

**Laura Zam**

## **The Pleasure Plan**

One Woman's Search for Sexual Healing

**Based on popular essays in *New York Times*' Modern Love and *Salon*, as well as an Off-Broadway one-person play, *The Pleasure Plan* is a sexual healing odyssey, a manifesto for women to claim pleasure as a priority, and a love story all at once.**

Fifty percent of adult women have some form of sexual dysfunction at some point of their lives, preventing them from enjoying vibrant, soul-satisfying sex. Such was the case with Laura Zam, who suffered the blame, shame, and embarrassment of feeling bedroom broken.

For her, delving between the sheets meant physical pain, zero desire, and emotional scars from being molested in her early years. However, in her late forties, after meeting and marrying the love of her life, Zam was determined to finally fix her sensual self.

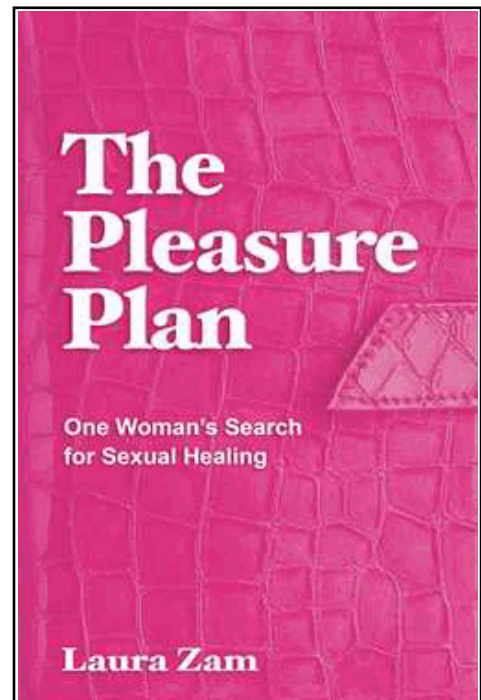
*The Pleasure Plan* is what happened when she decided to challenge her hopelessness. In partnership with her initially reluctant husband, she visited 15 healers and tried 30 pleasure-enhancing methods: from dilators and dildos, to hypnosis and hosting a sex brunch, to cleansing chakras, to making love to her husband in front of a geriatric Tantric goddess.

Packed with humor, heart, and a healthy dose of prescriptive advice, this book chronicles Zam's insights as she confronts many issues—from mismatched libidos to female erection enlightenment. Throughout this journey, she and her husband grow as individuals and as a couple, both in and out of the bedroom.

Fearlessly honest and full of inspiration, Zam peels back the layers—or covers—and exposes her foibles, insecurities, and eventual wisdom as she excavates past traumas, accepts and embraces her worth, and claims her right to be completely alive.

Today, Laura works as a sexuality educator, wellness coach, and speaker helping other women who suffer from sexual dysfunction, the effects of trauma, or those who would simply like more pleasure (of all kinds) in their lives. She also consults with health care providers so they may better assist their clients in achieving sexual well-being.

While *The Pleasure Plan* is Zam's personal narrative, it demystifies pervasive taboos, encouraging women to make pleasure a priority, while teaching them how to claim (or reclaim) the power of their



### **PAPERBACK**

**On Sale: 05/05/20**

**Health Communications Inc.**

**9780757323508**

Biography & Autobiography

First Print: 20,000

5.5 x 8.5, 304 pages

Carton quantity: 0

\$15.95 (US) / \$21.95 (CAN)

### **OTHER FORMATS**

eBook: 9780757323515, \$11.99

### **MARKETING**

A top-tier NYC PR team will work with the author beginning 4-6 months before publication

· The author is a seasoned essayist (*Modern Love*, *NY Times*) on women's health and her media outreach spans women's media, news-oriented media and trade newsletters

· Laura's theater work has been covered by NPR, *The Washington Post*, *Forward*, *The Washington Post Express*, *The*

sexual selves. It also shows men how they can support their partners in this #Metoo era.

Healthy, sultry intimacy is a right; it is time for women to learn—through glorious trial and error—how to embrace the sensual side of themselves. . . exuberantly and unabashedly.

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Laura Zam is a Sexuality Educator, Certified Trauma Professional, wellness trainer, award-winning solo performer, *HuffPost* blogger, TEDx speaker, and workshop leader, whose work focuses on sexual healing.

Her writing appears in *The New York Times* (Modern Love), *Salon*, *HuffPost*, *SheKnows*, *NextTribe*, *the Forward*, in international journals, and in five book anthologies.

Her solo pieces have been performed in New York at The International Fringe Festival, The Public Theatre, the United Solo Festival (Off-Broadway), and others. National venues include The Kennedy Center, The National Theatre, and the U.S Holocaust Memorial Museum, as well theaters, conferences, schools, libraries, and universities across the U.S. and abroad. Laura has been awarded numerous grants, including a Tennessee William's Fellowship and five Artist grants from the DC Commission on the Arts and Humanities. She has also taught at a number of universities including Brown University and UC Berkeley.

## Carder, Dr., PhD Stout

# Lost in Ghost Town

A Memoir of Addiction, Redemption, and Hope in Unlikely Places

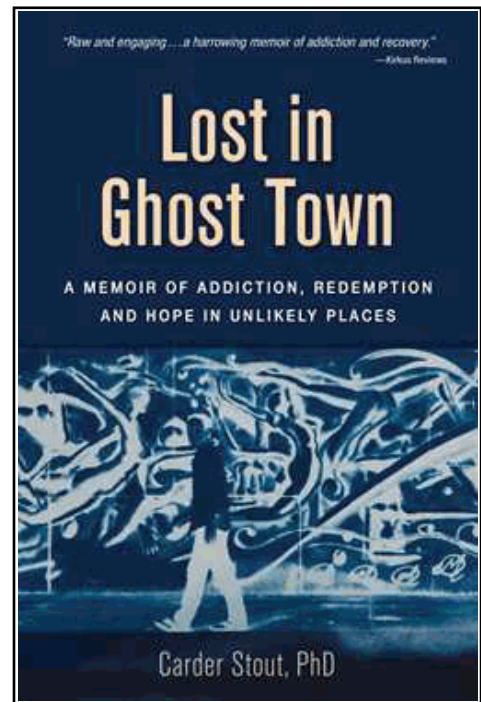
Psychologist to the Hollywood elite Dr. Carder Stout delivers a page-turning memoir about his fall from grace into the gritty underbelly of crack addiction, running drugs for the Shoreline Crips, surviving homelessness, escaping a murder plot, and finding redemption in the most unlikely of places.

Dr. Carder Stout's clientele includes Oscar-, Golden Globe-, Emmy-, Tony- and Grammy-winners, bestselling authors, and billionaires. He may not be able to share their dark secrets, but for the first time, everyone will know his.

At the age of thirty-four, Carder would have gladly pawned the silver spoon he was born choking on for a rock of crack. His downfall was as swift as his privilege was vast...or had he been falling all along?

Raised in a Georgetown mansion and educated at exclusive institutions, Carder ran with a crowd of movers, shakers, and future Oscar-winners in New York City. But words like "promise" and "potential" are meaningless in the face of serious addiction. Lost years and a stint in rehab later, when Carder was a dirty, broke, soon-to-be-homeless crackhead wandering the streets of Venice, California. His lucky break came thanks to his old Ford Taurus: he lands a job of driving for a philosophical drug czar with whom he finds friendship and self-worth as he helps deliver quality product to LA's drug enthusiasts, from trust-fund kids, gang affiliates, trophy wives, hip-hop producers, and Russian pimps. But even his loyalty and protection can't save Carder from the peril of the streets--or the eventual contract on his life.

From a youth of affluence to the hit the Shoreline Crips put on his life, Carder delves deep into life on the streets. *Lost in Ghost Town* is a riveting, raw, and heartfelt look at the power of addiction, the beauty of redemption, and finding truth somewhere in between.



### PAPERBACK

**On Sale: 03/10/20**

**Health Communications Inc.**

**9780757323546**

Biography & Autobiography

First Print: 20,000

5.5 x 8.5, 304 pages

Carton quantity: 40

\$16.95 (US) / \$22.95 (CAN)

### OTHER FORMATS

eBook: 9780757323553, \$12.99

### MARKETING

A-list celebrity endorsements will help attract attention to the book.

**Social Media:** Carder Stout's own Instagram account, where he is most active, now has 10.6K followers and growing daily. However, it is the social media of Carder's close celebrity friends who will sell *Lost in Ghost Town* like wild fire. The numbers add up to the multi-millions. Names like Gwyneth Paltrow, Jared Leto, Alanis Morissette, Drew Pinsky, Liev Schreiber, Chris

Dr. Carder Stout, PhD, is a Los Angeles-based psychologist with a practice filled with A-list celebrities, bestselling authors, and a few Hollywood billionaires.

A graduate from Trinity College with a BA in creative writing, Stout continued on to earn a Master's degree in New Mexico, followed by a PhD in Psychology from Pacifica Graduate Institute in Santa Barbara.

Additionally, Stout produced three award-winning independent films which gave him a unique ability to work with a variety of clients from the entertainment industry, which eventually led him to becoming the therapist to the stars. After succumbing to addiction to alcohol and cocaine, Carder began recovery and is now sober for over a decade. Carder works with at least one pro bono client from an underprivileged community each month as a way to give back to those who supported him during his homelessness and addiction.

Dr. Stout is a frequent wellness contributor to Gwyneth Paltrow's lifestyle website *Goop* and has been featured on *Larry King*, *Good Day LA* and *Us Weekly*. He is also a regular contributor to *The Huffington Post* and superstar musician Alanis Morissette's health and wellness site [Alanis.com](http://alanis.com).

For more information about Carder and his practice go to <http://drcarderstout.com/>

**Mee McCormick**

## **My Pinewood Kitchen, A Southern Culinary Cure**

130+ Crazy Delicious, Gluten-Free Recipes to Reduce Inflammation and Make Your Gut Happy

It's microbiome-friendly meals with a Southern spin in this follow-up cookbook to the life-enhancing *My Kitchen Cure* so you can heal your gut and fight inflammation while enjoying 130+ delicious whole foods recipes with a farm house spin.

Mee McCormick, real food cooking expert and author of *My Kitchen Cure*, brings a Southern twist to comfort food classics with more than 130 recipes that heal your gut, reduce inflammation, and reverse chronic autoimmune diseases. Best of all? Mee offers a completely customizable approach to adapt recipes for different dietary needs, whether you're gluten-free, Paleo, keto, or vegan.

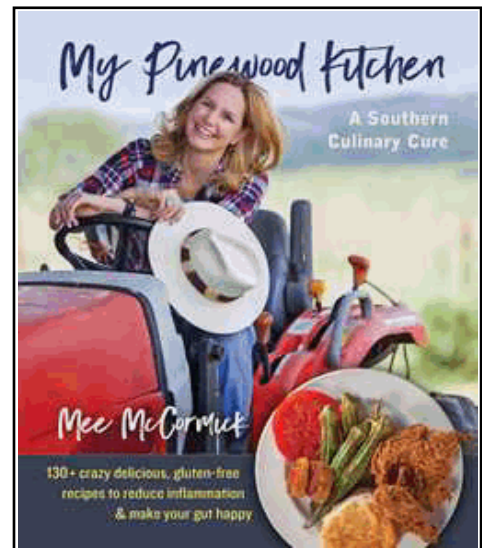
From immune-boosting smoothies to gut-friendly soups, salads, dinners, and desserts, this four-color cookbook will become your go-to kitchen resource, freeing you from bland-tasting healthy food and the nightly question: "What's for dinner?" Recipes include:

Kentucky Caramel Chicken, Cranberry Hot Wings, Grain-Free Fried Chicken, Sizzlin' Short Ribs, Super Creamy Veggie Mac & Cheese, Roasted Red Pepper Soup with Polenta Fingers, Roasted Squash & Sweet Potato Soup, Summertime Zucchini Soup, Black Rice Salad with Snap Peas and Ginger-Sesame Vinaigrette, Caramel Apple Pancakes, Raspberry Lemon Keto Muffins, Farm Fresh Eggs & Sausage-Stuffed Bell Peppers, Berry Cobbler, Chocolate Lava Cake, Key Lime Tart, Chocolate Brownies, White Bean Cupcakes, and Chocolate Avocado Mousse.

Mee first started cooking when Crohn's disease, rheumatoid arthritis, and Hashimoto's brought her debilitating daily pain. When conventional treatments couldn't help, Mee found relief in a surprising place: her kitchen. Through relentless recipe testing, she put her condition into remission and completely restored her health with gut-friendly whole foods, most of which she grew and harvested on her family's farm outside of Nashville, Tennessee.

Once Mee was well, she opened a farm-to-table restaurant, sharing locally grown and seasonal foods with her community—some of whom drive hours to get a taste of Pinewood's Grain-Free Fried Chicken. Pinewood Kitchen is unique in that every meal is created with the intention to serve everyone with the same deliciousness regardless of dietary restrictions.

Whether you want to eat healthier or you have diabetes, lupus, celiac, Crohn's, multiple sclerosis, rheumatoid arthritis, or another autoimmune issue, you'll find a wealth of delicious, nutritious recipes.



### **PAPERBACK**

**On Sale: 04/14/20**

**Health Communications Inc.**

**9780757323522**

Cooking

First Print: 20,000

7.5 x 9, 304 pages

Carton quantity: 20

\$26.95 (US) / \$35.95 (CAN)

### **OTHER FORMATS**

eBook: 9780757323539, \$19.99

### **MARKETING**

· Mee McCormick is more than a rising star with a cookbook under her belt, regular appearances on two Nashville TV shows, and proprietor of a destination location/farm-to-table, food-centered venue called Pinewood Kitchen.

· As Pinewood Kitchen emerges as a popular Nashville-adjacent destination, Mee McCormick is the star of this marketing effort.

· Major PR teams are currently working

You'll also discover:

- The importance of intestinal health and how to improve your own gut microbiome
- Which foods are nutritional powerhouses and which you must avoid
- How to eat real food every day without breaking the bank

Mee is living proof that you can change your fate by what's on your plate—her recipes will help you prepare delicious food that brings you and your family together around the table.

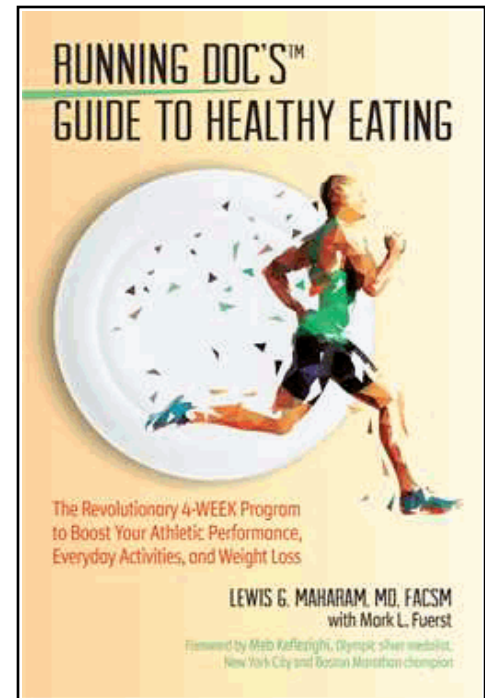
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Mee McCormick is a real food maven, community food advocate, a restaurateur, a rancher, a mother, and the author of *My Kitchen Cure: How I Cooked My Way Out of Chronic Autoimmune Disease with Whole Foods and Healing Recipes*. When Mee isn't running her restaurant, Pinewood Kitchen & Mercantile, or working on her biodynamic farm outside of Nashville, she is touring the country as a speaker and community kitchen organizer. She has appeared on national and local TV, on radio and in print nationwide. She is a regular on-air contributor to Today In Nashville and a vital part of the Nashville restaurant scene. Visit: [meemccormick.com](http://meemccormick.com) or [pinewoodkitchenandmercantile.com](http://pinewoodkitchenandmercantile.com)

**Lewis G. Maharam**

## **Running Doc's Guide to Healthy Eating**

The Revolutionary 4-Week Program to Boost Your Athletic Performance, Everyday Activities, and Weight Loss



### **PAPERBACK**

**On Sale: 04/28/20**

**Health Communications Inc.**

**9780757322044**

Health & Fitness

First Print: 20,000

5.5 x 8.5, 272 pages

Carton quantity: 20

\$15.95 (US) / \$21.95 (CAN)

#### **OTHER FORMATS**

eBook: 9780757322051, \$11.99

#### **MARKETING**

Through Dr. Maharam's work with the Rock 'n' Roll Marathon Series, the New York City Marathon, and the New York Road Runners, he has developed a broad set of relationships with media personnel all over the world. Now, whenever there is something interesting in the news regarding sports medicine, or a marathon is coming through a town and the media is looking for experts, they turn to the Running Doc TM as an expert. **He is interviewed three times a week**



*An easily implemented sports nutrition program for the weekend warrior, the Olympic athlete, and everyone in between from one of the country's most respected experts in sports medicine.*

In *Running Doc's Guide to Healthy Eating*, readers will discover Dr. Lewis G. Maharam's unique Fueling Plates Program. Developed in 2012, it has helped countless sofa spuds who really just want to get off the couch and lose weight, marathoners competing for a place at the Olympic trials, and everyone in between, including recreational athletes who play tennis, soccer, basketball and other running sports. The Fueling Plates Program is designed primarily to boost the performance of athletes, but can also boost the health of the average person, athletic or not.

Every day at Maharam's busy New York City practice, in addition to treating sports injuries, he offers his patients nutritional advice. They ask him: "When should I eat before the marathon?" "Do I really need to drink eight glasses of water a day?" "What about sports drinks?" "Should I use energy gels?" "Gingko?" "Glucosamine?" "Raspberry ketones?" The questions come because the bulk of the sports-nutrition books on the market today make fueling your body sound like a scientific experiment. The *Running Doc's Guide to Healthy Eating* explains why it's time to ditch the difficult-to-use food pyramid put out by the USDA in favor of a hands-on experience of your actual plate – what Maharam calls Fueling Plates. It shows, step by step, how readers can apply the program to feel and perform better and have more energy. Those who are already exercising will get faster by eating to fuel their body more efficiently. Even everyday activities become easier with the Fueling Plates Program. Readers who are willing to take advantage of everything revealed in the book, from what to eat to reduce muscle soreness after exercising to how much to drink to be hydrated properly to an individualized nutrition program, will transform their lives.

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**Lewis Maharam, MD, FACSM**, is one of the world's most extensively credentialed and well-known running-health experts. He runs a private practice in New York City, is the medical director of the Leukemia & Lymphoma Society's Team in Training Program, and currently serves as the Chairman for the Board of Governors of the International Marathon Medical Directors Association. He was the founding medical director of the Rock 'n' Roll Marathon and Half-Marathon series and past medical director of the New York Road Runners Club and the New York City Marathon. He has written for *Runner's World* and *Competitor* magazines and authored three books: *Maharam's Curve: The Exercise High—How to Get it, How to Keep It* (W.W. Norton & Co., 1992), which was published in paperback as *The Exercise High* (Fawcett Columbine/Ballantine Books, 1994); *Backs in Motion* (Henry Holt & Co., 1996), which was published in paperback as *A Healthy Back* (Owl Books, 1998); and *Running Doc's Guide to Healthy Running* (VeloPress, 2011).

**Mark L. Fuerst** is an award-winning health and medical writer and the co-author of eleven books, including *The Harvard Medical School Guide to Tai Chi* (Shambala, 2013), *A Baby At Last!* (Simon & Schuster, July 2010), three editions of *The Couple's Guide to Fertility* (Doubleday/Broadway).

**Cameron Reilly**

## **The Psychopath Epidemic**

Why the World Is So F\*cked Up and What You Can Do About It

Similar to the bestselling *Sociopath Next Door* comes a unique look at the psychopaths among us and how our society--from businesses and governments to religions--encourages and rewards psychopathic behavior, and what average citizens can do to survive and thrive when we must live with, learn from, or be led by sociopaths.

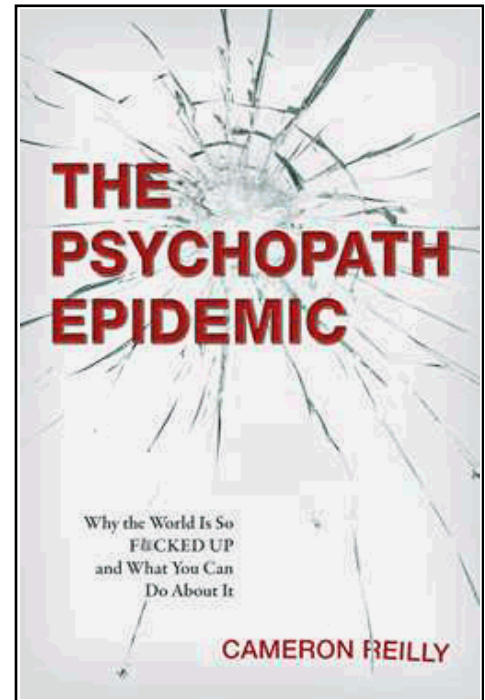
Psychiatrists estimate that 1 percent of the adult population are psychopaths. That's about two million Americans. And they are our bosses, our politicians, our priests, and our neighbors. And they are running our economy and our lives.

Every day in the news we hear about people in positions of power doing deplorable things--in business, politics, and government, from sexual harassment to polluting the environment to covering up crimes. And it's no wonder considering a small percentage of people wield a large amount of power, and that these very same people fit the definition of a "psychopath."

A highly engaging and gripping read, Cameron Reilly's book adds to our growing understanding of sociopaths with a detailed analysis of how our society encourages and rewards psychopathic tendencies, and how, because of this, psychopaths the world over have risen to power. Using historical references to pop culture examples, Reilly offers a field guide to psychopaths--how to spot them and how to outmaneuver them so you can keep your sanity intact. This is the first-of-its-kind book to examine the shocking evidence and then suggest practical solutions for saving us all.

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Cameron Reilly is a marketer, film maker, and podcast pioneer who has spent fifteen years producing content about some of history's most famous political and military leaders--from Napoleon, the Caesars, and Alexander The Great through to Stalin, Churchill, and Roosevelt. After a career in marketing with Microsoft, he co-founded one of the world's first podcast businesses, The Podcast Network, and created one of Australia's leading marketing strategy firms, Motherlode Marketing. His first documentary film, *Marketing The Messiah*, explored the development of early Christianity. Cameron lives in Brisbane Australia, with his wife Chrissy and three children. Visit: [cameronreilly.com](http://cameronreilly.com) or [thepodcastnetwork.com](http://thepodcastnetwork.com).



### **PAPERBACK**

**On Sale: 01/07/20**

**Health Communications Inc.**

**9780757323607**

Psychology

First Print: 20,000

5.5 x 8.5, 336 pages

Carton quantity: 40

\$16.95 (US) / \$22.95 (CAN)

### **OTHER FORMATS**

eBook: 9780757323614, \$12.99

### **MARKETING**

As a cofounder of The Podcast Network and Motherlode Marketing, Cameron Reilly is well poised to use his marketing expertise to promote his book.

Reilly will produce ongoing podcasts and blogs to launch the book and highlight contemporary examples of psychopaths plucked from the headlines.

Net galleys and PR outreach by a seasoned book publicist to include

## Sasha K., Dr., M.D. Shillcutt

# Between Grit and Grace

The Art of Being Feminine and Formidable

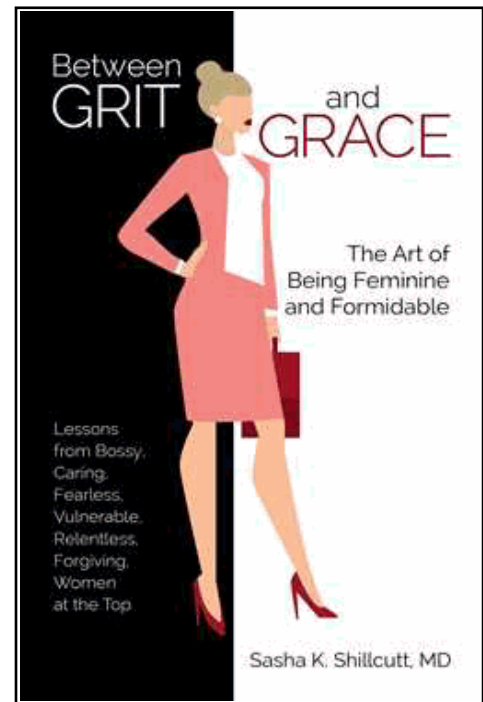
*Lessons from bossy, caring, fearless, vulnerable, relentless, forgiving, smart, humble women at the top show readers how to fuel strengths, how to be fierce and feminine leaders, and how to nurture their authentic selves.*

Women need to know it's okay to be kind *and* assertive. *Between Grit and Grace* will show you that success comes when you are comfortable living in the space between *grit* and *grace*—grit meaning being resilient and taking charge of your life (socially-acceptable masculine attributes), and grace meaning showing others mercy (socially-acceptable feminine trait). Author Sasha Shillcutt, MD, a nationally lauded, award-winning physician and speaker, will explain how to give yourself permission to disappoint nice people (and know that you are still a nice person anyway). You'll learn how to stop apologizing for showing your strength and grit, and embrace your grace, too. This is where personal peace lives.

Dr. Shillcutt, taught herself how to be a gritty, grace-filled leader and live authentically. Now, she wants to help other women be brave enough to do the same. Her passion is empowering and encouraging women to be brave enough in their professional and personal lives. She believes women cannot be too brave, too kind, too strong, too smart, too funny, too beautiful, or too authentic.

Using real-life stories—ranging from women in law and medicine to women in education—the book explains how women can be feminine *and* formidable. Leadership and lipstick are not mutually exclusive. You'll realize you can be bossy *and* caring, fearless *and* vulnerable, relentless *and* forgiving, smart *and* humble—and make it to the top. Across the space of ten chapters, you'll learn how to navigate the forces that have shaped the modern workplace while doing so with grit and grace. When a woman lives authentically—she succeeds.

**Sasha Shillcutt, MD**, is a wife, mother, award-winning physician, clinical scientist, national educator, writer, and speaker. A board-certified cardiac anesthesiologist and tenured associate professor, she received a bachelors' degree in biology from William Jewell College, and her MD degree from the University of Nebraska Medical Center. After finishing a residency in anesthesiology during which she served as chief resident, she completed an executive fellowship in perioperative echocardiography at the University of Utah Medical Center. She has published close to 30 peer-reviewed scientific articles in professional journals including the prestigious *New England Journal of Medicine* and the *Journal of the American Medical Association* and contributed chapters to four books. In 2016, Sasha was awarded the national American Medical Association's Women Physician's Inspiring Physician Award by her peers.



### PAPERBACK

**On Sale: 02/25/20**  
**Health Communications Inc.**  
**9780757323478**  
Self-Help  
First Print: 20,000  
5.5 x 8.5, 240 pages  
Carton quantity: 40  
\$15.95 (US) / \$21.95 (CAN)

### OTHER FORMATS

eBook: 9780757323485, \$11.99

### MARKETING

·Dr. Shillcutt speaks nationally more than 20 times a year on average, at prestigious institutions such as Harvard, Stanford, Mayo Clinic and Cleveland Clinic

·She has given more than 120 national presentations to professional societies, and civic organizations ranging from audiences of 100 to 1000

·Recent events; Cleveland Clinic's Women Association Leadership Symposium in Cleveland (300 women)