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NEW ACQUISITIONS AND FUTURE HIGHLIGHTS

Brewer, Judson

Fall 2023

EAT RIGHT NOW: A 21-Day Plan to End Overeating

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

Spring 2024

VALIDATION

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.

Translation: Avery (editor Caroline Sutton)

Agent: Anderson Literary Agency

UK: Orion Spring; Korean: Sejong; Portuguese (B): Sextante

Nobel, Jeremy

Fall 2023

PROJECT UNLONELY: Healing Our Crisis of Disconnection

Chronic loneliness is a private experience of profound anguish. It has also become a public health crisis. *Project Unlonely* 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](#).

Translation: Avery (editor Caroline Sutton)

Agent: Aevitas Creative Management

UK: Headline Home; Korean: Wisdom House

Sabatier, Grant

Spring 2024

5 YEARS TO \$5 MILLION: Unleash Your Inner Entrepreneur to Build a Life You Love

As traditional full-time employment becomes increasingly unstable, wages continue to stagnate, and more and more workers become fed up with the tradeoffs required of most full-time jobs, people are looking to entrepreneurship as an alternative way to earn a living. Entrepreneurship has always been the surest path to wealth, but whereas that path used to be limited based on who you were or how much access to capital you had, today literally anyone can be an entrepreneur—and get rich doing it. While most entrepreneurship books offer a set of turn-by-turn directions designed to help you achieve a pre-determined, one-size-fits all goal, *5 Years to \$5 Million* offers the complete, comprehensive, and detailed roadmap that shows all the possible destinations you can reach and the various routes to get there. Dubbed “the Millennial Millionaire” by CNBC, [Grant Sabatier](#) is the bestselling author of *Financial Freedom*. He is also the creator of LinkedIn Learning's Financial Freedom Course, creator of Millennial Money (acquired by The Motley Fool in 2020), co-founder of BankBonus.com, and co-founder of Topia, the Financial Freedom App.

UK, Translation: Avery (editor Caroline Sutton)

Agent: Margret McBride Literary

SUMMER 2023

Bankert, Amanda

August 2023

VOILÀ, VEGAN: 85 Decadent, Secretly Plant-Based Desserts from an American Pâtisserie in Paris

For years, [Amanda Bankert](#) has been the surreptitious purveyor of vegan treats in the world's most butter-obsessed city: Paris. It started with donuts; Bankert, an American expat, brought some of the first artisanal versions of the stateside delicacy to France with her Boneshaker Bakery in the 2nd arrondissement. Unbeknownst to the Parisians who devoured her wares, which expanded from donuts to brownies to French desserts like macarons and profiteroles, everything at Boneshaker was made without dairy or eggs—and people didn't even notice. Now, with 85 entirely plant-based but still decadent treats, Bankert shares the recipes that fooled and enthralled Parisians, as well as delightful stories from her kitchen and travels. Bankert is a Le Cordon Bleu-trained pâtissier. An American expat, she spent a decade working as a pastry chef in Dublin at the Michelin-starred Mint Restaurant, then worked as the head pastry chef at Comptoir de la Gastronomie in Paris. She opened Boneshaker Bakery, an entirely plant-based establishment, in Paris in 2016.

UK, Translation: Avery (editor Suzy Swartz)

Agent: Folio Literary Management

Broberg-Moffitt, Matthew

August 2023

COLOR TASTE TEXTURE: Recipes for Picky Eaters, Those with Food Aversion, and Anyone Who's Ever Cringed at Food

This much-needed cookbook combines tips and techniques with a dash of understanding about food aversion and how to help your kids—and yourself—cook beautiful meals in an empowering way. It is a groundbreaking resource for anyone who has ever been called “picky” or “discerning.” Learn how to alter the texture or taste profile of a dish, or even fit it within a specific palette with a unique color-coded guide. The advice is broken down by category (The Five Tastes, Texture, Color, Aroma, Presentation, and Plating) to address every aspect of food aversion. Instead of leading to mistrust by disguising or slipping in foods your kids don't want to eat, this cookbook supports caretakers in a way that maintains a healthy relationship with food, and a joyful, less stressful experience around the table. [Matthew Broberg-Moffitt](#) is a classically trained chef, member of the Society of Children's Book Writers and Illustrators, former substance abuse counselor, erstwhile computer repair tech, and one-time Buddhist monk.

UK, Translation: Avery (editor Nina Shield)

Agent: Storm Literary

Evans, Martinus

June 2023

THE SLOW AF RUN CLUB: The Ultimate Guide for Anyone Who Wants to Run

Ten years ago, [Martinus Evans](#) got some stern advice from his doctor: “Lose weight or die.” First defensive, but then defiant, he vowed that day to run a marathon. Since then, he has run eight marathons and hundreds of other distances in his 300-pound body, created his own devoted running community, and has been featured on the cover of *Runner’s World*. This book is a blueprint for those who may not fit the image of a traditional runner to feel empowered to lace up their shoes and embrace the body they have right now. It contains specialized advice to make getting started less intimidating, covering gear and nutrition, training schedules, recovery tips, races (it’s ok to come in last!), and finding a running group. Full of essential advice and humor from a former newbie who fell off a treadmill on his first run (literally), *The Slow AF Run Club* is for anyone who wants to pick up running for the sheer joy of it. Evans has coached hundreds of runners and been featured in the *New York Times*, *Men’s Health*, *Wall Street Journal*, *Runner’s World*, the *New York Post*, and others.

UK, Translation: Avery (editor Lucia Watson)

Agent: Folio Literary Management

SPRING 2023

Cochran, Scarlett

February 2023

IT'S NOT ABOUT THE MONEY: A Proven Path to Building Wealth and Living the Rich Life You Deserve

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

Arabic: Jarir; Korean: Woongjin

Donofrio, Jeanine

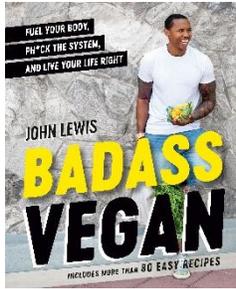
April 2023

LOVE AND LEMONS: SIMPLE FEEL GOOD FOOD: 125 Plant-Focused Meals to Enjoy Now or Make Ahead

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



Lewis, John

March 2023

BADASS VEGAN: Fuel Your Body, Ph*ck the System, and Live 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 Lewis 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

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 her subsequent bestselling books, [Dr. Izabella Wentz](#) has become known for her passion to translate emerging research to help patients eliminate symptoms that 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 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, *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*.

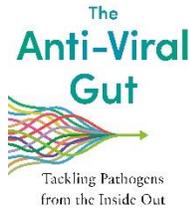
UK, Translation: Avery (editor Lucia Watson)

Agent: Park & Fine

Chinese (sc): Beijing Science & Technology

FALL 2022 HIGHLIGHTS

ROBYNNE CHUTKAN, MD
author of *GUTBLISS*



Chutkan, Robynne

November 2022

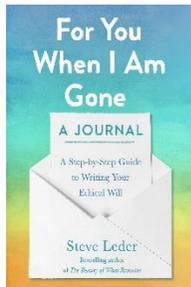
THE ANTI-VIRAL GUT: Tackling Pathogens from the Inside Out

Multiple studies have now confirmed a dramatic link between the health of our microbiome and our likelihood of getting devastating illnesses like Covid-19. 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

Chinese (sc): CITIC; Estonian: Aripaev



Leder, Steve

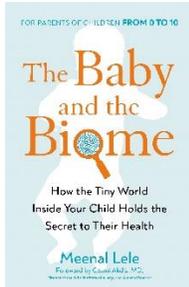
December 2022

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

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