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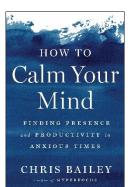


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BUSINESS, EDUCATION, PERSONAL DEVELOPMENT, SELF-HELP



Bailey, Chris

HOW TO CALM YOUR MIND: Finding Presence and Productivity in Anxious Times Self-Help/Stress | Penguin Life | Published in 2022

"In *How to Calm Your Mind*, Bailey discusses how finding calm and reducing our mental load can lead to a more fulfilled life, and for those looking to become more engaged and focused, Bailey's teachings can help."

—Reader's Digest

When productivity expert Chris Bailey realized that he had become stressed and burnt out because he was pushing himself too hard, he knew that he had no right to be giving advice on productivity

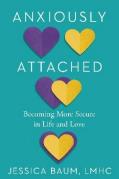
without learning when and how to rein things in and take a break. Productivity advice works, but it's just as important that we also develop our capacity for calm. HOW TO CALM YOUR MIND is a toolkit of accessible, science-backed strategies that reveal that the path to a less anxious life, and even greater productivity, runs directly through calm.

Chris Bailey has been intensively researching and experimenting with productivity since he was a young teenager, in an effort to discover how to become as productive as humanly possible. He has written hundreds of articles on the subject and has garnered coverage in media as diverse as <u>The New York Times, Harvard Business Review, TED, Fast Company, and</u> <u>Lifehacker</u>. The author of <u>The Productivity Project</u> (Crown, 2016) and <u>Hyperfocus</u> (Viking, 2018), he lives in Kingston, Canada.

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Baum, LMHC, Jessica ANXIOUSLY ATTACHED: Becoming More Secure in Life and Love Self-Help/Love | TarcherPerigee | Published in 2022

Almost 50,000 copies sold domestically

An estimated 47 million Americans identify as having an anxious attachment style that can make being in relationships turbulent and emotionally taxing for them. According to groundbreaking research in the field of attachment, anxious types are more prone to insecurity, jealousy, codependency, and other behaviors that get in the way of finding and sustaining love. In ANXIOUSLY ATTACHED, seasoned psychotherapist and couples' counselor Jessica Baum guides

readers through understanding their attachment style at its core and building the inner strength and self-love that will lead them to more secure and satisfying relationships.

Jessica Baum, LMCH is the founder of the <u>Relationship Institute of Palm Beach</u>, which provides couples therapy, family counseling, and addiction therapy in south Florida. As a therapist for over 10 years, Baum has helped thousands of clients with her unique approach to healing, the Self-Full[®] Method. You can see her Instagram at <u>@JessicabaumImhc</u>

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Buchholz, Todd NEW IDEAS FROM DEAD ECONOMISTS: The Introduction to Modern Economic Thought, 4th Edition

Business/Economic History | Dutton | First published in 1989; revised in 2007 and 2021

New Ideas From Dead Economists

Todd G. Buchholz

"If you read only one economics book this year, read this one." —Larry Summers, Secretary of the Treasury under President Clinton, Director of the National Economic Council under President Obama

Now in its 4th edition, this entertaining and widely praised introduction to great economic thinkers throughout history includes updates and commentary on the 2020 "great cessation," Trump and Obama economic policies, the dominance of Amazon, and many other timely topics. Through the

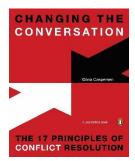
teaching of Adam Smith, Thomas Mathus, Karl Marx, John Maynard Keynes, Milton Friedman, and more, renowned economist Todd Buchholz shows how age-old ideas still apply to our modern world. With fascinating insights on the most relevant issues of 2021—climate change, free trade debates, the refugee crisis, game theory, and behavioral economics—this is a riveting guide to understanding both the evolution of economic theory and our complex contemporary economy.

Todd Buchholz is an internationally acclaimed economist and author. He has served as director of economic policy at the White House and managing director of the legendary Tiger investment fund. He taught economics at Harvard University, where he was awarded the Allyn Young Teaching Prize by the Department of Economics; served as a Fellow at Cambridge University; and holds advanced degrees in economics and law from Cambridge and Harvard universities. The inventor of the Math Arrow matrix, his writing has appeared in the *Wall Street Journal, The New York Times*, and *Forbes*, among others.

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Caspersen, Dana; Produced by Joost Elffers CHANGING THE CONVERSATION: The 17 Principles of Conflict Resolution Business/Conflict Resolution | Penguin | Published in 2015

"Caspersen gives you the chance to understand what's behind life's everyday conflicts and how best, in turn, to consider handling them." —*Psychology Today*

This invaluable manual teaches seventeen fundamentals for turning any conflict into an opportunity for growth. Beautifully packaged in a graphic, two-color format, CHANGING THE CONVERSATION is

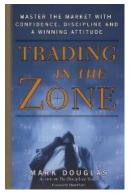
written by conflict expert Dana Caspersen and is filled with real-life examples, spot-on advice, and easy-to-grasp exercises that demonstrate transformative ways to break out of destructive patterns, to create useful dialogue in difficult situations, and to find long-lasting solutions for conflicts.

<u>Dana Caspersen</u> is an expert on conflict studies and mediation who has developed conflict workshops and public dialogue projects internationally. She is also an award-winning performing artist.

Joost Elffers is the packager of *The 48 Laws of Power* as well as *Optical Illusions, Play With Your Food*, and Viking Studio's Secret Language series.

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Douglas, Mark

TRADING IN THE ZONE: Master the Market with Confidence, Discipline, and a Winning Attitude Business/Personal Finance | **TarcherPerigee** | Published 2001

In TRADING IN THE ZONE, Mark Douglas takes on the myths of the market and exposes them one by one, teaching traders to look beyond random outcomes, to understand the true realities of risk, and to be comfortable with the "probabilities" of market movement that governs all market speculation.

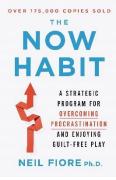
<u>Mark Douglas</u> is also author of *The Disciplined Trader™: Developing Winning Attitudes* published in 1990 and considered an industry classic—and one of the first books to introduce the investment industry to the concept of trading psychology. Douglas began coaching traders in 1982, and

continued to develop seminar and training programs on trading psychology for the investment industry, as well as individual traders. He was a frequent speaker at seminars across the world, as well as in the U.S., teaching traders how to become consistently successful.

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Fiore, Neil THE NOW HABIT: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play

Self-Help/Time Management | TarcherPerigee | Published in 1988; revised in 2007

Almost 200,000 copies sold domestically

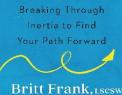
Learn how to overcome procrastination and enjoy guilt-free play! One of the most effective programs to combat procrastination, THE NOW HABIT offers a comprehensive plan to help readers lower their stress and increase their time to enjoy play. Dr. Neil Fiore's techniques will help any busy person start tasks sooner and accomplish them more quickly, without the anxiety brought on by the negative habits of procrastination and perfectionism.

<u>Neil Fiore, PhD</u>, guides managers, executives, and their employees to new levels of peak performance. Drawing from his experience as a lieutenant with the 101st Airborne Division, a manager with Johnson & Johnson, a statistical analyst for Shell Oil, and a psychologist and career counselor at the University of California, Berkeley, Fiore brings practical tools for life and work to his seminar participants. He holds a doctorate in psychology and a B.S. in economics.

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The Science of Stuck



Frank, Britt THE SCIENCE OF STUCK: Breaking Through Inertia to Find Your Path Forward Self-Help| TarcherPerigee | Published in 2022

"With down-to-earth language, enlivening inner-exercises, vivid humanness and humor, Britt Frank invites you to explore the gap between your own inertia and momentum. The Science of Stuck provides the precise compass you need to navigate your way to freedom." —Nancy Levin, author, Setting Boundaries Will Set You Free

We all get stuck in our lives. We feel stuck in relationships, career paths, body struggles, addiction issues, and more. Many of us know what we need to do to move forward but find ourselves unable to take the leap to make it happen, leading us to blame and shame ourselves, and stay in a loop of

self-doubt that goes nowhere. In this empowering and action-oriented guide, you'll discover why you can't think your way forward—and how to break through what's holding you back. Bringing together research-backed solutions that range from shadow work, reparenting, embodied healing, and other clinical practices, along with empowering personal stories, this book is a roadmap for moving forward with purpose, confidence, and the freedom to become who you're truly meant to be.

<u>Britt Frank, MSW, LSCSW, SEP</u>, is a clinician, educator, and trauma specialist. She received her BA from Duke University and her MSW from the University of Kansas, where she is an award-winning adjunct professor. Frank speaks and writes widely about emotional wellness and healing.

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Kurtz, Adam J. 1 PAGE AT A TIME: A Daily Creative Companion Self-Help/Creativity | TarcherPerigee | Published in 2014

Over 200,000 copies sold domestically

Every day is a chance to create something new, and the perfect place to start is just one page. Put down your phone, pick up your pencil,

and give yourself some space. Each of the 365 prompts in 1 PAGE AT A TIME will encourage readers to draw, write, list, reflect, and share.

<u>Adam J. Kurtz</u> is a designer, artist, and speaker. His books have been published in more than a dozen languages, and his offbeat creative work has been featured in <u>Nylon</u>, <u>Adweek</u>, <u>Vice</u>, <u>The New Yorker</u>, and more.

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Maltz, Maxwell PSYCHO-CYBERNATICS: Updated and Expanded

Self-Help/Happiness | TarcherPerigee | First published in 1960; revised in 1972, 1983, 1992, 1996, 2002, and 2015

Over 30 million copies sold domestically

In the latest edition of the perennial bestseller, the original text has been annotated and amplified to make Dr. Maxwell Maltz's message even more relevant for the contemporary reader. Maltz was the first researcher and author to explain how the self-image has complete control over an individual's ability to achieve any goal. He developed techniques for improving and managing self-image, which have informed and inspired countless motivational gurus, sports psychologists, and

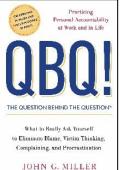
self-help practitioners for decades. The teachings of PSYCHO-CYBERNETICS are timeless because they are based on solid science and provide a prescription for thinking and acting that lead to quantifiable results.

Dr. Maxwell Maltz received his doctorate in medicine from the College of Physicians and Surgeons of Columbia University in 1923. After a successful career in plastic surgery in Europe, he became increasingly fascinated by the number of patients who came to him requesting surgery only to find that their unhappiness and insecurities remained even after surgery. In 1920, after nearly a decade of counseling hundreds of patients, extensive research, and testing his theory of "success conditioning," he published his findings in the first edition of PSYCHO-CYBERNETICS.

Matt Furey, president of the <u>Psycho-Cybernetics Foundation</u>, has committed himself to preserving and extending the legacy of Maltz's work. Furey headlines sold-out seminars and coaches hundreds of men and women in his highly successful MasterMind/Joint Venture Connection, as well as the Psycho-Cybernetics Coaching Program.

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Miller, John G.

QBQ! The Question Behind the Question: Practicing Personal Accountability at Work and in Life Business Development/Self-Help | **TarcherPerigee** | First published in 2001; revised in 2004 and 2015

Over 1 million copies sold domestically

This remarkable and perpetually useful book provides a practical method for putting personal accountability into daily actions, with astonishing results. QBQ! is an invaluable resource for anyone seeking to learn, grow, and change.

John G. Miller is the founder of QBQ, Inc., a development company that has worked with hundreds of Fortune 500 and other companies and government and nongovernment organizations internationally.

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Nison, Steve

JAPANESE CANDLESTICK CHARTING TECHNIQUES: A Contemporary Guide to the Ancient Investment Techniques of the Far East, Second Edition

Business/Asian World History | TarcherPerigee | First published in 1991; revised in 2001

In easy-to-understand language, Steve Nison delivers to readers his years of study, research, and practical experience with Japanese candlestick charting—a form of technical analysis and a versatile tool that can be used for speculation, hedging, futures, equities, or anywhere technical analysis is applied.

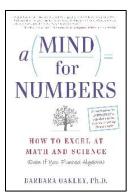
Steve Nison is the foremost leader of the art of using candlestick charting as an analysis tool in studying market trends and making investment decisions. He owns and runs Nison Research International, a firm that provides technical advisory and on-site seminar services to major financial firms. He is a highly sought-after speaker who has presented his techniques to thousands, including members of the World Bank and the Federal Reserve.

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Oakley, PhD, Barbara

A MIND FOR NUMBERS: How to Excel at Math and Science (Even If You Flunked Algebra) Self-Help/Success | TarcherPerigee | Published in 2014

Over 225,000 copies sold domestically

"Superb not only for those who are struggling or who are expert at math, but for readers who wish to think and comprehend more efficiently."

—Library Journal

Whether you are a student struggling to fulfill a math or science requirement, or you are embarking on a career change that requires a new skill set, A MIND FOR NUMBERS offers the tools

you need to get a better grasp of that intimidating material. Engineering professor Barbara Oakley lets you in on the secrets to learning effectively and master the very subjects that have given you trouble. You have what it takes to excel in areas that don't seem to come naturally at first, and learning them does not have to be as painful as you might think.

Barbara Oakley is a professor of engineering at Oakland University and Ramon y Cajal Distinguished Scholar of Global Digital Learning at McMaster University. Her research involves bioengineering with an emphasis on neuroscience and cognitive psychology. Dr. Oakley teaches the massive open online courses (MOOCs) "Learning How to Learn" and "Mindshift". She has received many awards for her teaching, including the American Society of Engineering Education's Chester F. Carlson Award for technical innovation and the National Science Foundation New Century Scholar Award.

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UNCOMMON SENSE TEACHING

Practical Insights in Brain Science to Help Students Learn Foundation of the publication of learning from their Barbara Oakley, PhD, Beth Rogowsky, EdD; Terrence J. Sejnowski, PhD

Oakley, PhD, Barbara, Beth Rogowsky, EdD, and Terrence Sejnowski, PhD UNCOMMON SENSE TEACHING: Practical Insights in Brain Science to Help Students Learn Education | TarcherPerigee | Published in 2021

> **"This book is an absolute must for anyone who cares about education."** —Mayim Bialik, PhD, *New York Times* bestselling author of *Girling Up* and *Boying Up*

Neuroscientists and cognitive scientists have made enormous strides in understanding the brain and how we learn, but little of that insight has filtered down to the way teachers teach. UNCOMMON SENSE TEACHING applies this research to the classroom for teachers, parents, and anyone interested in improving education to equip readers with the tools to enhance their teaching and offer extra support for children's education.

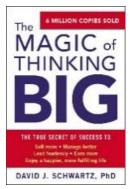
Barbara Oakley is a professor of engineering at Oakland University and Ramon y Cajal Distinguished Scholar of Global Digital Learning at McMaster University. Her research involves bioengineering with an emphasis on neuroscience and cognitive psychology. Dr. Oakley teaches the massive open online courses (MOOCs) "Learning How to Learn" and "Mindshift". She has received many awards for her teaching, including the American Society of Engineering Education's Chester F. Carlson Award for technical innovation and the National Science Foundation New Century Scholar Award. **Beth Rogowsky, EdD**, is a professor of education at Bloomsburg University of Pennsylvania. In addition to completing postdoctoral training in neuroscience, she has fourteen years of experience teaching English language arts to middle-schoolers in rural and public schools.

<u>Terrence Sejnowski</u> is the Francis Crick Professor at The Salk Institute for Biological Studies, where he also directs the Computational Neurobiology Laboratory. He is among only twelve living scientists who have been elected to the Institute of Medicine, the National Academy of Sciences, and the National Academy of Engineering.

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Schwartz, David J. THE MAGIC OF THINKING BIG: The True Secret of Success Self-Help/Success | TarcherPerigee | Published in 1959

Over 6 million copies sold worldwide

Whether your goal is to earn more, lead better, or simply find more confidence and satisfaction in life, this inspiring and actionable guide will show you the way. Motivational expert Dr. David J. Schwartz presents a carefully designed program for getting the most out of your job, your relationships and family life, and your community. He demonstrates that you don't need to be born into great wealth and intellectual acumen to attain great success and happiness—but you do need to learn and understand the habit of thinking and behaving in ways that will get you there.

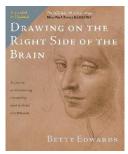
Dr. David J. Schwartz was a professor at Georgia State University and the president of Creative Educational Services, Inc., a consulting firm specializing in leadership development. THE MAGIC OF THINKING BIG is his master work, embraced by several generations of top achievers.

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CREATIVITY



Edwards, Betty DRAWING ON THE RIGHT SIDE OF THE BRAIN: The Definitive 4th Edition Drawing/Creativity | TarcherPerigee | First published in 1979; revised in 1999 and 2012

Over 1.7 million copies sold domestically

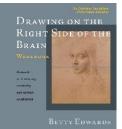
DRAWING ON THE RIGHT SIDE OF THE BRAIN is the world's most widely used instructional drawing book. Whether you are drawing as a professional artist, as an artist in training, or as a hobby, this book will give you greater confidence in your ability and deepen your artistic perception.

<u>Betty Edwards</u> speaks regularly at universities, art schools, and corporations. She received her doctorate from UCLA in art, education, and the psychology of perception and has been profiled on the *Today* show and in *Time*.

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Edwards, Betty

DRAWING ON THE RIGHT SIDE OF THE BRAIN WORKBOOK: The Definitive, Updated 2nd Edition Drawing/Study & Teaching | **TarcherPerigee** | First published in 2002; revised in 2012

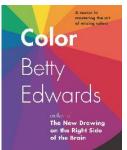
In this workbook, the essential companion to Betty Edwards' international bestseller *Drawing on the Right Side of the Brain*, Edwards offers readers the key to truly mastering the art of drawing.

<u>Betty Edwards</u> speaks regularly at universities, art schools, and corporations. She received her doctorate from UCLA in art, education, and the psychology of perception and has been profiled on the *Today* show and in *Time*.

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Edwards, Betty COLOR Color Theory | TarcherPerigee | Published in 2004

Much as artists progress from drawing to painting, Betty Edwards moves from black-and-white into color. This guide distills the enormous existing knowledge about color theory into a practical method of working with color to produce harmonious combinations.

<u>Betty Edwards</u> speaks regularly at universities, art schools, and corporations. She received her doctorate from UCLA in art, education, and the psychology of perception and has been profiled on

the Today show and in Time.

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DRAWING ON THE DOMINANT EYE Betty Edwards

Edwards, Betty

DRAWING ON THE DOMINANT EYE: Decoding the Way We Perceive, Create, and Learn Drawing/Creativity | TarcherPerigee | Published in 2020

In this fascinating follow-up to the beloved *Drawing on the Right Side of the Brain*, Betty Edwards illuminates another piece of the creativity puzzle, revealing the role our dominant eye plays in how we perceive, create, and are seen by those around us. Generously illustrated with examples, this is a must-read for anyone looking for a richer understanding of our art, our minds, and ourselves.

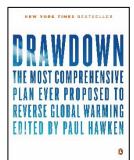
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HEALTH, SCIENCE, SOCIAL SCIENCE



Hawken, Paul, Editor DRAWDOWN: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming Science/Climate Change | Penguin | Published in 2017

Almost 200,000 copies sold domestically

In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and practices—ranging from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air—are described here. These

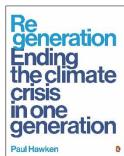
measures, which are economically viable, represent a credible path forward and promise cascading benefits to human health, security, prosperity, and well-being—giving us every reason to see this planetary crisis as an opportunity to create a just and livable world.

Paul Hawken is an environmentalist, entrepreneur, author, and activist who has dedicated his life to environmental sustainability and changing the relationship between business and the environment. He is one of the environmental movement's leading voices, and a pioneering architect of corporate reform with respect to ecological practices. He is the bestselling author of 8 books that have been published in 30 languages in more than 50 countries and have sold more than 2 million copies, as well as dozens of articles, op-eds, and other papers concerning the environment, the ethical responsibility of business and social justice.

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Hawken, Paul REGENERATION: Ending the Climate Crisis in One Generation Science/Climate Change | Penguin | Published in 2021

"Regeneration is honest and informative, a rebuttal to doomsayers who believe it is too late."

—Jane Goodall

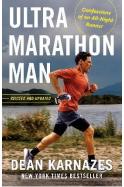
From the creator of the *New York Times* bestseller *Drawdown* comes a radically new understanding of climate change. REGENERATION offers a visionary new approach that weaves justice, climate,

biodiversity, equity, and human dignity into a seamless tapestry of action, policy, and transformation that can end the climate crisis in one generation.

Paul Hawken is an environmentalist, entrepreneur, author, and activist who has dedicated his life to environmental sustainability and changing the relationship between business and the environment. He is one of the environmental movement's leading voices, and a pioneering architect of corporate reform with respect to ecological practices. He is the bestselling author of 8 books that have been published in 30 languages in more than 50 countries and have sold more than 2 million copies, as well as dozens of articles, op-eds, and other papers concerning the environment, the ethical responsibility of business and social justice.

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Dutch – Lemniscaat French – Actes Sud Hebrew – Radical Hungarian – HVG Japanese – Yama-Kei Korean – Geulhangari Simp. Chinese – China Science & Tech.



Karnazes, Dean ULTRAMARATHON MAN: Confessions of an All-Night Runner Sports/Running | TarcherPerigee | Published in 2005, Revised Edition published in June 2023

Over 230,000 copies sold domestically

"An exhibition of unadulterated courage and mental and physical stamina [for] anyone who likes to read about ordinary people doing extraordinary things."

—Boston Globe

ULTRAMARATHON MAN is the mind-boggling adventure of Dean Karnazes's nonstop treks through deserts, mountains, canyons, the South Pole, and beyond. Karnazes captures the euphoria and out-

of-body high of these adventures, and inspires tens of thousands of people—nonrunners and runners alike—to push themselves beyond their comfort zones.

Dean Karnazes is an ultramarathoner who has run 262 miles—the equivalent of ten marathons—without rest. He's been named one of the Top 10 Ultimate Athletes by *Outdoor* magazine, among other titles and awards.

UK rights sold to Allen & Unwin.

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*Bulgarian – VaKon *Czech – Mlada Fronta *Finnish – Nemo French – City Editions German – Riva *Greek – Key Books *Italian – Piemme
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*Polish – Galaktyka
*Portuguese in Brazil – Reader's Digest
*Portuguese in Portugal – EDLP

*Romanian – Preda *Russian – MIF *Slovene – Zalozba *Spanish – Paidotribo Vietnamese – Panda Book



Romanov, Nicholas and Kurt Brungardt THE RUNNING REVOLUTION: How to Run Faster, Farther, and Injury-Free—For Life Sports/Running | Penguin | Published in 2014

"The material and insights detailed in *The Running Revolution* are scientifically, physically, and emotionally profound...If you are a runner looking for a resource to reduce injury risk, improve performance, and building your training program, look no further."

-Tom Whipple, Physical Therapist, Penn State Sports Medicine and author of The Endurance Paradox

THE RUNNING REVOLUTION provides both beginning and experienced runners with everything they need to know in order to safely and efficiently transition to and master a safer and more biomechanically efficient way of running that is guaranteed to improve performance and minimize wear and tear on the body.

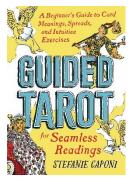
<u>Nicholas Romanov</u> is a two-time Olympic coach and world-renowned sports scientist known for creating the <u>Pose Method</u>. He consults with elite athletes and professional teams around the globe. **Kurt Brungardt** is one of America's top personal trainers and fitness writers.

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- *French City Editions

Italian – Sperling Japanese – Kanzen *Korean – ShinHeung *Polish – Helion Portuguese in Brazil – Edipro Edicoes *Russian – MIF Simp. Chinese – Cheers Publishing *Vietnamese – Panda

PROPHECY, PSYCHOLOGY, RELIGION



Caponi, Stefani GUIDED TAROT: A Beginner's Guide to Card Meanings, Spreads, and Intuitive Exercises for Seamless Readings Prophecy/Tarot | Zeitgeist | Published in 2020

"Guided Tarot is a thorough, interesting and fun read for beginners as well as seasoned professionals."

-Malorine Mathurin, Hellenistic Astrologer & Intuitive Tarot Reader

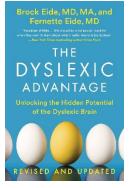
Each of us holds gifts deep within, and, with tarot, we have the power to unlock those gifts and make transformative discoveries. GUIDED TAROT offers easy exercises to nurture and grow your

intuition, not only to understand the cards' universal meanings, but to channel your own meanings. This companion to your deck will teach you more about yourself, give divine guidance for life decisions, and help you overcome obstacles in your relationships—all while celebrating your unique gifts and honoring your higher self.

<u>Stefani Caponi</u> is a professional tarot reader with more than twenty years' experience. She established her business after creating her tarot deck, <u>The Moon Void Tarot</u>. Her work is centered on exploring shadow work, healing, and creativity using tarot as a vehicle to access the hidden realms of the self.

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Ukranian – Bookchef Publishing Viet. (BOX SET) – Viet Nam AZ Comm.

Eide M.D., M.A., Brock L and Fernette F. Eide M.D. THE DYSLEXIC ADVANTAGE (REVISED AND UPDATED): Unlocking the Hidden Potential of the Dyslexic Brain Psychology/Cognitive Neuroscience | Plume | First published in 2011; Revised Edition publishing in

Psychology/Cognitive Neuroscience | **Plume** | First published in 2011; Revised Edition publishing in February 2023

What if we viewed dyslexia as a learning and processing *style*, rather than a learning *disorder*? Drs. Brock and Fernette Eide use their impressive background in neurology and education to eschew the typical deficit-based approach to dyslexia. When they hear the word "dyslexic," many people typically think of children struggling to read and write, but many of those children grow up to be incredibly successful in a variety of careers due to their entirely different pattern of brain organization and information processing that prioritizes divergent thinking. This revised edition,

with twenty rich new profiles of individuals who have dyslexia, updated research that provides valuable new insights, and personal stories blended with hard science, provides empowering advice on how parents and individuals with dyslexia can capitalize on the strengths of the dyslexic learning style.

Drs. Brock and Fernette Eide are leading experts in the fields of dyslexia and co-founders of the nonprofit <u>Dyslexic</u> <u>Advantage</u> and the social purpose corporation <u>Neurolearning.com</u>. They have worked as consultants to the President's Council on Bioethics and as visiting lecturers at the Stanford Graduate School of Education. The first edition of their book, *The Dyslexic Advantage*, was an international bestseller.

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Simp. Chinese – Sichuan People's Pub. Slovak – Ikar

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Frankl, Viktor E. THE WILL TO MEANING: The Foundations and Applications of Logotherapy Psychology | Dutton | First published in 1969; reissued in 1988, 2002, and 2014

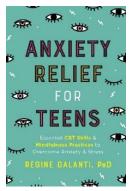
> "Perhaps the most significant thinking since Freud and Adler." — The American Journal of Psychiatry

Holocaust survivor Viktor E. Frankl is known as the founder of logotherapy, a mode of psychotherapy based on man's motivation to search for meaning in his life. A backlist classic originally published in 1969 and compiling Frankl's speeches on logotherapy, THE WILL TO MEANING is regarded as a seminal work of meaning-centered therapy.

<u>Viktor E. Frankl</u> was Professor of Neurology and Psychiatry at the University of Vienna. During World War II, he spent three years in Auschwitz, Dachau, and other concentration camps. He was the founder of the Third Viennese School of Psychotherapy—the school of logotherapy—and President of the Austrian Medical Society of Psychotherapy.

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Galanti, PhD, Regine ANXIETY RELIEF FOR TEENS: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress

Psychology | **Zeitgeist** | Published in 2020

"[This book] is an invaluable resource for teens, young adults, parents, and clinicians." —Yael Muskat, PsyD, Director, Counseling Center, Yeshiva University

Getting good grades, keeping up with social media, maintaining friendships...teens have a lot on their plates, and it's only more difficult when you add anxiety to the mix. With ANXIETY RELIEF FOR TEENS, Dr. Regine Galanti teaches teens how cognitive behavioral therapy (CBT)-based skills and mindfulness techniques can help them manage their anxiety and reverse negative patterns.

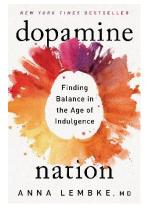
Through simple and effective exercises that help change thoughts, behaviors, and physical reactions, this helpful guide gives the tools teens need to navigate all of life's challenges.

<u>Regine Galanti, PhD</u>, is a licensed clinical psychologist and the founder of Long Island Behavioral Psychology, where she brings warmth, sensitivity, and a tailored problem-solving approach to her practice. She specializes in CBT and has expertise in obsessive-compulsive disorder, anxiety, parenting, and behavior problems.

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Lembke, Anna MD DOPAMINE NATION: Finding Balance in the Age of Indulgence Psychology | Dutton Hardcover | Published in 2021

Instant New York Times and Los Angeles Times Bestseller

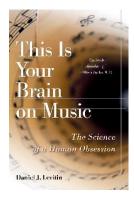
In DOPAMINE NATION, psychiatrist and Stanford University professor Dr. Anna Lembke, MD, reveals how the world we live in now has hijacked a fundamental mechanism in our brains—the desire for pleasure—and rendered everyone in danger of addiction to food, sex, texting, vaping, drinking, narcotics, gaming, and so many more immediately available dopamine-triggering goods. Too much pleasure has inevitably led to too much pain. We need to re-balance, and with fascinating case histories of men and women, young and old, this book shows us how.

Dr. Anna Lembke is the Medical Director of Stanford University's Addiction Medicine, Program Director for the Stanford Addiction Medicine Fellowship and Chief of the Stanford Addiction Medicine Dual Diagnosis Clinic. She is the recipient of numerous awards for outstanding research in mental illness, for excellence in teaching and for clinical innovation in treatment. A clinician scholar, she has published over 100 peer-reviewed papers, book chapters, and commentaries in prestigious outlets such as *The New England Journal of Medicine* and *JAMA*. She sits on the board of several state and national addiction-focused organizations, has testified before various committees in the United States House of Representatives and Senate, keeps an active speaking calendar, and maintains a thriving clinical practice.

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Levitin, Daniel J. THIS IS YOUR BRAIN ON MUSIC: The Science of a Human Obsession Psychology/Music Philosophy | Dutton | Published in 2006

"Endlessly stimulating, a marvelous overview, and one which only a deeply musical neuroscientist could give.... An important book."

Oliver Sacks, M.D.

In this *New York Times*-bestselling groundbreaking union of art and science, rocker-turnedneuroscientist Daniel J. Levitin explores the connection between music—its performance, its composition, how we listen to it, and why we enjoy it—and the human brain. Drawing on research and musical examples ranging from Mozart to Duke Ellington to Van Halen, Levitin poses that music

is fundamental to our species, perhaps even more so than language.

Daniel J. Levitin, Ph.D., is a neuroscientist, cognitive psychologist, and New York Times bestselling author. He is Founding Dean of Arts & Humanities at the Minerva Schools at KGI in San Francisco, and Professor Emeritus of psychology and neuroscience at McGill University.

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Publishers of Successful Aging:

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Japanese – ALC Press Korean – Mirae N Latvian – SIA Lithuanian – Alma Litera Portuguese in Brazil – Objetiva *Portuguese in Portugal – Bizancio Romanian – Grup Media Litera Russian – Alpina *Serbian – Psihopolis Simp. Chinese – Ginkgo (Shanghai) Spanish – RBA Libros Turkish – Can Sanat Yayinlari

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NEW YORK TIMES BESTSELLER

Daniel J. Siegel, MD

AWARE

The Science and Practice of Presence

THE GROUNDBREAKING MEDITATION PRACTICE Siegel, Daniel J. AWARE: The Science and Practice of Presence—The Groundbreaking Meditation Practice Psychology/Mindfulness | TarcherPerigee | Published in 2018

Almost 90,000 copies sold domestically

"Dan Siegel, who gave us a succinct and clear definition of mind, now explores the awareness that knows that mind." —Deepak Chopra, MD

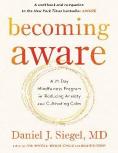
AWARE provides practical instruction for mastering the Wheel of Awareness, a life-changing tool for cultivating more focus, presence, and peace in one's day-to-day life. Whether you have no experience with a reflective practice or are an experienced practitioner, this is a hands-on guide that will enable you to become more focused and present, as well as more energized and emotionally resilient in the face of stress and everyday challenges.

Daniel J. Siegel, M.D., is a clinical professor of psychiatry at the UCLA School of Medicine, founding co-director of the UCLA Mindful Awareness Research Center, and executive director of the <u>Mindsight Institute</u>.

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Siegel, M.D., Daniel

BECOMING AWARE: A 21-Day Mindfulness Program for Reducing Anxiety and Cultivating Calm Psychology/Mindfulness | TarcherPerigee | Published in 2021

In today's increasingly fast-paced world it can be difficult to find moments to catch your breath, regain inner balance, and just...be. This simple yet profound guide shows readers how to strengthen their minds by learning to focus attention, open awareness, and develop a positive state of mind—the three pillars of mindfulness practice that research shows lead to greater physical and mental well-being.

Daniel J. Siegel, M.D., is a clinical professor of psychiatry at the UCLA School of Medicine, founding co-director of the UCLA Mindful Awareness Research Center, and executive director of the Mindsight Institute.

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German – Arbor Italian – Raffaele Cortina Korean – Haruhun

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Conversations with God - an uncommon dialogue - book 1 Perty Donnie Viewek Walsch, Neale Donald CONVERSATIONS WITH GOD: An Uncommon Dialogue, Book 1 Religion | TarcherPerigee | Published in 1996

Over 2,000,000 copies sold domestically

New York Times bestseller CONVERSATIONS WITH GOD BOOK 1 began a series that has been changing millions of lives for more than twenty years.

<u>Neale Donald Walsch</u> is a *New York Times* bestselling author. He lectures and hosts workshops throughout the country, in addition to running his own foundation, <u>ReCreation</u>. His books have been translated into more than 40 languages.

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Walsch, Neale Donald THE COMPLETE CONVERSATIONS WITH GOD: An Uncommon Dialogue Religion | TarcherPerigee | Published in 2005

Over 135,000 copies sold domestically

THE COMPLETE CONVERSATIONS WITH GOD contains the most essential truths and lessons for spiritual seekers. With a new foreword from the author and a beautiful package, this remarkable book is a gift to treasure.

Neale Donald Walsch is a New York Times bestselling author. He lectures and hosts workshops

throughout the country, in addition to running his own foundation, <u>ReCreation</u>. His books have been translated into more than 40 languages.

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FRIENDSHIP WITH GOD: An Uncommon Dialogue

connection, richer and fuller, a friendship with God.

Religion | TarcherPerigee | Published in 1999

been translated into more than 40 languages.



NEALE DONALD WALSCH Market States Socilies in fore? Conversations with God

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- *Bulgarian Hermes
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- *German PRH Germany

- Greek Pedio *Italian – Sperling *Japanese – Sunmark *Korean – Arumdri Media *Lithuanian – Mijalba *Norwegian – Cappelen Damm *Portuguese in Brazil – Nossa Cultura *Romanian – Editura For You
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Communion with God



NEALE DONALD WALSCH Warving Press Southelle g, advant af CONVERSATIONS WITH GOD

Walsch, Neale Donald COMMUNION WITH GOD: An Uncommon Dialogue Religion | TarcherPerigee | Published in 2000

In COMMUNION WITH GOD, Neale Donald Walsch discovers how to elevate friendship with God to a state of communion. He reveals The Ten Illusions of Man—the misconceptions we hold about ourselves, our world, and our God and describes with striking clarity how we can heal the divide that has arisen from these illusions.

In FRIENDSHIP WITH GOD, Neale Donald Walsch shares more of his faith journey. He leads readers to deepen and strengthen their own bonds with God and to honor the heart's desire: a closer

Neale Donald Walsch is a New York Times bestselling author. He lectures and hosts workshops

throughout the country, in addition to running his own foundation, ReCreation. His books have

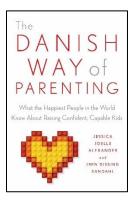
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PARENTING



Alexander, Jessica Joelle and Iben Dissing Sandahl THE DANISH WAY OF PARENTING: What the Happiest People in the World Know About Raising Confident, Capable Kids Parenting | TarcherPerigee | Published in 2016

An international bestseller

With illuminating examples and powerful advice, this upbeat and practical book presents six essential principles to raise happy, confident, successful kids. These principles, including play, authenticity, empathy, togetherness, and beyond, will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

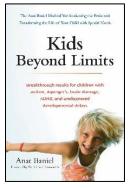
<u>Jessica Joelle Alexander</u> is an American columnist and mom living in Europe with her Danish husband and kids. <u>Iben Dissing Sandahl</u> is a licensed psychotherapist and family counselor working for many years in her private practice outside Copenhagen, Denmark.

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*Serbian – Vulkan *Simp. Chinese – Citic Slovak – Albatros Slovene – Zalozba Mladinska *Spanish – Planeta Mexicana *Thai – Se-Education Turkish – Koridor *Vietnamese – Phuong Nam



Baniel, Anat KIDS BEYOND LIMITS: The Anat Baniel Method for Awakening the Brain and Transforming the Life of Your Child With Special Needs

Parenting/Children with Special Needs | TarcherPerigee | Published in 2012

"Kids Beyond Limits gives parents and others who care for special children new hope and a new sense of possibilities."

—Arianna Huffington

In this supportive and hands-on book, Anat Baniel guides parents of children who have been diagnosed with autism, Asperger's Syndrome, ADHD, Cerebral Palsy, or other developmental disorders. By shifting the focus to connecting rather than "fixing," this powerful yet simple method

helps both children and parents to de-stress, focus, and grow, and allows children to maximize their potential, no matter what their diagnosis.

<u>Anat Baniel</u> has established an international reputation for her work with special-needs children. She runs the Anat Baniel Center, a treatment facility in California that draws students and clients from all over the world.

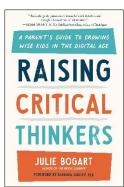
UK rights are available. Translation rights sold to:

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Thai – Nalikasai

Vietnamese – Vietnam Women's Pub.



Bogart, Julie RAISING CRITICAL THINKERS: A Parent's Guide to Growing Wise Kids in the Digital Age Parenting/Education | TarcherPerigee | Published in 2022

Education is not solely about acquiring information and skills across subject areas, but also about understanding how and why we believe what we do. At a time when online media has created a virtual firehose of information and opinions, parents and teachers worry how students will interpret what they read and see. In RAISING CRITICAL THINKERS, Julie Bogart draws on more than twenty years' experience homeschooling and developing curricula to offer practical tools to help children at every stage of development to grow in their ability to explore the world around them, examine how their loyalties and biases affect their beliefs, and generate fresh insight rather than simply

recycling what they've been taught.

<u>Julie Bogart</u> is the creator of the award-winning, innovative <u>Brave Writer</u> program, teaching writing and language arts to thousands of families every year. She homeschooled her five now-grown children for seventeen years and is the founder of <u>Brave Learner Home</u>, which supports homeschooling parents through coaching and teaching. She has taught as an adjunct professor of theology at Xavier University and is also the author of *The Brave Learner*.

Lithuanian – Vaga Publishers

Simplified Chinese – Cheers

Russian – Popuri

Portuguese in Brazil – Alta Books

UK rights are available.

Translation rights sold to: Arabic – Afaq for Publishing Estonian – Helios German – Munchner Japanese – Discover 21

Peaceful Parent, HAPPY KIDS How to Stop Yelling and Start Connecting DR: LAURA MARKHAM EXCENT ADARTHY Markham, Laura

PEACEFUL PARENT, HAPPY KIDS: How to Stop Yelling and Start Connecting Parenting | TarcherPerigee | Published in 2012

Over 260,000 copies sold domestically

"Dr. Laura is always tuned in to what kids need so they can thrive, and what moms and dads need so they can parent well. If you want to feel more confident and peaceful as a parent, this is the book."

-Elizabeth Pantley, author of twelve parenting books, including The No Cry Sleep Solution

Based on both brain development research and extensive clinical experience with parents, Dr.

Laura Markham's approach is as simple as it is effective: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. PEACEFUL PARENT, HAPPY KIDS will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child.

<u>Dr. Laura Markham</u> is a clinical psychologist specializing in child development and parenting. She earned her Ph.D. in Clinical Psychology at Columbia University, and her clinical practice is entirely devoted to coaching parents, with clients around the world. The founder of <u>AhaParenting.com</u>, she supports parents every day in her private coaching practice and daily email inspirations.

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DR. LAURA MARKHAM

Peaceful Parent. HAPPY SIBLINGS



Markham, Laura PEACEFUL PARENT, HAPPY SIBLINGS: How to Stop the Fighting and Raise Friends for Life Parenting/Siblings | TarcherPerigee | Published in 2015

> "Finally, a book that answers your questions around sibling rivalry!" -Dr. Shefali Tsabary, bestselling author of The Awakened Family and The Conscious Parent

As any parent of more than one child knows, it's challenging for even the most engaged parent to maintain harmony and a strong connection when competition, tempers, and irritation run high. In PEACEFUL PARENT, HAPPY SIBLINGS, Dr. Laura Markham presents simple yet powerful ways to cut through the squabbling and foster a loving, supportive bond between siblings, while giving each child the vital connection that he or she needs.

Dr. Laura Markham is a clinical psychologist specializing in child development and parenting. She earned her Ph.D. in Clinical Psychology at Columbia University, and her clinical practice is entirely devoted to coaching parents, with clients around the world. The founder of AhaParenting.com, she supports parents every day in her private coaching practice and daily email inspirations.

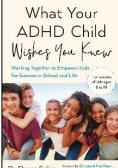
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Saline, Dr. Sharon; Foreword by Laura Markham WHAT YOUR ADHD CHILD WISHES YOU KNEW: Working Together to Empower Kids for Success in School and Life

Parenting | TarcherPerigee | Published in 2018

"Short enough for a busy parent to actually read and use; utterly reliable and authoritative but never pedantic; wise, kind, and teeming with the chirping voices of children who have ADHD; this cornucopia of a book will feed you over and over again." -Edward Hallowell, MD, bestselling author of Delivered from Distraction

In this insightful and practical book, veteran psychologist Sharon Saline shares the words and inner struggles of children and teens living with ADHD—and a blueprint for achieving lasting success by

working together. Based on more than 25 years of experience counseling young people and their families, Dr. Saline's advice and real-world examples reveal how parents can shift the dynamic and truly help kids succeed.

Sharon Saline, Psy.D., maintains a busy psychotherapy practice working with children, teens, families, and adults with ADHD and other mental health issues. She has spoken at and conducted workshops nationally and internationally on ADHD and the adolescent brain.

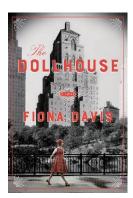
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FICTION



Davis, Fiona THE DOLLHOUSE: A Novel Fiction | Dutton | Published in 2016

Over 170,000 copies sold

"Rich both in twists and period detail, this tale of big-city ambition is impossible to put down."

—People

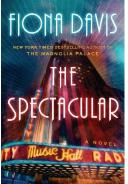
When she arrives at the famed Barbizon Hotel in 1952, Darby is everything her modeling agency hall mates aren't: plain, self-conscious, homesick, and utterly convinced she doesn't belong. Yet

when Darby befriends Esme, a Barbizon maid, she's introduced to an entirely new side of New York City. Over half a century later, the Barbizon's a condo and most of its long-ago guests are forgotten, but rumors of Darby's involvement in a deadly skirmish with a hotel maid back in 1952 haunt the halls of the building. Darby's upstairs neighbor, a journalist named Rose, just can't resist looking into it, but as her obsession deepens, the ethics of Rose's investigation become increasingly murky, and neither woman will remain unchanged when the shocking truth is finally revealed.

Fiona Davis is the New York Times bestselling author of several novels, all published by Dutton: The Dollhouse, The Address, The Masterpiece, The Chelsea Girls, The Lions of Fifth Avenue, and The Magnolia Palace. She is a graduate of the College of William & Mary in Virginia and the Columbia Journalism School.

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*Bulgarian – Kragozor *Czech – Tarsago Ceska *Dutch – Ambo Anthos German – Goldmann Greek – Dioptra *Hungarian – Tarsago Magyarorszag Italian – HarperCollins Italia Norwegian – Pantagruel *Port. in Brazil – Reader's Digest Port. in Portugal – Reader's Digest



Davis, Fiona THE SPECTACULAR: A Novel Historical Fiction | Dutton | Published in 2023



Over 25,000 copies sold in 3 months

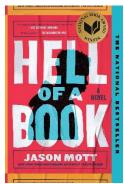
"Weaving together love, revenge, ambition, and heartbreak, Davis brings her two story lines to satisfying—and surprising—conclusions." —Shelf Awareness

It's 1956, and Marion is thrilled to have been selected to be one of the Rockettes, Radio City Music Hall's glamorous precision-dancing troupe. But with four shows a day and grueling rehearsals, she

quickly realizes that the life of a Rockette has both extraordinary highs and devastating lows. When a bomb explodes in the theater—the latest in a string of explosions around the city orchestrated by a person the press nicknamed the "Big Apple Bomber"—the police have no leads. At Marion's urging, they turn in desperation to a radical new technique: psychological profiling. As Marion finds herself pulled deeper into the investigation, she realizes that while she's been training herself to blend in to perform in perfect Rockette-unison, she'll need to stand out and take a terrifying risk if she hopes to catch the bomber. But she may be forced to sacrifice everything she's worked for, as well as the people she loves the most.

Fiona Davis is the New York Times bestselling author of <u>several novels</u>, <u>all published by Dutton</u>: The Dollhouse (2016), The Address (2017), The Masterpiece (2018), The Chelsea Girls (2019), The Lions of Fifth Avenue (2020), and The Magnolia Palace (2022). She is a graduate of the College of William & Mary in Virginia and the Columbia Journalism School.

UK rights are available. <u>Translation rights sold to:</u> Romanian – Humanitas



Mott, Jason HELL OF A BOOK: A Novel Fiction | Dutton | Published in 2021

2021 National Book Award Winner

What is this book about? It's about an African-American author who sets out on a cross-country book tour to promote his bestselling novel. But that story is just the scaffolding of something much larger and more urgent; this is also the story of Soot, a young Black boy living in a rural town in the recent past, and The Kid, a possibly imaginary child that appears to the author on his tour. Throughout, the tragic story of a police shooting plays over and over on the news. As the book

works toward its conclusion and its storylines converge, gut punch after gut punch, it makes bold statements about racism and violence in America as readers come to know better one of the most memorable characters in recent fiction.

<u>Jason Mott</u> has published three previous novels, including the *New York Times* bestseller *The Returned* (MIRA, 2013), which was turned into a TV series. He has a BFA in Fiction and an MFA in Poetry, and his writing has appeared in various literary journals.

UK rights are available. Translation rights sold to:

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