty African Wraps, and shares tons of new recipes that will turn any plant-based eater into a chef with ease.

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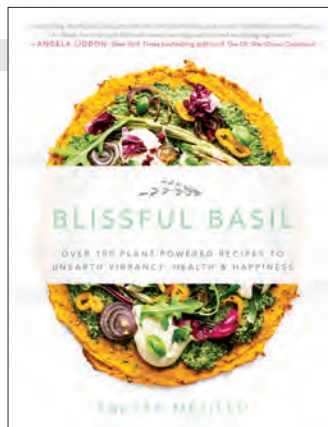


PLANT-POWERED FAMILIES

DREENA BURTON

Get your whole family excited about eating healthy! Veteran cookbook author Dreena Burton shows a whole foods, plant-based diet can be easy, delicious, and healthy for your entire family. In her book, Burton shares over 100 whole foods, vegan recipes—tested and approved by her own three children. Your family will love the variety of breakfasts, lunches, dinners, desserts, and snacks. With tips for handling challenges that come with every age and stage, it's a perfect reference for parents raising “weegans” or families looking to transition to a vegan diet.

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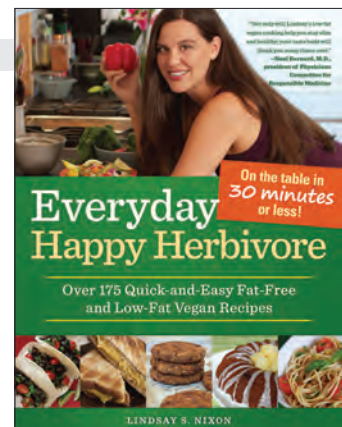


BLISSFUL BASIL

ASHLEY MELILLO

Experience the happiest side of life through beautiful, nourishing foods. Ashley Melillo believes in enjoying a wide array of wholesome foods in order to thrive—physically, mentally, and emotionally. For her blog, *Blissful Basil*, she finds innovative ways to use plants for fun, flavorful dishes that keep her readers coming back. Her gorgeous debut cookbook brings brand-new recipes, plus a handful of signature dishes, from her kitchen to yours. *Blissful Basil* focuses on bringing out the best flavors of whole foods and features more than 100 plant-based dishes that will delight vegans, vegetarians, and meat-eaters alike. What's more, most of the recipes are free from gluten, soy, and refined sugars.

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DECEMBER 2016

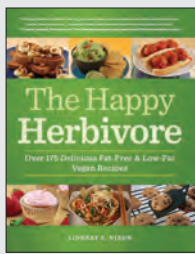


EVERYDAY HAPPY HERBIVORE

LINDSAY S. NIXON

After vegan chef Lindsay S. Nixon wrapped up her popular debut cookbook *The Happy Herbivore Cookbook*, she went back to her kitchen in her new home of St. Maarten, where island living inspired her to come up with simpler recipes. Her second title, *Everyday Happy Herbivore*, includes more than 175 recipes that are so quick and easy, you could cook three healthy meals from scratch every day. With additional notes indicating recipes that are ideal for preparing ahead of time and those you can whip up with just a few dollars, this is the must-have cookbook for anyone desiring a healthier, happier menu!

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THE HAPPY HERBIVORE

LINDSAY S. NIXON

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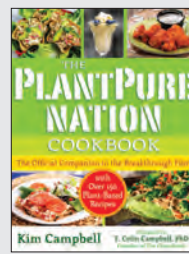
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KIM CAMPBELL

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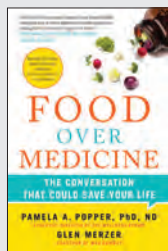
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FOOD OVER MEDICINE

PAMELA A. POPPER, PhD, ND,
AND GLEN MERZER

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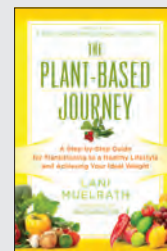
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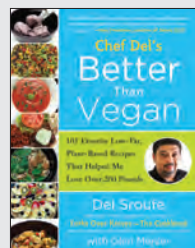
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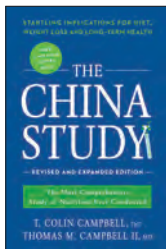
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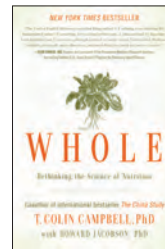
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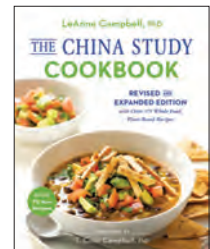
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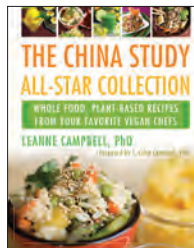
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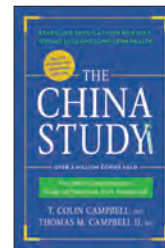
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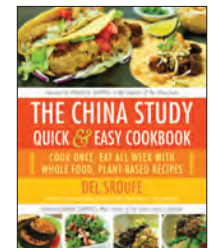
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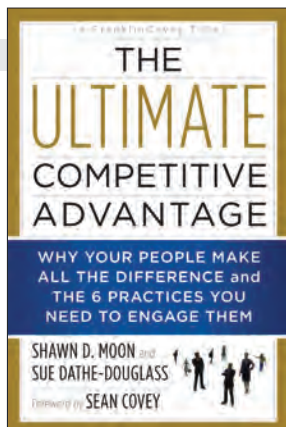
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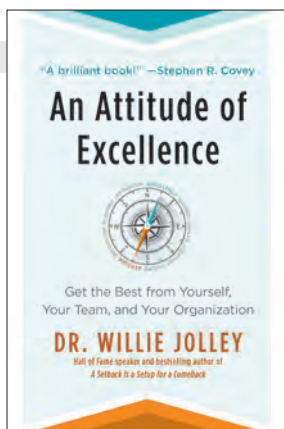


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You know how to sell—that's your job, after all—but getting CEOs and VIPs to call you back is the tricky part. Hall-of-Fame-nominated marketer and *Wall Street Journal* cartoonist Stu Heinecke discovered that he could get past traditional gatekeepers by using personalized approaches he calls "Contact Campaigns." Including presidents, a prime minister, celebrities, and even the Danish model who became his wife, Heinecke found that getting meetings with unreachable people was easier than ever. *How to Get a Meeting with Anyone* provides you with a new tool kit to put to work right away, making connections essential to your success.

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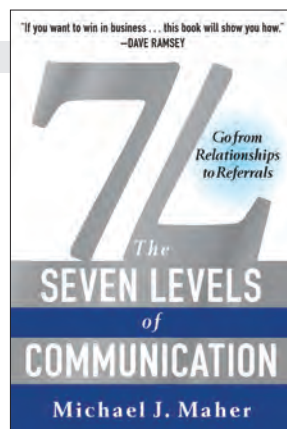


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Success isn't a matter of chance—it's a matter of choice. When you make the conscious choice to develop an attitude of excellence, you will achieve more, enjoy more, have better relationships, take better care of yourself physically and mentally, and vastly improve the quality of your day-to-day life. Dr. Willie Jolley is a world-renowned speaker and motivational coach whose work has inspired millions. This eye-opening book features principles and strategies everyone can use to enhance the quality of our relationships and our lives, both at work and at home, using the power of an attitude of excellence.

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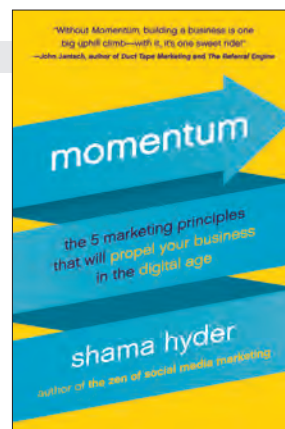


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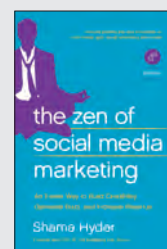
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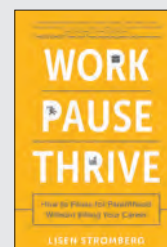


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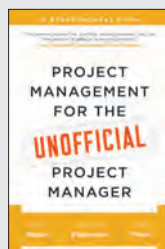
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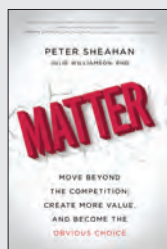
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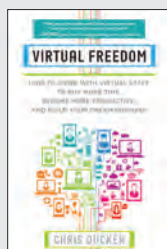
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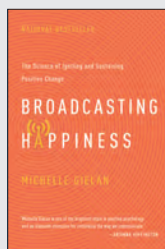
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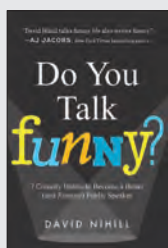
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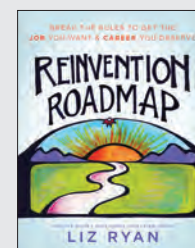
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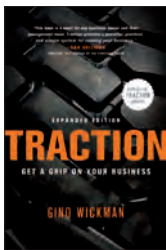
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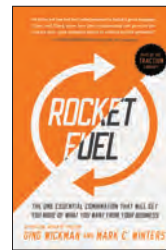
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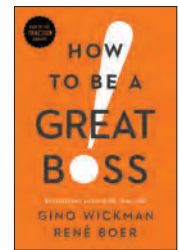
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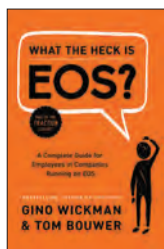
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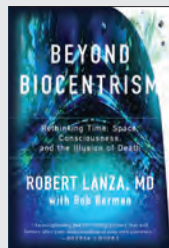
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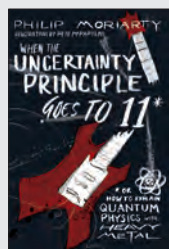
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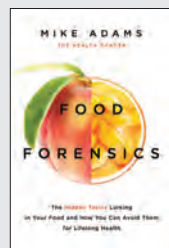
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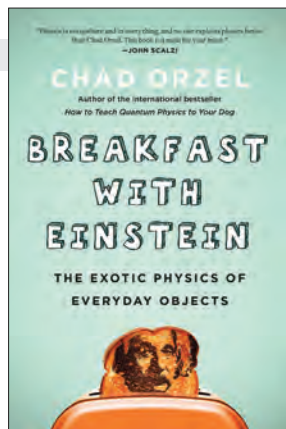
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Your alarm goes off, and you head to the kitchen to make yourself some toast and a cup of coffee. Little do you know, your morning routine depends on some of the weirdest phenomena ever discovered. Chad Orzel illuminates the surface of our regular lives by digging into the surprisingly complicated physics involved in our day-to-day. From the sun, alarm clocks, and the red glow of a toaster's hot filaments to the chemistry of food aroma, a typical day is rich with examples of quantum oddities. Your ordinary mornings will never seem quite as *ordinary* again.

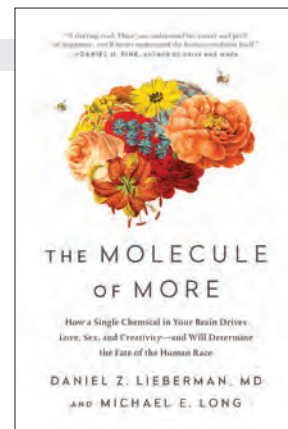
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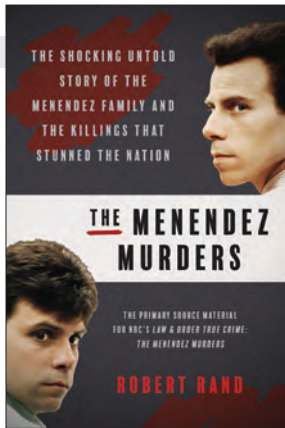
DANIEL Z. LIEBERMAN, MD, AND
MICHAEL E. LONG

Dopamine is always asking for more—more stuff, more stimulation, and more surprises. From dopamine's point of view, it's not the having that matters. It's getting something—anything—that's new. Daniel Z. Lieberman, MD, and Georgetown University lecturer Michael E. Long present a potentially life-changing proposal: Much of human life has an unconsidered component that explains an array of behaviors previously thought to be unrelated, including why winners cheat, why geniuses often suffer with mental illness, why nearly all diets fail, and why the brains of liberals and conservatives really *are* different.

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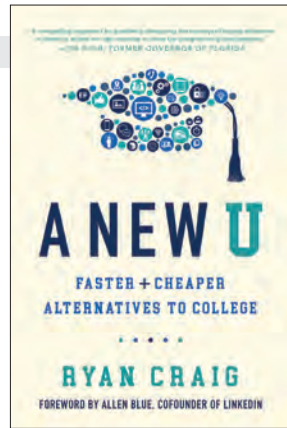


THE MENENDEZ MURDERS

ROBERT RAND

The Menendez saga has captivated America since 1989. But the real story remained buried beneath years of dark secrets—until now. Journalist Robert Rand, who originally reported on the case for the *Miami Herald* and *Playboy*, has followed the Menendez murders from the beginning and is the only reporter who covered the original investigation as well as both trials. Now, Rand shares intimate, never-before-revealed findings, including a disturbing history of child abuse and sexual molestation in the Menendez family, and the shocking admission O.J. Simpson made to one of the Menendez brothers when they were inmates at the LA County Men's Jail.

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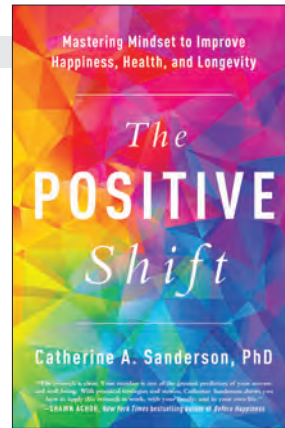


A NEW U

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Every year, the cost of a four-year degree goes up, and the value goes down. But for many students, there's a better answer. Ryan Craig documents the early days of a revolution that will transform—or make obsolete—many colleges and universities. Bootcamps, income-share programs, apprenticeships, and staffing models are attractive alternatives to great jobs in numerous growing sectors of the economy: coding, health-care, sales, digital marketing, finance and accounting, insurance, and data analytics. *A New U* is the first roadmap to these groundbreaking programs, which will lead to more student choice, better matches with employers, and a higher return on investment of cost and time.

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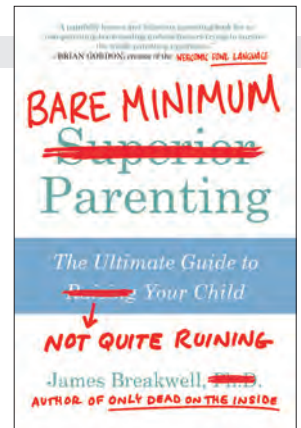


THE POSITIVE SHIFT

CATHERINE A. SANDERSON, PhD

It's the reason why spending time on Facebook makes us feel sad and lonely. Why expensive name-brand medicines provide better pain relief than the generic stuff, even if they share the same ingredients. But we can make surprisingly simple changes or small shifts to how we think, feel, and act that will really pay off. Dr. Catherine Sanderson breaks down the science of thought and shows how our mindset exerts a substantial influence on our psychological and physical health. This book demonstrates how, with practice, we can make minor tweaks in our mindset that will improve the quality—and longevity—of our life.

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If you do it right, your kid will be no better or worse off than their kids, but with more free time left for you. That's more valuable than all the participation trophies in the world. Amateur parenting expert James Breakwell will teach you to stop worrying and embrace your child's destiny as devastatingly average. To get there, you'll have to overcome your kid, other parents, and yourself, all of whom will push you to do more than is absolutely necessary. Honestly, by reading this far, you're already trying too hard. But don't stop now. You're exactly the kind of person who needs this book.

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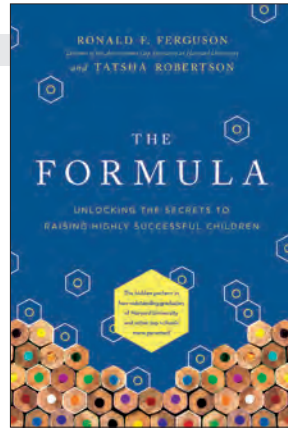


HOMER AND THE HOLIDAY MIRACLE

GWEN COOPER

Homer, the world-renowned Blind Wonder Cat, returns this holiday season with an ins-purr-ational tale filled with holiday cheer! Fifteen years earlier, doctors had warned that Homer—a tiny, sightless kitten—was unlikely to survive and probably wouldn't have much of a life even if he did. Against all the odds, Homer grew into a feline dynamo who scaled seven-foot bookcases with ease and even saved his human mom's life chasing a burglar from their apartment. Humorous and heartwarming, *Homer and the Holiday Miracle* will leave you filled with the true spirit of the season. It's the ideal stocking-stuffer for the cat lover on your list—and the perfect holiday treat for yourself.

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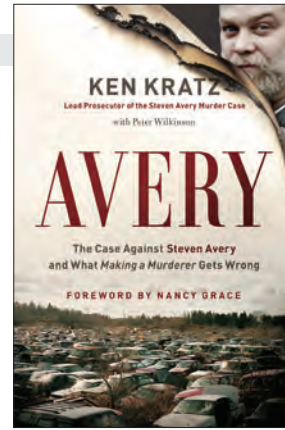


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This book unveils how parenting helped shape some of the most fascinating people you will ever encounter, by doing things that almost any parent can do. You don't have to be wealthy or influential to ensure your child reaches their greatest potential. What you do need is commitment—and the strategies outlined in this book. Harvard economist Ronald Ferguson along with award-winning journalist Tatsha Robertson, reveal an intriguing blueprint for helping children from all types of backgrounds become successful adults.

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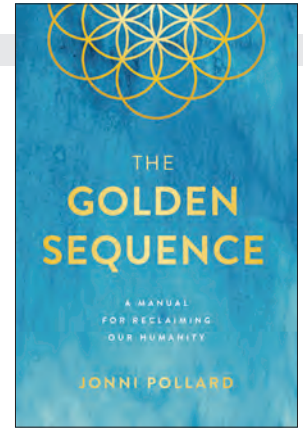


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KEN KRATZ WITH
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FOREWORD BY NANCY GRACE

It's time to set the record straight about Steven Avery, and this book tells you what *Making a Murderer* didn't. The Netflix series was a runaway hit, with over 19 million US viewers in the first 35 days, but the evidence shared inside thoroughly and dispassionately proves that, in this case, the criminal justice system worked just as it should. Ken Kratz, the special prosecutor who headed the investigation and trial, systematically erases the uncertainties introduced by the series, confirming, once and for all, that Steven Avery is guilty of the murder of Teresa Halbach.

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JONNI POLLARD

If you feel dissatisfied with your life and helpless to make a change, you are not alone. How can we be truly fulfilled? Many people struggle to make sense of the world and find true purpose. Two decades ago, these same feelings drove Jonni Pollard to seek out a better way of being in the world. Now an expert meditation teacher, Jonni's mission is to share the knowledge and techniques he has learned to help anyone reclaim their power to live a meaningful and fulfilling life. The most foundational of these lessons is what Jonni calls "the Golden Sequence."

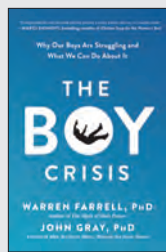
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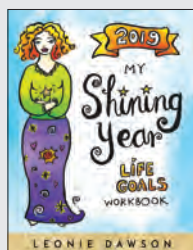
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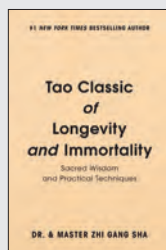
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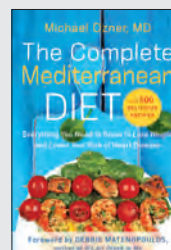
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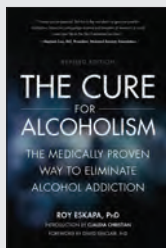


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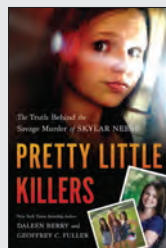


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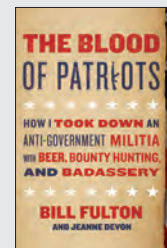
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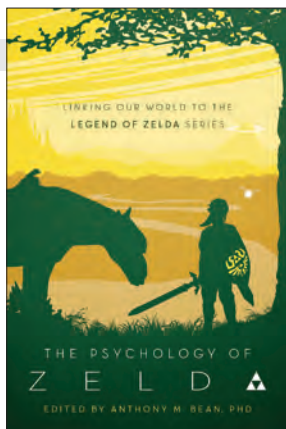
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THE PSYCHOLOGY OF ZELDA

EDITED BY ANTHONY M. BEAN, PhD

It's dangerous to go alone! Take this (book). For more than 30 years, the Legend of Zelda has spanned more than 30 different installments, selling over 75 million copies. Video game sales as a whole have continued to grow, now raking in twice as much money per year as the entire film industry, and countless psychologists have turned their attention to the effects gaming has on us: our confidence, our identity, and our personal growth. *The Psychology of Zelda: Linking Our World to the Legend of Zelda Series* applies the latest psychological findings, plus insights from classic psychology theory, to Link, Zelda, Hyrule, and the players who choose to wield the Master Sword.

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FAMILY DON'T END WITH BLOOD

EDITED BY LYNN S. ZUBERNIS

Supernatural, a three-time People's Choice Award winner for Favorite Sci-Fi/Fantasy TV Show, has been changing viewers' lives for more than a decade, as a memorable line, "Family don't end with blood," became an rallying cry for those who found community in the fandom. In 25 powerful chapters written by *Supernatural*'s actors and fans, including series lead Jared Padalecki, plus special messages from Jensen Ackles, Misha Collins, and Mark Sheppard, *Family Don't End with Blood: Cast and Fans on How Supernatural Has Changed Lives* examines the far reach of the show's impact.

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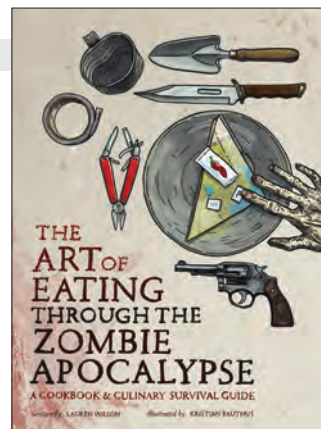
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The #1 *New York Times* bestselling Percy Jackson series features a dyslexic boy who discovers he is the son of a Greek god, the target of mythical Greek monsters, and the center of a prophecy that could change the balance of power in the world forever. In this book, YA authors take on the series' Greek gods, demigods, monsters, and prophecy, to add insight and even more fun to Rick Riordan's page-turner series. Riordan himself has written the introduction to this companion book, offering further insight into the extraordinary series.

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THE ART OF EATING THROUGH THE ZOMBIE APOCALYPSE

LAUREN WILSON AND KRISTIAN BAUTHUS

When the zombie apocalypse tears down life and society as we know it, it will mean no more take out, no more brightly lit, immaculately organized aisles of food just waiting to be plucked effortlessly off the shelves. No, when the undead rise, eating will be hard, and doing it successfully will become an art. *The Art of Eating through the Zombie Apocalypse* is the ideal handbook for efficient food sourcing and inventive meal preparation in the event of an undead uprising, and includes more than 80 recipes and scads of gastronomic survival tips.

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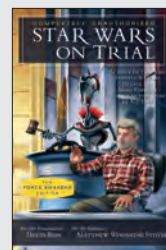
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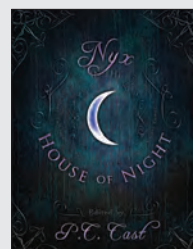
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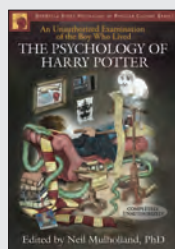
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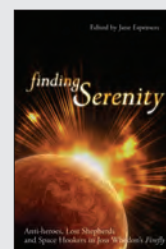
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A sneak peek at BenBella's upcoming titles.

THE NEURO- GENERATION

TAN LE

The NeuroGeneration introduces readers to a new era in brain augmentation that is revolutionizing the way we think, work, and lead. Tan Le—superstar tech innovator, inspirational speaker, and CEO of pioneering neuroinformatics company EMOTIV—offers an eye-opening guide to the breakthrough technologies (think wired neurons, bionic brains, and artificial intelligence) that promise to enhance our grey matter and will radically transform the workplace. In this book, Tan peers into the future of the human brain and gives CEOs, entrepreneurs, thought leaders, and anyone who wants to stay in the game the must-have knowledge and tools they need to survive and succeed in the emerging NeuroGeneration.

JANUARY 2020
BUSINESS/SCIENCE & TECHNOLOGY

BECOMING SUPER WOMAN

NICOLE LAPIN

Is working like crazy driving you crazy? It's time to leave Superwoman in the movies and say hello to being a super woman—the best, most productive version of the hero you already are. In *Becoming Super Woman*, *New York Times* bestselling author Nicole Lapin lays out a 12-step plan to redefine what it means to be a woman who “has it all,” candidly shares her own story of career burnout and the diagnosis that prompted her to take her mental health seriously, and shows you that it's not success that brings you happiness, but the other way around.

SEPTEMBER 2019
BUSINESS/SELF-HELP

FEEL THE MUSIC

**NEIL YOUNG AND
PHIL BAKER**

Letting the Music Live is the story of legendary recording artist and cultural icon Neil Young's efforts to accomplish what he considers to be the most important professional undertaking of his career—bringing back high-quality audio to music lovers—through his Pono digital media player, and now through his high-resolution streaming website, the Neil Young Archives. It's a true account of how Neil challenged the music and technology industries to restore music to a higher quality and how Neil and his small team invented and brought to market their own solutions to challenge the status quo and influence the future of recorded music.

SEPTEMBER 2019
MEMOIR/MUSIC

ALWAYS EAT AFTER 7PM

JOEL MARION

Whatever you do, don't eat past 6PM. You'll gain weight, hurt your health, and disrupt your sleep. Isn't that what we've heard for years? But what if that's wrong, and eating later in the day can be an asset to your weight loss, hormonal health, and sleep efforts? *Always Eat After 7PM*, from health and fitness expert and nutritionist Joel Marion, is a simple, highly effective three-phase program that teaches dieters how to lose big by strategically *eating big* when they are naturally hungriest—in the evening—through a combination of intermittent fasting, portion volumization with Volumizing Superfoods™, and strategic fat-burning food combinations before bed.

MARCH 2020
HEALTH

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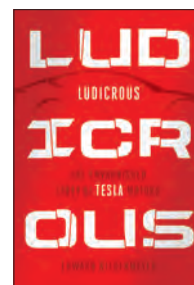
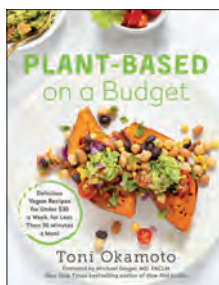
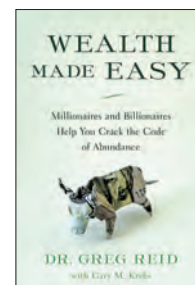
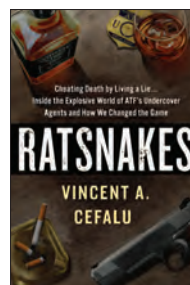
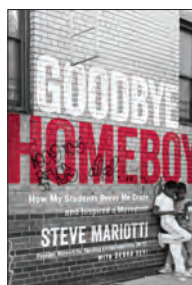
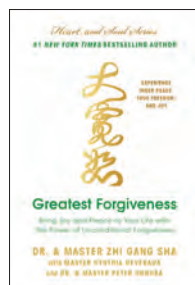
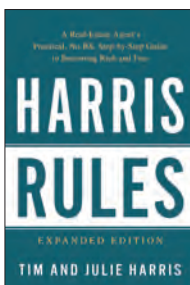
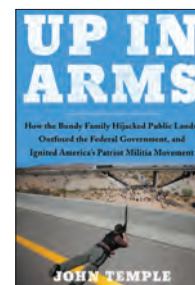
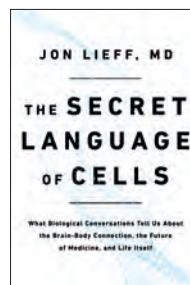
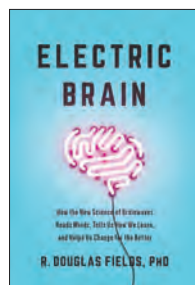
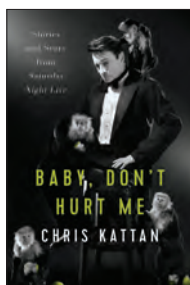
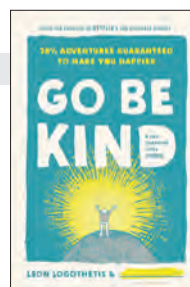
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