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NEW ACQUISITIONS AND FUTURE HIGHLIGHTS

Ages, Alyssa

Spring 2023

THE SECRETS OF GIANTS

A journalist and recreational athlete on the verge of turning forty still has one item left on her extreme sports bucket list: to pull an eighteen-wheeler truck with her bare hands. To understand why she is so compelled by this goal and what it might mean to finally achieve it, [Alyssa Ages](#) goes on an immersive journey into the world of strongmen. She throws kegs and lifts tree trunks alongside these superhuman athletes, and she meets with sports psychologists, coaches, and scientists to understand how the pursuit and possession of strength can permeate every aspect of our lives, from building resilience and confidence, to finding joy in pain, to teaching us how to handle adversity. Ages is a freelance journalist based in Toronto.

UK, Translation: Avery (editor Nina Shield)

Agent: Levine, Greenberg, Rostan

Chutkan, Robynne

Fall 2022

THE ANTI-VIRAL GUT: Tackling Pathogens from the Inside Out

Multiple studies have now confirmed a dramatic link between the health of our microbiome and our likelihood of getting devastating illnesses like COVID. The balance of these microscopic organisms can also influence the severity of infection and impact our body's ability to combat lingering symptoms including inflammation, brain fog, fatigue, depression, and more. [Dr. Robynne Chutkan](#) explains this groundbreaking research and offers a prescriptive plan for anyone recovering from a viral illness to rehab their gut microbes and restore their health. Low-fiber diets, limited exposure to nature, and overzealous use of pharmaceuticals have messed up our microbiome, making many of us susceptible to the worst long-hauler effects of COVID. But the good news is that unlike our genes, our microbiome can change dramatically in as little as thirty hours after food reaches the gut, offering a pathway back to health for those who are suffering, and proven protection for those who want to stay well. Chutkan is an integrative gastroenterologist with a specialty in inflammatory bowel diseases. She is the author of *Gutbliss*, *The Microbiome Solution*, and *The Bloat Cure*.

UK, Translation: Avery (editor Lucia Watson)

Agent: Ross Yoon Agency

Holden, Cornelia

Fall 2022

TRUE FLOW: Transforming How We Live, Work, Play, and Lead Together

[Cornelia Holden](#) has spent nearly two decades collaborating with elite athletic coaches, forward-thinking executives, industry leaders, and pioneering educators to address leadership and team effectiveness. In *True Flow*, she details her approach to training your brain today in order to build the high performance, high trust cultures of tomorrow. Teaching the inner skills of leadership, this book helps readers to develop the capacity for critical self-reflection and critical humility and to learn to work with others in good faith toward conscious, emotionally intelligent habits. Holden is the CEO and Founder of [Mindful Warrior](#).

UK, Translation: Avery (editor Nina Shield)

Agent: Wasserman Media Group

Lele, Meenal

Fall 2022

THE BABY AND THE BIOME

Drawing on cutting-edge research, *The Baby and the Biome* reveals how central the microbiome is to the overall health of our youngest children. Simple parenting practices around bathing, feeding, and other daily activities that have long been recommended can, in fact, be harmful to our children's microbiomes and can lead to lifelong health issues. This empowering book provides parents with the tools and knowledge they need to ensure their kids' health and happiness for years to come. Meenal Lele is a medical researcher and the CEO of [Lil Mixins](#), the #1 pediatrician-recommended product for introducing allergens into babies' diets. She is a mother herself who discovered firsthand the danger of early parenting practices that disturb children's microbiomes.

UK, Translation: Avery (editor Sara Carder)

Agent: Ultra Literary

SUMMER 2022

Bede, Pamela Nisevich

June 2022

FUEL THE FIRE: A Nutrition and Body Confidence Guidebook for the Female Athlete

[Pamela Nisevich Bede](#) explains the very real differences that make women in sports unique with regard to training, nutrition, and performance, on the court, field, or track—and beyond. She shares the insights of dozens of world-class athletes to create a framework everyone can use to maximize performance in any sport. This book provides simple and clear instruction that will help you stay ahead of your competitors while minimizing missteps and dead ends. Bede is a sports dietician and nutrition expert who has advised thousands of athletes on how to improve their plates. She is the author of *Sweat. Eat. Repeat.* and *Run to Lose*, among others.

UK: Avery (editor Hannah Steigmeyer)

Agent controls Translation rights: Salky Literary Management

Bulsiewicz, Will

May 2022

THE FIBER FUELED COOKBOOK: Inspiring Plant-Based Recipes to Turbocharge Your Health

In the *New York Times* bestseller *Fiber Fueled*, [Dr. Will Bulsiewicz](#) introduced readers to the wonders of fiber. Now, he applies all the principles of the Fiber Fueled diet in a cookbook that's as beautiful as it is practical and offers a completely unique treatment program for food sensitivity sufferers. Whether you are well on your plant-based path, or excited to get started, the 100 irresistible recipes in this book, like Lemon Lentil Salad, Cheezy Broccoli Potato Soup, Artichoke Hummus, and Chocolate Cookie Milk, will get you ready to embrace the power of being Fiber Fueled! Bulsiewicz is a board-certified, award-winning gastroenterologist.

UK, Translation: Avery (editor Lucia Watson)

Agent: Stephanie Tade Agency

Esselstyn, Ann Crile, and Jane Esselstyn

Aug. 2022

BE A PLANT-BASED WOMAN WARRIOR: Be Strong, Be Fierce, and Eat Deliciously

[Ann Crile Esselstyn](#) began feeding her family creative, plant-based meals more than 30 years ago. She and her daughter Jane have become fierce advocates for a plant-based lifestyle, reaching hundreds of thousands of fans through their previous books and their popular YouTube channel. *Be a Plant-Based Woman Warrior* includes 125 recipes made for women on the go, from Lunch Ramen with Kale and Shiitake to Frozen Mint Chip Pie with Chocolate Crumble Crust. Full of life, captivating energy, and delicious food, this cookbook brings readers to the Esselstyn family table, where plants and joy are at the center. The Esselstyns are the authors of *The Prevent and Reverse Heart Disease Cookbook*.

UK, Translation: Avery (editor Lucia Watson)

Agent: InkWell Management

Leder, Steve

June 2022

FOR YOU WHEN I AM GONE: Twelve Essential Questions to Tell a Life Story

Beloved [Rabbi Steve Leder](#) has helped thousands of people write their own ethical wills, and in this intimate book he helps us write our own. He provides all the right questions and prompts, including: What was your most painful regret and how can your loved ones avoid repeating it? When was a time you led with your heart instead of your head? With examples of ethical wills from a broad range of voices, *For You When I Am Gone* inspires readers to examine their own lives and turn them into something beautiful and meaningful for generations to come. Leder is the senior rabbi of Wilshire Boulevard Temple in Los Angeles. He is the author of five books, including *The Beauty of What Remains*.

UK, Translation: Avery (editor Caroline Sutton)

Agent: Stephanie Tade Agency

Levy, Brian

June 2022

GOOD & SWEET: A New Way to Bake with Naturally Sweet Ingredients

Brian Levy spent years making pastries the traditional way, with loads of refined sugar and white flour, at the best restaurants in the world. But when he succeeded in making a perfect mango custard harnessing only the natural sweetness of fruit with no added sugar, it was a breakthrough that inspired years of experimentation. *Good & Sweet* stretches this experiment across 100 recipes that ingeniously deploy dried, juiced, and fresh fruit to create sweet treats whose flavor is enriched by whole-food, feel-good ingredients. With sweets like these, you'll never have to give up dessert. Levy is a pastry cook who previously worked at Babbo, where he was mentored by James Beard Award-winning pastry chef Gina DePalma.

UK, Translation: Avery (editor Lucia Watson)

Agent: Folio Literary Management

Maffucci, Ali, Megan McNamee, and Judy Delaware

July 2022

FEEDING LITTLES AND BEYOND: 100 Satisfying Meals for the Whole Family

This is an inspirational, accessible family cookbook that offers everything a parent needs to bring joy and love back into the kitchen, from the baby-led weaning experts behind [Feeding Littles](#) and [Inspiralized](#). The authors offer strategies for baby-led weaning/feeding, positive food language and how to promote body positivity, and 100+ delicious recipes. They emphasize connection over perfection when it comes to food, and with their tips and tricks in hand, mealtimes will be easier and more enjoyable for everyone—from your six-month-old to your picky toddler to the adults around the table. Ali Maffucci is the founder of Inspiralized and the author of multiple *New York Times*-bestselling cookbooks. Megan McNamee is a registered dietitian nutritionist who specializes in maternal/child nutrition, disordered eating prevention, and food sensitivities. Judy Delaware is an occupational/feeding therapist who helps children with medical, developmental, and sensory issues learn to eat a wider variety of foods.

UK, Translation: Avery (editor Nina Shield)

Agent: Paradigm Talent Agency

Oher, Michael, and Don Yeager
WHEN YOUR BACK'S TO THE WALL

Sept. 2022

[Michael Oher's](#) life has had many unexpected highs: a family, a college degree, a first-round draft pick, a Super Bowl victory, and a second chance to play in the "big game." He's also run up against quite a few walls: poverty, hunger, homelessness, struggles in school, bullying, job loss, brain injury, anxiety, and depression. Here, the former NFL champion whose life inspired the hit movie *The Blind Side* shares his insights on overcoming any obstacle, no matter how tough the odds. Oher is a former American football offensive tackle who played with the Baltimore Ravens. He is the author of the memoir *I Beat the Odds* and the founder of the Oher Foundation, dedicated to empowering kids to break the cycle of poverty and achieve their dreams.

UK, Translation: Avery (editor Megan Newman)
Agent: Ian Kleinert Enterprises

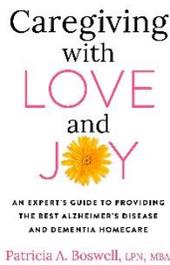
Sanchez, Alan
GRACIAS MADRE: Bright, Plant-Based Recipes from Our Mexi-Cali Kitchen

June 2022

Gracias Madre means *thank you, mother* in Spanish, and the phrase encapsulates the mission of this California-Mexican eatery, which is to serve the Los Angeles community and give people fresh food made with integrity from ingredients grown with love. With 125 simple, entirely plant-based recipes for the home cook, including Calabaza and Onion Quesadillas, Coliflor with Cashew Nacho Cheese, and Coffee Flan, *Gracias Madre* is a vegetable-forward dive into one of the world's most delicious cuisines. Alan Sanchez is the award-winning executive chef at [Gracias Madre](#). Originally from Mexico City, he earned his culinary and pastry arts degree at the Instituto Superior Mariano Moreno in Buenos Aires.

UK, Translation: Avery (editor Lucia Watson)
Agent: DeFiore & Co.

SPRING 2022



Boswell, Patricia A.

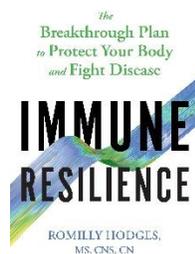
April 2022

CAREGIVING WITH LOVE AND JOY: An Expert's Guide to Providing the Best Alzheimer's Disease and Dementia Homecare

When it comes to caring for a loved one with Alzheimer's disease or dementia, the right caregiving can make all the difference. Here Patricia Boswell, a highly respected dementia advocate, entrepreneur, and star of a popular daily Facebook Live show, shares structured routines, life hacks, and best practices that are evidence-based and focused on maintaining the highest possible quality of life for patients and caregivers alike. This is a comprehensive guidebook that can redefine the caregiving experience, delivered in easily accessible bites. It is a singular resource for anyone who is looking to provide or manage outstanding daily care while maintaining and enhancing their own health and mental wellbeing. Whether readers are providing the care themselves, managing a caregiver, or sharing the responsibilities, this book, in an uplifting, positive tone, addresses the emotional toll and physical requirements, and provides hundreds of quick tips, tricks, and small changes that can make life easier. Boswell is a Licensed Practical Nurse.

UK, Translation: Avery (editor Caroline Sutton)

Agent: Carol Mann Agency



Hodges, Romilly

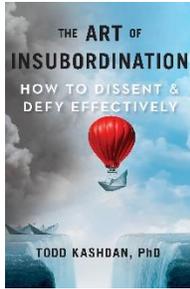
April 2022

IMMUNE RESILIENCE: The Breakthrough Plan to Protect Your Body and Fight Disease

This is the most comprehensive guide to building a resilient immune system naturally. It will open your eyes to the wider landscape of immune health, from beneficial microbes, to the integrity of our mucous surfaces, to the way we eat in general, to specific nutrients, foods and food constituents, to environmental chemicals we're exposed to, to how we sleep, exercise, and even the health of our relationships with others. You'll discover natural, science-backed interventions that address all these areas, and you'll learn how to find immune-boosting foods in your kitchen, or as dietary supplements. Recipes will inspire you to put your new knowledge into action. You'll uncover ways to tweak your lifestyle habits that will allow your immune system to work at its best. Questionnaires at each stage will help you gauge which you most need to work on and will help you form your action roadmap. And easy-to-reference guidelines will help you identify effective natural interventions listed by infection type, for those times when you need the extra targeted support. [Romilly Hodges](#) is a practicing clinical nutritionist and Director of Nutrition Programs at an interdisciplinary clinic in Connecticut.

UK, Translation: Avery (editor Lucia Watson)

Agent: Stephanie Tade Agency



Kashdan, Todd B.

Feb. 2022

THE ART OF INSUBORDINATION: How to Dissent and Defy Effectively

With this essential book, based on twenty years of research, [Todd Kashdan](#) shows us what it takes to be a successful agent of change and how to be an ally to those who seek to do the same. We have all had experiences where we want to voice valid but potentially unpopular opinions, or when we want to support the novel, unusual, or counterintuitive ideas of others. These critical moments are how change really happens—but often they are doomed before they even arise. Drawing on emerging research, Kashdan provides a framework for overcoming these mental obstacles. With examples from the research as well as from people who have withstood the challenges of rebellion for the greater good, he shows how to be a successful non-conformist and how to support others doing the same. He also shows the ways in which we can challenge our own natural resistance to new ideas and be more open-minded to dissenting opinions. Kashdan is professor of psychology and founder of The Well-Being Laboratory at George Mason University. He is the author of *The Upside of Your Dark Side* and *Curious*.

UK, Translation: Avery (editor Caroline Sutton)

Agent: Fletcher & Co.

Chinese (cc): Yuan-Liou; Chinese (sc): China Science & Technology; Portuguese (B): Planeta; Portuguese (P): Planeta; Spanish: Peninsula; Thai: WeLearn

Thurlow, Cynthia

March 2022

INTERMITTENT FASTING TRANSFORMATION: The 45-Day Program for Women to Lose Stubborn Weight, Improve Hormonal Health, and Slow Aging

[Cynthia Thurlow](#) created a 45-day intermittent fasting program to lose weight, reduce inflammation, and boost mental clarity and overall energy. It will change your perspective on meal timing, frequency, and choices, and it educates you on how our bodies can thrive and be nourished. Diabetes, obesity, vascular disease, and autoimmune disorders are *not* normal, nor do they need to be your destiny. By harnessing the power of fasting, we are letting go of conventional dogma that convinces us that we need to be counting every calorie, over-exercising, and snacking. Thurlow is a nurse practitioner and functional nutritionist. She is an internationally recognized expert in female hormonal health, nutrition, and intermittent fasting. She has delivered two TEDx talks, including “Intermittent Fasting: Transformational Technique,” and is the host of the podcast Everyday Wellness.

UK, Translation: Avery (editor Lucia Watson)

Agent: Park & Fine

FALL 2021

Bacon, Amanda Chantal

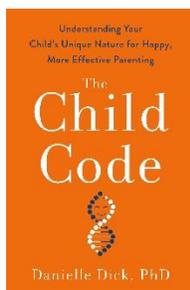
Oct. 2021

THE MOON JUICE MANUAL: Adaptogenic Recipes for Natural Stress Relief

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: Aevitas Creative



Dick, Danielle

Sept. 2021

THE CHILD CODE: Understanding Your Child's Unique Nature for Happier, More Effective Parenting

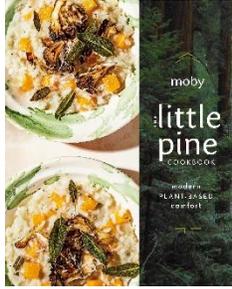
Under normal conditions, the biggest factor influencing a child's outcome is, quite simply, the child—his or her unique genetic signature present at birth. Genetic predispositions shape temperament, the propensity toward impulsivity, self-regulation, sociability, fear, anxiety, addiction, and happiness. 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; Chinese (cc): Sun Color; Chinese (sc): Beijing Science & Technology; German: Kosel; Greek: Dioptra; Italian: TEA; Korean: RH Korea; Portuguese (B): Melhoramentos; Russian: Eksmo; Spanish: Planeta; Turkish: Terapikitap; Vietnamese: Saigon

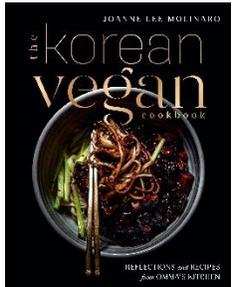


Moby
THE LITTLE PINE COOKBOOK: Modern Plant-Based Comfort

Sept. 2021

[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



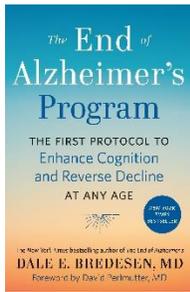
Molinaro, Joanne Lee
THE KOREAN VEGAN COOKBOOK: Reflections and Recipes from Omma's Kitchen

Oct. 2021

In her debut cookbook, Joanne Lee Molinaro shares recipes and narrative snapshots of the food that shaped her family history. Some of the recipes come straight from her childhood: Jjajangmyun, the rich Korean-Chinese black bean noodles she ate on birthdays, or the humble Gamja Guk, a potato and leek soup her father makes. Some pay homage: Chocolate Sweet Potato Cake as an ode to the two foods that saved her mother's life, Kale & Ramen Salad with noodle “croutons” and a dressing akin to ramen broth. With the intimate storytelling and stunning photography she's become known for on social media, *The Korean Vegan Cookbook* celebrates how deeply food and family shape our identity. Molinaro runs [The Korean Vegan](#) website. Her immensely popular TikTok, @thekoreanvegan, incorporates her recipes with personal narration.

UK, Translation: Avery (editor Lucia Watson)
Agent: Brotherstone Creative Management
Polish: Purana

HIGHLIGHTS FROM 2020 AND EARLY 2021



Bredesen, Dale E.

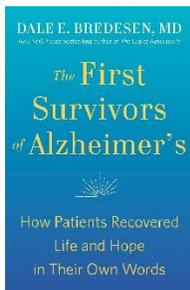
Aug. 2020

THE END OF ALZHEIMER'S PROGRAM: The First Protocol to Enhance Cognition and Reverse Decline at Any Age

The *New York Times*-bestselling author of *The End of Alzheimer's* lays out a specific plan to help everyone prevent and reverse cognitive decline or simply maximize brainpower.

UK: Vermilion; Chinese (cc): As If; Chinese (sc): Hunan Science & Technology; Estonian: Aripaev; French: Thierry Souccar; German: MVG; Korean: Jisangsa; Portuguese (B): Objetiva; Spanish:

Grijalbo Vital/PRH



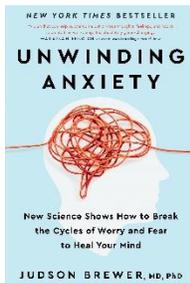
Bredesen, Dale E.

Aug. 2021

THE FIRST SURVIVORS OF ALZHEIMER'S: How Patients Recovered Life and Hope in Their Own Words

First-person stories of patients who recovered from Alzheimer's Disease—and how they did it, based on the *New York Times*-bestselling program.

UK: Vermilion; Chinese (sc): CITIC; Korean: Jisangsa; Portuguese (B): Objetiva; Russian: AST



Brewer, Judson

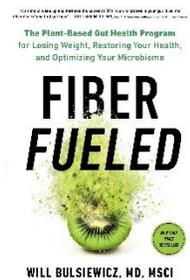
March 2021

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

The *New York Times*-bestselling, step-by-step plan clinically proven to break the cycle of worry and fear that drives anxiety and addictive habits.

UK: Vermilion; Arabic: Jarir; Bulgarian: Iztok-Zapad; Chinese (cc): China Times; Chinese (sc): Beijing Huazhang; Croatian: Planetopija; Czech: Audiolibrix; Dutch: Bruna; Estonian: Aripaev;

German: Irisiana/PRH; Hebrew: Tchelet; Hungarian: Ursus Libris; Italian: Corbaccio; Korean: Gimm-Young; Lithuanian: Vaga; Polish: Czarna Owca; Portuguese (B): Sextante; Portuguese (P): Lua de Papel; Romanian: Curtea Veche; Russian: Eksmo; Serbian: Laguna; Slovak: Grada; Slovene: HKZ; Spanish: Planeta; Thai: B2S; Turkish: Okyanus; Vietnamese: 1980 Books



Bulsiewicz, Will

May 2020

FIBER FUELED: The Plant-Based Gut Health Program for Losing Weight, Restoring Your Health, and Optimizing Your Microbiome

A bold, *New York Times*-bestselling, plant-based plan that challenges popular keto and paleo diets, from an award-winning gastroenterologist.

Bulgarian: Eunicata; Chinese (sc): Beijing Zito; Dutch: Unieboek Spectrum; Finnish: WSOY; German: Millemari; Hebrew: Focus; Korean: Chunggrim; Polish: JK; Portuguese (P): 2020;

Romanian: Polirom; Russian: Eksmo; Spanish: Alfaomega; Ukrainian: Fors; Vietnamese: ETS

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