

# LONDON 2022



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## NEW ACQUISITIONS AND FUTURE HIGHLIGHTS

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**Brewer, Judson**  
**EAT RIGHT NOW**

**Summer 2023**

People who struggle with eating want to understand their behaviors, and they want a clear set of actions to take. They don't want to be hungry. And they don't want to go on another diet. *Eat Right Now* walks readers through a 3-step process to help them change their relationship to eating (stress/emotional eating, overeating, unhealthy eating). Each step taps into our inherent capacities of awareness and curiosity to help people identify eating patterns, recalibrate the reward value of eating behaviors, and ultimately find a "bigger, better offer" that helps them change their eating patterns for good. The book provides an accessible and pragmatic guide for readers to follow this 3-step process, and along the way, they will learn how to work with their minds and bodies instead of fighting against them. [Dr. Judson Brewer](#) is the bestselling author of *Unwinding Anxiety* and *The Craving Mind*. An addiction psychiatrist and internationally known expert in mindfulness training for treating addictions, he is an associate professor in the School of Public Health and Medical School at Brown University.

UK, Translation: Avery (editor Caroline Sutton)  
Agent: Janklow & Nesbit

**Fleck, Caroline**  
**VALIDATION**

**Spring 2024**

While relationship and self-help books based on behaviorism are generally sound in their science, most are woefully incomplete. Rehashing behavioral principles from over 70 years ago, these books fail to incorporate the more recent and groundbreaking research on validation—affirmation that one understands and *accepts* another person's experience as valid. Indeed, the discovery that validation is a catalyst for change is perhaps the greatest secret in modern psychology. This book explains how the validation skills from Dialectical Behavior Therapy (DBT) that revolutionized psychology can help anyone decrease conflict, strengthen relationships, and drive specific behavioral changes. DBT's validation skills were designed to help therapists communicate acceptance. By placing equal emphasis on change *and* acceptance, DBT succeeded in treating disorders that had long been considered incurable and affecting behavior in ways no one thought possible. *Validation* reveals the skills that DBT therapists use to communicate acceptance and how they can be adapted to help everyday people achieve meaningful changes. In the end, this book is not about getting what we want; it's about the possibilities that unfold when we see people for who they are. [Dr. Caroline Fleck](#) is a licensed psychologist, Adjunct Clinical Instructor at Stanford University, and consultant.

UK, Translation: Avery (editor Caroline Sutton)  
Agent: Anderson Literary Agency

## SPRING 2023

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Cochran, Scarlett

February 2023

### **IT'S NOT ABOUT THE MONEY: A Proven Path to Building Wealth and Living Your Dream Life, Your Way**

This book is for the millions of people who tried baby steps to pay off their credit cards but just ended up deeper in debt. It's for the successful-on-papers who still feel like they're not making progress on their financial goals. It's for those with zero interest in clipping coupons but who want to leave a legacy for their children. And it's for the dreamers who want to quit that job, start that business, or move to that new city—without hurting their bank account, or waiting until they're too old and tired to enjoy it. This is a book about money, but it's not *really* about the money. It's about the doors that open when you understand how to make money work as hard for you as you do for it. It is a new way to understand personal finance—because the old ways just don't work anymore. Empower yourself to truly own your money and make financial decisions confidently, based on your unique vision of what a good life looks like. Scarlett Cochran is an attorney, financial expert, and entrepreneur. She is the founder of [One Big Happy Life](#).

UK, Translation: Avery (editor Nina Shield)

Agent: Folio Literary Management

Donofrio, Jeanine

April 2023

### **LOVE AND LEMONS: SIMPLE FEEL-GOOD FOOD: 125 Back-Pocket Recipes to Make Plant-Focused Meals Easier and More Delicious Than Ever**

Jeanine Donofrio's popular recipes and bestselling books have become the gold standard for simple, flavorful, and nourishing vegetarian meals. Her fans all love fast, approachable recipes. But they also fall into two camps of home cooks: those who keep go-to recipes to make right now, and those who like to plan ahead. *Love and Lemons: Simple Feel-Good Food* caters to both. Each chapter is divided into two parts: one for recipes you can make with minimal prep and ingredients, and the second for food you can prepare ahead. With recipes for Eat-the-Rainbow Blender Soups, a Mix and Match Tahini Cookies section, charts for satisfying grain bowls, and "3-in-1" recipes (3 dinner dishes to make with 1 whole vegetable), *Love and Lemons: Simple Feel-Good Food* is a treasure trove of inspiring and easy ways to get delicious food on the table. Donofrio is the founder of the [Love and Lemons](#) site and author of *The Love and Lemons Cookbook* and *Love and Lemons Every Day*.

UK, Translation: Avery (editor Lucia Watson)

Agent: Stonesong Press

**Howland, Kathleen**

**February 2023**

**HEALING WITH MUSIC: Science Reveals the Power of Sound to Treat Physical, Emotional, and Cognitive Needs**

All of us at some point have noticed that music can cheer us up or calm us down. But only recently have we begun to understand that music has true power to heal. [Dr. Kathleen Howland](#) shows us the research behind this relatively new modality that can treat issues related to cognition, movement, emotions, and more across an entire lifespan. As a board-certified music therapist, Howland studies neuroscience to understand the biological rationale behind how and why music therapy is so effective in so many settings. It has helped patients recover from physical and emotional trauma, improve communication skills challenged by autism, find relief from pain, and overcome anxiety and depression. It can help premature babies gain weight and stroke patients recover speech and movement, and so much more. With inspiring patient stories actionable for us to use in our own lives, *Healing With Music* introduces a powerful, simple strategy for health and wellbeing. Howland is a board-certified music therapist and licensed speech language pathologist. She teaches at Berklee School of Music and The Boston Conservatory at Berklee.

UK, Translation: Avery (editor Caroline Sutton)

Agent: Gregory A. Ray

**Lewis, John**

**March 2023**

**BADASS VEGAN: Plans, Recipes, and Common Sense for Getting Your Life Right**

John Lewis, aka “The Badass Vegan,” wasn’t always the picture of health. He struggled with his weight growing up—reaching 315 pounds by the age of 13—and began to see how the conventional American diet was utterly failing his community. As he describes, heart disease, type 2 diabetes, high blood pressure, and chronic pain are killing Black people faster than any gun. The issue of food injustice is huge and complex, but as John says, one solution is simple: *Wake up now* and do better in your own life. Want to give the middle finger to the processed food and pharmaceutical industries that are keeping you fat, sick, and tired? Go plant-based. *Badass Vegan* offers an irreverent and eye-opening four-part master plan to help readers shift their mindset and enjoy the massive health benefits and pure pleasures of a plant-based lifestyle. Lewis demystifies going vegan and makes it realistic with rock-solid advice on stocking a pantry, getting your nutrients, building strength, shedding excess weight, and ultimately creating sustainable change for a lifetime of health. Complete with 75 recipes for delicious food that will keep you motivated, from Jack U Up Street Tacos to Cucumber Watermelon Smoothies and Kimchi Nori Maki Rolls, *Badass Vegan* is a timely and profoundly needed manifesto for living a disease-free life and making a positive impact on the world. Lewis is a health advocate and activist and the founder of [Badass Vegan](#).

UK: Avery (editor Lucia Watson)

Agent controls translation rights: Janis A. Donnaud & Associates

Wentz, Izabella

April 2023

**THE ADRENAL TRANSFORMATION PROTOCOL: A 4-Week Plan to Release Stress Symptoms and Go From Surviving to Thriving**

Since her own diagnosis of Hashimoto's Thyroiditis at the age of 27 and subsequent bestselling books, [Dr. Izabella Wentz](#) has become known for her passion to translate emerging research to help patients eliminate symptoms conventional medicine has failed to address or even acknowledge. Here she tackles adrenal dysfunction, or the body's inability to produce essential hormones when the body mismanages stress. While adrenal dysfunction produces a constellation of ailments, turning these around does not have to be complicated. When we start supporting the adrenals—making a few small dietary changes and taking the right supplements—we can produce profound improvements within weeks or even days. With a simple 4-week program to help identify your adrenal triggers, balance your stress response, and gradually build up your resilience to prevent excess stress from overwhelming your adrenals in the future, *The Adrenal Transformation Protocol* will set you up with a strong foundation to return to and stay in homeostasis through turbulence. Wentz is an internationally acclaimed thyroid specialist and licensed pharmacist and the author of *Hashimoto's Thyroiditis* and *Hashimoto's Protocol*.

UK, Translation: Avery (editor Lucia Watson)

Agent: Park & Fine

## FALL 2022

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**Chester, Molly, and Sarah Owens; foreword by Alice Waters**

**October 2022**

**THE APRICOT LANE FARMS COOKBOOK: Recipes and Stories from the Biggest Little Farm**

Chef Molly Chester and her husband left urban Los Angeles in the hopes of creating a more delicious and purposeful life. Now they steward [Apricot Lane Farms](#), 234 thriving acres of gardens, animal pastures, habitat corridors, and orchards, including their abundant “Fruit Basket”—a lush tapestry of landscape that provides seventy-five different varieties of fruit trees. This debut cookbook brings the bounty of the farm to readers’ kitchens. With sections divided by season, and insider tips for sourcing the best produce, this a must-have cookbook for home cooks looking for inspiration for their farmers’ market hauls, and anyone looking to create a closer connection to their food. With enticing, preserved end-of-summer larder treasures like Tomato Raisins or a Dried Summer Stone Fruit Medley, comforting dinners like Slow-Roasted Pastured Chicken with Lemon-Fennel Crust or Spring Frittata with Fresh Peas, Arugula, Artichokes, Chevre, and Pesto, and bright, luscious salads like Avocado and Cara Cara Orange Salad with Jalapeño and Sesame-Miso Dressing, these nourishing recipes are a delicious guide to eating in connection with the land. Chester and her husband’s unconventional approach has inspired other farmers and was the subject of the 2019 award-winning documentary *The Biggest Little Farm*.

UK, Translation: Avery (editor Lucia Watson)

Agent: David Black Agency

**Chutkan, Robynne**

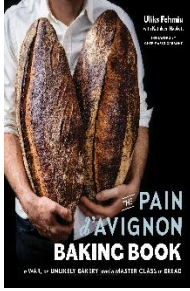
**November 2022**

**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



**Fehmiu, Uliks, and Kathleen Hackett; foreword by Mario Carbone**

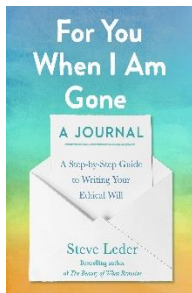
**October 2022**

**THE PAIN D'AVIGNON BAKING BOOK: A War, an Unlikely Bakery, and a Master Class in Bread**

A good loaf of bread has the power to bring—and keep—people together, wherever they may be. In a journey that started in Belgrade amid the beginnings of war, and continued in America, four friends tested this philosophy to the extreme: They began a new life and opened a tiny bakery together on Cape Cod. Working hectic days while making it up as they went along, the founders of [Pain D'Avignon](#) quickly became one of the first highly acclaimed purveyors of artisanal bread in the Northeast. For thirty years Pain D'Avignon has been pursuing excellence inspired by the old-world methods while partnering with New York's top chefs to bring five-star bread to our everyday life. As a baker who had an unorthodox education, Uliks Fehmiu has learned over time that practice and patience are the most important parts of the journey, and here he shares this important lesson with home bakers everywhere, while giving them an accessible, step-by-step primer on mastering the fundamentals. With 60 recipes, including their iconic Cape Cod–inspired Cranberry and Pecan Bread, Classic Sourdough, Thyme Baguette with a Touch of Lemon, and Plum Galette with Pistachio Paste, *The Pain D'Avignon Baking Book* is a tried-and-true collection of must-make breads and pastries, with extraordinary and immersive storytelling.

UK, Translation: Avery (editor Lucia Watson)

Agent: Miller Bowers Griffin



**Leder, Steve**

**December 2022**

**FOR YOU WHEN I AM GONE: A JOURNAL: A Step-By-Step Guide to Writing Your Ethical Will**

In *For You When I Am Gone*, [Rabbi Steve Leder](#) taught us how to write an ethical will, a letter to our loved ones that helps them understand what we have learned about how to live a meaningful life. Now, in this beautiful journal, Rabbi Leder provides prompts, exercises, and inspirational quotes to help us write our own ethical wills. As a helpful companion to the previous book or a complete stand-alone, this journal will show each of us how to create a lasting, meaningful legacy while enjoying the process of examining our lives. Leder is the senior rabbi of Wilshire Boulevard Temple in Los Angeles. He is the author of *For You When I Am Gone*, *The Beauty of What Remains*, and *More Beautiful Than Before*, among others.

UK, Translation: Avery (editor Caroline Sutton)

Agent: Stephanie Tade Agency

**Lele, Meenal**

**September 2022**

**THE BABY AND THE BIOME: How the Tiny World Inside Your Child Holds the Secret to Their Health**

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

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**Bede, Pamela Nisevich**

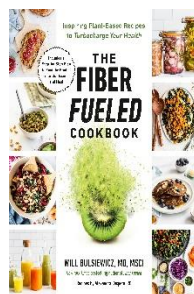
**August 2022**

### **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, Jane, and Ann Crile Esselstyn**

**August 2022**

### **BE A PLANT-BASED WOMAN WARRIOR: Live Fierce, Stay Bold, Eat Delicious**

[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

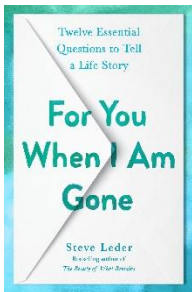




**Gracias Madre** **August 2022**  
**THE GRACIAS MADRE COOKBOOK: Bright, Plant-Based Recipes from Our Mexi-Cali Kitchen**

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. The [Gracias Madre](#) restaurant was founded in San Francisco and has since opened a flagship location in West Hollywood, in addition to Newport Beach, California.

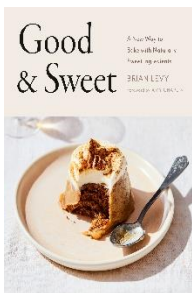
UK, Translation: Avery (editor Lucia Watson)  
Agent: DeFiore & Co.



**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; foreword by Amy Chaplin** **July 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



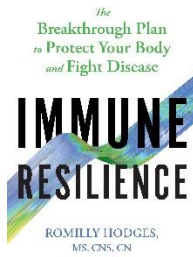
**Maffucci, Ali, Megan McNamee, and Judy Delaware** **July 2022**  
**FEEDING LITTLES AND BEYOND: 100 Baby-Led-Weaning-Friendly Recipes the Whole Family Will Love**

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

## SPRING 2022 HIGHLIGHTS

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Hodges, Romilly

April 2022

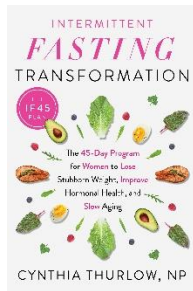
### **IMMUNE RESILIENCE: The Breakthrough Plan to Protect Your Body and Fight Disease**

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.

Translation: Avery (editor Lucia Watson)

Agent: Stephanie Tade Agency

UK: Headline Home; Bulgarian: Kibea; Russian: Eksmo



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

Chinese (cc): Linking; German: Narayana

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