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SPRING 2022

Boswell, Patricia

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

Bulsiewicz, Will

May 2022

THE FIBER FUELED COOKBOOK

[Dr. Will Bulsiewicz's](#) *Fiber Fueled* offered a bold new plant-based plan that challenges the popular keto and paleo diets. The book was an instant *New York Times* bestseller and has continued to sell strongly since its publication in May 2020. Dr. B argues that gut health is the key to boosting our metabolism, balancing our hormones, and taming the inflammation that causes a host of diseases. The scientifically proven way to fuel our guts is with dietary fiber from an abundant variety of colorful plants. In *The Fiber Fueled Cookbook*, Dr. B provides 100 recipes and photos throughout using the principles of the *Fiber Fueled* plan. Dr. B is a board-certified, award-winning gastroenterologist. He is a graduate of Georgetown University School of Medicine and was chief medical resident at Northwestern Memorial Hospital and chief gastroenterology fellow at the University of North Carolina Hospitals.

UK, Translation: Avery (editor Lucia Watson)

Agent: Stephanie Tade Agency

Chutkan, Robynne

Feb. 2022

THE COVID GUT SOLUTION

Multiple studies have confirmed a link between the health of our microbiome and our likelihood of getting COVID-19. Researchers have reported that the organisms living in our intestines can also influence the severity of COVID and the body's immune response to it, and can account for lingering symptoms. Simply put, studies show that a healthier gut microbiome means less severe COVID and a lower risk of COVID long-hauler syndrome. *The COVID Gut Solution* takes readers step-by-step through the scientific evidence, as well as the practical advice, to optimize their gut microbes, increase their levels of immune-balancing SCFAs, and improve their gut health. But there's a lot more to building a gut full of virus-busting microbes than just a healthy diet; certain types of fiber are better than others, and knowing which ones—and how much—to eat can mean the difference between staying healthy and getting sick. [Dr. Robynne 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

Fehmiu, Uhlis
THE PAIN D'AVIGNON BAKING BOOK

March 2022

This is the debut cookbook from Uhlis Fehmiu, one of the founders of [Pain D'Avignon](#), a renowned bakery and restaurant with locations in New York City and New England. The cookbook features 100+ recipes for their famous breads and pastries with color photos throughout, along with the incredible story of how they built their business. Says Fehmiu: "The fact that my friends and I somehow opened a bakery upon arriving in America with no prior knowledge of the craft still surprises people today, but that it all began in as unlikely a place as Cape Cod shocks them even more. What were a bunch of 20-something kids from Yugoslavia doing baking bread on the Cape? We had zero experience in baking, not to mention in running a business. Necessity, luck, naiveté all played a role. Our hope is that, despite our unconventional path—or perhaps because of it—you will take advantage of the knowledge we have acquired through trial and error, the generosity of passionate bread bakers, and our own desire to bake the best loaf of bread."

UK, Translation: Avery (editor Lucia Watson)
Agent: Miller Bowers Griffin

Hodges, Romilly
IMMUNE RESILIENCE: The Breakthrough Plan to Protect Your Body and Fight Pathogens Using Food and Other Natural Interventions

April 2022

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, 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

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

March 2022

[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

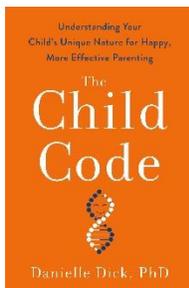
Oct. 2021

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; German: Kosel; Italian: TEA; Korean: RH Korea; Russian: Eksmo; Spanish: Planeta

Kashdan, Todd

August 2021

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.

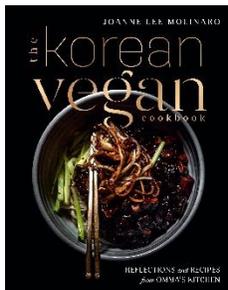
Moby

Sept. 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



Molinaro, Joanne Lee

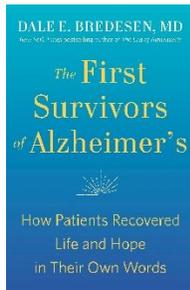
Oct. 2021

THE KOREAN VEGAN COOKBOOK: Reflections and Recipes from Omma's Kitchen

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

SUMMER 2021



Bredeesen, Dale

August 2021

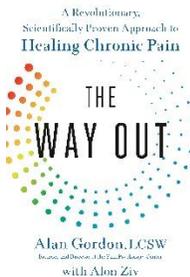
THE FIRST SURVIVORS OF ALZHEIMER'S: How Patients Recovered Life and Hope in Their Own Words

Dale Bredeesen'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. Bredeesen 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. Bredeesen is internationally recognized as an expert in 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

Portuguese (B): Objetiva



Gordon, Alan; and Alon Ziv

August 2021

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

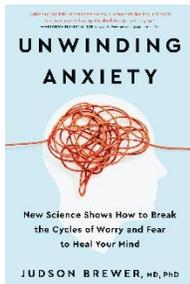
Pain doesn't start in the body; it starts in the brain. If the body experiences an injury, the brain generates the feeling of pain. But our brains aren't perfect, and sometimes they fire pain signals even after an injury has healed, resulting in a maddening loop of pain we experience over and over. Combining 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; Russian: Eksmo

SPRING 2021 HIGHLIGHTS



Brewer, Judson

March 2021

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

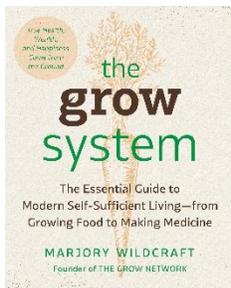
New York Times bestseller! We are more anxious than ever before. In this groundbreaking book, [Judson Brewer](#) helps us understand how anxiety drives our lives and gives us the tools we need to build better ones. Anxiety manifests in various ways, from fear and vigilance, to outright panic attacks, 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; Hungarian: Ursus Libris; Italian: Corbaccio; Korean: Gimm-Young; Polish: Czarna Owca; Portuguese (B): Sextante; Romanian: Curtea Veche; Russian: Eksmo; Spanish: Paidós; Turkish: Okuyanús; Vietnamese: 1980 Books



Wildcraft, Marjory

May 2021

THE GROW SYSTEM: The Essential Guide to Modern Self-Sufficient Living—from Growing Food to Making Medicine

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

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