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NEW ACQUISITIONS AND FUTURE HIGHLIGHTS

Dick, Danielle

Fall 2021

UNTITLED ON BABY GENETICS

Under normal conditions, the biggest factor influencing a child's outcome is, quite simply, the child—his or her unique genetic signature present at birth. Genetic predispositions shape temperament, the propensity toward impulsivity, self-regulation, sociability, fear, anxiety, addiction, and happiness. But rather than suggest doing nothing, or worse, doing more of what's not working for a child, this book gives parents the tools to understand their kid from Day 1—to crack the “code” on what makes this kid tick—and to tailor their parenting approach accordingly. By understanding the degree to which a child's behavior is written into their genetic code, and the environment in which it's expressed, parents learn what will work and what won't in helping their kids become their best selves, with a lot less stress all around. [Danielle Dick](#) is Commonwealth Professor of Psychology and Human & Molecular Genetics at Virginia Commonwealth University. She founded and serves as the Director of the College Behavioral and Emotional Health Institute and runs their Spit for Science study.

Translation: Avery (editor Lucia Watson)

Agent: Kneerim & Williams

UK: Vermilion; Italian: TEA; Korean: RH Korea; Russian: Eksmo; Spanish: Planeta

Nobel, Jeremy

Spring 2022

THE UNLONELY PROJECT

Chronic loneliness is a private experience of profound anguish. It has also become a public health crisis. *The UnLonely Project* will not just sound an alarm about the significant, growing negative impact of loneliness on nearly every sector of society, but also offer solace, hope, and solutions. While we can't cure loneliness the way we can cure strep throat or even cancer, there are concrete, actionable, and effective things we can do to manage it and keep it from becoming chronic. For an individual lonely reader, or for anyone who loves, serves, treats, or employs people vulnerable to loneliness in community, work, or educational settings, this book clarifies how meaningful reconnection between self and others begins, and how it can be nourished and sustained. [Jeremy Nobel](#), MD, MPH, is a primary care physician and founder of the [Foundation for Art & Healing](#).

UK, Translation: Avery (editor Caroline Sutton)

Agent: Aevitas Creative Management

SUMMER 2021

Bacon, Amanda Chantal

August 2021

THE MOON JUICE MANUAL: The Complete Adaptogenic Guide to Un-Stressing

A plant-fueled survival guide to modern life, *The Moon Juice Manual* explains the ways that chronic stress impact the mind and body and provides simple and delicious ways to incorporate adaptogens into daily life. The book offers prescriptive recommendations and functional recipes for optimizing beauty, brain, spirit, sex, sleep, or mood. Readers will understand how to make grain-free and practical recipes with adaptogens, along with easy decadent treats like Horny Goat Weed Brownies and Schisandra Sleeping Beauty Balls. *The Moon Juice Manual* makes cooking and healing with adaptogens fun, approachable, and truly transformative. Amanda Chantal Bacon is the founder of [Moon Juice](#) and the author of *The Moon Juice Cookbook*.

UK, Translation: Avery (editor Lucia Watson)

Agent: Kuhn Projects

Bredesen, Dale

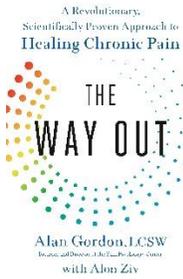
August 2021

THE FIRST SURVIVORS: Patient Stories from the First Survivors of Alzheimer's

Dale Bredesen's first two books presented his groundbreaking research and the program that not only prevents but reverses cognitive decline, dementia, and Alzheimer's disease. Now at last, we can hear from the first survivors of this formerly fatal diagnosis. These first-person accounts detail the fear, struggle, and ultimate victory of each patient's journey. They vividly describe what it is like to have Alzheimer's. They also drill down on how these patients made the program work for them—the challenges, the workarounds, the encouraging results that are so motivating. Bredesen includes commentary following each story to help point readers to the tips and tricks that might help them as well. His patients have not just survived; they have thrived to rediscover fulfilling lives, rewarding relationships, and meaningful work. This book will give unprecedented hope to patients and their families. Bredesen is internationally recognized as an expert in the mechanisms of neurodegenerative diseases such as Alzheimer's and the author of the *New York Times*-bestselling *The End of Alzheimer's* and *The End of Alzheimer's Program*.

Translation: Avery (editor Caroline Sutton)

Agent controls UK rights: Park & Fine



Gordon, Alan; and Alon Ziv

August 2021

THE WAY OUT: A Revolutionary, Scientifically Proven Approach to Healing Chronic Pain

Pain doesn't start in the body; it starts in the brain. If the body experiences an injury, the brain generates the feeling of pain. But our brains aren't perfect, and sometimes they fire pain signals even after an injury has healed, resulting in a maddening loop of pain we experience over and over. Combining this revelation with his own experience dealing with chronic pain and treating patients as a therapist, Alan Gordon developed Pain Reprocessing Therapy. PRT is a system of psychological techniques to rewire the brain's neural circuits to turn off "stuck" pain signals and end chronic pain. It eliminated Gordon's symptoms and has since become the bedrock of his work at Los Angeles' [Pain Psychology Center](#), which treats 1500 patients every year. PRT is also the focus of a groundbreaking clinical trial at the University of Colorado at Boulder, where 98% of patients reduced their pain levels and 66% were completely cured. Highly readable and encouraging, *The Way Out* brings PRT to readers everywhere with a concrete, step-by-step plan to eliminate chronic pain and an accessible approach to the science behind it.

Translation: Avery (editor Lucia Watson)

Agent: 3 Arts Entertainment

UK: Vermilion; Slovene: Mladinska Knjiga Založba

Moby

June 2021

THE LITTLE PINE COOKBOOK: Modern Plant-Based Comfort

[Moby](#), the world-famous musician, entrepreneur, activist, and philanthropist, went vegan more than 30 years ago, when few people knew how pronounce the word. Since then, vegan cuisine has flourished as the fastest growing and most innovative on the planet. As a passionate animal rights advocate and a food lover, Moby has helped fuel this evolution at his wildly popular restaurants. His latest, the celebrity hotspot [Little Pine](#) in Los Angeles (which donates 100% of its profits to animal charities), showcases an elevated menu proving that vegan food is "all grown up" and the most delicious way to be eating today. Now Moby takes readers inside this special corner of Southern California with a collection of 125 recipes inspired by the beloved dishes at the restaurant. Gateway recipes like Panko-Crusted Piccata will wow even the hardest-to-please meat lovers. And veg-forward small plates like Fried Cauliflower with Kimchi Aioli and go-to pastas like Orecchiette with Braised Leeks, Asparagus & English Peas will become back-pocket staples no matter your diet.

UK, Translation: Avery (editor Lucia Watson)

Agent: Miller Bowers Griffin

Wildcraft, Marjory

May 2021

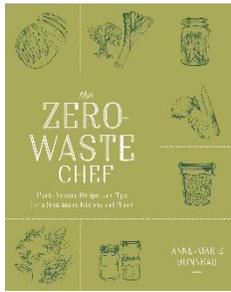
THE GROW SYSTEM: Cultivate Your Own Food and Medicine in Less Than an Hour a Day

Imagine cultivating enough food to slash your grocery shopping in half—all in less than an hour a day in your own backyard. Sounds impossible, right? Marjory Wildcraft says it's not: She's been homesteading for over a decade and founded [The Grow Network](#) to teach hundreds of thousands of others—some with a lot of space and time, and some with very little—how to do the same, from gardening to raising chickens to composting to medicine-making. While homesteading reaps practical rewards, it also helps connect us to the environment and empowers us to lead healthier lives, without relying on big systems that are out of our control and might come crashing down at any moment. *The Grow System* provides a comprehensive strategy for producing healthy food and herbal medicine at home, and reclaiming the skills our ancestors used every day. It offers a path to a rich, secure, and deeply satisfying life.

UK, Translation: Avery (editor Lucia Watson)

Agent: Park & Fine

SPRING 2021



Bonneau, Anne-Marie

April 2021

THE ZERO-WASTE CHEF: Plant-Forward Recipes and Tips for a Sustainable Kitchen and Planet

In her decade of living with as little plastic, food waste, and stuff as possible, Anne-Marie Bonneau, who blogs under the moniker [Zero-Waste Chef](#), has learned that “zero-waste” is above all an intention, not a hard-and-fast rule. Because, while one person eliminating all their waste is great, if thousands of people do 20% better, it will have a much bigger impact on the planet. Bonneau gives readers the facts to motivate them to do better, the simple (and usually free) fixes to ease them into wasting less, and the recipes and strategies to turn them into more sustainable, money-saving cooks. Rescue a hunk of bread from the landfill by making Mexican Hot Chocolate Bread Pudding, or revive some sad greens to make a pesto. With 75 vegan and vegetarian recipes for cooking with scraps, creating fermented staples, and using up all your groceries before they go bad, Bonneau lays out an attainable vision of a zero-waste kitchen.

UK, Translation: Avery (editor Lucia Watson)

Agent: PS Literary Agency

Brewer, Judson

March 2021

UNWINDING ANXIETY: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind

We are more anxious than ever before. In this groundbreaking book, [Judson Brewer](#) helps us understand how anxiety drives our lives and gives us the tools we need to build better ones. Anxiety manifests in various ways, from fear and vigilance, to outright panic attacks, to addictions, to bad habits we unconsciously use to manage it. But those bad habits never work, because anxiety drives anxiety. The brain wants to maintain mood states because they are familiar, even if they are uncomfortable. Distilling more than 20 years of research and hands-on work with thousands of patients, including Olympic athletes and coaches and leaders in government and business, Brewer explains how to take simple steps to uproot anxiety at its source using brain-based techniques accessible to all. Brewer is an internationally renowned addiction psychiatrist and neuroscientist. He is the Director of Research and Innovation at the Mindfulness Center and an associate professor in psychiatry at the School of Medicine and associate professor behavioral and social sciences at the School of Public Health at Brown University, as well as a research affiliate at MIT. He is also the author of *The Craving Mind*.

Translation: Avery (editor Caroline Sutton)

Agent: Janklow & Nesbit

UK: Vermilion; Chinese (cc): China Times; Chinese (sc): Beijing Huazhang; Dutch: Bruna; Estonian: Aripaev; Italian: Corbaccio; Korean: Gimm-Young; Portuguese (B): Sextante; Romanian: Curtea Veche

Caspero, Alexandra, and Whitney English

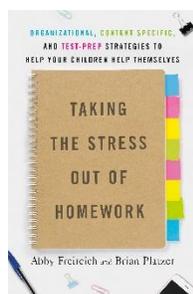
May 2021

THE PLANT-BASED BABY AND TODDLER: Your Complete Feeding Guide for 6 Months-3 Years

The Plant-Based Baby and Toddler is the go-to resource for any plant-based parent, offering easy-to-digest nutritional facts and guidelines that aren't available elsewhere, with a special focus on the most important periods of a child's life when it comes to developing good eating habits: infancy and toddlerhood. Alexandra Caspero is a Registered Dietitian Nutritionist. Her award-winning website [Delish Knowledge](#) makes whole-food, plant-based eating deliciously simple. She is the author of *Fresh Italian Cooking for the New Generation*. Whitney English is a Registered Dietitian Nutritionist and journalist. Her website [Whitney E. RD](#) provides readers with evidence-based, easily digestible information on popular nutrition topics and healthy original recipes.

UK, Translation: Avery (editor Nina Shield)

Agent: Allen O'Shea Literary



Freireich, Abby, and Brian Platzer

March 2021

TAKING THE STRESS OUT OF HOMEWORK: Organizational, Content-Specific, and Test-Prep Strategies to Help Your Children Help Themselves

This is a practical, stress-reducing guide to help parents navigate the challenges of homework with their children, for success at school and beyond. Using real-life stories from their years as educators, the authors show parents how to address anxiety around homework and support their children with reading, writing, and math, and they offer strategies for test taking. Their goal is to help parents create an effective system so that homework doesn't just get done, but it does its job and helps kids become successful learners for life. Abby Freireich has taught third and fourth grade for many years. Brian Platzer has taught eighth- and twelfth-grade English and history for more than a decade. They are the founders of [Teachers Who Tutor](#).

UK, Translation: Avery (editor Lucia Watson)

Agent: Union Literary

Jones, Farmer Lee; foreword by Jose Andres

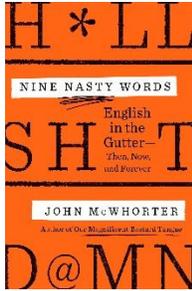
April 2021

THE CHEF'S GARDEN: A Modern Guide to Common and Unusual Vegetables—With Recipes

The Chef's Garden grows and harvests with the notion that every part of the plant offers something unique for the plate. From a perfect-tasting carrot, to a tiny red royal turnip, to a pencil lead-thin cucumber still attached to its blossom, The Chef's Garden is constantly innovating to grow vegetables sustainably and with maximum flavor. It's a Willy Wonka factory for vegetables. In this guide and cookbook, Farmer Lee Jones shares the wealth of knowledge he has amassed on how to select, prepare, and cook vegetables. Featuring more than 500 entries from herbs, to edible flowers, to varieties of commonly known and not-so-common produce, this book will be a new bible for farmers' market shoppers and home cooks. With 100 recipes created by the head chef at The Chef's Garden Culinary Vegetable Institute, readers will learn innovative techniques to transform vegetables in their kitchens. Farmer Lee Jones is a farmer, along with his dad, Bob, and younger brother, Bob Jr., at [The Chef's Garden](#) in Ohio, the farm their family has owned for decades. They are committed to reviving heirloom vegetables and discovering exciting new varieties, all while telling their stories and farming sustainably so their vegetables are dense with flavor and nutrition.

UK: Avery (editor Lucia Watson)

Agent controls Translation rights: Straus Literary



McWhorter, John

May 2021

NINE NASTY WORDS: English in the Gutter—Then, Now, and Forever

Profanity has always been a deliciously vibrant part of our lexicon, an integral part of being human. In fact, our ability to curse comes from a different part of the brain than other parts of speech—the urgency with which we say “f*ck!” is related to the instinct that tells us to flee from danger. Language evolves with time, and so does what we consider profane or unspeakable. *Nine Nasty Words* is a fascinating examination of profanity, explored from every angle: historical, sociological, political, linguistic. In a particularly coarse moment, when the public discourse is shaped in part by once-shocking words, nothing could be more timely. [John McWhorter](#) is an associate professor of English and comparative literature at Columbia University and the author *The Power of Babel*, *Losing the Race*, and *Our Magnificent Bastard Tongue*, among others.

UK: Avery (editor Nina Shield)

Agent controls Translation rights: Writers House

Murnane, Jessica

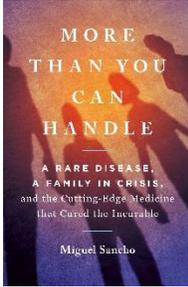
April 2021

KNOW YOUR ENDO: An Empowering Guide to Health and Hope with Endometriosis

Endometriosis is the women’s health issue that no one talks about. A chronic and incurable disease, endo affects one in ten women and girls, and yet it takes an average of eight years to be diagnosed. When [Jessica Murnane](#) was told that doctors found 30 spots of endometriosis outside of her uterus, it was the happiest day of her life. Seriously! Because it was proof that her program works—the steps she took to change her lifestyle and diet didn’t make those endo spots disappear, but it made them far less noticeable and allowed her to really live again. In this practical and heartfelt guide, Murnane shares a progressive five-week plan focused on learning a new management tool each week and then putting it into practice. She includes tips from doctors in the field as well as first-person accounts from many women who also suffer from this pervasive yet widely undiscussed disease. Murnane is the creator of the One Part Plant movement and author of the *One Part Plant* cookbook, host of the *One Part Podcast*, and founder of [Know Your Endo](#), the endometriosis education and awareness platform.

UK, Translation: Avery (editor Lauren Appleton)

Agent: Park & Fine



Sancho, Miguel

March 2021

MORE THAN YOU CAN HANDLE: A Rare Disease, a Family in Crisis, and the Cutting-Edge Medicine That Cured the Incurable

It's a parent's worst nightmare: A child's ordinary symptoms turn out to signal a deadly disease. This is what [Miguel Sancho](#) encountered when his son Sebastian was only six months old. The discovery that he had a fatal immune deficiency known as Chronic Granulomatous Disease left the family with few and terrifying options. Sancho's riveting tale of the discovery and treatment of his son's illness takes us deep inside the workings of the immune system and into the cutting-edge treatments that border on the miraculous. Ultimately, Sebastian is saved with a bone marrow transplant using discarded umbilical cord blood. Cord blood transplants use highly adaptable stem cells from discarded umbilical cords, effectively turning medical waste into breakthrough cures. The upside: If the transplant takes, it has a strong chance of success. The downside: For it to take, the patient must endure the most severe and dangerous form of pre-transplant chemotherapy. And because of Sebastian's ethnic background, it is almost impossible to find a suitable donor. At the same time, the illness is destroying the family as fast as it destroys Sebastian's body. With brutal honesty, Sancho admits that he almost derails his career, puts his marriage on life support, and ruins a trip planned by the Make-a-Wish Foundation. Deeply researched and darkly humorous, this is a harrowing tale with a resoundingly triumphant ending. Sancho is an Emmy Award-winning television producer currently show-running and developing investigative projects with A&E television.

UK, Translation: Avery (editor Caroline Sutton)

Agent: Janklow & Nesbit

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