

BenBella Books

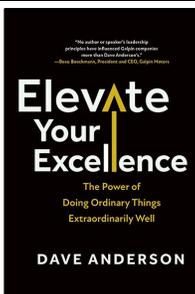
20 YEARS OF INNOVATIVE PUBLISHING



FALL 2024 RIGHTS CATALOG



BUSINESS & ECONOMICS



ELEVATE YOUR EXCELLENCE: The Power of Doing Ordinary Things Extraordinarily Well

By Dave Anderson

Publication: August 2024

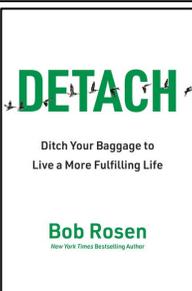
Based on his most popular seminars and trainings, LearntoLead.com founder Dave Anderson will help you build a custom plan to boost performance both inside and outside of the workplace.

Regardless of industry, position, age, experience, or geography, Anderson's guidelines are proven techniques to make excellence an innate part of your personal brand. Whether you're running a household or building a corporate culture, the game-changing action items in this book will inspire you to do and be better—and will truly elevate your excellence.

OF INTERNATIONAL INTEREST:

Previous book, *Intentional Mindset*, was translated into Chinese (Beijing Standway Books); others have been translated into Chinese, Russian, Portuguese, Spanish, Korean, Japanese, and Arabic

Dave "Mr. Accountability" Anderson is a leading international speaker and author on personal and corporate performance improvement. After an extensive career in the automotive retail business, Dave and his wife, Rhonda, began LearnToLead—entering its third decade—with the goal to help individuals and organizations reach their personal and corporate potential. The author of 16 books, most recently *Intentional Mindset*, and the host of the popular podcast *The Game Changer Life*, Dave's no-nonsense message impacts readers and listeners in over 174 countries. Dave and Rhonda are also co-founders of Matthew 25:35 Foundation, which helps feed, clothe, and house under-resourced people worldwide.



DETACH: Get Rid of Your Baggage to Live the Good Life

By Bob Rosen

Publication: April 2025

From a renowned psychologist and businessman, learn a fresh, powerful approach to replacing your unhealthy attachments with positive aspirations to unlock your full potential.

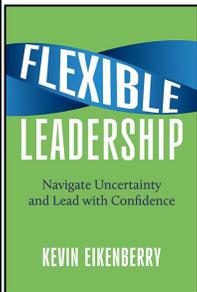
Rooted in a blend of Western and Eastern psychology, supported by research, and told through the stories of real people from all walks of life who have overcome their own self-sabotage, *Detach* walks readers through the ten unhealthy attachments many of us carry, as well as the ten positive aspirations we can use to combat each one of them.

Detach is your personal guide for life-altering change, offering a chance to reflect on how you might be standing in the way of your own success—as well as the tools you need to overcome your anxiety and rewrite your story.

OF INTERNATIONAL INTEREST:

Author's previous books translated into Japanese, Turkish, French, German, Spanish

Dr. Bob Rosen is a world-renowned thought leader on healthy people and healthy organizations. As a psychologist, *New York Times* best-selling author, researcher, and preeminent business advisor, his work in personal and organizational change is recognized worldwide. In 1988, he founded Healthy Companies and has interviewed or advised more than 600 CEOs of world-class companies. Over the years, Dr. Rosen has written eight books helping others to learn and grow.



FLEXIBLE LEADERSHIP: Navigate Uncertainty and Lead with Confidence

By Kevin Eikenberry

Publication: March 2025

Become a more flexible leader in today's unpredictable world with a revolutionary approach to applying leadership skills—while remaining steadfast in proven principles and your values.

For leaders to succeed in a landscape more unpredictable than ever, they need a new perspective and a brand-new set of skills that center around what is missing in the models and existing tools: flexibility.

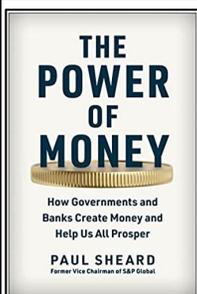
Kevin Eikenberry, Chief Potential Officer of the Kevin Eikenberry Group, a leadership consulting company centered on a philosophy of lifelong learning, explains the need for and how to effectively harness this essential flexibility in this guide for leaders at all levels.

OF INTERNATIONAL INTEREST:

Author sells a variety of digital and eLearning products ourselves and with partners, including a LinkedIn Learning course with nearly 900K learners in 8 languages, including **57K in Portuguese, 17K in French, and 3K Chinese learners.**

Author's previous books have been published in Portuguese, Chinese, Italian, Polish, Korean, and Spanish.

Kevin Eikenberry is the Chief Potential Officer of The Kevin Eikenberry Group. He has spent 30 years helping organizations and leaders from over 50 countries become more effective. The Global Gurus organization listed him as 22nd on the list of most influential thinkers on leadership. His books include, Remarkable Leadership, From Bud to Boss, The Long-Distance Leader, The Long-Distance Teammate, and The Long-Distance Team.



THE POWER OF MONEY: How Governments and Banks Create Money and Help Us All Prosper

By Paul Sheard

Publication: 2023

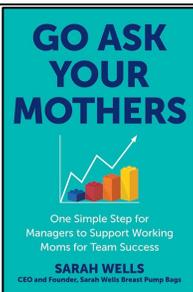
Rights sold: Brazil (Alta), Japanese (Hayakawa), Korean (Dasan Books), Simplified Chinese (China Translation & Publishing House)

**** Wall Street Journal Bestseller | Over 15,000 copies sold****

Money permeates our everyday lives—it literally makes the economic world go round—and yet confusion and controversy about money abound. In *The Power of Money*, economist Paul Sheard distills what money is, how it comes into existence, and how it interacts with the real economy.

With *The Power of Money*, Sheard empowers readers to become better-informed economic citizens by providing context for some of the biggest questions surrounding money.

Paul J. Sheard is a Research Fellow at **Harvard Kennedy School**. He was formerly Vice Chairman of S&P Global and held global chief economist positions at Standard & Poor's, Nomura Securities, and Lehman Brothers. Earlier he held faculty positions at Osaka University and at the Australian National University and held visiting scholar positions at Stanford University and the Bank of Japan. He is a member of the World Economic Forum's Global Agenda Council on the New Agenda for Fiscal and Monetary Policy, and is a member of the Council on Foreign Relations, the Bretton Woods Committee, the Economic Club of New York, and the Foreign Policy Association.



GO ASK YOUR MOTHERS: One Simple Step for Managers to Support Working Moms for Team Success

By Sarah Wells

Publication: August 2024

Sarah Wells, CEO of Sarah Wells Breast Pump Bags, a multimillion-dollar company empowering working moms, gives managers an inside look at what mothers really want from their leaders.

There's a pervasive problem across workplaces big and small: Managers aren't asking new mothers what support they need to transition back to work successfully. At the same time, working moms are afraid to ask for help—resulting in poor employment outcomes for both parties.

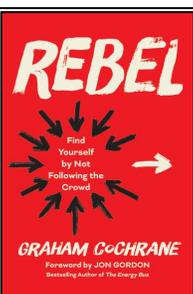
The solution? Intentional and open conversation, which has to start at the managerial level.

OF INTERNATIONAL INTEREST:

****Author's company distributes their existing products in Australia, Canada, Mexico, Brunei, Singapore, Philippines, and the United Arab Emirates****

****Content is not specific to US employment policies, but rather, is about work culture broadly****

Sarah Wells is a mom to two young girls and the CEO of a multi-million-dollar company that empowers working moms. As a leader in the mom and baby products industry, she has a direct line to tens of thousands of women as they return to work after having a baby, which provides her with unique insight into their struggles and successes as working moms. Sarah is a frequently called upon expert to present at workshops and to speak on podcasts for employers and teams about supporting working moms' transitions back to work. Sarah holds a master's degree in Public Policy and Women's Studies from The George Washington University and a bachelor's degree in Political Science and Women's Studies from American University.



REBEL: Find Yourself by Not Following the Crowd

By Graham Cochrane

Publication: September 2024

If you are unsatisfied with how your life has turned out, you're not alone—and it's not too late to create the life you want and deserve. All you have to do is be a rebel.

Most of us are living a life crafted by other people: family, social media, societal expectations, etc. We've conformed to the patterns of everyone around us without even meaning to. Being a rebel doesn't just mean going against the norm—it's about giving the world your truest self. Author and podcast host Graham Cochrane shows you how to truly create your life of freedom, joy, and meaning—on your terms, not someone else's.

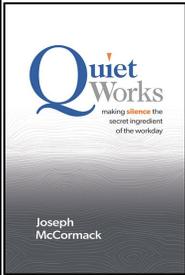
"If you've ever felt stuck, frustrated, or disappointed by how life has turned out so far, this book will give you the clarity, confidence, and inspiration to live your one precious life authentically and uniquely to the fullest."

—Jon Gordon, Fifteen-time Bestselling Author, *The Energy Bus* and *The One Truth*

OF INTERNATIONAL INTEREST:

****Half of the author's audience is located outside of the US****

Graham Cochrane is a TEDx speaker, the author of *How to Get Paid for What You Know* and the forthcoming *Rebel*. Graham talks about mindset, habits, and happiness as they relate to business and your life's purpose on his podcast, *The Graham Cochrane Show*, which has been downloaded over a million times. He's been featured in *Forbes*, *CNBC*, *Business Insider*, and popular business industry podcasts.



QUIET WORKS: Making Silence the Secret Ingredient of the Workday

By Joseph McCormack

Publication: October 2024

We live—and work—in a world of nonstop noise. It's time to reimagine how we work and make silence the secret ingredient.

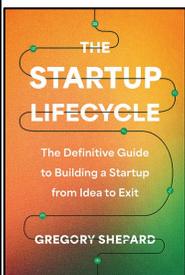
From the time we wake up, our workday starts. We're on our smart phones, texting and emailing, scrolling news feeds, jumping on video conference calls. It's a 24/7 hamster wheel. Work culture—at the office, hybrid, or remote—is defined by too much information and constant collaboration. There's no time or place for thinking alone.

The noise of constant distractions, interruptions, and digital devices doesn't need to defeat us. We can set the conditions for ourselves, colleagues, and organizations to slow down periodically while everything is speeding up. *Quiet Works* will help you become a stronger professional who is empowered and energized to work in a better, smarter, and more productive way in today's competitive, noisy environment.

OF INTERNATIONAL INTEREST:

****Author speaks Spanish****

Joe McCormack is on a mission to help organizations master lean communication. An experienced marketing executive, successful entrepreneur, and author, Joe is recognized for his work in narrative messaging and strategic communications. He speaks at diverse industry and client forums on the topics of brevity, storytelling, change and leadership. He founded The BRIEF Lab in 2013 after years dedicated to developing and delivering a unique curriculum on executive communications for the U.S. Army Special Operations Command (Ft. Bragg, NC). He actively counsels military leaders and senior executives on effective, efficient communication and produces a weekly podcast series called *Just Saying*.



THE STARTUP LIFECYCLE: The Definitive Guide to Building a Startup from Idea to Exit

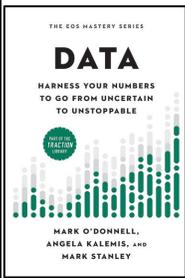
By Gregory Shepard

Publication: September 2024

A comprehensive blueprint for building and selling a successful startup from idea to exit, bypassing failure, and making the planet a better, more equitable place.

Due to a range of frequent and unavoidable mistakes, only 10% of startups make it beyond 5 years. In this game-changing guide, startup veteran and serial entrepreneur Gregory Shepard combines 12 startup exits, 4 private equity awards, and decades' worth of expert insight and industry experience—including interviews with real entrepreneurs, Navy SEALs, Air Force Fighter Pilots, and more—to present you with straightforward, actionable strategies for mapping out your startup and achieving success.

Gregory Shepard has built and sold 12 businesses in BioTech, TransitTech, AdTech and MarTech. He is a Forbes book author and contributor, and has been featured or quoted in publications like Fortune, Entrepreneur, The New York Observer, The DEAL, and Thrive Global. A recipient of four private equity awards for transactions between \$250M to \$1B, Greg has appeared on TV, radio, and popular podcasts, and been featured as a TEDx and keynote speaker at multiple universities and conferences worldwide.



DATA: Harness Your Numbers to Go from Uncertain to Unstoppable

By Mark O'Donnell, Angela Kalemis, and Mark Stanley

Publication: April 2025

Your comprehensive guide to mastering The Data Component of your EOS Model—taking you from uncertain to unstoppable.

This data-driven handbook is the third installment of the Traction Library's EOS Mastery Series that provides all the tools you need to build an environment of transparency and get better results through clarity and

accountability.

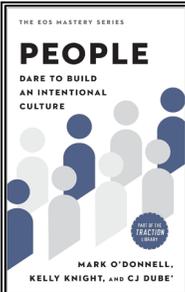
OF INTERNATIONAL INTEREST:

Other titles in the EOS Mastery Series have been translated into simplified Chinese (*Process and People*, Grand China Publishing House) and Vietnamese (*People*, 1980Books)

Other EOS titles have been published into Dutch, Japanese, Korean, Mongolian, Portuguese (Brazil), Romanian, Spanish, French, Arabic, Italian, Russian, and Hungarian

EOS has Implementers worldwide, including Japan, the Philippines, Canada, the UK, and more

Mark O'Donnell is a highly successful entrepreneur, CEO, and Expert EOS Implementer. He is the current Visionary and CEO of EOS Worldwide and has also served as Head Coach for the company. With over 100 companies under his belt, Mark has helped numerous companies achieve their goals and get what they want from their businesses. **Angela Kalemis** grew up immersed in her family's business, learning firsthand the challenges business owners face. Angela's professional journey includes over 17 years at Booz Allen, where she specialized in business development and program management. Inspired to help her husband's business, Angela became a professional EOS Implementer to apply these tools in his company, achieving transformative results. In the six years since, dedicated to helping other business leaders she has facilitated 500+ sessions and worked with more than 70 companies. Angela is also a coach at EOS Worldwide, helping new implementers master the system. For over 20 years, **Mark Stanley** has been helping entrepreneurial leaders clarify, simplify and achieve their vision. In addition to working with over 150 different organizations in just about every industry, he has owned and sold three different business. Mark was one of the first EOS® Implementers, approaching his fifteenth anniversary as an Expert EOS Implementer and clocking over 1,300 session days. Mark is a life-long learner with a BBA in Finance with Honors from the University of Iowa and an MBA from Drake University, and is a certified Six Sigma master black belt and a TOC supply chain expert with a passion for ongoing improvement.



PEOPLE: Dare to Build an Intentional Culture (EOS Mastery Series)

By Mark O'Donnell, Kelly Knight, and CJ DuBé

Publication: April 2024

Rights sold: Chinese (Grand China Publishing House), **Vietnamese** (1980Books)

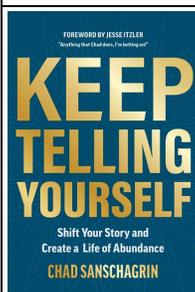
The second installment of the Traction Library's EOS Mastery Series, *People* gives readers all the tools they need to create a thriving workplace culture, and shows why it's an absolutely essential part of any successful business.

Creating an intentional culture isn't optional—it's crucial to ensuring the future of your business and improving the quality of your life. *People* will teach entrepreneurs how to get their employees on board and on the same page for a culture overhaul, eventually getting to the point where the intentional culture self-perpetuates.

OF INTERNATIONAL INTEREST:

****Other EOS titles have been published into Dutch, Japanese, Korean, Mongolian, Portuguese (Brazil), Romanian, Spanish, French, Arabic, Italian, Russian, and Hungarian****

Mark O'Donnell is a highly successful entrepreneur, CEO, and Expert EOS Implementer. He is the current Visionary and CEO of EOS Worldwide and has also served as Head Coach for the company. With over 100 companies under his belt, Mark has helped numerous companies achieve their goals and get what they want from their businesses. **Kelly P. Knight** has served as EOS Worldwide's Integrator since 2016. She's worked with eleven Visionaries to date in her career and prior to joining EOS, Kelly honed her skills as an expert team-builder for over 20 years while leading dynamic organizations in the financial services industry. With more than 25 years of experience, **CJ DuBé** knows a lot about business and people. Not following a traditional path, CJ has worked in a variety of capacities, from managing a sales team for a large international company to director of operations & HR for a facilities management firm. In 2006, along with two other entrepreneurs, CJ launched a Human Resources consulting firm.



KEEP TELLING YOURSELF: Shift Your Story and Create a Life of Abundance

By Chad Sanschagrin

Publication: December 2024

Sought-after speaker and executive coach Chad Sanschagrin teaches that "you find what you focus on," and he's shown millions in search of a better life how to write a better story by focusing on who they want to become instead of what they want to achieve.

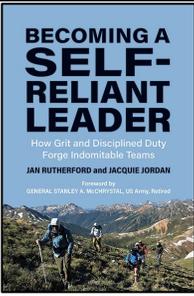
No matter how you most want to be better—whether as a parent, spouse, leader, or all that and more—*Keep Telling Yourself* shows you the power of the stories we tell ourselves and how to rewrite yours to realize your full potential.

OF INTERNATIONAL INTEREST:

****Author has business relationships in Dubai****

****International examples in book****

Chad Sanschagrin has mastered the dual arts of connection and inspiration. Since navigating the life-changing journey from being a laundry services worker and houseman in a Baltimore hotel to building a thriving, multimillion-dollar consulting business, Chad has amassed a substantial and loyal clientele for his leadership coaching services. Relying on his innate ability to relate to anyone and establish relationships of trust and mutual support, Chad empowers, motivates, and encourages others to reach their full potential. In addition to being an intrepid traveler, Chad is a devoted husband, the proud father of two daughters, a marathon runner, and an avid reader.



BECOMING A SELF-RELIANT LEADER: How Grit and Disciplined Duty Forge Indomitable Teams

By Jan Rutherford and Jacquie Jordan

Publication: August 2024

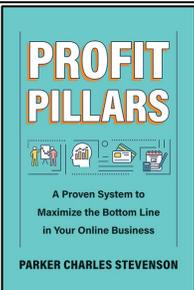
Fortune 500 leadership advisor and former Green Beret Jan Rutherford and leadership development consultant and former assistant professor at the United States Military Academy Jacquie Jordan have created the ultimate prescriptive handbook on what it takes to design and lead energized and effective teams in an increasingly complex and uncertain global landscape.

This compilation of lessons and stories from past expeditions offers business leaders more than just an exciting read—it's a proven recipe to creating and sustaining high-performing teams.

"The book you are about to read is a testament to the idea that leadership is not a check-list, but a practice. While leadership has no end, I have confidence that its beginning can be found in *Becoming a Self-Reliant Leader*."

—General Stanley A. McChrystal, U.S. Army, Retired, Author of *Team of Teams*

Jan Rutherford is a former Green Beret and founder of Self-Reliant Leadership® where he coaches executives, and leads Crucible® wilderness expeditions with executives and veterans. Jan has over 25 years of business experience and has held executive roles in business development, marketing, sales, training, product management, and as a CEO. For 15 years, he was a Senior Instructor with the University of Colorado Denver Business School, teaching leadership to MBA students in the US and Ireland. He's the co-host of *The Leadership Podcast*. **Jacquie Jordan**, a graduate of West Point and Teacher's College, Columbia University, served as a logistics officer in the US Army, including assignments as an assistant professor at the United States Military Academy, a tour with the United States Army Special Operations Command, and a Legislative Liaison working to advance US Army personnel policy. Jacquie deployed to combat four times where she led teams in Iraq, Afghanistan, and Syria. As a consultant, Jacquie brings her expertise to teams to increase the capacity of leaders to lead, teams to build trust, and organizations to produce results.



PROFIT PILLARS: A Proven System to Maximize the Bottom Line in Your Online Business

By Parker Charles Stevenson

Publication: November 2024

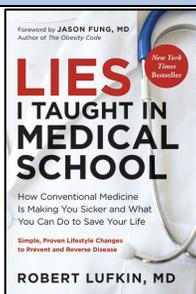
Profit Pillars is the entrepreneur's guide to building a more profitable online business, even if they do not consider themselves a "numbers person," by understanding and utilizing the four profit pillars.

If you've learned how to build an email list, create a social media calendar, host webinars, or build out a sales funnel, then the four profit pillars can help you to successfully manage the financial side of your online business.

Profit Pillars outlines step-by-step guidance in response to these questions so even the most creative and visionary online business owners can learn how to better manage the flow of money in and out of their businesses.

Parker Stevenson is the CEO of Evolved Finance, an accounting firm that specializes in helping online entrepreneurs to build more profitable and financially stable online businesses through their bookkeeping and tax preparation services. Since 2014, Parker has been advising some of the top coaches, course creators, influencers, and thought leaders on how to make more sound business decisions using their financial data.

HEALTH & WELLNESS



LIES I TAUGHT IN MEDICAL SCHOOL: How Conventional Medicine Is Making You Sicker and What You Can Do to Save Your Life

by Robert Lufkin, MD

Publication: June 2024

Rights sold: Korean (Somssi Company Inc.), Polish (Helion), Bulgarian (Kibea), Hungarian (Libri Konyvkiado), Czech (Grada), Simplified Chinese (Beijing Thinkingdom)

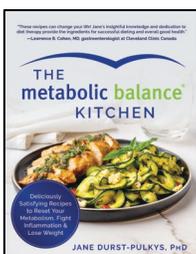
****New York Times Bestseller | Over 20,000 Books Sold****

Modern medicine is lying to you. Discover the true science behind chronic diseases—and implement an actionable plan to take control of your health and longevity once and for all.

For the first time in history, chronic diseases like diabetes, hypertension, and obesity plague our population on a global scale.

In *Lies I Taught in Medical School*, Robert Lufkin, MD, explains that metabolic dysfunction is the common underlying cause of most chronic diseases that has been overlooked for decades, providing the tools needed to address these diseases in ourselves. He draws on expansive, peer-reviewed evidence, proving that standard medical recommendations are killing us.

Robert Lufkin, MD, has served as a full professor at both the **UCLA and USC Schools of Medicine**. In addition to being a practicing physician, he is the author of more than 200 peer-reviewed scientific papers and 14 books that are available in six languages, including **Spanish, Turkish, Chinese, Japanese, and Italian**. Among his many inventions, including several patents in artificial intelligence, he developed an MR-compatible biopsy needle which is used worldwide today as the “Lufkin Needle.” He is active on social media with more than 250,000 followers.



THE METABOLIC BALANCE KITCHEN: Deliciously Satisfying Recipes to Reset Your Metabolism, Fight Inflammation, and Lose Weight

by Jane Durst-Pulkys

Publication: December 2024

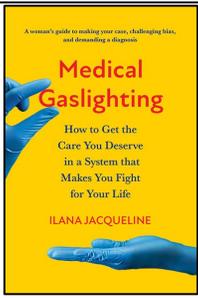
Shed excess weight, reduce inflammation, and boost your metabolism—the delicious way!

Holistic nutritionist and weight-loss expert Jane Durst-Pulkys shares this vibrant cookbook filled with 90 healthy recipes from around the world. *The Metabolic Balance Kitchen* provides an effective strategy for better health through tested, delicious recipes. More than just a cookbook, it also shares a road map to reducing inflammation, increasing your metabolism, achieving your optimal weight, and living a healthier, happier life.

OF INTERNATIONAL INTEREST:

**** Metabolic Balance has a presence in Brazil, Hong Kong & China, Canada, France, Germany, Greece, India, Iran, Italy, Romania, Saudi Arabia & the United Arab Emirates, Spain, Sweden, Thailand, Turkey, Australia, the US, and the UK****

Jane Durst-Pulkys, PhD, is a clinical and holistic nutritionist, author, educator, and life coach. She specializes in Metabolic Balance® weight management practices in Canada and is the USA brand ambassador for Metabolic Balance® and national license holder for Hong Kong. She consults with clients from all walks of life from around the world, including Fortune 500 companies. Jane is an authority on health and optimal performance and a faculty member and advisor for the Institute of Holistic Nutrition in Toronto. With over 40 years of practical experience, Jane is on the leading edge of proactive approaches to personal health. She is also the author of *The Book on Confidence*, and a frequent guest on TV and radio.



MEDICAL GASLIGHTING: How to Get the Care You Deserve in a System that Makes You Fight for Your Life

by Ilana Jacqueline

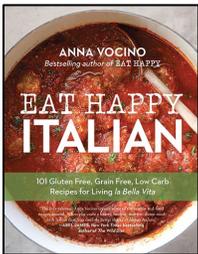
Publication: October 2024

This practical, realistic guide is designed to help women fight medical bias and neglect in order to get the care they need—and deserve.

For women, the possibility of experiencing medical gaslighting—having a health care provider dismiss or ignore their concerns without considering appropriate testing or creating a treatment plan—has always been a very real and present danger, with consequences ranging from self-doubt and emotional stress to delayed diagnosis and death. And being a woman of color, transgender, or disabled only compounds the risk.

Today, more women are aware of medical gaslighting than ever—but awareness isn't enough. In *Medical Gaslighting*, you'll equip yourself with the tools you need to be fully heard at every step of the process.

Ilana Jacqueline is a speaker, author, patient, and advocacy strategist whose journey to a rare disease diagnosis forced her to face a lifetime of medical gaslighting. While her personal experience as a patient has lent her compassion for what all women are subject to in the exam room, it is her experience as a patient advocate that opened her eyes to the reality that no matter how rare or common the condition may be, it often takes women longer to be heard by the medical community. She is the author of *Surviving and Thriving with an Invisible Chronic Illness* and an educator for patients in all stages of their journey on how to have meaningful and collaborative conversations with their care teams. Her work across social media, particularly in the area of medical gaslighting, has helped to empower patients to be an active participant in their own care.



EAT HAPPY ITALIAN: 101 Gluten-Free, Grain-Free, Low-Carb Recipes for Living la Bella Vita

by Anna Vocino

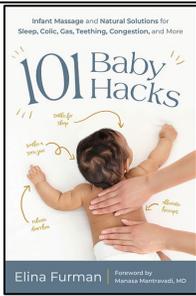
Publication: October 2024

Rediscover your favorite Italian and Italian-American dishes made deliciously low-carb and grain- and gluten-free with more than 100 recipes from antipasti to dolci.

From Anna Vocino, the bestselling author of *Eat Happy* and creator of *Eat Happy Kitchen*, *Eat Happy Italian* brings both Italian-American favorites and authentic Italian dishes to the low-carb kitchen. Inspired by the Italian and Italian-American dishes she grew up eating, Anna's third cookbook features more than 100 recipes reimaged with a healthful twist.

Turn even the most carb-heavy dishes into healthy versions without sacrificing taste—including sauces and dressings. These meals are suitable for anyone looking to eat better, and particularly those who follow low-carb diets like keto, paleo, and NSNG (no sugar, no grains).

Anna Vocino is a talented culinary personality and tastemaker who brings to the table a wealth of experience as a bestselling cookbook author, actor, stand-up comedian, podcast cohost, clean-eating expert, and founder of *Eat Happy Kitchen*, a natural food company making organically sourced, gluten-free, grain-free, and filler-free foods with no sugar added. Anna has created hundreds of recipes that have appeared in her bestselling cookbooks, *Eat Happy* and *Eat Happy Too*, and on her website, *AnnaVocino.com*, *Substack*, and her popular Instagram account. As a respected voice within the clean-eating community, Anna can deftly transform almost any recipe into a healthy version of the dish without sacrificing taste. Anna's recipes and expertise on everything from spices to kitchen appliances have been featured in *Women's Health*, *Parade*, *Consumer Reports*, and other consumer media outlets.



101 BABY HACKS: Infant Massage and Natural Solutions to Help with Sleep, Colic, Gas, Teething, Congestion, and More

by Elina Furman

Publication: October 2024

The secret to a happy, healthy baby is in your hands—literally! Learn the time-honored practice of baby massage and science-backed wellness hacks to calm, soothe, and protect your baby. An ideal crib-side companion and baby shower gift, *101 Baby Hacks* is an easy-to-follow guide to baby massage, acupressure, and other modern tricks that can help new parents gain confidence and alleviate their baby's discomfort.

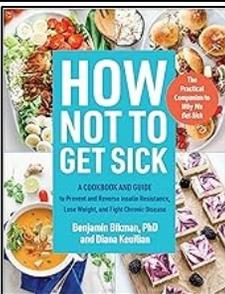
Divided into sections by issue, and illustrated with simple, helpful images, the book can be flipped through for quick reference or enjoyed page by page.

OF INTERNATIONAL INTEREST:

****Furman's audience includes a strong presence from the UK, India, Australia, Europe, and Asian markets****

****Furman was born in Kiev, Ukraine****

Elina Furman is a certified infant massage instructor with over 15 years in the baby industry. As the founder of Kahlmi, the first baby massager and wellness brand for families, she spends her days on social media helping anxious new moms navigate all the issues, questions, and freak-outs that having a new baby entails. Her work as a baby massage product inventor has won her awards from the Juvenile Product Manufacturing Association, the Baby Innovation Awards, and a Best Of Seal from Pampers. She has appeared on countless TV shows and magazines to educate parents about the importance of baby massage.



HOW NOT TO GET SICK: A Cookbook and Guide to Prevent and Reverse Insulin Resistance, Lose Weight, and Fight Chronic Disease

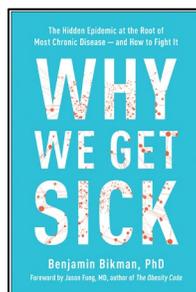
By Benjamin Bikman and Diana Keuilian

Publication: July 2024

Prevent illness, reach your ideal weight, and feel better than ever with the full-color cookbook and lifestyle guide companion to *Why We Get Sick*, from internationally renowned scientist Benjamin Bikman and fitness coach & recipe developer Diana Keuilian.

With his breakout book *Why We Get Sick*, Benjamin Bikman helped thousands of people to understand insulin resistance: what it is, why it happens, how it affects nearly every system in our bodies. *HOW NOT TO GET SICK* features 70 low-carb and keto-friendly recipes to help adults affected with insulin resistance.

Benjamin Bikman earned a PhD in Bioenergetics and was a postdoctoral fellow with the Duke-National University of Singapore studying metabolic disorders. Now, his professional focus as a scientist and professor (Brigham Young University) is to better understand the origins and consequences of metabolic disorders, including obesity and diabetes, with an emphasis on insulin.



WHY WE GET SICK: The Hidden Epidemic at the Root of Most Chronic Disease—and How to Fight It

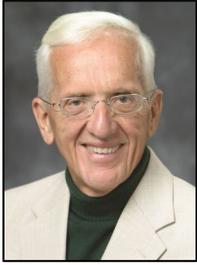
by Benjamin Bikman

Publication: 2020

****Over 70,000 copies sold!****

Arabic: Jarir Bookstore. **Bulgarian:** Bard. **Complex Chinese:** Persimmon. **Croatian:** Stilus Knjiga. **German:** MVG. **Greek:** Okto Publishing. **Hebrew:** Focus Publishing. **Italian:** Sangiovanni's. **Korean:** Bookdream. **Polish:** JK.

Portugal: Alma dos livros. **Russian:** Popuri. **Simplified Chinese:** Beijing Science. **Slovakia:** Citadella. **Slovene:** V.B.Z. **Spanish:** Eraf.



LET FOOD BE THY MEDICINE

by T. Colin Campbell

Publication: August 2025

From T. Colin Campbell, singularly renowned nutritionist and bestselling author, *Let Food Be Thy Medicine* serves as the author's swan song—the culmination of a life's work.

OF INTERNATIONAL INTEREST:

**The author has a very strong international track record:

The China Study: Revised and Expanded (Over 2 million copies sold in the US!)

Albanian: Artini. **Complex Chinese:** Persimmon. **Czech:** Svitani. **Danish:** Direction. **German:** Systemische Medizin. **Greek:** Symmetria. **Hebrew:** Focus. **Hungarian:** Hungarian Park. **Italian:** Macro. **Kazakh:** Mazmundama Public Fund. **Korean:** Open Science. **Romanian:** Adevar Divin. **Russian:** Mann, Ivanov and Ferber. **Serbian:** Mitrashina/Neopress. **Vietnamese:** Tinh Hoa Net.

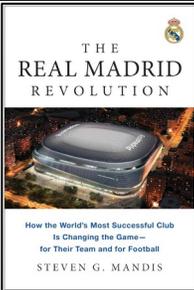
Whole

Complex Chinese: Persimmon. **Croatian:** Teledisk. **Czech:** Svitani. **Canada (French):** Ariane. **French:** Arenes. **German:** Systemische Medizin. **Hebrew:** Focus. **Italian:** Macro. **Japanese:** Yusabul. **Korean:** Open Science. **Polish:** Galaktyka. **Romanian:** Adevar. **Russian:** Mann, Ivanov and Ferber. **Slovenian:** Sitis. **Spanish (world):** Sirio Panaderos. **Vietnamese:** Tinh Hoa Net.

The Future of Nutrition

Complex Chinese: Persimmon. **Italian:** Rizzoli. **Korean:** Open Science. **Russian:** Eksmo

For more than 40 years, **T. Colin Campbell, PhD**, has been at the forefront of nutrition research. His legacy, the China Study, is the most comprehensive study of health and nutrition ever conducted. Dr. Campbell is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University. He has received more than 70 grant years of peer-reviewed research funding and authored more than 300 research papers. *The China Study* was the culmination of a 20-year partnership of Cornell University, Oxford University and the Chinese Academy of Preventive Medicine.



THE REAL MADRID REVOLUTION: How the World's Most Successful Club is Changing the Game—for Their Team and for Football

By Steven G. Mandis

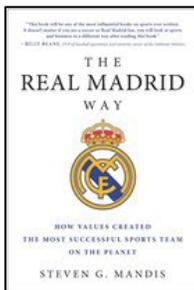
Publication: November 2024

Real Madrid's innovative, modern strategies may not only keep them on top—but save soccer itself.

Featuring behind-the-scenes coverage and expert analysis, this book gives fans an up close and personal look at one of the world's most legendary teams during a major crossroads for the sport.

Former Columbia Business School adjunct professor Steven G. Mandis, who analyzed Real Madrid's path to success in *The Real Madrid Way*, returns to examine how the club is coping with systemic changes in the sport of soccer and innovating the sport in the process.

Founded in 1902 and granted a royal title by the king of Spain in 1920, Real Madrid Club de Fútbol went onto become the world's most valuable sports team (by revenue), most popular sports team (by social media followers), and most successful sports team (by number of trophies).



THE REAL MADRID WAY: How Values Created the Most Successful Sports Team on the Planet

by Steven G. Mandis

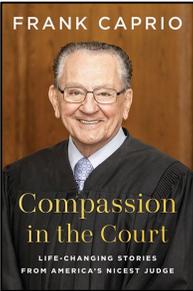
Publication: 2016

Rights sold: Japanese (Toho), Polish (Rebis), Russian (Eksmo), Simplified Chinese (Cheers), Thai (Wara), Turkish (Indigo), Vietnamese (Dong A Books)

The untold story of Real Madrid, one of the most incredible turnarounds in sports and business history.

Steven G. Mandis is an adjunct professor at Columbia Business School. He also teaches at Columbia's Master's of Sports Management Program. His previous award-winning book, *What Happened to Goldman Sachs: An Insider's Story of Organizational Drift and its Unintended Consequences*, is a rigorous analysis of when, why, and how the culture of Goldman Sachs changed.

MEMOIR/BIOGRAPHY



COMPASSION IN THE COURT: Life-Changing Stories from America's Nicest Judge

Judge Frank Caprio

Publication: February 2025

Lessons in life from Caught in Providence's viral sensation Judge Frank Caprio, known as the "Nicest Judge in the World" whose courtroom became a worldwide beacon of compassionate justice—and an unforgettable watch for millions of fans

Frank Caprio is "that judge"—the one you love on social media or TV, whose videos you and your friends and family talk about and share with each other. Now, Judge Caprio brings to the page the same wisdom and spirit of decency that viewers around the world have come to treasure.

OF INTERNATIONAL INTEREST:

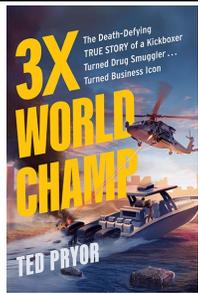
Caught in Providence Facebook Page (16M): USA comprises 23% of total followers, **India 8.3%, **Philippines** 8.1% **Mexico** 4.6%, **UK** 3.6%

Caught in Providence Instagram Page (271K): USA comprises 31% of total followers, **Nigeria 10%, **India** 7.5%, **Brazil** 5.1%, **UK** 4.7%

Verified Frank Caprio Facebook Page (560K): USA comprises 16.4% of total followers, **Pakistan 7.6%, **Philippines** 7.3%, **India** 6.3%, **Mexico** 4%, **Brazil** 3.1%, **UK** 3%

Personal Frank Caprio Instagram Page (390K): **Brazil comprises 35.1% of total followers, USA 13.1%, **Turkey** 6.6%, **India** 5.8%, **UK** 2.2%

Judge Frank Caprio became an unexpected television and internet superstar while in his eighties! Judge Caprio and his three-time Emmy-nominated television show, Caught in Providence, has amassed over 20 million followers across social media, and his videos have accrued billions of views. His compassionate temperament—unique for a judge—has earned him the title "the nicest judge in the world." A beloved Rhode Island-based judge and attorney, Judge Frank Caprio is from humble beginnings. His parents were immigrants from Italy who through hard work, devotion to family, and love of their new country and community forged a new life in America. Their sense of responsibility and commitment to service and education was firmly instilled in each of their three sons. Today, Judge Caprio has inspired the world and become the face of compassionate justice.



THREE-TIME WORLD CHAMP: Three-Time World Champ: The Death-Defying True Story of a Kickboxer Turned Drug Smuggler . . . Turned Business Icon

By Ted Pryor

Publication: December 2024

The thrilling true story of the rise and fall of a kickboxing legend in the notorious 1980s Miami crime scene . . . and the shocking end that led him to a new life.

From 1982 to 1987, Thaddeus J. “Ted” Pryor was the middleweight kickboxing champion of the world. But behind the scenes, he was a key player in the biggest marijuana trafficking operation in American history.

As a renowned athlete, TV model, and bodyguard to stars like Elvis Presley, he drew the attention of the head of the Miami mafia. When the kingpin wanted protection—and some flash—he made Ted his personal intimidator, keeping the peace in the celebrity-drenched nightclub scene and beyond.

Three-Time World Champ brings readers directly into the action of neon-soaked, 1980s Miami, chronicling the rise and fall—and rise again—of an amazing man: a world champ of kickboxing and a world champ of smuggling who, in a wholly unexpected turn, becomes world champ of a business completely removed from everything that came before. It’s harrowing, it’s thrilling, and it happened just like this: the wild life of a *Three-Time World Champ*.

Former middleweight kickboxing champion of the world, **Ted Pryor** is the founder and retired CEO of one of the largest child education providers in the United States. He is also an entrepreneur, film producer, adventurer, and convicted marijuana smuggler. He lives in California, Hawaii, and Italy.



INHERITING MAGIC

By Jennifer Love Hewitt

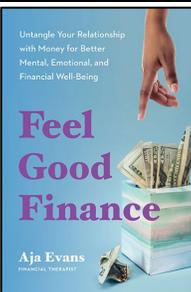
Publication: December 2024

Join actress, singer, director, and producer Jennifer Love Hewitt as she shares snippets of her mother’s magic, reveals the heartbreaking moments of grief after her mother’s passing, and how she recognizes and infuses magical moments of joy into her life every single day—with actionable steps so that readers can do the same!

In the pages of *Inheriting Magic*, Jennifer recounts her journey, sharing memories, photographs, recipes, and the magic-making ethos of a self-proclaimed Holiday Junkie.

Inheriting Magic is about how grief, being a mom of three, having a deep love for party planning, and being passionate about the holidays turned what could have been an ordinary life into something magical. Through it, Jennifer hopes to inspire all readers to add more love, light, and the making of core memories into their everyday lives.

Jennifer Love Hewitt is an actress, producer, director, and singer. She is known for film and tv shows including *Ghost Whisperer*, in which she starred, executive produced, and directed several episodes. She also starred in and executive-produced the hit cable film *The Client List*. Other television credits include *Party of Five*, *Time of Your Life*, *Criminal Minds*, *Hot In Cleveland*, and the Hallmark Hall of Fame film *The Lost Valentine*. She can currently be seen co-starring on the ABC TV show *9-1-1*. Hewitt’s debut novel *The Day I Shot Cupid* was released in 2010, with the book becoming a *New York Times* bestseller the week of its release. A lot has changed in her life since 2010, including the passing of her mother, getting married, becoming the mother of three kids, and launching her marketing and consumer brand Holiday Junkie.



FEEL-GOOD FINANCE:

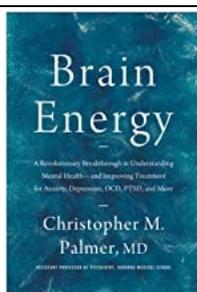
By Aja Evans

Publication: December 2024

Budgeting is more than just simple math. Money impacts every aspect of our lives—including and especially our mental health. With expert tips and guidance from a licensed financial therapist, this judgment-free book will help you take control of your money while prioritizing your financial wellness.

Your mindset about money is more important than ever before, especially for women and people of color. *Feel-Good Finance* will prepare you to rewrite your wealth narrative, help you heal your relationship with money once and for all, and attain the financial freedom you deserve.

Coined the “feel-good financial therapist,” **Aja Evans** is a board-certified therapist, consultant, and speaker specializing in financial therapy. With over a decade of experience in mental health and the intimate understanding that people feel bad about their money, Aja made it a pillar in her work to help others feel supported in their financial journeys. In addition to her clinical practice, Aja is a consultant to FinTech companies looking to integrate the emotional side of money. She has been quoted in major news outlets such as the New York Times, Bloomberg, the Washington Post, CNBC, and NerdWallet.



BRAIN ENERGY: A Revolutionary Breakthrough in Understanding Mental Health – and Improving Treatment for Anxiety, Depression, OCD, PTSD, and More

By Christopher M. Palmer, MD

Publication: 2022

Brazil: Alaúde/Alta. **Dutch:** Lucht. **German:** VAK. **Korean:** Prunsoop. **Polish:** Helion.

Russian: Eksmo. **Simplified Chinese:** Citic. **Spanish:** Alfaomega. **Turkish:** Say Yayinlari.

****Over 90,000 copies sold!****

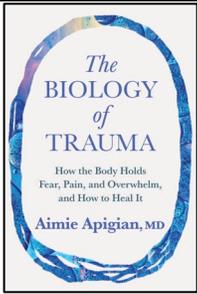
Drawing on decades of research, Harvard psychiatrist Dr. Chris Palmer outlines a revolutionary new understanding that for the first time unites our existing knowledge about mental illness within a single framework: Mental disorders are metabolic disorders of the brain.

“Brain Energy is a dramatic breakthrough in understanding mental illness by a leading Harvard psychiatrist who provides a revolutionary road map for people suffering from depression, anxiety, bipolar disease, in fact, almost any brain disorder.” —Mark Hyman, MD, senior advisor at the Cleveland Clinic Center for Functional Medicine and 14-time *New York Times* bestselling author

“Brain Energy provides a long-awaited unifying mechanism underlying a vast spectrum of mental illness conditions. And this new paradigm will undoubtedly usher in potent therapeutic interventions for pervasive psychiatric conditions for which standard pharmaceutical approaches have proven minimally effective.”

—David Perlmutter, MD, #1 *New York Times* bestselling author of *Grain Brain*

Dr. Christopher M. Palmer is a Harvard psychiatrist and researcher working at the interface of metabolism and mental health. He is the Director of the Department of Postgraduate and Continuing Education at McLean Hospital and an Assistant Professor of Psychiatry at Harvard Medical School. For over 25 years, he has worked with people who have treatment-resistant mental illness using standard treatments. He has been pioneering the use of the medical ketogenic diet in the treatment of psychiatric disorders—conducting research in this area, treating patients, writing, and speaking around the world on this topic.



THE BIOLOGY OF TRAUMA: How the Body Holds Fear, Pain, and Overwhelm, and How to Heal It

by Aimie Apigian, MD

Publication: July 2025

This groundbreaking book breaks down the latest research to reveal how trauma impacts our bodies on a cellular level and offers an empowering path to whole-body healing.

Perfect for both individuals seeking personal growth and health professionals improving their practice, *The Biology of Trauma* will help you gain deep insights into your own mind, body, and healing journey.

OF INTERNATIONAL INTEREST:

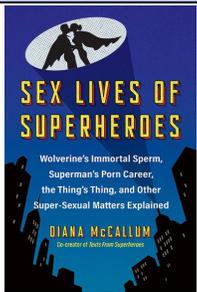
****Author is actively building an online presence in Spanish and French languages**

****PERENNIALY RELEVANT TOPIC:** As we cope with the consequences of COVID, international conflict, climate change, and more, readers seek self-sufficient ways to understand and unpack the heavy emotional toll of living. ******

****FOUNDER AND HOST OF THE WORLD'S LARGEST TRAUMA SUMMIT:** Apigian plans to promote the book at her virtual Biology of Trauma Summit (72K registrants annually), and anticipates support from industry connections like **Gabor Maté, Melissa Dlugolecki, and Peter Levine.** ******

Aimie Apigian, MD, MS, MPH, is a double board-certified physician in preventive and addiction medicine with masters degrees in biochemistry and public health. Beyond her foundational medical training, Dr. Aimie is a functional medicine physician with specialized training in neuro-autoimmunity, nutrition, and genetics for addictions, mental health, mood, and behavioral disorders. Her extensive training in trauma therapies, including the Instinctual Trauma Response Model, Somatic Experiencing, NeuroAffective Touch, and Sociometric Relational Trauma Repair, have formed her knowledge and services in trauma, attachment, and addiction medicine, focusing on trauma at a cellular level. Her original inspiration came from Miguel, who she adopted from the foster care system during medical school.

POP CULTURE



SEX LIVES OF SUPERHEROES: Wolverine's Immortal Sperm, Superman's Porn Career, the Thing's Thing, and Other Super-Sexual Matters Explained

By Diana McCallum

Publication: November 2024

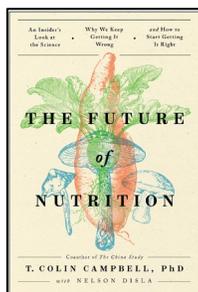
Is sex with The Hulk technically a threesome? Does The Flash do everything faster? Has Wonder Woman really never faked an orgasm?

Explore these questions and more with this collection of speculative, comedic essays on how superpowers might affect the sex lives of famous superheroes. Based on genuine scientific research and both Marvel and DC comic book and movie canon (and more!), *Sex Lives of Superheroes* is a refreshingly frank and fun deep dive into the pros, cons, and plot twists of superpowered sex.

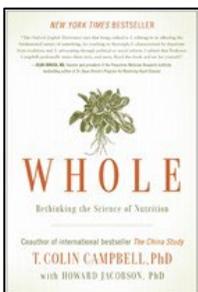
Drawing from biology, physics, psychology, and more to play out (wild, fictional) scenarios about superheroes' sex lives, this in-depth analysis will definitively answer your burning questions

Diana McCallum is a writer and podcaster. She is the co-creator of the webcomic *Texts From Superheroes* and host of the *Talk From Superheroes* podcast, for which she has been nominated for 10 Canadian Podcast Awards, including Best Podcast Host in Canada. Her superhero musings have appeared on *Cracked.com*, in the *Dark Horse* anthology *The Secret Loves of Geek Girls* and its sequel, *The Secret Loves of Geeks*.

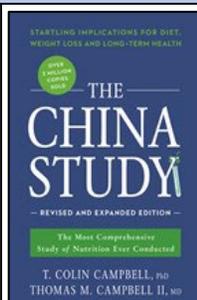
BACKLIST



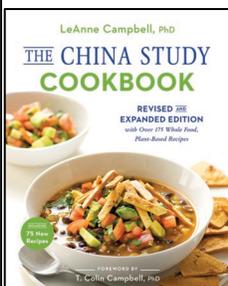
THE FUTURE OF NUTRITION: An Insider's Look at the Science, Why We Keep Getting It Wrong, and How to Start Getting It Right
by T. Colin Campbell, PhD with Nelson Disla
Publication: 2020
Complex Chinese: Persimmon. **Italian:** Rizzoli.
Korean: Open Science. **Russian:** Eksmo



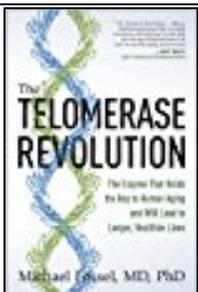
WHOLE: Rethinking the Science of Nutrition
by T. Colin Campbell, Howard Jacobson
Publication: 2014
Complex Chinese: Persimmon. **Croatian:** Teledisk. **Czech:** Svitani. **Canada (French):** Ariane. **French:** Arenes. **German:** Systemische Medizin. **Hebrew:** Focus. **Italian:** Macro. **Japanese:** Yusabul. **Korean:** Open Science. **Polish:** Galaktyka. **Romanian:** Adevar. **Russian:** Mann, Ivanov and Ferber. **Slovenian:** Sitis. **Spanish (world):** Sirio Panaderos. **Vietnamese:** Tinh Hoa Net.



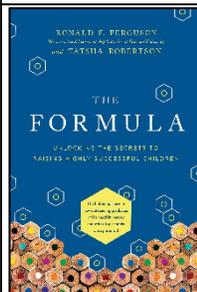
THE CHINA STUDY: Deluxe Revised and Expanded Edition
The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight-Loss, and Long-Term Health
by T. Colin Campbell, PhD & Thomas M. Campbell II, MD
Publication: 2016
Albanian: Artini. **Complex Chinese:** Persimmon. **Czech:** Svitani. **Danish:** Direction. **German:** Systemische Medizin. **Greek:** Symmetria. **Hebrew:** Focus. **Hungarian:** Hungarian Park. **Italian:** Macro. **Kazakh:** Mazmundama Public Fund. **Korean:** Open Science. **Romanian:** Adevar Divin. **Russian:** Mann, Ivanov and Ferber. **Serbian:** Mitrashina/Neopress. **Vietnamese:** Tinh Hoa Net.
OVER 2 MILLION COPIES SOLD IN THE US!



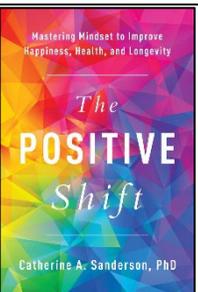
THE CHINA STUDY COOKBOOK: Over 120 Whole Food, Plant-Based Recipes
by Leanne Campbell, PhD
Publication: 2013
Czech: Svitani. **German:** Munchner. **Greek:** Arigata. **Hebrew:** Focus Partners. **Italian:** Macro. **Polish:** Galaktyka. **Romanian:** Adevar Divin. **Russian:** Mann, Ivanov, and Ferber. **Slovenian:** Sitis. **Spanish (LA, Spain and US):** Sirio.



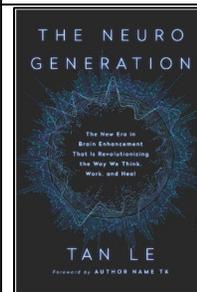
THE TELOMERASE REVOLUTION: The Enzyme that Holds the Key to Human Aging...and Will Soon Lead to Longer, Healthier Lives
by Michael Fossel
Publication: 2015 (paperback: 2017)
Complex Chinese: ShyMau. **Czech:** ANAG. **French:** Guy Tredaniel. **Portugal:** 20/20 Editoria. **Russian:** Exem. **Simplified Chinese:** Shanghai Scientific and Technical. **Spanish:** Planeta Mexico. **UK:** Allen & Unwin.



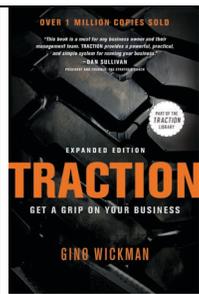
THE FORMULA: Unlocking the Secrets to Raising Highly Successful Children
by Ronald F. Ferguson, PhD and Tatsha Robertson, MA
Publication: 2019
Complex Chinese: Commonwealth Education. **Japanese:** Toyo Keizai. **Korean:** Woongjin Think Big. **Romanian:** Polirom. **Russian:** Eksmo. **Simplified Chinese:** Cheers. **Vietnamese:** Nha Nam.



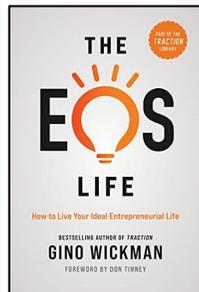
THE POSITIVE SHIFT: Mastering Mindset to Improve Happiness, Health, and Longevity
by Catherine A. Sanderson
Publication: 2019
Arabic: Hindawi Foundation. **Complex Chinese:** Star Publishing. **Japanese:** Discover 21. **Korean:** KEDBP. **Simplified Chinese:** Huazhang. **Thai:** B2S.



THE NEUROGENERATION: The New Era in Brain Enhancement That is Revolutionizing the Way We Think, Work, and Heal
by Tan Le
Publication: January 2020
ANZ: Allen & Unwin. **Korean:** Hanbit Biz. **Simplified Chinese:** CITIC.

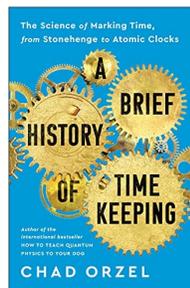


TRACTION: Get a Grip on Your Business
by Gino Wickman
Publication: 2012 *Over 200,000 copies sold!*
Brazil: Sextante. **Dutch:** Parthenon. **French:** Pearson France. **Hungarian:** Pongor.
Japanese: Business Kyoiku Shuppansha.
Korean: Booklog. **Romanian:** Act si Politon.
Russian: Eksmo. **Simplified Chinese:** Huazhang. **Vietnamese:** Alpha.

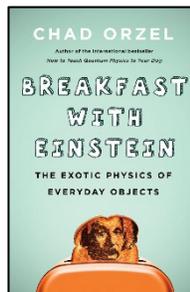


THE EOS LIFE: How to Live Your Ideal Entrepreneurial Life
by Gino Wickman
Publication: 2021

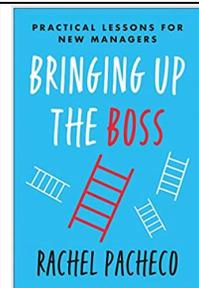
HOW TO BE A GREAT BOSS
by Gino Wickman and Rene Boer
Publication: 2016
Romanian: For You. **Simplified Chinese:** China Renmin Univ. Press.



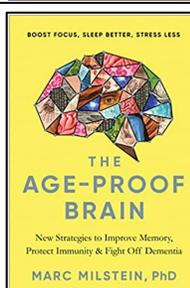
A BRIEF HISTORY OF TIMEKEEPING: The Science of Marking Time, from Stonehenge to Atomic Clocks
By Chad Orzel
Publication: 2022
Korean: Book 21. **Simplified Chinese:** CITIC. **UK:** Oneworld.



BREAKFAST WITH EINSTEIN: The Exotic Physics of Everyday Objects
by Chad Orzel
Publication: 2018
Korean: Freelec. **Polish:** Prószyński. **Russian:** Eterna. **Simplified Chinese:** CITIC. **Slovak:** Motyl Branko. **Ukrainian:** KM Books. **UK:** Oneworld.

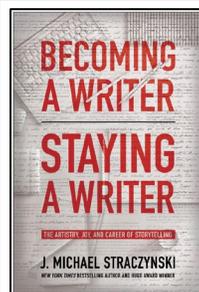


BRINGING UP THE BOSS: Practical Lessons for New Managers
by Rachel Pacheco
Publication: 2021
Korean: Hanbit Biz. **Simplified Chinese:** Cheers.



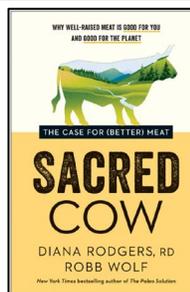
THE AGE-PROOF BRAIN: The New Strategies to Improve Memory, Protect Immunity, and Fight Off Dementia
By Dr. Marc Milstein
Publication: 2022
Brazil: Tordesilhas/Alaude. **Korean:** Woongjin Think Big. **Simplified Chinese:** Cheers.
Russian: Eksmo.

Over 25,000 copies sold



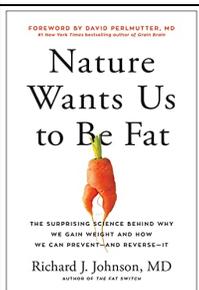
BECOMING A WRITER, STAYING A WRITER: The Artistry, Joy, and Career of Storytelling
by J. Michael Straczynski
Publication: 2021
Korean: Bada Publishing Co. **Russian:** Eksmo. **Simplified Chinese:** Ginkgo.

By TV and film screenwriter Straczynski (*Babylon 5; Sense8*).



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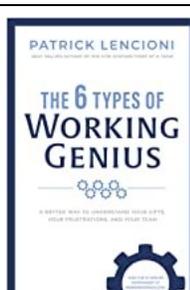
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