

SELECTED TITLES FOR TRANSLATION



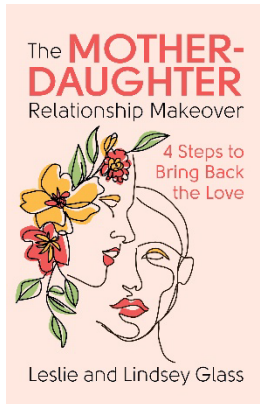
Contact

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Leslie Glass and Lindsey Glass

April 2024

MOTHER-DAUGHTER RELATIONSHIP MAKEOVER



The Mother-Daughter Relationship Makeover combines a compelling mother and daughter memoir with self-help and a formula for readers to explore their own mother-daughter history, understand and ease their conflicts, and rediscover their appreciation and love.

Bestselling author Leslie Glass and her daughter, award-winning documentarian Lindsey Glass, offer a brand-new kind of interactive self-help book that combines actionable information, compelling storytelling, and writing prompts that are guaranteed to bring awareness, understanding, and compassion to mothers and daughters everywhere. It is a book that promises to heal your relationship and keep it strong, offering a positive pathway to

peace and serenity no matter how far apart you feel you are.

For the first time, Leslie and Lindsey will share their secret sauce for healing, broken down into four steps:

- Revealing Your Back Story
- Exploring Your Emotional and Personality Styles
- Understanding Your Conflicts and Triggers
- Learning the Tools to Restore the Love

Leslie Glass, with her daughter Lindsey, is editor of the popular online recovery and wellness magazine *Reach Out Recovery*. Together they produced the 2016 ASAM media award winning documentary, *The Secret World of Recovery* and the WEDU/PBS special *The Silent Majority*.

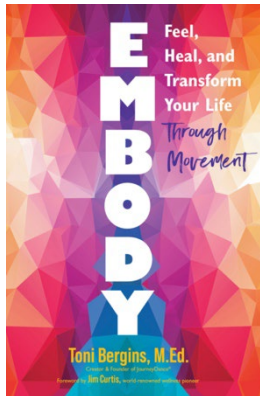
Lindsey Glass is an author, screenwriter, and cofounder of *Reach Out Recovery* where her articles about relationships and recovery reach millions of readers worldwide. Lindsey has written screenplays, TV shows, and co-produced award-winning documentaries, including *The Secret World of Recovery* and *The Silent Majority*, which premiered on PBS in 2014.

456 pages

Territory: World

Rights sold:

Bulgarian: Ava Books



Embodiment is the new buzzword in personal transformation, but, most often, it is connected to static practices like breathwork and meditation. For Toni Bergins, embodiment is best achieved through active movement, and has created a practice where people literally get out of their heads and into their bodies!

In *Embody*, Toni Bergins, the founder and creator of JourneyDance, an internationally renowned dance movement program, shares with readers a powerful way to address trauma mindfully so people can confront it, heal, and grow to love themselves unconditionally, just as they are.

Embody is a dynamic, conscious practice that can help people release what no longer serves them and shows them how to stop stuffing/numbing the pain and start feeling, stop over-thinking/limiting, and get moving!

Her program is a trauma-informed one that offers a new promise: leading readers through deep, personal work but making it feel like play, which is comprised of five core elements:

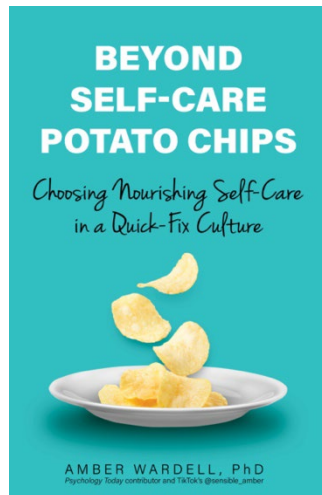
- **Music**, to open the doorways of impulse, imagination, creativity and healing to change mood and awareness;
- **Movement**, to enhance presence and confidence, and release old patterns and traumas;
- **Mystical Inquiry**, where imagery and creative visualization exercises are used to guide readers into an alchemic and shamanic state to investigate past hurts, and learn to trust their instincts;
- **Prayers and Invocations**, to raise energetic vibrations to a positive place with powerful affirmations; and
- **Journaling**, with writing prompts to process inner self-awareness learned on the dance floor or through any of the other *Embody* elements.

Toni Bergins, M.Ed., is an embodiment trailblazer who has taught at the premier holistic healing centers for the last 27 years. She is on permanent faculty at the Kripalu Center for Yoga & Health, and has worked there as a movement artist, dance educator, expressive arts workshop leader, and expert in creating transformational workshops. She has led JourneyDance programs at the renowned Esalen Institute, Omega Institute, 1440 Multiversity, The New York Open Center, Pure Yoga, Blue Spirit and countless others.

320 pages.

Territory: World

BEYOND SELF-CARE POTATO CHIPS



Toxic self-care culture tells women that bubble baths and Botox are the route to happiness and fulfillment. Though these types of self-care can fill us up in the moment, they cannot provide long-lasting nourishment. They are empty calories—the potato chips of self-care. And from them, we can never get full. In the same way, we will not feel fulfilled by reaching for the empty calorie “self-care” trends that toxic, materialistic self-care culture sells us. To fill our exhausted bodies and weary minds, to live fully and authentically, we need the kind of self-care that nourishes.

Beyond Self-Care Potato Chips is a call to action for women everywhere to reach instead for nourishing self-care. Though this may sound easy in theory, many women struggle to carry it out.

We struggle because we have forgotten how to reach. Our training as little girls taught us that it is polite to be grateful for what we get. To say thank you but I'm full when offered second helpings. To accept the potato chips we are given because there are people on this planet who have none, so how dare we ask for more?

Through the narrative voice of a psychologist who is also an exhausted millennial mom trying to keep it all together, *Beyond Self-Care Potato Chips* explores courageous self-care in the areas of marriage, motherhood, family dynamics, friendships, career life, and mental health. The author's personal stories range from the hilariously-yet-painfully relatable to the resonantly heart-rending. Each of these stories—the beautiful, the sparkling, the sad and the chaotic—teach women something about what it means to reach. What it means to stop settling for potato chips and to instead grasp for the things that truly fulfill. *Beyond Self-Care Potato Chips* is a mindset—a way of embracing and stepping into all our divine, feminine power.

Amber Wardell, PhD, is a cognitive psychologist and public figure who has built a personal brand based on marriage, motherhood, and mental health. Now boasting over a half million followers on her various social media platforms, she has become a trusted voice of honesty and reliability among women and moms.

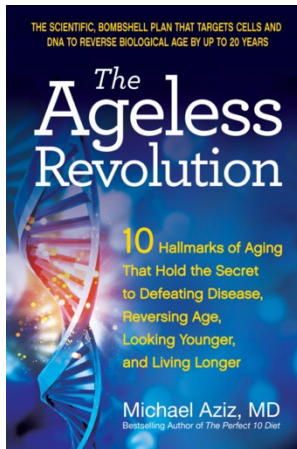
336 pages.

Territory: World

Dr. Michael Aziz

THE AGELESS REVOLUTION

January 2025



Described as a “tour de force in anti-aging” bestselling author **Dr. Michael Aziz** unlocks the secrets to longevity and disease prevention with a straightforward, doable plan to biohack your cells and reverse aging.

The passage of time is inevitable, but getting sick as you get older is not. There was a major breakthrough in the world of antiaging in 2013 with the release of a landmark paper conceptualizing nine hallmarks of aging and their underlying mechanisms. Gut health was recently added as the tenth point. Now we know why get old and why the cells start to deteriorate and eventually die.

The Ageless Revolution zeroes in on these ten hallmarks of aging to turn back time with a variety of weapons that target the malfunctions in our cells, mitochondria, and DNA. Here, you will discover the secrets to prevention by losing weight, reversing disease, slowing the aging process, and extending your lifespan. Renowned internist and anti-aging and regenerative physician Dr. Michael Aziz offers professional insight into lifestyle changes, hormone replacement, weight loss tips, supplements, medications, peptides, treatments, and procedures that can fight aging. His approachable but informed guidance is nothing short of revolutionary—the first book on the market to bring this bombshell information to the public. You’ll discover an innovative yet practical and easy-to-follow plan for how to look younger, live longer, and feel your best!

Dr. Michael Aziz is a bestselling author and a member of the American Academy of Anti-Aging Medicine. Dr. Aziz has appeared as a keynote speaker before many prestigious groups nationally and internationally, such as the American Academy of Anti-Aging Medicine. Dr. Aziz is a prolific contributor to Life Extension Magazine and "The Boardroom Newsletters" which reach over 7 million people with health advice. Dr. Aziz's columns, articles, and opinions have been published in the *Los Angeles Times*, CNN, WebMD, the *New York Post*, the *Daily News*, the *Washington Post*, as well as in many magazines internationally, such as *Paris Match*. He is the author of *The Perfect Ten Diet: 10 Key Hormones That Hold the Secret to Losing Weight and Feeling Great Fast!* published in 2010.

400 pages.

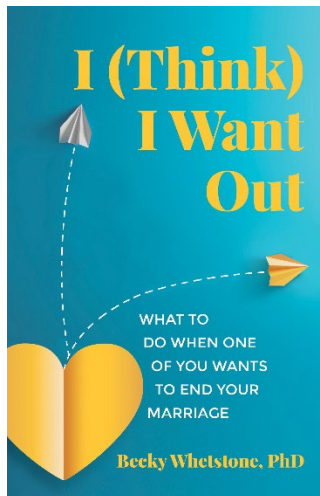
Territory: World

Rights sold:

Chinese (SI): Post & Telecom Press

Portuguese (B): Alta Books

Romanian: Trei



I (Think) I Want Out is an essential couples guide that provides comprehensive information, answers, and guidance on how to navigate a marriage crisis.

Among the 600,000 annual divorces that transpire within the United States, almost all of them begin with a marriage crisis. Whether your partner told you they want to leave the marriage, or you are wondering how to break the news that you want out, this breaking point can be filled with overwhelming emotions, worry about children becoming collateral damage, and ill-advised counseling that make navigating this process more frightening and confusing than it has to be. Known as the “Marriage Crisis Manager,” marriage and family therapist Becky Whetstone fills in these gaps by speaking to both partners on how to manage themselves and their relationship in the healthiest of ways, regardless of the eventual outcome.

With engaging exercises and worksheets, Whetstone organizes an intelligent plan so all parties can successfully manage the crisis in a way where smart, rational decision-making can take place, and mistakes are minimized. Some of the many useful strategies and insight Whetstone provides help couples understand:

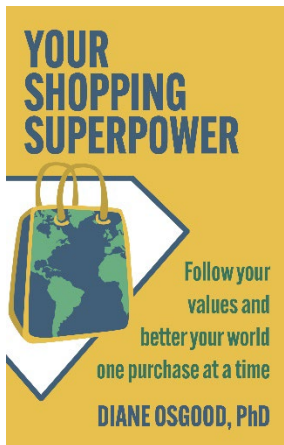
- How the marriage crisis happened in the first place
- The stages of marital deterioration and how to diagnose the severity of the marriage crisis
- How our nervous system impacts the way we feel and influences our actions
- What factors to consider: mental and physical health, abuse, and addiction
- When it’s time to separate and how to do it peacefully in a way that avoids separation limbo and moves the couple forward toward the end goal of a definitive decision
- How to manage the crisis and possible divorce amicably, ensuring the best outcome for the children

With the inclusion of useful templates that show couples how to separate in a way that encourages reconciliation and offer a plan for families whose intended divorce is done in a respectful way that encourages a good co-parenting relationship moving forward, this useful guide helps is an invaluable tool for any dissolution of a marriage.

Becky Whetstone, Ph.D. is a marriage and family therapist in private practice who specializes in trauma, codependency, and marriage crisis. Known as "America’s Marriage Crisis Manager," she has created a path for couples on the brink, guiding them through the marriage crisis process with purpose and compassion.

400 pages.

Territory: World



Your Shopping Superpower provides an insightful guide and strategies for shoppers to align the contents in their carts with their personal values.

Are there harmful toxins in your food and body care? Who makes the products you purchase and under what conditions? What impact does the production of these items have on the environment? Unfortunately, our shopping choices can unintentionally contribute to climate change and social injustice. Many people wish they could do more to combat these unjust and unsustainable outcomes. So what is the connection between our purchases and this impact? *Your Shopping Superpower* explores this important question and offers a comprehensive guide that navigates toward positive and sustainable shopping practices by providing pragmatic tips, tools and revealing how our habits can help reduce

climate change, support companies with equitable workplace conditions, and foster diverse, local businesses.

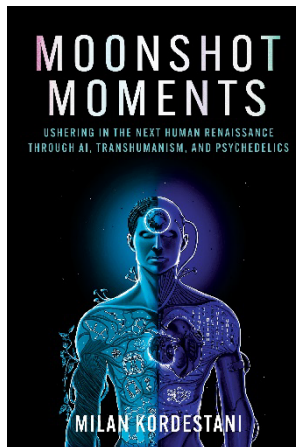
Broken into categories including People, Planet, Community, and Health, Diane Osgood expands on key issues regarding climate degradation, labor exploitation, products containing carcinogens and toxins, and the importance of supporting local, women-owned, and minority-owned businesses while covering an array of products that include food, fashion, gifts, household items, and personal care. Addressing shoppers' doubts about whether consumer choices truly have an impact and their concerns about costs and accessibility, Osgood shows how making these easy changes fosters happiness.

By changing what we buy, we can initiate the change in our economy's environmental footprint and social impact. To enact change, we must start simple; it's about progress, not perfection.

Diane Osgood is co-author with Seth Godin on the best-selling *The Carbon Almanac* (Portfolio, 2022). Osgood advises people such as former President Bill Clinton, presidents and prime ministers from Caribbean countries and Costa Rica, fashion icon Donna Karan, actress Julia Ormond, and other change-makers. A pioneering sustainability strategist with three decades of corporate sustainability experience, she's worked for a range of Fortune 100 companies and for Richard Branson as his director of sustainability for five years. Her consultancy, Osgood Consulting (<https://dianeosgood.com>), helps companies prepare for climate change.

288 pages.

Territory: World



While humanity faces unprecedented ecological and social challenges, advances in technology and our understanding of the mind are creating the conditions for a global renaissance. Weaving together personal transformation through transhumanism with a call for global collaboration, author Milan Kordestani presents an inspiring roadmap to a brighter future.

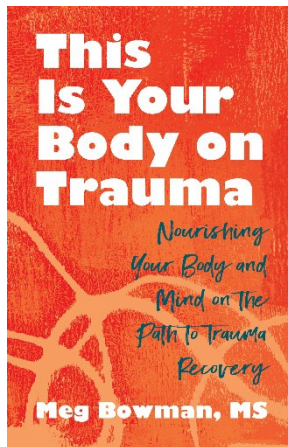
Humanity stands at a crossroads. Technological development outpaces our confidence, with each innovation bringing both wonder and unease. We grapple with the fear of the unknown and the anxieties of a rapidly changing world. We wonder if new technologies will decimate our job market, increase inequality, or endanger our species. But what if the key to unlocking our full potential lies not in clinging to the familiar, but in embracing humanity's potential for radical thinking?

Moonshot Moments is a marriage of science, philosophy, history, and futurism. Bestselling author Milan Kordestani chronicles his journey to thrilling and unforeseen frontiers in our understanding of consciousness, the self, and humanity's cosmic destiny. His exploration moves beyond the growing anxiety over rapid AI development to offer a unifying, transhumanist vision for the future of humankind. He delves into the biohacking of human consciousness, exploring how, amid a world offering both suffering and joy, we can cultivate presence and discover meaning in our lives. Readers will discover how to organize their own mindsets and work toward a collaborative community that is fueled by innovation, building a society that will spark solutions to tomorrow's challenges. *Moonshot Moments* is not just a glimpse into a brighter future, it's a blueprint for actively creating it.

Milan Kordestani is an author, social entrepreneur, and transhumanist thought leader dedicated to fostering effective communication, civic engagement, and pragmatic solutions to humanity's greatest challenges. His first book, *I'm Just Saying*, was a #2 *Wall Street Journal* Bestseller and won the International Book Awards in the Current Events and Social Change categories. His writing has been published in *Entrepreneur*, *The Huffington Post*, and *Rolling Stone*.

384 pages.

Territory: World



This Is Your Body on Trauma is the first book to teach readers how to use nutrition to heal underlying trauma that presents in physical symptoms. It features a unique do-it-yourself approach, allowing people to completely customize their care plan.

Trauma is pervasive, and recovery usually involves extensive talk therapy. What is often overlooked is using nutrition as a way to restore a sense of safety and self-trust. Research shows between 75 and 90 percent of physician visits are due to the wear and tear on the body from stress hormones. The gut is often our first indicator that something is awry; it is the watchtower raising the alarm, and the existence of trauma can create a negative feedback loop with the brain that leads to several quite common gut-brain axis complaints, such as anxiety, depression, IBS, and pain.

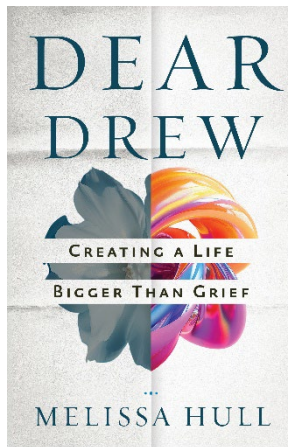
More than “just” a nutrition book, *This Is Your Body on Trauma* helps people make connections between what is going on in their mind and body with a unique 360-degree integrative approach to mental health. Using a unique, customizable approach, readers are given a series of experiments based on recommendations, formulating their needs and providing actionable solutions to lessen the perception of stress with nutrition. This book will help people who have experienced traumatic events as both a child and an adult, those who experience chronic stress, as well as people who have experienced food trauma heal and manage the physiological impacts of that trauma throughout their lives.

- The experiments provided in the book can be done in collaboration with a therapy or nutrition provider.
- This book is the only one that discusses not only nutrition for trauma (what to eat), but also applies it in a trauma-informed way (how to eat to avoid triggers).

Meg Bowman (MS, CNS, LDN) is a co-founder and licensed dietitian nutritionist at Nutrition Hive where she sees clients with eating behavior, mental health, and GI challenges using a weight-inclusive functional medicine lens. In her job as co-founder and clinical supervisor at Clinician’s Incubator, she provides case consultations and mentoring for nutrition professionals.

Manuscript available.

Territory: World



A guided healing journey with lessons and tools for self-discovery, transformation, and limitless growth.

Western culture has long struggled with the treatment of trauma, loss, and grief, often wishing to sweep the “ugliness” under the rug. More recently, the phrase “it’s okay to not be okay” has come into vogue, opening up the possibility of showing grief and sadness to the world. While this sentiment is absolutely true and useful in the initial stages of loss, grief, and healing, many people don’t realize that it’s also okay to want to be *more* than okay. They take on their trauma as their identity—the grieving parent, the injured divorcé, the abused child—and thus limit themselves and their capacity for joy and happiness.

In *Dear Drew: Creating a Life Bigger Than Grief*, Melissa Hull offers readers a provocative alternate view: We have a choice in how we heal. We can choose to make grief or trauma a point of personal discovery and allow it to open us up to beautiful learnings and a happy, meaningful life. By recognizing the moment of agency—and acting on it—we are empowered to heal, transform, and thrive. This is some of the most difficult emotional work one can ever do but also some of the most rewarding.

Drawing on her experience of losing a child to drowning, Melissa speaks from a place of deep healing from both the loss and her related feelings of guilt. The book’s title references not only Melissa’s son and the letters she wrote him after his death but also a letter from a stranger, Theresa, that saved Melissa’s life and became a touchstone. This book is Melissa’s letter to those who have experienced trauma so severe that they can only trust the voice of someone who has survived similar pain. Having rebuilt her life using traditional Western therapies as well as alternative approaches, Melissa acts as readers’ witness and guide

Melissa Hull has been researching, practicing, and teaching the daily art of healing since she lost her four-year-old son in an accidental drowning in 2000. She has spoken to more than 200,000 people in twenty countries. She’s been covered in media from MSNBC and FOX to SiriusXM and iHeartRadio to USA Today and Glamour. Melissa has been presented with two Presidential Awards for Lifetime Achievement as well as the Presidential Award for a Lifetime of Service, and she has received an Honorary Doctorate of Humanitarianism from the International Global Alliance.

Manuscript available.

Territory: World



Imagine the possibilities if instead of avoiding the things you feared, you approached them with courage and curiosity.

When we are in the grip of fear, our world can get very small and for many of us, the number of choices shrink to just four basic reactions: fight, flight, freeze, or fawn. That's not a lot of options. On a collective level, elements of our society like governments, religions, and businesses sometimes instill fear to divide and control—to keep us feeling dependent on them instead of ourselves. On an individual level, fear can be the reason we're living a life that's not reflective of our truth or potential. It's what keeps us feeling stuck and holds us back. What most of us don't realize is that fear has much to teach us.

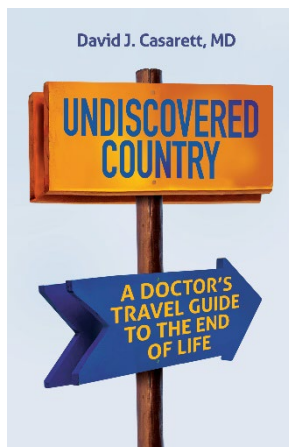
“Fear Technician” Guryan Tighe reframes the way we approach fear from the goal of conquering it to a goal of learning from it by providing readers three gateways to look at fear in a way that frees us: curiosity, gratitude, and purpose. She shows us how to interrupt our initial reaction, pause, check in with ourselves, and rewrite the patterns we use to respond to that which we fear. With this shift in thinking and how to engage it, readers will find new pathways forward as they shift from unintentional reactions to intentional responses.

Unmasking Fear shows us that fear is courage unrealized and understanding our fears frees us to pursue the life we want.

Guryan Tighe is an experienced leadership coach, workshop facilitator, and communications strategist whose clients describe her as a “Fear Technician”. She founded her company, FOURAGE, on the belief that understanding and working with our fears, rather than trying to conquer them, yields more professional success and personal fulfillment. In addition to coaching private clientele, Guryan continues to educate senior executives and help them reorient their relationship with fear as a recurring speaker with the Stockholm School of Economics Executive MBA program and a trainer and executive coach at Dominican University of California's Institute for Leadership Studies, through its office of executive education.

Manuscript available.

Territory: World



Transform the fear of death into a sense of wonder.

In *Undiscovered Country*, embark on a riveting exploration of the final frontier and unraveling the mysteries of our last hours. This insightful narrative delves into the complexities of death, dissecting the gradual disintegration of order and control, the skewed metabolic balance, and the profound transformations within our bodies.

Join physician and researcher David Casarett as he guides readers across this captivating journey that not only explores the extreme moments of life but also encourages a conscious and less daunting approach to life's final passage. As the science of dying unveils the body's tactical attempts at self-preservation and the remarkable manifestations of order even in chaos, Casarett explores longstanding mysteries surrounding the precise moment life ceases. Discover how the study of life's culmination provides profound insights into normal functioning and empowers individuals to shape their own pathways toward death, maximizing comfort, alertness, and dignity.

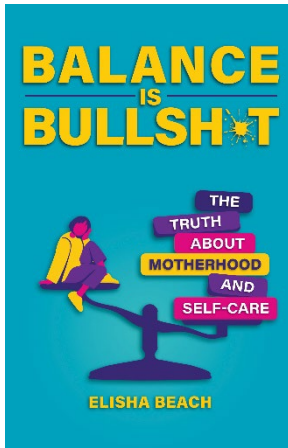
Undiscovered Country bridges scientific inquiry and existential contemplation, empowering readers to confront and comprehend the inevitable and offering a less fearful approach to the end of life

Dr. David Casarett is a physician, researcher, and tenured Professor at the Duke University School of Medicine, one of the country's top medical schools. Casarett is the chief of Palliative Care for Duke, where he directs the Duke Center for Palliative Care. He is the author of more than 100 articles in journals including *JAMA* and *The New England Journal of Medicine*, and his writing has appeared in print and online in *Salon*, *Esquire*, *Discover*, and *Wired*. Dr. Casarett is also the author of three non-fiction books, *Last Acts* (Simon & Schuster), *Shocked: Adventures in Bringing Back the Recently Dead*, and *Stoned: A Doctor's Case for Medical Marijuana* (both Penguin Random House).

Manuscript available

Territory: World in the English language

Translation/Film: The Seymour Agency/Cole Lanahan



Redefine self-care to fit your real-life version of motherhood.

Motherhood is a high stake, no joke endeavor. So is the amount of pressure society piles on moms. And the push for “self-care” has become just another thing for moms to feel guilty about because, yet again, they can’t live up to the unattainable idea of motherhood or how to balance it. Stepmom of four, birth mom of three, and adoptive mom of one, Elisha Beach is here to call bullshit on this unreachable balancing act.

Beach is not a self-care guru. She’s just another mom who found her way to that moment on the motherhood journey where she realized she had prioritized everyone else’s needs while completely neglecting her own. When she realized things needed to change, she drew on her skills

as a certified strategic planner and set out to rediscover what she needed to support the many roles she played, how to get her family on board, and—most importantly — how to prioritize herself.

*Balance Is Bullsh*t: The Truth About Motherhood and Self-care* shares what Beach learned about moms struggling with “doing it all” and empowers them to take back their self-nurturing. With a humorous and honest take on the real-life experiences of motherhood, Beach shares her own missteps, unrealistic expectations, and the reality checks that forced her to completely reassess her self-care practice and build a new approach that celebrates mommy wins, implements grace while embracing the chaos of motherhood, and tosses out the impractical garbage for effective strategies for moms to take care of themselves.

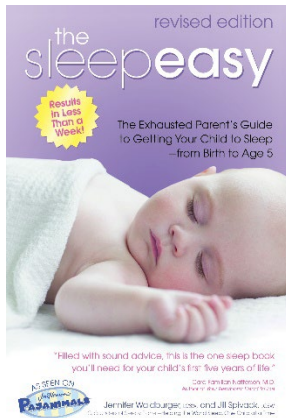
Elisha Beach is a birth mom of three, adoptive mom of one, and a stepmom of four step “adults.” Yes, you read that right... Eight kids! Elisha fancies herself Director of Domestic Operations, Chief Laundry Avoider, Executive Chef, Senior Chauffeur, and a self-care practitioner and advocate for moms. She combined her skills as a Certified Strategic Planner with her real-life motherhood experience to create a step-by-step process for everyday moms to build a realistic self-care practice. Elisha has since been on a mission to share more of her truth about motherhood and self-care so other moms feel less alone.

Proposal available.

Territory: World



UPCOMING TITLES



Psychotherapists and sleep specialists Jennifer and Jill, the dynamic "girlfriends" all of Hollywood calls on to solve their kids' sleep problems, have perfected their sleep technique that will get any child snoozing in no time—most often in fewer than three nights. The key to their method? It addresses the emotional needs of both the parent and child (yes, how to handle the crying!)—a critical component of why most other sleep methods fail.

In this much-needed, family-friendly guide, weary parents will learn to define their own individual sleep goals, those that work for their family's schedule and style. They'll create a customized "sleep planner" to ensure consistency with both parents as well as extended caregivers. With comprehensive sections devoted to each stage of Baby's and Toddler's development, plus solutions to special circumstances like traveling, daylight saving's time, moving to a "big kid bed" and multiples, *The Sleepeasy Solution* is a dream come true!

This newly revised edition dusts off the original book to make the language more accessible for today's readers and introduces new content to accommodate an early start time for the process of helping to get your child to sleep. This revised version also provides alternatives for sleep learning, and revised resources including product recommendations, charts and graphs, organizations, apps and websites and revised schedules for babies in the first year that include very detailed "wake by" times for naps—customized to baby's age—that take the guesswork out of daytime scheduling.

Jennifer Waldburger, LCSW, is a trained psychotherapist and partner of Sleepy Planet, the preeminent parenting/sleep company in Los Angeles. Jill Spivack, LMSW, is a psychotherapist who worked as a pediatric sleep consultant who co-founded Sleepy Planet, Inc.

"This approach was truly amazing in helping our family to thrive. . . . We are eternally grateful!"

—Ben Stiller and wife, Christine Taylor, actors

"With their gentle approach, Sleepeasy gave us the tools we needed to solve our daughter's sleep problems."

—Conan O'Brien, host of NBC's Late Night with Conan O'Brien

"Sleepeasy gave us all the tools we needed to get our baby sleeping through the night. Now when we say good night to our daughter, we know it really will be a good night."

—Greg Kinnear, actor

Manuscript Imminent.

Territory: World

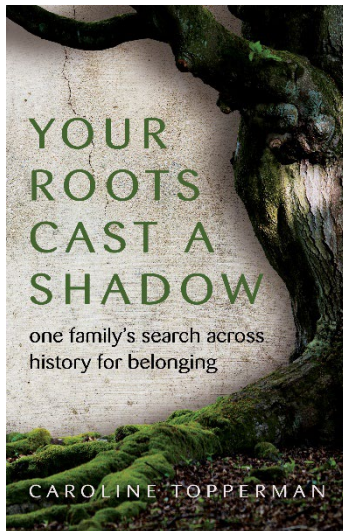
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A narrative of cultural translation, identity, and belonging.

The thrill of a new place fades quickly for Caroline Topperman when she moves from Vancouver to Poland in 2013. As she delves into her family's history, tracing their migration through pre-WWII Poland, Afghanistan, Soviet Russia and beyond, she discovers the layers of their complex experiences mirror some of what she felt as she adapted to life in a new country. How does one balance honoring both one's origins and new surroundings?

Your Roots Cast a Shadow explores where personal history intersects with global events to shape a family's identity. From the bustling markets of Baghdad to the quiet streets of Stockholm, Topperman navigates the murky waters of history as she toggles between present and past, investigating the relationship between migration, politics, identity, and home. Her family stories bring history into the present as

her paternal grandmother becomes the first woman allowed to buy groceries at her local Afghan market while her husband is tasked with building the road from Kabul to Jalalabad. Topperman's Jewish grandfather, a rising star in the Communist Party, flees Poland at the start of WWII one step ahead of the Nazis, returning later only to be rejected by the Party for his Jewish faith. Topperman herself struggles with new cultural expectations and reconciling with estranged relatives.

A study in social acceptance, Topperman contends with what one can learn about an adopted culture while trying to retain the familiar, the challenges of learning new languages and traditions even as she examines the responsibilities of migrants to their new culture, as well as that society's responsibility to them.

Born in Sweden and raised in Canada, in 2013 Caroline Topperman returned to her ancestral roots in Poland to live, and to explore her love of traveling and experiencing different cultures. Her book credits include *Tell Me What You See: visual writing prompts for the wandering writer* (One Idea Press) and a complementary guide to her blog, *FitWise: straight talk about being fit & healthy*. Caroline has written a column for Huffington Post Canada and was the Beauty Editor for British MODE.

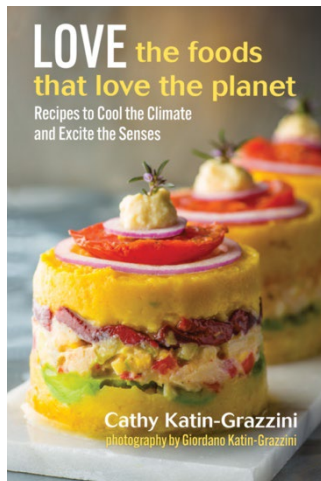
368 pages

Territory: World

Cathy Katin-Grazzini

November 2024

LOVE THE FOODS THAT LOVE THE PLANET



Love the Foods That Love the Planet features tantalizing low carbon dishes to help meet the urgent climate challenge.

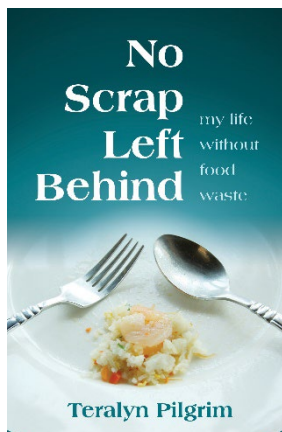
What we eat and how we produce it matters. We know our world is careening toward warming tipping points beyond which recovery may not be possible. Shifting the food supply away from animals to plants as much as possible can drastically lower greenhouse gases and buy us the time we need to prevent irreversible harm and devastating outcomes. A plant-based diet also prolongs life, vitality, strengthens immunity, and gains protection from chronic illness and infectious disease. A healthy body and a healthy planet are linked.

Love the Foods That Love the Planet is loaded with recipes that are packed with climate challenge insights, featuring both creative and traditional cuisine from around the world, and accompanied by eye popping photography by Giordano Katin-Grazzini. These recipes range from simple and quick for weekday suppers to special and celebratory for weekends and entertaining and all of them help save the planet. For all who are environmentally conscious and want to bring a mindful approach to their diet but don't want to skimp on taste, *Love the Foods That Love the Planet* provides an active solution for home cooks—from the newbie to the most experienced chef. Help is here, in this climate friendly cookbook.

Cathy Katin-Grazzini is a plant-based chef and author of *Love the Foods That Love You Back* (Rizzoli, 2022). She is Food Editor for *Vegworld* magazine and manages her blog, Cathy's Kitchen Prescription, where she shares her latest recipes and guidance on sustainable, healthy, vegan cooking, nutrition, and lifestyle. Certified in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies at Cornell University, Cathy went on to complete professional culinary training at Rouxbe Cooking School.

432 pages.

Territory: World



The story of a mother's quest to end her family's food waste—and all the blunders that came with it.

Teralyn Pilgrim had no idea the environmental and economic impact of food waste, or that she could save \$100 a month by being waste free. But when a story of hungry children fills her with unbearable guilt, she decides to make a change to the way her family approached mealtime. Despite finicky kids and a skeptical husband, Pilgrim turned her feelings of guilt into action and created a zero-food waste kitchen.

Pilgrim began her journey by defining food waste with Rule #1: the Hungry Kid Test—would you throw something edible away with a hungry child watching? If the answer is yes, it can go in the compost. If the answer is no, then it's time to get creative.

Narrating her trials and errors—emphasis on errors—Pilgrim invites readers to her table where leftover food is a personal challenge to reduce waste, save money, and guard against squandering natural resources. Things get tricky when she discovers a five-year-old fish in her freezer, accidentally buys the grossest fat-free cookies in the world, and finds her dog is as picky as the kids. Addressing myths about how being waste-free is too hard (it's not) and whether expiration dates mean anything (they don't), Pilgrim teaches readers clever ways to be resourceful while also offering a broader look at why food waste matters and the global effects of this massive problem.

Teralyn Pilgrim is the author of *Don't Dance on the Toilet and Other Things I Never Thought I'd Say to My Kids* and *The Heart Project Challenge Book*.

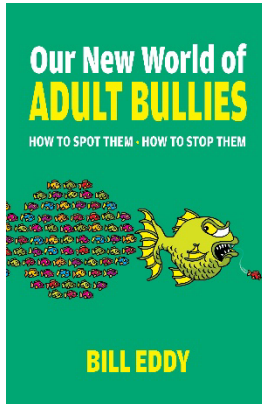
368 pages.

Territory: World

Bill Eddy

June 2024

OUR NEW WORLD OF ADULT BULLIES



Our New World of Adult Bullies connects the dots to show how bullies at all levels of society follow the same predictable patterns of behavior.

Bullies exist everywhere: families, workplaces, neighborhoods and communities, politics and government, and organizations of all types and sizes. And in a media landscape where conflict, crisis, chaos, and fear reign supreme, every day we see the worst behavior of celebrities, politicians, and other public figures who serve as role models.

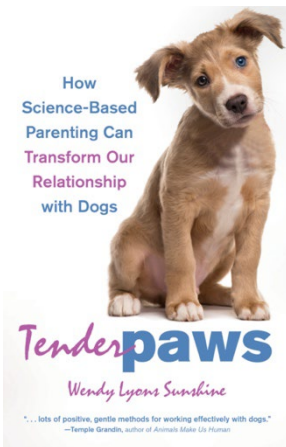
Bullies act in the same highly predictable patterns, regardless of their demographics and situation. By focusing on the ten hidden powers bullies employ—from their unrestrained nature and bully story to manipulating emotions and playing the victim—Bill Eddy unpacks the way bullies rely on primitive emotions and nonverbal behavior. He helps readers spot these behaviors and offers practical actions before they become immobilized by helplessness, blame, and shame.

In today's world, we all may have an adult bully in our lives sooner or later. For anyone who has a bully in their life now, for professionals who counsel victims of bullying, and for anyone who is concerned about the fraying of our culture and society, this book gives effective strategies to prevent bullies from taking over.

Bill Eddy is an attorney, therapist, mediator, and the Chief Innovation Officer of the High Conflict Institute based in San Diego, California. He develops methods to help resolve high conflict family, workplace, and legal disputes, including EAR Statements™, BIFF Response® emails, New Ways for Families® skills training methods for potentially high conflict parents in divorce and New Ways for Work™ coaching for potentially high conflict employees. He has trained lawyers, judges, mediators, and therapists in 38 states and 13 countries in managing high conflict personalities. He is the author of over 20 books and manuals for managing high conflict disputes.

256 pages.

Territory: World



When Wendy Lyons Sunshine got her first puppy—abandoned behind a gas station, struggling with worms and anemia—she was in over her head. As puppy training guides failed to help her with the out-of-control, traumatized bundle of teeth and claws rescue pup, she turned to her work helping world-class child development experts. Could strategies for raising happy, well-adjusted kids transfer to a puppy?

As it turns out, yes, they can! From the first try, parenting wisdom transformed Sunshine’s relationship with her challenging little one. Soon enough, Sunshine’s view of her puppy shifted from one of adversity to one of compassion and understanding, and she was able to bring patience and therapeutic concepts to meet her dog’s needs. When Sunshine reached out to experts, they affirmed that science-based principles used with at-risk children align well with best practices of holistic, positive, and progressive dog

handling.

Far from a standard dog training manual, *Tender Paws* explicitly applies parenting wisdom and best practices used with special needs kids to a cross-section of scenarios, from recognizing developmental trauma and unmet core needs, to making decisions about appropriate equipment, to responding to difficult behavior, to understanding the parenting style from which we approach our dogs.

Borrowing the principles of parenting for dogs feels obvious to some people: instinctive and ordinary and inevitable. But that’s not true for everyone, especially those of us who had a less than ideal childhood and bear the scars of early harm, loss, trauma, or deprivation. *Tender Paws* provides an interdisciplinary, comprehensive, evidence-based guide for readers who want to honor the needs of—and improve outcomes for—puppies and dogs they care about.

Award-winning journalist Wendy Lyons Sunshine writes about the human-animal connection for PsychologyToday.com and is content coordinator at Positively.com. She co-authored *Raising the Challenging Child* and *The Connected Child*, a bestseller recommended by child welfare organizations and adoption agencies.

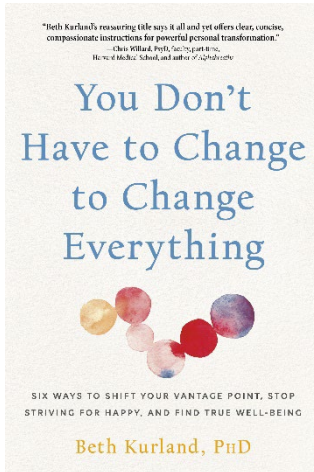
352 pages.

Territory: World

Beth Kurland

March 2024

YOU DON'T HAVE TO CHANGE TO CHANGE EVERYTHING



A unique approach to healing that emphasizes changing our perspectives instead of changing ourselves. Instead of struggling to change our inner experiences, we transform the container in which they are held. From here, wholeness and healing are possible; this is where actual change lives.

One of the most significant sources of suffering comes from our human tendency to avoid difficult emotions. We are not taught how to face these unpleasant, often daily inner experiences (mind-body energies) and so we tend to push them away, ignore them, or become unwittingly overwhelmed by them. Yet how we meet and greet these difficult emotions has everything to do with our well-being, resilience, and ability to connect with ourselves and others. Instinctually, we fight against our uncomfortable emotions; in doing so, we reinforce messages of “not good enough” or “something is wrong with me that I am feeling this way.”

In *You Don't Have to Change to Change Everything*, readers learn that instead of forcing themselves to feel “happy” and pushing away what is unpleasant, or instead of getting hooked by intense emotions, another path can lead to more profound well-being. Rather than trying to change one’s inner experiences, this book offers six ways to shift one’s vantage point when difficult emotions arise. Being aware from each of these six vantage points allows readers to cultivate inner stability, willingness to turn toward rather than away from themselves, greater perspective, internal strengths and inner resources, self-compassion, connection with the “Whole Self” versus identification with “hole self,” and interconnection with the world around them.

Dr. Beth Kurland, PhD, is a clinical psychologist practicing in the field for nearly 30 years, an author, and a public and TEDx speaker. In addition, Beth is a mind-body wellness coach and creator of the online program The Well-Being Toolkit Program. She is the author of three award-winning books: *Dancing on the Tightrope*, *The Transformative Power of Ten*, and *Gifts of the Rain Puddle*.

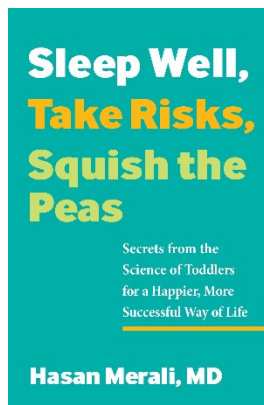
336 pages.

Territory: World

Dr. Hasan Merali

March 2024

SLEEP WELL, TAKE RISKS, SQUISH THE PEAS



Harvard-trained pediatrician Hasan Merali, MD, presents the first book to explore what toddlers have to teach us about living our best lives, based on important studies from the fields of child psychology and child development for the past twenty years.

These extraordinary youngsters can be impulsive, yes, but with this comes a remarkable ability to take risks and ask questions—two qualities that can help us enjoy life more. Toddlers act kindly toward strangers, are eager to work with others to solve problems, and demonstrate extraordinary dedication and perseverance. These are all traits that many of us aspire to have in order to improve both our personal and professional lives.

To unpack this behavior, Dr. Merali includes many humorous examples from his experience as a pediatrician and father, but the core lessons are drawn from two decades worth of fascinating and surprising studies in child psychology and development. Merali connects these studies to research about adults to create the first book to offer adults important lessons that can be gleaned from toddlers. Toddlers can teach you many things, including how to:

- Lose weight naturally
- Sleep better
- Build stronger friendships
- Improve teamwork
- Be more productive
- Have more fun, and
- Live a more fulfilling life

Hasan Merali, MD, MPH is an associate professor in the Department of Pediatrics, Division of Pediatric Emergency Medicine at McMaster's Children's Hospital in Hamilton, Ontario. He has published more than twenty-five peer-reviewed journal articles and his writing has been featured in Science, The Boston Globe, NBC, CBC, and Popular Science.

160 pages.

Territory: World

Rights sold:

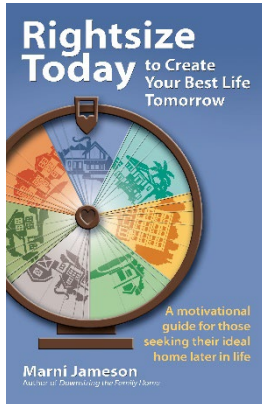
German: Droemer

Polish: Wielka Litera

Marni Jameson

January 2024

RIGHTSIZE TODAY TO CREATE YOUR BEST LIFE TOMORROW



A gentle guide for helping readers “over a certain age” discover their best life by finding the right-sized home in the best location.

Moving is no fun. Neither is getting rid of stuff. And both jobs get harder as we get older. So, when those over a certain age — say, in the last third of life — are looking to downsize and move all at the same time, many will conclude, “I’ll just stay put, thank you very much.” It’s not just the acquired possessions holding them back, but also the intangibles

Rightsize Today to Create Your Best Life Tomorrow will help this group of root-bound home dwellers cross the bridge between stuck in the past and a lighter, better future. It will encourage them to embrace the fact that now, when they’re no longer tethered to a school system or to a job they need to be near, is their chance to live where they want to live. Every section contains checklists: some soul-searching (should you or shouldn’t you move?), some practical (what every kitchen must have), and some logistical (where’s your happy place?), to help readers on their journey.

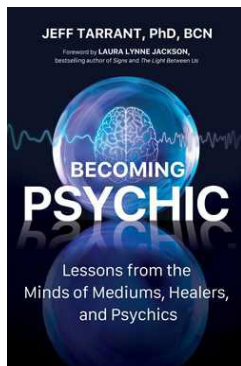
Marni Jameson is a nationally syndicated home-design columnist, award-winning journalist, speaker, and frequent TV guest. Her humorous and helpful column, “At Home with Marni Jameson,” appears weekly in two dozen papers nationwide, reaching several million readers and more through social media and her blog. She is the author of seven books, including *Downsizing the Family Home: What to Save, What to Let Go*, a #1 Amazon bestseller that won numerous awards.

256 pages.

Territory: World

Jeff Tarrant
BECOMING PSYCHIC

November 2023



A scientific, brain-based approach to understanding psychic abilities based on the author's extensive years of research and practice. For 25 years, Jeff Tarrant has used neurofeedback, audio visual entrainment, transcranial direct current stimulation and many other technologies that shift the brain and nervous system toward balance and wellness. In this book, he shows how we can use these same technologies to quiet internal chatter, support empathy, and enhance creativity—all the mental skills necessary to move from balance and wellness to the extraordinary!

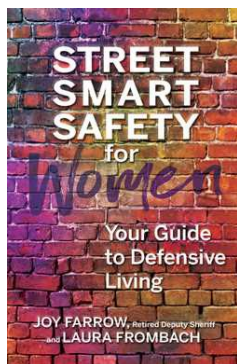
Jeff Tarrant, Ph.D., BCN is the founder and director of the NeuroMeditation Institute in Eugene, OR. He is a licensed psychologist and board certified in neurofeedback. Dr. Tarrant is also the chief science officer for Healium, XR, creating biometrically controlled virtual and augmented reality experiences. In addition, Dr. Tarrant is a scientific advisor to both Divergence Neuro and Neuphony, creators of cloud-based neurofeedback software and wireless EEG headsets.

Dr. Tarrant specializes in teaching, clinical applications, and research combining technology-based interventions with meditative states for improved mental health. His research focuses on exploring brainwave changes that occur as a result of contemplative practices, technological interventions, and non-ordinary states of consciousness. Dr. Tarrant is the author of *Meditation Interventions to Rewire the Brain*, as well as several book chapters and a dozen peer-reviewed journal articles on the topics of technology-based meditation for mental health.

In addition to his clinical background, Dr. Tarrant has also trained extensively in a variety of spiritual and meditative practices, including Zen, Vipassana, Taoism/Qigong, Arhatic Yoga, and MindfulnessBased Stress Reduction (MBSR). In his spare time, Dr. Tarrant enjoys playing the drums, attending concerts, and spending time in nature.

456 pages

Territory: World



In a book written by women for women, *Street Smart Safety for Women* offers tips on defensive living that will increase readers' reliance on the one thing that can protect them most: their safety intuition.

Violence against women is a global health issue. The threats women face today are unparalleled and more dangerous than ever before. And, for the first time in history, the toxic cocktail of technology and social media has weaponized misogyny and virtualized violence against women. There's an even more serious challenge that faces women today. Social conditioning—the way our systems of family life, education, employment, entertainment and pop culture, spirituality and religion influence us—leaves many of us ill-equipped to deal not only with this escalating surge of attacks, but also the unrelenting prevalence of sexual assault, domestic violence, and scams.

Women have been trained to discount one of their greatest protections – safety intuition. As a result, women are left generally defenseless to recognize predators who manipulate our natural compassion, to our own detriment. This inability to listen to ourselves and be persuasion-proof directly affects our personal safety and data shows that attacks on women continue to escalate daily across the world, inside and outside of the home.

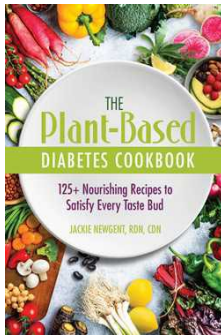
In *Street Smart Safety for Women*, retired Deputy Sheriff Joy Farrow and technologist Laura Frombach, herself a survivor of a violent household, draw on their experiences both personal and professional to provide those answers. Dedicated to educating women in personal safety and showing them a defensive living strategy and trusting in themselves can reduce their probability of becoming a victim of a crime.

Joy Farrow is a retired Sheriff's Deputy with twenty-eight years of experience, working road patrol and facing every situation imaginable. Joy was one of the featured speakers at the TEDx Eustis conference and speaks on women's safety.

Laura Frombach was introduced to technology in the U.S. Army working on Pershing nuclear missiles. Having spent much of her career as a technologist and engineer with IBM, HP, FedEx, Coca Cola Enterprises. Lenovo and others.

336 pages.

Territory: World



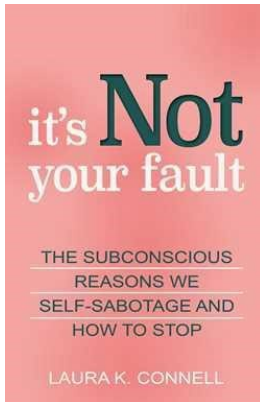
A delectable plant-based cookbook and eating guide for preventing and managing diabetes and pre-diabetes from award-winning cookbook author and registered dietitian Jackie Newgent.

Diabetes can lead to heart disease, stroke, kidney failure, blindness, and lower-limb amputation. Recent research has also shown a connection between diabetes and dementia, hearing loss, and some forms of cancer. Experts point to diet as a key component in preventing and treating diabetes and prediabetes—particularly one featuring fruits and vegetables. That’s where *The Plant-Based Diabetes Cookbook* comes in, helping people with diabetes—or at risk for developing it—enjoy more plants. The key word is “enjoy.”

Jackie Newgent, RDN, CDN, an award-winning cookbook author and classically-trained chef, offers 100 percent plant-based recipes that are full of flavor with fresh, modern appeal. At the same time, the dishes appeal to all eaters, not just vegetarians. The book is packed with more than 125 recipes, plenty of hearty main dishes, tasty menus, and hundreds of helpful tips.

The book includes a 16-page four-color photo insert; 23 photos. 304 pages.

Territory: World



A guide to help readers uncover the subconscious reasons they hold themselves back along with an exploration of the ways negative childhood experiences have impacted their lives and fed into the problem.

We are sometimes our own worst enemies, sabotaging our success and with it our chance for lasting happiness and opportunities for personal and professional fulfillment. *It's Not Your Fault* helps readers uncover the subconscious reasons they hold themselves back. These blind spots were often created in childhood as coping mechanisms in response to trauma. Rather than teaching tactics that ignore or give surface attention to adverse childhood events, the book lovingly guides readers to explore the ways these events have impacted their lives and how this knowledge will help them access true transformation. Readers will be relieved to discover that it's not a lack of willpower that has held them back, but a lack of self-knowledge instead.

Those who have been let down by traditional therapeutic techniques know that behavior modification doesn't work for everyone. Simply doing things differently while staying the same on the inside might help for the short term, but before long old patterns emerge. Once they decide to get serious about change, however, and stop tweaking habits in the hope it will result in lasting transformation, they can create a life by design instead of default. It takes work, an internal excavation, and Laura comes alongside the reader as a trusted guide who has been where they are now. She provides the tools and anecdotal evidence to show them how to overcome the pain of self-sabotage and create the life they desire.

Laura K. Connell is a trauma-informed author and coach who helps women who struggle to understand why they hold themselves back in life and relationships. She shows them how to uncover blind spots that lead to broken relationships, and the subconscious reasons they sabotage their own success. Her personal development website, laurakconnell.com, where she writes about healing selfsabotage and attachment issues, has amassed 10,000 email subscribers (and growing).

224 pages.

Territory: World

Rights sold:

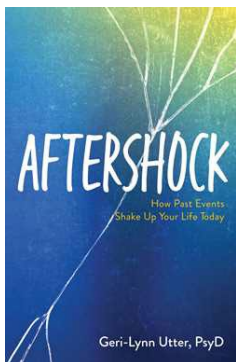
Arabic: Al Dar Al Masriah Al Lubnaniah

Estonian: Pilgrim Group

Portuguese (B): VR Editora

Serbian: Publik Praktikum

Vietnamese: First News



Aftershock helps people identify and heal from the often-delayed emotional responses to seemingly ordinary life events like the death of a partner, a chronic illness diagnosis, or getting a new job that can have significant impact on our emotions and overall mental health.

You may be at a point in your life where you realize that you have been edgy, a bit depressed, feeling unsettled. Yet everything in your life seems to be okay. You look for a cause, but you just can't put your finger on it. Perhaps you should examine your recent past—six months ago, a year ago—and ask yourself, "What did I go through that was stressful at the time, yet I was able to deal with by suppressing my stress until that situation was over?"

“Aftershock” is a term coined by clinical psychologist Dr. Geri-Lynn Utter, who came to recognize this largely ignored scenario in many of her patients. As a subclinical level of the more familiar post-traumatic stress disorder, “aftershock” may underlie your present emotional stress, a delayed emotional response that affects many of us after common, yet big deal, life events such as miscarriage, moving to a new city, divorce, or, for some people, the Covid-19 pandemic that has rocked much of the world. The “Aftershock” concept can be applied to many, inevitable (even universal) human experiences: changing jobs or careers, divorce, transitioning from “school life” to the real-world (aka: adulting), death of a parent, child, or spouse, etc.

The book helps readers understand this psychological trauma—what it is and what causes it, how to recognize the symptoms, and how to heal when life's stressors keep you in the center of the aftershock of a storm.

Dr. Geri-Lynn Utter is a frequent contributor on television (CBS News, Fox Business, OANN, MSN, etc.), Radio and Podcast and is a producer and is featured in an upcoming documentary *Utter Nonsense* (working title) about the opioid epidemic's effect on families.

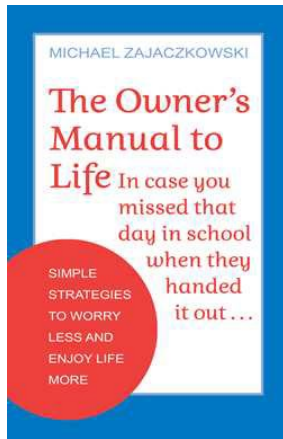
160 pages.

Territory: World

Rights sold:

Arabic: Jarir Bookstore

Chinese (SI): Xinhua Publishing



In this practical self-help guide, author Michael Z. gives us all the "missing life" manual we need to live happier, less stressful lives.

The book provides readers with 100 practical, often lighthearted, and immediately useful tips, strategies, and techniques to help them reduce stress and anxiety, and to discover the sense of peace and happiness they've been looking for. Readers will learn to

- Trust yourself and live life more confidently
- Deal with feelings of resentment or anger toward others
- Set healthy boundaries around family members and in relationships
- Find the opportunities in unexpected setbacks
- Deal with difficult people
- Listen to your inner voice and make choices that are right for you
- Find the joy in the little things in life and live with more gratitude and serenity

Using the book's guidelines will help you live more gracefully, more mindfully, and with an increased awareness of and appreciation for the joy that is available to you whenever you slow down to see it.

Michael Zajackowski earned his master's degree in marriage and family counseling and after working with both couples and individuals, he resumed his career as a business and sales training coach. He currently runs an international business and inside sales training company and uses his experience from counseling and coaching to help his clients set and achieve financial goals while helping them identify and engage in activities that give their lives meaning alongside of their career success.

456 pages

Territory: World in the English language

Rights sold:

English (in India): S&S India



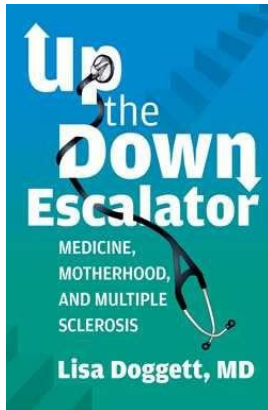
Bestselling author and creator of Joy School Lisa McCourt outlines her unique formula for sustainable happiness, offering a year's worth of activities, prompts, and techniques that raise your “joy setpoint” so you can cultivate authentic, lasting peace and fulfillment in your daily life.

Unprecedented global events – the pandemic, inflation, politics, global economy -- have left many of us feeling depleted, depressed, isolated, and disconnected from many of the things that once made us happy. Lisa McCourt, host of the Do Joy! podcast and founder of Joy School, helps people raise their joy setpoints regardless of what is happening around them.

McCourt offers a unique approach to joy and emotional wellness, outlining a year-long adventure in happiness that can be started on any day of the year. Joy is not an elusive fantasy to be chased; it is simply a skill to be learned, practiced, and mastered. McCourt takes readers, month by month, through the life-altering principles of vibration elevation that she has taught for 20 years through her Joy School.

Founder of Joy School, Lisa has penned over forty books for adults and children in addition to collaborating with industry leaders such as Jack Canfield, Mark Victor Hansen, and James Van Praagh. Combined, Lisa’s books have sold over 8.5 million copies and earned over 9,000 glowing Amazon reviews.

320 pages.



A memoir of triumph in the face of a terrifying diagnosis, *Up the Down Escalator* recounts Dr. Lisa Doggett's startling shift from doctor to patient, as she learns to live with multiple sclerosis while running a clinic for uninsured patients in central Austin, Texas.

A self-described health nut, Lisa was shocked to become a patient herself when she was diagnosed with multiple sclerosis, a bizarre neurologic disease known to be a leading cause of disability in young adults. Since her MS diagnosis, she has battled frustrating symptoms and insurance companies. She has experienced relapses and has explored alternative treatments. But she has also run two marathons, traveled to five continents, raised two daughters, and

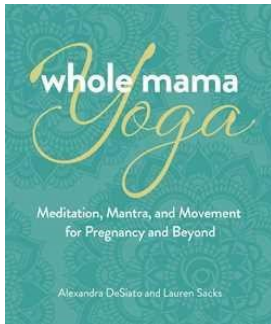
embraced her job as a lead physician creating innovative programs for people with chronic disease around the country.

Facing the prospect of a career-ending disability as she adjusts to life with multiple sclerosis, the book chronicles how she is forced to deal with a new level of uncertainty and vulnerability, and the everyday fear that something new will go wrong. Taking off her white coat—becoming a patient herself—she confronts unimaginable fears, copes with her limitations, and sidesteps her skepticism of alternative medicine to seek help from unlikely sources. The disease pushes Doggett—a perfectionist at heart—to soften her inner drill sergeant and embrace self-compassion.

This hopeful and uplifting book will encourage those living with chronic disease, and those supporting them, to power forward with courage and grace. It will spark conversations to redefine perfect parenting and trigger uncomfortable discussions and outrage about the vicious inequalities of health care in the U.S. Most of all, it will inspire readers to embrace the gifts of an imperfect life and look for silver linings, despite life's detours that sabotage plans and take them off their expected paths.

Lisa Doggett, M.D., is a family physician and co-founder of Texas Physicians for Social Responsibility. She previously directed a safety net clinic in Austin, Texas where she saw an eclectic mix of patients struggling with their own health challenges in a deeply dysfunctional system.

325 pages.



A unique way to see and process the motherhood experience through the lens of yoga, *Whole Mama Yoga* covers all phases and stages of becoming and being a mother or birth parent—offering a way to extend yoga’s gifts and tools for all who parent.

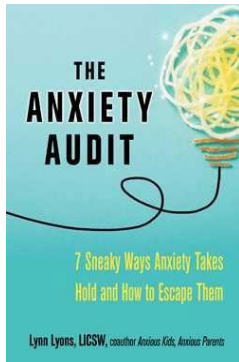
Accessible to new yoga students, advanced yoga practitioners, and yoga teachers alike, *Whole Mama Yoga* is for parents with children of all ages. It is for those just thinking about beginning a family, those in the early stages of pregnancy, those getting close to labor and delivery, and for those new moms, who often feel harried and overwhelmed. This is a book to reference as children grow, change, and become little (and big) people.

With yoga poses at the core of the text, yogi moms and instructors Alexandra DeSiato and Lauren Sacks offer helpful information in movement offerings that meet all moms and birth parents where they are. Organized into sections titled Relate, Move, Reflect, Wisdom, and Breathe, *Whole Mama Yoga* provides breathing techniques, suggestions for meditation and mantra, inspiring tidbits of yoga philosophy, funny and uplifting stories from yoga-moms, and journal prompts that allow readers to reflect on their own experience of parenthood.

Alexandra DeSiato, MA, is an expert in yoga for the prenatal and postpartum time periods. She is recognized internationally for her work on creating (and helping others create) powerful and resonant themes in yoga classes. Her workshops have been offered nationally, including at Yogaville Ashram in Virginia and Kripala Yoga and Healing Arts Center in the Berkshires. Together with Lauren, she cofounded and co-leads Whole Mama Yoga (wholemamayoga.com), where they, along with a collective of teachers, offer fertility, prenatal, postpartum, and motherhood yoga classes. Alexandra and Lauren also co-teach a highly-lauded prenatal and postpartum yoga teacher training and lead mothering and parenting retreats. Alexandra has co-authored two books with Sage Rountree, *Lifelong Yoga* and *Teaching Yoga Beyond the Poses*.

Lauren Sacks is a perinatal and hatha yoga instructor with over 20 years of teaching experience. She was a founding member of Carrboro Yoga Company and taught thousands of students during her 15 year tenure.

175 line drawings of yoga poses and other decorative graphics 320 pages.



Anxiety expert Lynn Lyons, whose advice appears regularly in *Psychology Today* and the *New York Times*, offers an eye-opening look at the 7 sneaky ways that anxiety and worry weave their way into our families, our friendships, and our jobs, and provides actionable steps to reverse the cycle and reclaim our emotional well-being.

Ask people to describe anxiety and they'll start with the familiar physical symptoms: racing heart, sweaty palms, difficulty breathing and a frightening loss of control. Anxiety has become the new normal, constant and simmering, disguising itself in patterns and responses we don't even recognize as anxiety. These patterns include:

- Ruminating and worrying (and mistaking it for problem solving)
- Going global, or seeing the world through an overwhelming, all-or-nothing lens
- Isolating and disconnecting, all too common in our "new normal"
- Creating chaos and "busy-ness", for example, over-scheduling and multitasking
- Embracing your irritability
- Confusing self-medication with self-care

The Anxiety Audit is a time-tested practical guide to untangling yourself from the grips of worry and fear. Using stories, real-world examples, and helpful dialogues to retrain the way you think and react, Lynn Lyons helps you recognize the sneaky ways these anxious patterns and cycles of worry take hold in your life. By making small and consistent adjustments, you can reverse their negative impacts and move forward with renewed clarity and confidence. So if life keeps you up at nights and anxiety fills your days, *The Anxiety Audit* is the way to stop needless worry and focus on life's positive aspects.

Lynn Lyons, LICSW, is psychotherapist and has been in practice for 30 years specializing in the treatment of anxiety in adults and children. She travels internationally as a speaker and trainer on the subject of anxiety, its role in families, and the need for a preventative approach at home and in schools.

With a special interest in breaking the generational cycle of worry in families, she authored several books and articles on anxiety, including with co-author Reid Wilson *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children*, and the companion book for kids, *Playing with Anxiety: Casey's Guide for Teens and Kids*.
256 pages.

Territory: World

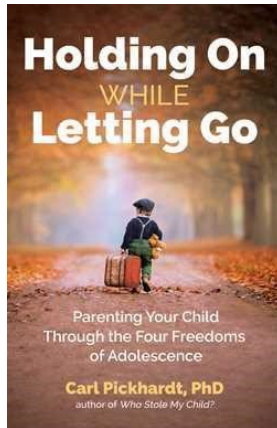
Rights sold:

Arabic: Al Dar Al Masriah Al Lubnaniah
Chinese (SI): China Machine Press
Polish: Wydawnictwo Kobiiece
Portuguese (B): Citadel Editora
Romanian: Editura Trei

Carl Pickhardt, Ph.D.

October 2022

HOLDING ON WHILE LETTING GO



Harvard-trained psychologist and *Psychology Today* parenting expert Carl Pickhardt gives parents an eye-opening look at the rocky road to parenting a teenager, revealing the Four Freedoms that every child must master to become a healthy adult--and how parents can adapt, encourage, and grow themselves during these tumultuous times.

Parenting a teenager is not for the faint of heart. And there's a reason the road is rocky--it's supposed to be. Children must pass through "four unfolding freedoms" in order to become competent, independent, and confident adults. How easily parents can navigate these twists and turns directly correlates to how successful their children will be. The four unfolding freedoms are these:

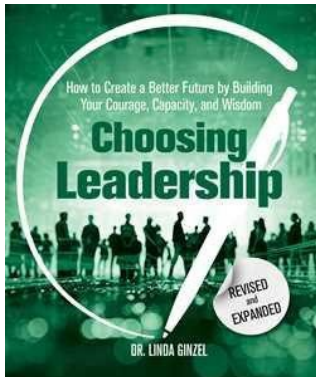
1. freedom from rejection of childhood, around the late elementary school years, when they want to stop acting and being treated as children anymore.
2. freedom of association with peers, around the middle school years, when they want to form a second family of friends.
3. freedom for older experimentation, around the high school years, when they want to try more grown-up activities.
4. freedom to claim emancipation, around the college age years, when they decide to become their own ruling authority.

With each successive push for freedom, both parents and teens need to learn how to do less holding on to each other while doing more letting go

Carl Pickhardt, Ph.D., is a noted psychologist, speaker, and parenting expert, now retired from private counseling practice. He writes a popular parenting advice column for *Psychology Today* and is the author of several books including *The Connected Father*; *Stop the Screaming*, *The Future of Your Only Child* and *Why Good Kids Act Cruel*.

336 pages.

CHOOSING LEADERSHIP, REVISED AND EXPANDED



Award-winning leadership teacher, lifelong educator, University of Chicago professor, and consumer advocate Dr. Linda Ginzel offers a new and expanded version of *Choosing Leadership* based on her bestselling workbook. Useful to everyone, from high-level executives to high school students, teachers, and stay-at-home parents, Dr. Ginzel how you can choose to be a leader.

The book gives readers the tools to sharpen leadership skills, putting the responsibility for personal growth and professional development in their own hands. It counters stereotypes that it takes a fancy title, big budget, impressive credentials, charisma,

or innate leadership traits to be a

“leader.” Rather, leadership is a choice; you choose when to manage and when to lead. It provides an opportunity to answer tough questions of yourself, process your own life lessons, reflect on your unique experiences, and create your best future self. This process of selfdiscovery will help you develop individualized, customized wisdom and be your lifelong companion on the road to being wiser, younger.

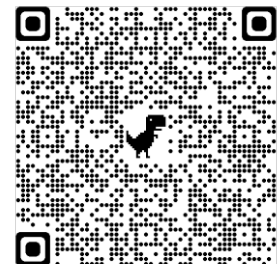
Now revised, with the addition of Learning Modules for each chapter, *Choosing Leadership* provides step-by-step guidance to create group experiences designed to enable reflection, explore ideas, and enhance self-understanding. These group experiences create collective wisdom and encourage learners to make better and more thoughtful choices. Through peer discussions, readers learn how to coach themselves. While gaining self-understanding, they also gain confidence.

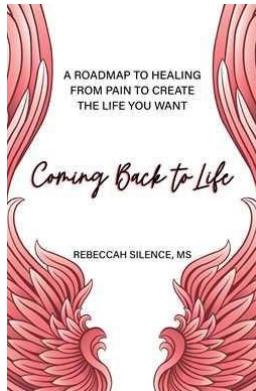
Dr. Linda Ginzel is a clinical professor of managerial psychology at the University of Chicago’s Booth School of Business and the founder of its customized executive education program. For three decades, she has developed and taught MBA and executive education courses in negotiation, leadership capital, managerial psychology, and more. She has also taught MBA and PhD students at Northwestern and Stanford, as well as designed customized educational programs for a number of Fortune 500 companies. Ginzel has received numerous teaching awards for excellence in MBA education, as well as the President’s Service Award for her work with the nonprofit Kids In Danger.

Check out the “[ChoosingLeadershipBook.com](https://www.choosingleadershipbook.com/) introductory video”

<https://www.choosingleadershipbook.com/>

224 pages.





In a time when mental health hospitalization rates, substance abuse, divorce, suicide rates and depression are on the rise, an emotional healing expert demonstrates that when people believe that healing is possible, they can reinvent themselves and find freedom and happiness.

Now more than ever before, the world needs healing and people who never needed help now do. Rebecca Silence, a certified world-class emotional healing coach, knows this pain. A survivor of childhood sexual abuse, domestic abuse, and cancer while pregnant, she beat the odds. In *Coming Back to Life*, she has created a roadmap that offers real tools, strategies, and support that will allow readers to get to the root of their pain patterns while also giving them hope, encouragement, and access to the light at the end of the dark tunnel that they may be stuck in or living in.

Rebecca Silence offers a very different approach from the typical therapeutic models, which are built on people being dependent on therapists, coaches, and mentors. Instead, she shows how to navigate and trust your own internal guidance system with simple and practical ways to heal the pain and embrace life again. Her mission is healing. The cure is self-responsibility and the promise is that HEALING IS POSSIBLE. And it starts with you.

Rebecca Silence is a speaker, coach, and international media personality. She's impacted hundreds of thousands of listeners through her radio programs and appearances.

288 pages.

Rights sold:

Arabic: Al Dar Al Masriah Al Lubnaniah



Don Kuhl, founder of The Change Companies®, shares the 10 big lessons he learned throughout life's little moments.

Don Kuhl has brought inspiration and transformation to millions by creating Interactive Journals that help people reflect on where they've been, where they are, and where they wish to go. Now it's Kuhl's turn to share his stories of growing older and the wisdom he has gained along the way. Before he founded The Change Companies, Kuhl managed motel properties, started several sports publications, worked in college and health care administrations, and launched about a dozen corporations. Some of them failed miserably, a few flourished.

Kuhl touches upon themes of gratitude, taking risks, appreciating the ordinary, and remaining open to all possibilities, giving readers a glimpse of living life to its fullest at every age. Some of his lessons include:

- Store happy memories in your brain and play them often
- Give love and hang on to your most meaningful relationships
- Gobble up knowledge
- Accept what is and have gratitude for where you are
- Focus on the positive- don't let bad things define you
- Be kind
- Celebrate small pleasures – everyday joys can last a lifetime
- Be courageous
- Listen to your animal pals – they can teach you a bunch

The book will include beautiful four-color photos (all cleared) in a large format.

The Change Companies is well known as a leader in creating products that foster positive growth and self-esteem. They will help market the book with an outreach to their international network (25 million strong).

224 pages; four-color photographs throughout

Arabic: Jarir Bookstores

Ric Keller

September 2022

CHASE THE BEARS: Little Things to Achieve Big Dreams



An inspiring, humorous, and original book of conventional and unconventional self-help ideas from former Congressman Ric Keller, who rose from humble beginnings to the U.S. House of Representatives.

“Chasing the bears” is a metaphor in life for chasing your dreams. Most people are content to stay inside, play it safe and look out their window as life passes them by. Eventually the clock runs out. On the other hand, a few people take a chance and chase their dreams.

Ric Keller grew up poor and was raised by a single mother. He didn’t meet his father until he was 14. At their first meeting, he handed Ric a copy of Napoleon Hill’s *Think and Grow Rich*. Ric would read it six times before his high school graduation. Putting the message into practice, he decided to try an experiment and set two big goals: to graduate from college first in his class and get elected to Congress (despite being a political novice with no connections, no money, and initially told to drop out of the race by his own party). Both of these things came true.

In *Chase the Bears*, Ric Keller reveals the five little things you can do to succeed and be happy—no matter where you start in life. They are encapsulated here and woven together with practical, actionable steps interspersed with fascinating anecdotes about others who have made their dreams come true by trusting their instincts, using their gifts, taking risks, and never quitting.

Rik Keller’s TED Talk on the subject has gotten 48,627 views since it posted on May 3, 2022.

<https://www.youtube.com/watch?v=xiX85UzI86Y>

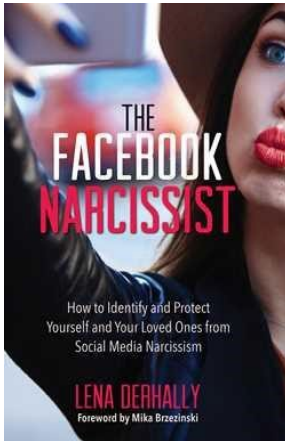
272 pages.

Arabic: Jarir Bookstores

Lena Derhally; Foreword by Mika Brzezinski

May 2022

THE FACEBOOK NARCISSIST: How to Identify and Protect Yourself and Your Loved Ones from Social Media Narcissism



A comprehensive guide for understanding how narcissism on social media impacts our mental health, how to protect ourselves and our children from those affects as well as from narcissists, and how to use social media more mindfully.

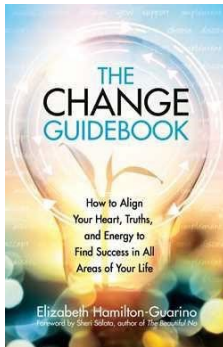
Lena Derhally, a licensed psychotherapist certified in Imago therapy, delves into how social media enhances individual and cultural narcissism and how it may create or exacerbate toxic narcissistic tendencies in people who use it. Using her clinical expertise, along with scientific research and interviews with other experts in the field, she thoroughly examines: how narcissism on social media contributes to false narratives and ruptures

relationships; how to identify a narcissist on social media (including how to spot the more subtle sub-types of narcissist); how narcissism relates to the “influencer” and celebrity culture; narcissism and cyberbullying, cyberstalking, trolling, and victim blaming on social media; and how social media can create a problem of narcissism in children as they grow up.

Derhally’s expertise in cultivating healthy, fulfilling, and connected relationships helps guide readers to take a deeper look at their behaviors on social media and of those around them. At the end of each chapter, she gives practical tips and takeaways for navigating narcissism online. Derhally also instructs readers on how they may use social media for good, and as a tool for positive social change.

Lena Derhally is a licensed psychotherapist certified in Imago Relationship Therapy. She is the author of the bestselling true crime book, *My Daddy Is a Hero: How Chris Watts Went from Family Man to Family Killer*, and her work and expertise have been featured in *O, The Oprah Magazine*, *SELF*, *Glamour*, *The Washington Post*, *A&E*, *Hollywood Life*, *The Huffington Post*, *Law and Crime*, and more.

240 pages.



A proven, practical guide on initiating positive change in your life and set you on a path of happiness and self-fulfillment.

You can change the direction in your life and Elizabeth Hamilton-Guarino gives you the tools to do so. She offers ten points for making a change or adapting to unforeseen circumstances and allows you to become a change master by using the provided solutions to change, grow, and become your bravest and boldest self. These points are a process that you can engage in and turn to in times of need, crisis, or to alter your life's course.

The Change Guidebook is for anyone who is seeking change and wants to align to their highest purpose. Learn how to unlock the light within. Change is possible and the power is in your hands.

Elizabeth Hamilton-Guarino, the founder of The Best Ever You Network, has created a framework for crafting a new way to move through the world and inhabit our lives. By using the tools provided within this book, you will experience the joy of living life as someone firmly grounded in values, anchored by a consistent moment-to-moment practice of gratitude. She is the author of *Percolate*.

“The Change Guidebook’s principles and practices are simple, easy to learn, and the results you will achieve with them are extraordinary. It is a must-read for anyone looking to be their best.” — Jack Canfield, Coauthor of the #1 New York Times bestselling Chicken Soup for the Soul® series and The Success

Principles™: How to Get from Where You Are to Where You Want to Be

“The Change Guidebook is an exceptional tool for creating positive change and adapting to life’s challenges.”

—former U.S. Senator Olympia J. Snowe

“This guidebook is both transformational and transcendental. By providing the steps and tools to self-identify the problems, Elizabeth is offering herself as a fearless guide to an ultimate understanding and acceptance. Encouraging, delightful, important, and life-altering, this book uncovers who you are, and welcomes the person you’re waiting to become.” —Dr. Margaret Paul, co-creator of Inner Bonding

“This book is the framework to help us craft a new way of moving through the world.” —Sheri Salata, former executive producer, The Oprah Winfrey Show, author of The Beautiful No: And Other Tales of Trial, Transcendence and Transformation

“We all aspire for growth, improvement, contentment—but we don’t know where to start. The Change Guidebook not only helps us start, but it leads us by the hand and by the heart through the entire process of change. We emerge from Elizabeth Hamilton-Guarino’s inspirational book renewed and recharged. We are different than we were, different and better. More whole, more self-confident, more resilient, and more of who we always hoped we’d become.” —Dr. Harley Rotbart, professor and Vice Chair Emeritus, University of Colorado School of Medicine, author of No Regrets Living and Miracles We Have Seen

*“If there was ever a book needed in our present times, **The Change Guidebook** is it. Elizabeth HamiltonGuarino provides a concise guidebook for managing change for personal and professional development. Elizabeth will challenge you to think comprehensively while providing the resources necessary to help you effectively manage change.” —Dr. Ivan Misner, founder and chief visionary officer BNI (Business Network International)*

*“Change is challenging, especially when you didn’t choose it. Support and guidance make the journey so much easier, and Elizabeth Hamilton Guarino provides that and more! Elizabeth’s excitement, experience, and enthusiasm in **The Change Guidebook** burst on every page. If you want to start changing now, **The Change Guidebook** will move you toward the introspection needed to get there. I highly recommend this excellent book full of life experiences of the author and other experts who have successfully navigated the waters of change.”*

—Dr. Nancy Mramor, award-winning author, psychologist, media expert

*“This is a fabulous book to guide anyone who seeks a change in herself or himself to create a change for the better in their life. An effort must be made for that. The author offers a clear, step-by-step approach to guide anyone wanting to make such a change. Brilliant!” —Sally Huss, author of **The Importance of Living Happy** and 100 children’s books*

*“Allow Elizabeth Hamilton-Guarino to show you the way to make or adjust to change in your life. **The Change Guidebook** gives you everything at your fingertips to start today and create your best life. Change is up to you and this guidebook is the best place to start!” —Kris M. Fuller, certified Master Coach and chief creative officer of the **Best Ever You Network***

224 pages.

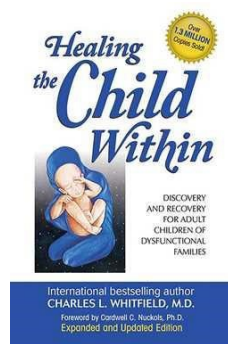
Territory: World in the English language

Rights sold:

English (India): S&S India

BACKLIST GEMS





In this classic bestseller – over 1 million copies sold in the U.S. -- Dr. Whitfield provides a clear and effective introduction to the basic principles of recovery.

Estimates show that over 50% of the population have experienced childhood trauma. In some cultures, that number is as high as 90%. When trauma occurs in childhood, the core aspect of human consciousness - our true self - goes into hiding and is, typically, replaced with an egotistical false self.

As fresh and useful today as it was more than a decade ago when first published, the book describes the process of wounding that the Child Within (True Self) experiences. It then shows how to differentiate the True Self from the false self. Dr. Whitfield also describes the core issues of recovery and more. He guides us through four steps to rediscovering our true self:

1. Learn to be 'real' by practicing being 'real' with safe others.
2. Identify your healthy human needs.
3. Grieve your ungrieved hurts, traumas and losses.
4. Work through your core recovery, relationship and life issues.

Charles L. Whitfield, M.D., is a physician, psychotherapist, and internationally recognized expert on mental illness, behavioral problems, and recovery. He has been voted by his peers as one of the Best Doctors in America every year since 1994.

176 pages.

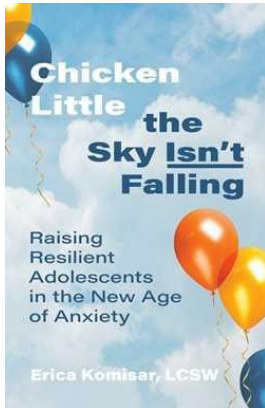
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- **Vietnamese: Thaihabooks (via HCI)**

Erica Komisar, LCSW

November 2021

CHICKEN LITTLE THE SKY ISN'T FALLING

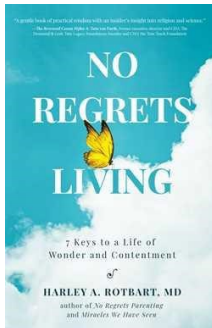


A comprehensive guide for parents who want to raise emotionally healthy, resilient adolescents in a time of great stress when anxiety and mental health disorders are epidemic

In these times of great stress for our kids, resilience is not a given. The epidemic of mental health disorders in adolescents has made parenting even more challenging, but parents can still have an enormous impact on the health and well-being of their child. This book offers parents the tools they need to navigate this tumultuous time of change and create a continuous deep connection with their child.

With covered topics such as anxiety, depression, ADHD, behavioral issues, and addiction, parents will learn how they can recognize mental health disorders as well as obtain compassionate and practical advice on how to address these issues if they occur.

Erica Komisar, is a clinical social worker, psychoanalyst, and parent guidance expert who has been in private practice in New York City for over 30 years. She is a contributor to *The Wall Street Journal*, *The Washington Post* and *The New York Daily News*. She is also a Contributing Editor to The Institute for Family Studies and appears regularly on Fox and Friends and Fox 5 News.



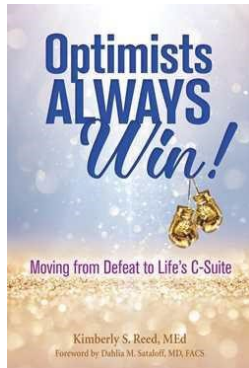
A prescription for a life filled with gratitude for what we have and appreciation for what we have done with our time on earth.

No Regrets Living is a proactive, 7-step plan to help us better appreciate what we have in our lives, and take greater pride in what we've done with our lives— without spending precious time and energy wishing things had turned out differently. All of us have had disappointments, lamentable moments. For some, those times have led to lasting unhappiness and a life that feels unfulfilled, even meaningless. Others have found ways to move past the downturns and find better ahead. *No Regrets Living* leads us to see the world through a lens of appreciation for the magnificence around us, which in turn helps us accommodate those not-so-magnificent moments in our lives.

Dr. Rotbart brings his unique perspective as physician, scientist, child of a Holocaust survivor, and heart patient to *No Regrets Living*. Part self-help manual, part inspirational road map, part moving memoir, *No Regrets Living* is a blueprint for reaching greater satisfaction and fulfillment in life.

Harley Rotbart, M.D. is a nationally renowned infectious diseases specialist, pediatrician, parenting expert, speaker, and educator. He is professor and vice chair emeritus of pediatrics at the University of Colorado School of Medicine and Children's Hospital Colorado. He is the author of numerous medical and scientific publications, and books for lay audiences including *No Regrets Parenting*, *940 Saturdays*, and *Miracles We Have Seen*. Dr. Rotbart was named to Best Doctors in America for 18 consecutive years, as well as receiving numerous other national and local awards for research, teaching, and clinical work.

272 pages.



Eliminate discouragement and embrace an optimistic attitude in life with concrete tools to turn your life around by an award-winning international speaker, author, corporate trainer and diversity, equality and inclusion strategist.

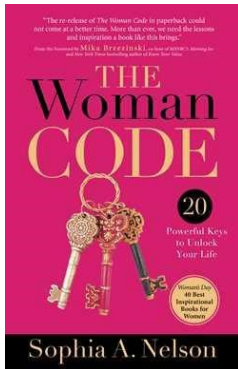
Our brain's default setting is negativity. Ask anyone who has ever tried to lose weight, achieve a new skill, or incorporate a new habit and they can tell you that our natural tendency is to levitate toward mediocrity. However, optimism overpowers that negativity. In this book, Reed helps readers develop a process to stay optimistic all the time and obtain a level of happiness, peace, wisdom and growth in all areas of our lives. It's choosing optimism instead of anger, bitterness, or revenge.

The book challenges anyone facing what seems to be an impossible situation and shows that victory is absolutely possible. Relying on her own struggles in life and the optimism that she learned to cultivate, Kimberly Reed teaches her readers the ten discouragement eliminators she used, which helped her succeed not just in her fight against cancer but as she lives each day as her best self. The message of this book is simple: difficulties and struggles are unavoidable in life, but a person has complete control over one's personal response to the situation.

The author is donating all royalties to the book to a Premier Academic Research Institution for Integrated Breast Cancer Fund and Patient Care, and American Cancer Society.

176 pages.

Arabic: Jarir Bookstores



A powerful, no-nonsense guide for women that provides them the keys to unlock a fulfilling life.

Every woman lives by a code, whether she realizes it or not. It informs how she treats others and herself, how much she expects of herself, and how far she is willing to go in order to find success. But is the code we're living by truly helping us create the lives of purpose and fulfillment we desire? Or are we sacrificing the deeper things for mere achievement?

In this inspiring book—updated with new insights from the profound economic and societal shifts that have changed our world with the advent of the global pandemic—Sophia A. Nelson calls women to live out a powerful life code that will lead them to purposeful and successful lives. Nelson reveals to women:

- The true meaning of “having it all”
- How to take better care of their minds, bodies, and souls
- How to discover new reserves of strength
- The importance of having courageous conversations to build relationships
- How to achieve professional excellence without compromising their values
- How to find lasting love and purpose in life beyond their accomplishments
- How to navigate the sisterhood of women, to build collaboration rather than competition
- How to heal from past hurts, rejection, and life's inevitable storms

The Woman Code shows women that everything they need to lead the lives they want are already inside of them. Drawing from her personal faith and her experience in the business world, Sophia Nelson explores 20 keys to unlocking the life you want.

Sophia Nelson is a sought-after motivational speaker and leadership trainer in Fortune 500 companies and at universities. The trade paperback version of this book provides younger women, and those who are trying to rebuild their careers after the pandemic, an affordable option.

Mika Brzezinski is the co-host of the popular MSNBC show “Morning Joe.”

"Nelson explains how women can recognize the codes they operate by and use them to reshape aspects of their lives, using what she calls the "Personal Codes," the "Emotional Codes," the "Spiritual Codes," and the "Professional Codes." Unlike many of today's self-help authors, Nelson doesn't indulge in an us-against-them mentality. Rather, she says that women should be strong, assured, and responsible for their own actions and choices. This refreshing approach is both empowering and enlightening and should appeal to women of all ages." -Publisher's Weekly

"The Woman Code exposes the personal, emotional, spiritual, professional and social areas where the distortions lie, and shares principles for making genuine life transformation. The Codes challenge

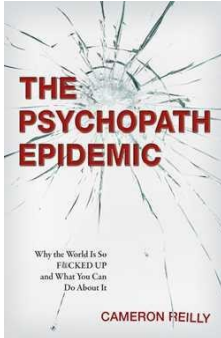
antiquated ideas on womanhood, including attitudes that women have toward one another. The Woman Code is a straightforward, comprehensive guide to liberate the true woman inside." -Huffington Post Book Review

272 pages.

Cameron Reilly

January 2020

***THE PSYCHOPATH EPIDEMIC: Why the World Is So Fucked Up
And What You Can Do About It***



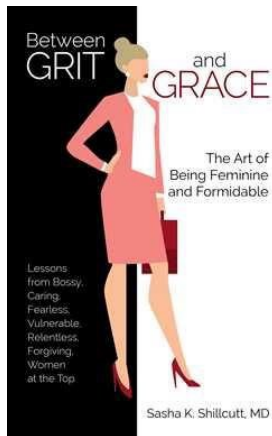
For readers of the bestselling Sociopath Next Door comes a unique look at the psychopaths among us and how our society--from businesses and governments to religions--encourages and rewards psychopathic behavior, and what average citizens can do to survive and thrive when we must live with, learn from,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

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.

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. 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.

336 pages.



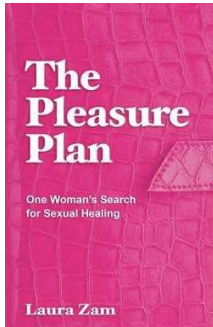
Lessons from bossy, caring, fearless, vulnerable, relentless, forgiving, smart, humble women at the top show readers how to be both kind and assertive and not allow others to assign a role to you that you are not comfortable with.

The book tells women 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). Dr. Sasha Shillcutt, 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.

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 an award-winning physician, clinical scientist, national educator, writer, and speaker. A board-certified cardiac anesthesiologist and tenured associate professor, 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.

240 pages.



Based on popular essays in *New York Times*' Modern Love column and on *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

The World Health Organization reports that 50 percent of women suffer from sexual dysfunction at some point in their lives. 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.

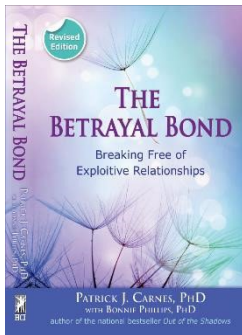
However, in her late

forties, after meeting and marrying the love of her life, Zam was determined to finally fix her sensual self. In partnership with her initially reluctant husband, she visited 15 healers and tried 30 pleasureenhancing 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.

Laura Zam is a regular contributor to: *New York Times* (302 million visitors a month), Huffington Post (110 million visitors a month), Salon (12 million visitors a month) and other publications. In addition, she will offer online videos, a podcast and other events.

288 pages.



For seventeen years *The Betrayal Bond* has been the primary source for therapists and patients wrestling the effects of emotional pain and harm caused by exploitation from someone they trusted.

Divorce, litigation, incest and child abuse, domestic violence, kidnapping, professional exploitation and religious abuse are all areas of trauma bonding. These are situations and relationships of incredible intensity or importance lend themselves more easily to an exploitation of trust or power.

In *The Betrayal Bond*, Dr. Carnes presents an in-depth study of these relationships; why they form, who is most susceptible, and how they become so powerful. Dr. Carnes also gives a clear explanation of the bond that compels people to tolerate the intolerable, and for the first time, maps out the brain connection that makes being with hurtful people comparable to 'a drug of choice.' Most importantly, Carnes provides practical steps to identify compulsive attachment patterns and ultimately to change or end them for good.

This new edition includes:

- New science for understanding how our brains can make a prison of bad relationships
- New assessments and insights based on 50,000 research participants
- A new section utilizing the latest findings in attachment research and narrative therapy to concretely rewrite and rescript bad experiences
- A redefinition of the factors contributing to addictive relationships

Russian: AST

Jack Canfield and Miriam Laundry
THE BIG, BAD BULLY

October 2019



Self-esteem expert Jack Canfield and noted educational speaker Miriam Laundry reveal that the biggest bully in a child's world is not lurking around the corner but living inside her head.

Words have power. The words others say to us can either lift us as high as the clouds, or drop us down like a crashing plane. But what about the words we tell ourselves? What about that constantly running inner voice? In truth, what we say to ourselves impacts us even more than what others say to us.

"Pigtails are for babies!" she snarled at me. Her words hurt more than the time I broke my arm. I quickly untied my hair. I wore my hair down for the rest of the school year.

That was the first time I met the Big Bad Bully. . . . She called me names like "fatty," "piglet" and "ugly." Things are worse now that I am in the 6th grade. Even when I don't see her, I can always hear the whispers, the giggles, and the growls.

So goes the mesmerizing story of a young girl who grows up with a voice that ridicules and demeans her. In the end, we discover that her tormentor is staring back at her every day in the mirror.

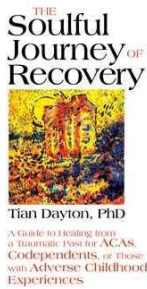
Featuring stunning artwork, this small yet profound book is a tool for engaging children, young adolescents, parents, and caring adults about the impressions they make on themselves with their thoughts and self-talk. Included are powerful workbook exercises and resources for implementing healthy self-esteem habits that can last a lifetime.

48 pages; 4/c throughout
Ages 9-12

Tian Daton, Ph.D.

November 2019

THE SOULFUL JOURNEY OF RECOVERY



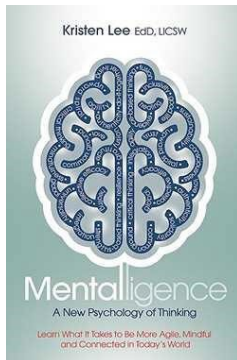
A dynamic, interactive, and personalized journey of recovery for those impacted by adverse childhood experiences (ACES). Finally, they can put their past behind them where it belongs!

For those who have grown up in a family with addiction, mental illness, or other adverse childhood experiences (ACES), the heartache and pain doesn't end when they grow up and leave home. The legacy can last a lifetime and spread to generations unseen.

Simple, poignant, penetrating, and on point, Dr. Dayton moves through the confusion, pain, and anger you may carry in secrecy and silence. Through engaging and enlightening exercises, you will give voice to hidden wounds and space to your innermost emotions and thoughts. Online links will also offer guided meditations, film clips and other tools to enhance the work you do in the book.

Tian Dayton, Ph.D., is a senior fellow at The Meadows. A creative arts therapist, she has an M.A. in educational psychology and a Ph.D. in clinical psychology and is a board-certified trainer in psychodrama. She is the author of 15 books including *Neuropsychodrama*, *The ACoA Trauma Syndrome*, *Emotional Sobriety*, *Trauma and Addiction*, *Forgiving and Moving On* and *The Living Stage*.

272 pages.



One of the greatest gifts we can give to ourselves is rethinking what we've been taught, because thoughts become behaviors. The same mind that gets us stuck is the same one that can set us free. We need a new organizing framework that allows more flexibility and moral grounding—one that lets science, emotion and spirit to fuse.

Too often, life's disorienting moments can leave us tumbling into messy, downward spirals. We lose clarity, and are held hostage by blind spots that keep us from thriving. In this uniquely liberating book, Dr. Kristen Lee teaches us how to apply a process of behavioral change using a series of different lenses, to steer our brains to overcome blind spots. We learn how to unlearn behaviors that no longer are relevant to our life and break free from society's expectations of what we should do to be perfect. Instead, she demonstrates how we can change our behavior and be more authentic in our life – resulting in our overall success and well-being.

A leading expert on resilience and behavioral science, Dr. Kristen Lee developed this new psychology of thinking model from over twenty years of clinical practice, the latest neuroscience, and her own research findings. Rather than falling for predominant definitions of 'success' that leave us boxed in, depleted, and oblivious to ways we can work together, Mentalligence helps us find the thinking and behavioral agility to work towards better outcomes for all.

Dr. Kristen Lee is a recognized, award-winning clinician, author and Behavioral Science professor from Boston with more than twenty years in the field. Dr. Lee speaks around the globe with business leaders, educators, physical and mental health professionals and general audiences. Some of the venues she speaks at include Harvard University, Ted X, Virgin Pulse, and Johnson & Johnson.

264 pages.

**Marty Becker, DVM; Dr. Mikkei Becker; Dr. Lisa Radosta;
and Dr. Wailiani Sung,
FROM FEARFUL TO FEAR FREE**

April 2018



Almost every dog owner has a pet who suffers from fear, anxiety, and stress (FAS). They are the underlying cause of many concerning behaviors such as excessive barking, aggression, destructive behaviors, and house-soiling. They are also the source for deterioration of the human-animal bond. Left untreated, these negative experiences can lead to devastating consequences and permanent damage.

Finally, there's help. *From Fearful to Fear Free* is based on the groundbreaking Fear Free program embraced by tens of thousands of veterinary healthcare professionals and hundreds of thousands of pet owners (fearfreepets.com and fearfreehappyhomes.com). By knowing your dog's body language, vocalizations, and changes in normal habits, you can make an accurate diagnosis and take action to prevent triggers or treat the fallout if they do happen.

You'll learn:

- The most effective prescription sedatives for keeping dogs calm and happy during thunderstorms, fireworks, and other stressful events.
- The positive steps you can take to keep your pet occupied, calm, and content while you're away at work or play.
- Simple, practical tactics for helping your dog learn to love going to the veterinarian's office—literally pulling you into the practice instead of avoiding it!
- How to easily groom your dog and give him medication.
- Tips to tame the chaos when guests arrive in your home or when your dog encounters other dogs and people on walks.
- Ways to tackle some of the common behavior issues that often have a root cause of FAS, while also improving your communication and bond with your pet.

Dr. Marty Becker, is the founder of the Fear FreeSM initiative, an educational certification program to train veterinarians and pet professionals to ease the fear, anxiety, and stress of the pets in their care.

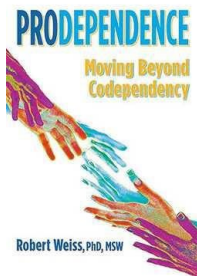
Mikkel Becker is the lead trainer for *FearFreePets.com* and specializes in reward-based training with a focus on helping animals (and their people) learn to calmly their fears and gain greater confidence, freedom and peace on the other side.

Dr. Lisa Radosta is a board-certified veterinary behaviorist and serves on the Fear FreeTM Executive Committee and the AAHA Behavior Management Task Force. Dr. Wailiani Sung is a board-certified veterinary behaviorist and owner of All Creatures Behavior Counseling in Kirkland, Washington, where she focuses exclusively on treating behavior problems in dogs, cats, and birds.

224 pages.

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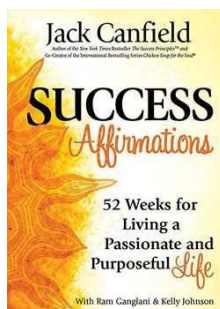
- Czech: Plot
- Hungarian: Jaffa
- Polish: Galaktyka



With *Prodependence*, Dr. Robert Weiss offers readers the first fully new paradigm in over 35 years for helping those who love and care for addicts. An attachment-focused model, prodependence recognizes that no one can ever love too much, nor should anyone be pathologized for whomever they choose to love as is often the case. Prodependence informs caregivers how to love more effectively, but without having to bear a negative label for the valuable support they give. When treating loved ones of addicts and other troubled people using prodependence, we need not find something "wrong" with them. Instead, we acknowledge the trauma and inherent dysfunction that occurs when living in relationship with someone whose life is failing and keep moving forward. Validating a caregiver's painful journey for what it is opens the door to support them in useful, non-shaming ways. Helping people take incremental, positive steps toward intimate healing is what *Prodependence* is all about!

Robert Weiss is Senior Vice President of Clinical Development with Elements Behavioral Health. He founded the Sexual Recovery Institute in Los Angeles and has developed clinical programs for The Ranch in Nunnally, Tennessee, Promises Treatment Centers in Malibu, and the Sexual Recovery Institute in Los Angeles.

176 pages.



Jack Canfield is a master motivator, world-renowned teacher, and bestselling author of *The Success Principles*. In his book, *Success Affirmations*, he helps readers break through to new levels of passion, purpose, and prosperity with 52 affirmations and time-tested wisdom.

In our 24/7 world, where we move at warp speed, sometimes we let life happen to us instead of taking control of our direction. Other times, we suffer from information overload, and we fail to consciously control our positive thoughts, and we allow negativity to take over. For those who want to rise above, to get unstuck, or to catapult to a new level success, Jack Canfield will show you how positive affirmations can transform your life in extraordinary ways.

Canfield, with the help of esteemed co-authors Kelly Johnson and Ram Ganglani, explains what positive affirmations are (and what they are not), why they are so effective, and how to effortlessly integrate their practice into your life. Pulling the most effective tenets from his bestselling book *The Success Principles*, Canfield covers all areas of life, from financial prosperity and creative pursuits to your career and positive relationships. *Success Affirmations* reveals:

- How to avoid letting life just happen to you, and how to proactively go after your dreams
- How to use the power of deliberate thought to create the reality you want
- How to identify your true passions and purpose to direct your affirmations to concrete goals, not nebulous ideas or someone else's vision
- How to harness positive energy to attract what you want in your life through the Law of Attraction
- How to unplug from technology and plug into your true source of energy

And much more!

240 pages.

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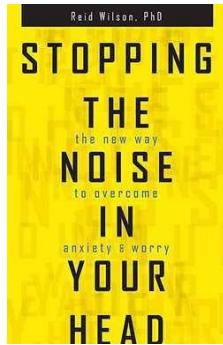
Japanese: Discover 21

Korean: Namu Books

Reid Wilson, Ph.D.

May 2016

STOPPING THE NOISE IN YOUR HEAD



Did you lock the door? Did you prepare enough? Will you get there on time?

What if you forget? What if someone gets sick? Do you have enough money?

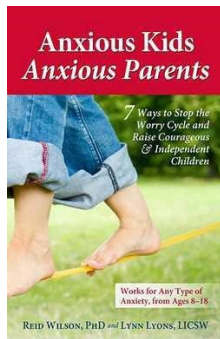
From the little daily naggings to the bigger life-impacting thoughts, worry can consume us. It's time to flip our perspective on this mental chatter and recognize that worry serves a purpose in our lives. In fact, worry can be healthy. In this groundbreaking book, anxiety expert Dr. Reid Wilson provides us with a step-bystep approach to overcoming

anxiety and worry by moving *away* from comfort, confidence, and security...and willingly moving *toward* uncertainty, distress, and discomfort.

Drawing on a range of sources--from firefighters and fitness instructors to Sir Isaac Newton and Muhammad Ali--*Stopping the Noise in Your Head* demonstrates the importance of shifting our perspective and stepping toward our challenges in order to regain control of our lives. Learn to identify the difference between heart-racing, sweaty-palm Signals (I just missed the train!) and Noise (What if I miss the train?). Also use the power of perspective – this is hard and I can get through it”- to deal with anxiety.

Reid Wilson, Ph.D., is an international expert in the treatment of anxiety disorders, with books published in nine languages. He is the author of *Don't Panic*, co-author of *Stop Obsessing!* and coauthor of *Anxious Kids, Anxious Parents*. Dr. Wilson is Director of the Anxiety Disorders Treatment Center in Chapel Hill, NC and is Adjunct Associate Professor of Psychiatry at the University of North Carolina School of Medicine.

384 pages.



With anxiety at epidemic levels among children, *Anxious Kids, Anxious Parents* offers a contrarian yet effective approach to help children and teens push through their fears, worries, and phobias to ultimately become more resilient, independent, and happy.

How do you manage a child who gets stomachaches every school morning, who refuses after-school activities, or who is trapped in the bathroom with compulsive washing? Children like these put a palpable strain on frustrated, helpless parents and teachers.

Drawing on the latest research and on their success with hundreds of organizations, schools, and families, Reid Wilson, PhD, and Lynn Lyons, LICSW, share their unconventional approach to anxiety disorders of children. They provide a concrete 7-step program that will foster change in both the children's *and* the parental patterns of thinking and behaving.

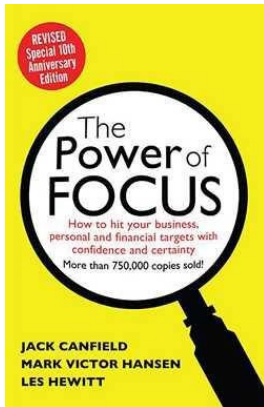
Lynn Lyons, LICSW, is a licensed clinical social worker and psychotherapist in private practice. She specializes in the treatment of anxiety disorders in adults and children, including generalized anxiety, phobias, social anxiety, obsessive compulsive disorder, and performance anxiety. Reid Wilson, PhD, is a licensed psychologist who directs the Anxiety Disorders Treatment Center and is the Clinical Associate Professor of Psychiatry at the University of North Carolina School of Medicine. Dr. Wilson has written two well-received publications in the field of anxiety, translated into nine languages and endorsed by the most highly esteemed professionals in the field. He is author of *Don't Panic: Taking Control of Anxiety Attacks* and the coauthor of *Stop Obsessing! How to Overcome Your Obsessions and Compulsions*.

288 pages.

German: Mankau Verlaag

Jack Canfield; Mark Victor Hansen; Les Hewitt
THE POWER OF FOCUS, REVISED ANNIVERSARY EDITION

March 2012



More than 600,000 people around the world have been captivated by the simple, practical, and profound strategies contained in the original bestseller, *The*

Power of Focus. Now a decade later, authors Jack Canfield, Mark Victor Hansen, and Les Hewitt have joined forces to create a special 10th Anniversary Edition of this enduring classic.

Each of these masters of business and personal development provides a crystalclear picture of why your ability to focus is even more vital today in determining your future success. Readers will discover:

- The keys to prosperity in a turbulent economy
- A personal look at the last ten years through the experienced eyes of Jack Canfield, Mark Victor Hansen, and Les Hewitt: Insights on where to sharpen your focus, capitalizing on the new currency in business, and a Reality Check questionnaire to help you focus and follow through
- How to dramatically leverage your income using relationships and technology
- Inspiring success stories from readers who have implemented *The Power of Focus* strategies

The book also offers a free comprehensive workbook containing simple Action Steps to help you maximize *The Power of Focus* in your business and personal life.

384 pages.

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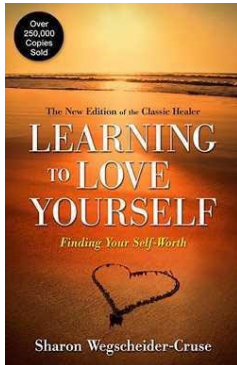
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Sharon Wegscheider-Cruse
LEARNING TO LOVE YOURSELF, Revised

May 2012



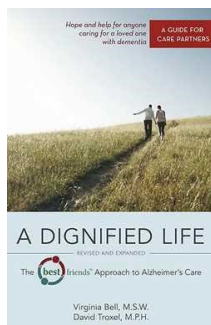
A blueprint for creating your own self-worth and healing from a dysfunctional upbringing by a renowned therapist.

We all come into this world full of promise and possibility. For some, when born into a healthy and highly functional family, the journey is quite easy, with guideposts and directions given freely. However, for the millions of people who grew up in painful families, whether by absent parents, abusive parents, or those who were ill-equipped, Sharon Wegscheider-Cruse shows that they do not have to follow a family tradition of compulsion or addiction.

In the revised edition of the classic *Learning to Love Yourself*, WegscheiderCruse explains that it is possible to create our own self-worth at any time in our lives, even as adults. She guides readers on a journey to greater self-worth, explaining how to eliminate toxic self-defeating messages, how to choose healthier, new perspectives, and how to reinvent yourself each day open to a world of possibilities

Sharon Wegscheider-Cruse is a family therapist, businesswoman, and founder of Onsite Training and Consulting. She is the author of twenty-three books, including five bestsellers, translated into thirteen languages, most notably *Another Chance: Hope and Health for the Alcoholic Family*, *Learning to Love Yourself*, and *Choicemaking*. She has developed programs in the United States, Europe, Canada, Australia, and New Zealand.

146 pages.

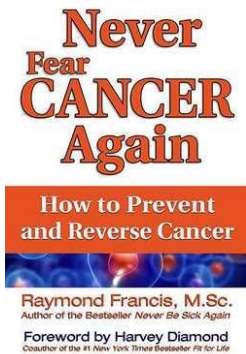


A practical and essential guide for caretakers of more 44 million people worldwide who are living with Alzheimer's. By the year 2030, experts estimate that as many as 66 million people around the world will be faced with this lifealtering disease. These staggering statistics impact millions of caregivers, too. Compared with all types of caregivers, those who assist someone with dementia experience the highest levels of burnout, depression, poor health, and premature death. *A Dignified Life, Revised and Expanded* offers hope and help with a proven approach.

Ten years ago, the first edition of *A Dignified Life* changed the way the caregiving community approached Alzheimer's disease by showing caregivers how to act as a Best Friend to the person, finding positive ways to interact even as mental abilities declined. Firmly grounded in the latest knowledge about the progression and treatment of dementia, this expanded edition offers a wealth of immediately usable tips and new problem-solving advice. It incorporates practical ideas for therapeutic activities—including the latest brain-fitness exercises—stimulate the brain while adding structure, meaning, and context to daily routines. With new stories and examples as well as an updated resources section, *A Dignified Life, Revised and Expanded* gives caregivers the support and advice they need to be successful and inspired in their demanding roles.

Virginia Bell, MSW, is a pioneer in the dementia care field, having founded one of the first dementiaspecific adult day programs, the award-winning Helping Hand Adult Day Center, which for more than twenty-five years has been a model for other programs nationally. She has published numerous journal articles and book chapters and has coauthored five books with David Troxel. David Troxel, MPH, is a consultant on dementia care, staff development, and training for the long-term care industry. He served for a decade as President and CEO of the California Central Coast Alzheimer's Association (1994– 2004) and was previously Executive Director for the Lexington/Bluegrass Chapter (KY) of the Alzheimer's Association.

336 pages.



A proven guide to preventing and reversing cancer from an internationally recognized leader in the field of optimal-health maintenance.

Most cancer research dollars have been wasted by asking the wrong questions, looking in the wrong places, and recycling the same failed approaches while expecting different results. Conventional cancer treatments damage health, cause new cancers, lower the quality of life, and decrease the chances of survival. In fact, most people who die from cancer are not dying from cancer, but from their treatments!

The good news is that we can end the cancer epidemic. In *Never Fear Cancer Again*, readers will gain a revolutionary new understanding of health and disease and will come to understand that cancer is a *biological process* that can be turned on and off, not something that can be surgically removed or destroyed with radiation or toxic chemicals. So whether cancer has already been diagnosed or if prevention is the concern, it is possible to turn off the wayward production of these malfunctioning cells once and for all by reading this book and implementing its strategies.

The key to any disease has one simple cause: malfunctioning cells that are created by either deficiency or toxicity. By switching off the malfunctioning cells, you switch off the cancer. *Never Fear Cancer Again* guides readers along six pathways that cause deficiency or toxicity at the cellular level: nutritional path, genetic path, medical path, toxin path, physical path, and the psychological path. By making key lifestyle changes, people truly have the power to take control of cancer and transform their health. This radically different, yet holistic approach restored author Raymond Francis back to health just as it has helped thousands of others, many of whom were told they had no other options or that their cancer was incurable. Take back your health with this book and never fear cancer again.

Raymond Francis is the author of the bestselling books *Never Be Fat Again* and *Never Be Sick Again*. Francis is also the creator of a revolutionary and simplified understanding of disease, the Beyond Health Model, which employs the concept of One Disease with Two Causes and Six Pathways. An in-demand speaker, Francis has been a guest on over 2,000 radio and television shows. His books have been translated into Chinese, Polish, Romanian, French and Turkish.

384 pages.

ADULT CHILDREN OF ALCOHOLICS SERIES

**Lifeskills
for
Adult
Children**



From the author of the *New York Times* bestseller *Adult Children of Alcoholics* – a practical book that affirms and encourages adults by developing skills for living.

Adult children of alcoholics come from profoundly troubled families and never learned the skills they need to navigate life. In this book, Dr. Woititz and Alan Garner provide those missing skills needed to make life work including how to:

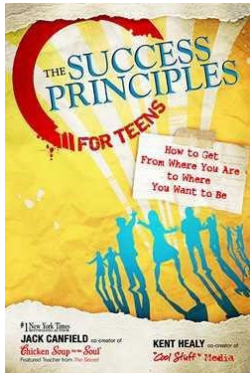
- meet people and make friends
- identify your feelings and express them
- set up boundaries and defend them
- work out your problems with others
- handle criticism
- learn to say NO
- end visits, conversations or relationships when they threaten your well-being.

Drawing on real-life examples, the book offers lessons and exercises to help you practice your new skills. Examples are provided to help clarify the lessons and exercises are given to help you practice your new skills.

Janet Woititz is the author of *Adult Children of Alcoholics*, which was on the *New York Times* bestseller list for over a year. She wrote several other books, including *The Self-Sabotage Syndrome*; *The Struggle for Intimacy*; *Marriage on the Rocks*; *Healing Your Sexual Self* and many others.

Alan Garner, M.A. is a nationally-known relationship-skills trainer and the author of several books including the million-copy selling *It's OK To Say No To Drugs*, a parent/child manual.

120 pages.



For readers of *7 Habits of Highly Effective Teens*, and following the mega success of *The Success Principles*, Jack Canfield and Kent Healy offer success strategies for teens.

Many teens feel lost when it comes to setting powerful goals and creating the life they really want. Jack Canfield, co-creator of the famed *Chicken Soup for the Soul* series has teamed up with successful author and young entrepreneur Kent Healy to design a fun and engaging teen-friendly book that offers the timeless information and inspiration to get from where you are to where you really want to be.

The Success Principles for Teens is a roadmap for every young person. It doesn't matter if your goal is to become a better student or athlete, start a business, make millions of dollars, or simply find guidance and direction, the principles in this book always work, if you work the principles. This is not merely a collection of 'good ideas.' This book includes twenty-three of the most important success strategies used by thousands of exceptional young people throughout history.

With the right tools, anyone can be successful. This book will give teens the courage and the heart to get started and get ahead.

Jack Canfield is an award-winning speaker and an internationally recognized leader in personal development and peak performance strategies. As the co-creator of the *Chicken Soup for the Soul*® series, he's taught millions of individuals his formulas for success. He is the author and co-author of more than 150 books (including 66 bestsellers) with more than 100 million copies in print in 47 languages around the world. His bestselling book, *The Success Principles* has been hailed as the new self-improvement classic.

This book has been selling steadily since its initial 2008 pub date and still ranks in the top 100 on Amazon – over a decade after publication,

272 pages.

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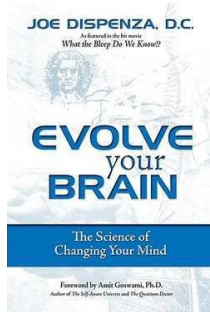
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Joe Dispenza, D.C

October 2008

EVOLVE YOUR BRAIN: The Science of Changing Your Mind



If we modify our thoughts, does our reality change?

Joe Dispenza, D.C., has spent decades studying the human mind---how it works, how it stores information, and why it perpetuates the same behavioral patterns over and over. *Evolve Your Brain* presents this information in depth, while helping you take control of your mind, explaining how thoughts can create chemical reactions that keep you addicted to patterns and feelings----including ones that make you unhappy. And when you do know how these bad habits are created, it's possible not to only break these patterns, but also reprogram and evolve your brain, so that new, positive, and beneficial habits can take over.

And when we truly change our mind, we change our life.

Dr Joe Dispenza is an international lecturer, researcher, corporate consultant, author, and educator who has been invited to speak in more than 33 countries on six continents. As a lecturer and educator, he is driven by the conviction that each of us has the potential for greatness and unlimited abilities. In his easy-to-understand, encouraging, and compassionate style, he has educated thousands of people, detailing how they can rewire their brains and recondition their bodies to make lasting changes. He is the *New York Times* bestselling author of *Becoming Supernatural* and *Breaking the Habit of Being Yourself*.

Over 100,000 copies in print.

528 pages.

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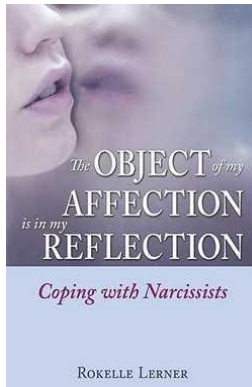
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- Turkish: Diyojen
- Ukrainian: Bookchef

Rokelle Lerner

October 2008

THE OBJECT OF MY AFFECTION IS IN MY REFLECTION



In her latest book, relationship expert Rokelle Lerner, tackles the innerworkings of narcissism and offers compassionate and realistic advice for surviving a relationship with those afflicted with this personality disorder.

A narcissist can make life exhilaratingly exciting one minute, and shear hell the next. A narcissist has no qualms about taking another's money, love, admiration, body or soul to satisfy their unquenchable hunger. They are not inherently evil, but unfortunately their wounds compel them to act in ways that are sometimes unconscionable, damaging, and ultimately tragic. Whether a mother-in-law, friend, co-

worker or boss, sometimes it's impossible to avoid narcissists, so instead of being miserable or taken advantage of, Rokelle Lerner shares her insights on the dynamics behind this personality disorder to give readers the tools to cope with narcissists, including:

- Learning to see narcissists as they see themselves
- Creating defense factors to ward them off
- Maintaining a balanced relationship based on mutual love, not one-sided narcissism

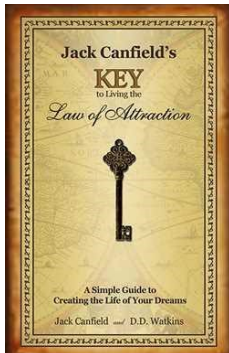
Rokelle Lerner is a psychotherapist, international consultant and lecturer on relationships, women's issues and family systems. Ms. Lerner is the co-creator and facilitator of the InnerPath Programs for Cottonwood de Tucson. Over the last fifteen years Rokelle has worked as a consultant in London for Spring Workshops ltd and has created seminars for men and women in recovery from trauma, addiction and relationship issues.

456 pages

Jack Canfield

December 2007

***JACK CANFIELD'S KEY TO LIVING THE LAW
OF ATTRACTION***



Long before he was the co-creator of the *Chicken Soup for the Soul* series, Jack Canfield was a master motivator, teacher, and a self-esteem trainer. In this book, Jack Canfield helps readers apply the principles of the famed Law of Attraction to their lives.

Canfield covers all areas of life -- from career and creative pursuits to health, financial prosperity and winning relationships -- and guides readers to understand how the Law of Attraction works in their lives through reprogrammed, interactive prescription. In addition, Canfield discusses:

- How not to let life 'happen' to you, but to be a pro-active agent in your destiny • Orchestrating positive changes to make yourself a magnet to the Law of Attraction
- Connecting your bundle of intelligent energy for optimum, life-changing results. and much more

144 pages.

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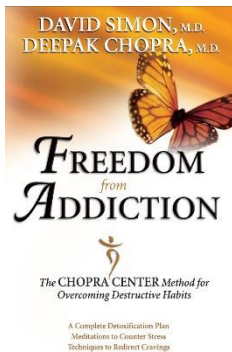
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David Simon, M.D. and Deepak Chopra, M.D.
FREEDOM FROM ADDICTION: The Chopra Center Method
for Overcoming Destructive Habits

November 2007



Millions of people have embarked on a Twelve-Step Program, whether it's Alcoholics Anonymous, Nicotine Anonymous, or Alateen. However, there are millions of others who are unable or unwilling to accept these programs because of religious overtones or a rigid approach to recovery.

Deepak Chopra and David Simon contend that Twelve-Step methods don't work for everyone because they emphasize personal powerlessness; it's this admission of powerlessness that keeps many people from ever truly healing. In *Freedom from Addiction*, Chopra and Simon offer a new way—a *proven* method based on the program at the renowned Chopra Center in Carlsbad, California. Combining the best of eastern and western medicine, they teach readers how to cleanse their bodies and minds through nutrition, supplements, and meditations, and they walk readers through their 7-Step Framework:

1. Commit to transformation
2. Commit to ending repeat mistakes
3. Face the harsh reality of the past
4. See the infinite possibilities available in the present moment
5. Envision where you want to be
6. Ask yourself what choices need to be made to actualize vision
7. Create an action plan

Through his creation of the Chopra Center for Well Being in California in 1995, Deepak Chopra established a vehicle for the expansion of his healing approach using the integration of the best of western medicine with natural healing traditions. Chopra is known as the prolific author of more than forty-two books. As cofounder (with Deepak Chopra) and medical director of the Chopra Center, Dr. David Simon is the driving force behind the Center's development, training, and implementation of programs and seminars in mind-body medicine, emotional healing, and spirituality.

256 pages.

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What the Bleep Do We Know!? is a book of amazing science that takes the reader through the looking glass of quantum physics into a universe that is more bizarre and alive than ever imagined.

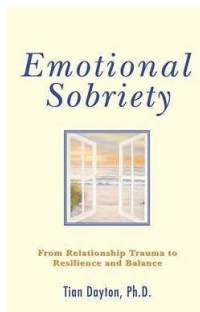
Hundreds of years ago, science and religion split apart; they became antagonists in the great game of explanation and discovery. But science and religion are two sides of the same coin. They both help explain the universe, our place in the great plan and the meaning of our lives. In fact, they can only begin to do that adequately when they work *together*. With researchers and theoretical scientists leading the way, the book leads us to ask great questions like:

- What is a thought made of? What is reality made of? And most important, how does a thought change the nature of reality?
- A higher power exists, but is it truly out there? Where is the dividing line between out there and in here?
- If thoughts are more than random neural firings, then is consciousness more than an anatomical accident?

William Arntz, a research physicist and spiritual seeker, created one of the world's most widely used pieces of software. He retired and became interested in uniting his four great passions: leading edge science, spiritual inquiry, filmmaking and computer.

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Picking up right at the point where Janet Woititz's book *Adult Children of Alcoholics* left off, clinical psychologist Tian Dayton's latest contribution contains fresh perspectives and new analysis on how to gain back emotional stability after growing up with the trauma of addiction, abuse, and dysfunction.

Dr. Dayton accomplishes this by presenting and explaining the latest research in neuropsychology and the role trauma plays on chemically altering the brain. With compassion and clear explanations and her own personal journey, Dayton teaches readers how to undo the neuropsychological damage of trauma to rewire the brain and reverse the negative effects trauma has on our future relationships and behaviors to gain emotional sobriety.

In *Emotional Sobriety*, Dr. Dayton teaches readers:

- How to understand the mind/body relationship of addiction and relationship trauma
- How to rewire your brain to undo the negative effects trauma has on personal, career, and romantic relationships
- How changing the way one lives and perceives adult relationships can change the way one thinks and feels and vice versa

Tian Dayton, Ph.D., TEP, holds a doctorate in clinical psychology, a master's in educational psychology and is a certified trainer and practitioner of psychodrama, sociometry and group psychotherapy. A fellow of the American Society of Psychodrama, Sociometry and Group Psychotherapy, she is in private practice in New York City. She is the author of thirteen books.

320 pages.

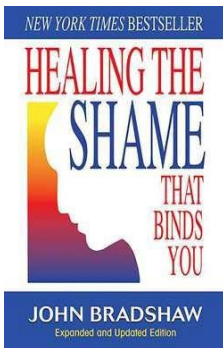
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John Bradshaw

October 2005

HEALING THE SHAME THAT BINDS YOU



A classic book on confronting and ending the toxic shame that prevents you from living a peaceful, joyful life by bestselling author John Bradshaw.

Healing the Shame That Binds you shows how shame is the motivator behind our toxic behaviors. Compulsion, co-dependency, addiction and drive to super achieve is what breaks down the family and destroys personal lives. John Bradshaw helps readers to identify their personal shame, understand the underlying reasons for it, address these root causes and release themselves from the shame that binds them to their past failures. This is the way to leave destructive behaviors behind and move towards a more fulfilling and happy future.

John Bradshaw, now deceased, was the author of five *New York Times* bestsellers, *Bradshaw On: The Family*, *Healing the Shame That Binds You*, *Homecoming*, *Creating Love*, and *Family Secrets*. He created and hosted four nationally broadcast PBS television series based on his best-selling books. John pioneered the concept of the "Inner Child" and brought the term "dysfunctional family" into the mainstream. He has touched and changed millions of lives through his books, television series, and his lectures and workshops around the country.

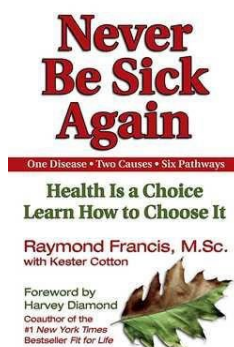
336 pages

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Raymond Francis, M.Sc. with Kester Cotton
NEVER BE SICK AGAIN

September 2002



A revolutionary approach to health that demonstrates that almost all disease can be both prevented and reversed.

One day Raymond Francis, a chemist and a graduate of MIT, found himself in a hospital, battling for his life. The diagnosis: acute chemical hepatitis, chronic fatigue, multiple chemical sensitivities, and several autoimmune syndromes, causing him to suffer fatigue, dizziness, impaired memory, heart palpitations, diarrhea, numbness, seizures and numerous other ailments. Knowing death was imminent unless he took action, Francis decided to research solutions for his disease himself.

In *Never Be Sick Again*, Francis presents a revolutionary theory of health and disease: there is only one disease (malfunctioning cells), only two causes of disease (deficiency and toxicity), and six pathways to health and disease (nutrition, toxins, psychological, physical, genetic, and medical). This remarkable book answers the questions: What is health? What is disease? Why do people get sick? How can disease be prevented? How can it be reversed? It will teach readers, in one easy lesson, an entirely new way to look at health and disease — an approach that is easy to understand, yet so powerful that they may, indeed, never have to be sick again.

Raymond Francis is an internationally recognized leader in the field of optimal-health maintenance. He is the author of the bestselling books *Never Be Fat Again* and *Never Fear Cancer Again*, a breakthrough book on how to prevent and reverse cancer. Francis is the creator of a revolutionary and simplified understanding of disease, the Beyond Health Model, which employs the concept of One Disease with Two Causes and Six Pathways. After a miraculous recovery from a terminal disease diagnosis in 1985, Francis devoted himself to improving the health of people everywhere.

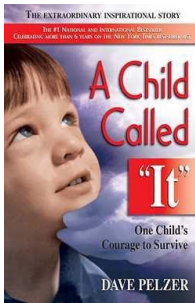
An in-demand speaker, Francis has been a guest on over 2,000 radio and television shows. His books have been translated into Chinese, Polish, Romanian, French and Turkish.

416 pages.

Dave Pelzer

September 1995

A CHILD CALLED "IT"



The internationally bestselling book (that was nominated for a Pulitzer Prize) that chronicles the unforgettable account of one of the most severe child abuse cases in California history. It is the story of Dave Pelzer, who was brutally beaten and starved by his emotionally unstable, alcoholic mother: a mother who played tortuous, unpredictable games--games that left him nearly dead. He had to learn how to play his mother's games in order to survive because she no longer considered him a son, but a slave; and no longer a boy, but an "it."

Dave's bed was an old army cot in the basement, and his clothes were torn and raunchy. When his mother allowed him the luxury of food, it was nothing more than spoiled scraps that even the dogs refused to eat. The outside world knew nothing of his living nightmare. He had nothing or no one to turn to, but his dreams kept him alive--dreams of someone taking care of him, loving him and calling him their son.

Dave Pelzer travels throughout the nation promoting inspiration and resilience. His unique accomplishments have garnered personal commendations from Presidents Reagan and Bush. In 1993 Pelzer was chosen as one of the Ten Outstanding Young Americans (TOYA), and in 1994 was the only American to receive The Outstanding Young Persons of the World (TOYP) award. He was also a torchbearer for the Centennial Olympic Games.

The book has sold over 6 million copies in the U.S. alone and the last reprint of the book was in November 2019 for 50,000 copies.

208 pages.

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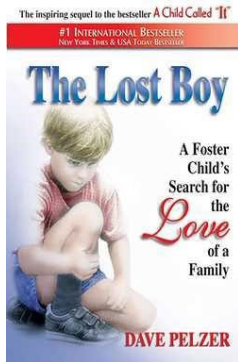
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Dave Pelzer

August 1997

THE LOST CHILD



The sequel to Dave Pelzer's bestselling book *A Child Called "It"*

The Lost Boy is the story of a young boy who never had a loving home. His only possessions were the old, torn clothes he carried in a paper bag. The only world he knew was one of isolation and fear. Although others had rescued this boy from his abusive alcoholic mother, his real hurt was just beginning -- he has no place to call home.

The book chronicles how Dave was finally rescued by teachers, social workers and foster parents from one of the most severe cases of child abuse documented in the State of California. It follows Dave's life from the ages of 12 through 18 from his placement in foster care to his enlistment in the U.S. Air Force. It is a story of indomitable spirit, unyielding faith and courage. It is also a story of the professionals who serve children with their selflessness, dedication and love.

The Lost Boy is Pelzer's journey searching desperately for just one thing: the love of a family.

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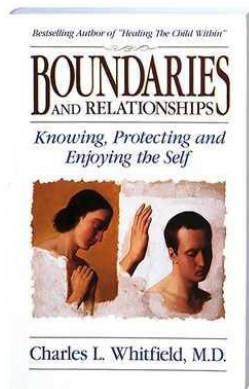
Turkish: Koridor

Vietnamese: Tri Viet/First News

Charles L. Whitfield, M.D.

April 1994

BOUNDARIES AND RELATIONSHIPS



Bestselling author and psychotherapist Charles Whitfield blends theories and dynamics from several disciplines into practical knowledge and actions that you can use in your relationships right now.

This comprehensive book opens with clear definitions and descriptions of boundaries, a self-assessment survey and a history of our accumulated knowledge. Going deeper, it describes the 10 essential areas of human interaction wherein you can improve your relationships. These include age regression, giving and receiving (projection and projective identification), triangles, core recovery issues, basic dynamics, unfinished business and spirituality. It shows in countless practical ways how knowledge of each of these is most useful in your recovery and everyday life.

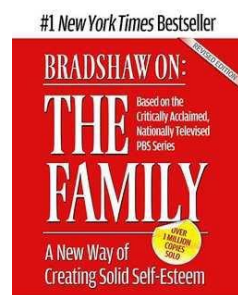
Charles L. Whitfield, M.D., is a physician, psychotherapist, and internationally recognized expert on mental illness, behavioral problems, and recovery.

288 pages

John Bradshaw

April 1990

BRADSHAW ON: THE FAMILY



JOHN BRADSHAW

The classic, #1 New York Times bestseller is John Bradshaw's seminal work on the dynamics of families that has sold more than one million copies and was the basis of the public television series of the same name.

Bradshaw discusses the cause of emotionally impaired families and how unhealthy rules of behavior are passed down from parents to children. Also, he shows the destructive effect this process has on our society.

Using the latest family research and recovery material, Bradshaw explores the individual in both a family and societal setting. He shows you ways to escape the tyranny of family-reinforced behavior traps -- from addiction and co-dependency to loss of will and denial -- and demonstrates how to make conscious choices that will transform your life and the lives of your loved ones. He helps you heal yourself and then, using what you have learned helps you heal your family.

Finally, Bradshaw extends this idea to our society: by returning yourself and your family to emotional health, you can heal the world in which you live. He helps you re-envision societal conflicts from the perspective of a global family, and shares with you the power of democracy: how the choices you make every day can affect--and improve--your world.

336 pages.

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