

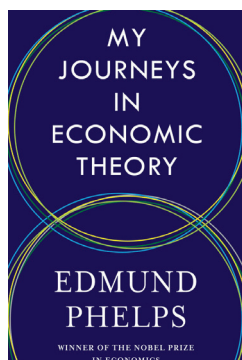
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My Journeys in Economic Theory

Edmund Phelps

A Nobel laureate on his contributions to economics

Edmund Phelps is among the most important economists of his generation. He developed a new understanding of unemployment and inflation and went on to rethink the roots of innovation. His work represents a lifelong project to put “people as we know them” into economic theory.

In this book, Phelps tells the story of his role in reshaping economic theory, offering a powerful personal account of a creative and rewarding career. *My Journeys in Economic Theory* charts two major phases of Phelps’s work, illuminating the breadth of his contributions to the field. First, introducing the expectations of wage setters and co-founding the “equilibrium” rate of unemployment, he built the microeconomic foundations for the employment theory and conceived a theory of “mass flourishing.”

Phelps recounts his vivid experiences in the world of economics—fierce arguments, competition and collaboration, and the good fortune of time spent among some great figures—as well as his relationships with other luminaries such as John Rawls, Thomas Nagel, Paul Samuelson, and Paul Volcker. At its core, this book shares the joy of intellectual achievement: the excitement of coming up with a new idea that radically departs from prevailing views and the satisfaction of exercising one’s own ingenuity instead of applying or developing others’ models. Telling the story of a life packed with intellectual adventure, *My Journeys in Economic Theory* offers a profound vision of a dynamic, modern economy that delivers lives rich with creativity and meaning.

Edmund Phelps, the winner of the Nobel Memorial Prize in Economic Sciences in 2006, is the founding director of the Center on Capitalism and Society and McVickar Professor Emeritus of Political Economy at Columbia University.

248 pages

Publication: May 2023

Review material: November 2022

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Think Bigger

How to Innovate

Sheena Iyengar

A new way of creative thinking from the ground up

In *Think Bigger*, Sheena S. Iyengar—an acclaimed author and expert in the science of choice—answers a timeless question with enormous implications for problems of all kinds across the world: “How can I get my best ideas?”

Iyengar provides essential tools to spark creative thinking and help us make our most meaningful choices. She draws from recent advances in neuro- and cognitive sciences to give readers a set of practical steps for coming up with powerful new ideas. *Think Bigger* offers an innovative evidence-backed method for generating big ideas that Iyengar and her team of researchers developed and refined over the last decade.

For anyone looking to innovate, the black box of creativity is a mystery no longer. *Think Bigger* upends the myth that big ideas are reserved for a select few. By using this method as a guide to creative thinking, anybody can produce revolutionary ideas.

Sheena S. Iyengar is the S. T. Lee Professor of Business in the Management Department at Columbia Business School and the best-selling author of *The Art of Choosing* (Hachette 2010). She is a leading expert on the study of innovation, choice, leadership, and creativity and regularly consults with a range of organizations on methods for innovation.

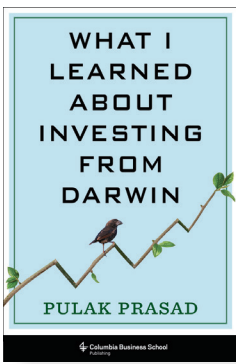
248 pages; 47 figures, 8 tables

Publication: February 2023

Review material available

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What I Learned About Investing from Darwin

Pulak Prasad

Why understanding evolution can reward investors

The investment profession is in a state of crisis. The vast majority of equity fund managers are unable to beat the market over the long term, which has led to massive outflows from active funds to passive funds. Where should investors turn in search of a new approach?

Pulak Prasad offers a philosophy of patient long-term investing based on an unexpected source: evolutionary biology. He draws key lessons from core Darwinian concepts, mixing vivid examples from the natural world with compelling stories of good and bad investing decisions—including his own. How can bumblebees' survival strategies help us accept that we might miss out on Tesla? What does an experiment in breeding tame foxes reveal about the traits of successful businesses? Why might a small frog's mimicking the croak of a larger rival shed light on the signs of corporate dishonesty?

Informed by successful evolutionary strategies, Prasad outlines his counterintuitive principles for long-term gain. He provides three mantras of investing: Avoid big risks; buy high quality at a fair price; and don't be lazy—be very lazy. Prasad makes a persuasive case for a strategy that rules out the vast majority of investment opportunities and advocates permanently owning high-quality businesses.

Combining punchy prose and practical insight, *What I Learned About Investing from Darwin* reveals why evolutionary biology can help fund managers become better at their craft.

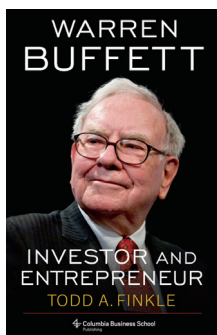
Pulak Prasad is the Managing Director/Founder of Nalanda Capital, a Singapore-based firm that invests in listed Indian equities and manages about \$5 billion.

304 pages; 18 figures, 15 tables

Publication: May 2023

Review material: November 2022

All rights: Columbia University Press



Warren Buffett

Investor and Entrepreneur

Todd A. Finkle

Recasting Warren Buffett as an entrepreneur

Warren Buffett is perhaps the most accomplished investor of all time. The CEO and chair of Berkshire Hathaway has earned admiration for not only his financial feats but also the philosophy behind them. Todd A. Finkle provides striking new insights into Buffett's career through the lens of entrepreneurship. This book demonstrates that although Buffett is thought of primarily as an investor, one of the secrets to his success has been running Berkshire as an entrepreneur.

Finkle—a Buffett family friend—shares his perspective on Buffett's early life and business ventures. The book traces the entrepreneurial paths that shaped Buffett's career, from selling gum door-to-door during childhood to forming Berkshire Hathaway and developing it into a global conglomerate through the imaginative deployment of financial instruments and creative deal making. Finkle considers Buffett's investment methodology, management strategy, and personal philosophy on building a rewarding life in terms of entrepreneurship. He also zeros in on Buffett's longtime business partner, Charlie Munger, and his contributions to Berkshire's success. Finkle draws key lessons from Buffett's mistakes as well as his successes, using these failures to explore the ways behavioral biases can affect investors and how to overcome them.

By viewing Buffett as an entrepreneur, this book offers readers a fresh take on one of the world's best-known financial titans.

Todd A. Finkle is the Pigott Professor of Entrepreneurship at Gonzaga University. He is also an investor, entrepreneur, speaker, and consultant who has worked with a wide range of organizations.

296 pages; 20 tables

Publication: March 2023

Review material available

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I Have No Enemies

The Life and Legacy of Liu Xiaobo

Perry Link and Wu Dazhi

The life and times of Nobel Laureate Liu Xiaobo

Late one night in December 2008, police arrived at the home of Liu Xiaobo—China’s leading dissident, a key figure in the prodemocracy manifesto Charter 08—and took him away. When Liu won the 2010 Nobel Peace Prize as a political prisoner, the award was bestowed on an empty chair. Inside China, the regime sought to erase every trace of his existence. Liu died of liver cancer in 2017 without ever having been allowed to return home.

I Have No Enemies is the definitive biography of Liu Xiaobo, offering a meticulously researched account of the twists and turns of a remarkable life. Perry Link and Wu Dazhi explore Liu’s upbringing, immersion in classical Chinese poetry and philosophy, bold challenges to literary conformity, and involvement in democratic movements. They trace the lifelong evolution of his thinking and chronicle his persecution, incarceration, and death.

I Have No Enemies emphasizes Liu’s principled commitment to dissent and the significance of the example he set in China and around the world. Liu was a far-sighted strategist whose credo was “changing a regime by changing a society.” In Tiananmen Square, he showed others how to face down armed soldiers; in daily life, he looked for ways to build a more democratic culture. A powerful record of Liu’s life and times, this book also tells the story of a generation of Chinese intellectuals who sought a better way forward.

Perry Link is Professor Emeritus of East Asian studies at Princeton University and teaches at the University of California, Riverside. He has written widely on modern Chinese language, literature, popular culture, and political dissent.

Wu Dazhi is a longtime friend of Liu Xiaobo.

560 pages

Publication: May 2023

Review material: November 2022

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Against Happiness

Owen Flanagan, Joseph E. LeDoux, Bobby Bingle, Daniel Haybron, Batja Mesquita, Michele Moody-Adams, Songyao Ren, Anna Sun, and Yolonda Y. Wilson. With responses from critics Jennifer Frey, Hazel Rose Markus, Jeffrey Sachs, and Jeanne Tsai.

Happiness is culturally specific, normative, and contingent on social justice.

The “happiness agenda” is a worldwide movement that claims that happiness is the highest good, happiness can be measured, and public policy should promote happiness. *Against Happiness* is a thorough and powerful critique of this program, revealing the flaws of its concept of happiness and advocating a renewed focus on equality and justice.

Written by an interdisciplinary team of authors, this book provides both theoretical and empirical analysis of the limitations of the happiness agenda. The authors emphasize that this movement draws on a parochial, Western-centric philosophical basis and demographic sample. They show that happiness defined as subjective satisfaction or a surplus of positive emotions bears little resemblance to the richer and more nuanced concepts of the good life found in many world traditions. Cross-cultural philosophy, comparative theology, and social and cultural psychology all teach that cultures and subcultures vary in how much value they place on life satisfaction or feeling happy. Furthermore, the ideas promoted by the happiness agenda can compete with rights, justice, sustainability, and equality—and even conceal racial and gender injustice. *Against Happiness* argues that a better way forward requires integration of cross-cultural philosophical, ethical, and political thought with critical social science. Ultimately, the authors contend, happiness should be a secondary goal—one worth pursuing only if it is contingent on the demands of justice.

Owen Flanagan is James B. Duke Distinguished Professor of Philosophy Emeritus at Duke University and codirector of the Center for Comparative Philosophy.

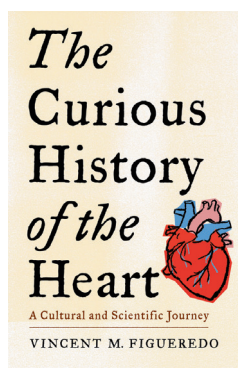
Joseph E. LeDoux is director of the Emotional Brain Institute and professor of neural science and psychology at NYU. In addition to numerous articles in scholarly research journals, he has written several trade books, most recently *The Deep History of Ourselves* (Viking, 2019).

336 pages

Publication: May 2023

Review material: December 2022

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The Curious History of the Heart

A Cultural and Scientific Journey

Vincent M. Figueredo

A broad look at the science and meaning of the heart throughout human history

For much of recorded history, people considered the heart to be the most important organ in the body. In cultures around the world, the heart—not the brain—was believed to be the location of intelligence, memory, emotion, and the soul. Over time, views on the purpose of the heart have transformed as people sought to understand the life forces it contains. Modern medicine and science dismissed what was once the king of the organs as a mere blood pump subservient to the brain, yet the heart remains a potent symbol of love and health and an important part of our cultural iconography.

This book traces the evolution of our understanding of the heart from the dawn of civilization to the present. Vincent M. Figueredo—an accomplished cardiologist and expert on the history of the human heart—explores the role and significance of the heart in art, culture, religion, philosophy, and science across time and place. He examines how the heart really works, its many meanings in our emotional and daily lives, and what cutting-edge science is teaching us about this remarkable organ. Figueredo considers the science of heart disease, recent advancements in heart therapies, and what the future may hold. He highlights the emerging field of neurocardiology, which has found evidence of a “heart-brain connection” in mental and physical health, suggesting that ancient views hold more truth than moderns suspect.

Ranging widely and deeply throughout human history, this book sheds new light on why the heart remains so central to our sense of self.

Vincent M. Figueredo is a cardiologist and physician-scientist. His thirty-year experience spans academic medicine, medical research, teaching, private practice, and senior hospital administration. Figueredo’s research interests include how the heart responds to injury, alcohol, and stress.

312 pages; 45 figures

Publication: April 2023

Review material available

All rights: Columbia University Press

EVERY
BRAIN NEEDS
MUSIC



*The Neuroscience of Making
and Listening to Music*

LARRY S. SHERMAN
and DENNIS PLIES

With Illustrations by Susi B. Davis

Every Brain Needs Music

The Neuroscience of Making and Listening to Music

Larry S. Sherman and Dennis Plies With Illustrations by Susi B.
Davis

Why neuroscience deepens our understanding of music

Whenever a person engages with music—when a piano student practices a scale, a jazz saxophonist riffs on a melody, a teenager sobs to a sad song, or a wedding guest gets down on the dance floor—countless neurons are firing. Playing an instrument requires all of the resources of the nervous system, including cognitive, sensory, and motor functions. Composition and improvisation are remarkable demonstrations of the brain's capacity for creativity. Something as seemingly simple as listening to a tune involves mental faculties most of us don't even realize we have.

Larry S. Sherman, a neuroscientist and lifelong musician, and Dennis Plies, a professional musician and teacher, collaborate to show how our brains and music work in harmony. They consider music in all the ways we encounter it—teaching, learning, practicing, listening, composing, improvising, and performing—in terms of neuroscience as well as music pedagogy, showing how the brain functions and even changes in the process. *Every Brain Needs Music* draws on leading behavioral, cellular, and molecular neuroscience research as well as surveys of more than a hundred musical people. It provides new perspectives on learning to play, teaching, how to practice and perform, the ways we react to music, and why the brain benefits from musical experiences.

Written for both musical and nonmusical people, including newcomers to brain science, this book is a lively and easy-to-read exploration of the neuroscience of music and its significance in our lives.

Larry S. Sherman is a professor of neuroscience at the Oregon Health and Science University. An enthusiastic piano player since age four, he has published widely on brain development, aging, and disease.

Dennis Plies, a former music professor at Warner Pacific University, played marimba for audiences and on television starting at the age of seven. He has recorded albums in genres including gospel, classical, and jazz.

272 pages; 62 figures

Publication: May 2023

Review material available

All rights: Columbia University Press



The Curious Human Knee

Han Yu

A compact scientific and cultural history of the human knee

Where would we be without the knee? This down-to-earth joint connecting the thigh and the lower leg doesn't receive the attention it deserves. Yet, as *The Curious Human Knee* reveals, it is crucial to countless facets of science, medicine, culture, and history—and even what makes us human.

Science writer Han Yu provides an informative, surprising, and entertaining exploration of the human knee across time and place. She begins with our earliest ancestors, emphasizing that walking upright separates us from the apes and bipedal knees appeared long before big brains and sophisticated tools. Yu considers the intricate anatomy of the knee, its evolutionary history, and the complexity of treating knee pain, including her own. She examines why women's knees might be more prone to damage than men's and addresses the roles of race and class in ailments such as osteoarthritis. The book gets knee-deep into an astonishing range of topics—fashion from flappers to miniskirts and ripped jeans, cultural practices spanning Japanese knee walking and Thai boxing. Yu reflects on the symbolic power of kneeling from the imperial court in China to the football field in the United States and shows why the knee figures into so many social and political phenomena.

Distilling a vast amount of research in a style that is engaging, conversational, and even personal and witty, this book opens readers' eyes to the complexity and significance of the humble knee.

Han Yu is a professor in the Department of English at Kansas State University, where she teaches scientific and technical communication. Her books include *Mind Thief: The Story of Alzheimer's* (Columbia, 2021).

264 pages; 25 figures

Publication: June 2023

Review material: December 2022

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The Couch, the Clinic, and the Scanner

Stories from Three Revolutionary Eras of the Mind

David Hellerstein

Literary essays about psychiatry's decades-long transformations

Over the past several decades, psychiatry has undergone radical changes. After its midcentury heyday, psychoanalysis gave way to a worldview guided by the Diagnostic and Statistical Manual, which precisely defined mental disorders and their treatments; more recently, this too has been displaced by a model inspired by neuroscience. Each of these three dominant models overturned the previous era's assumptions, methods, treatment options, and goals. Each has its own definitions of health and disease, its own concepts of the mind. And each has offered clinicians and patients new possibilities as well as pitfalls.

The Couch, the Clinic, and the Scanner is an insightful first-person account of psychiatry's evolution. David Hellerstein—a psychiatrist who has practiced in New York City since the early 1980s, working with patients, doing research, and helping run clinics and hospitals—provides a window into how the profession has transformed. In vivid stories and essays, he explores the lived experience of psychiatric work and the daunting challenges of healing the mind amid ever-changing theoretical models. Recounting his intellectual, clinical, and personal adventures, Hellerstein finds unexpected poetry in hallways and waiting rooms; encounters with patients who are by turns baffling, frustrating, and inspiring; and the advances of science. Drawing on narrative-medicine approaches, *The Couch, the Clinic, and the Scanner* offers a perceptive and eloquent portrayal of the practice of psychiatry as it has struggled to define and redefine itself.

David Hellerstein is professor of clinical psychiatry at the Columbia University College of Physicians and Surgeons and director of the Depression Evaluation Service at the New York State Psychiatric Institute. His most recent book is *Heal Your Brain* (Johns Hopkins University Press 2011).

240 pages

Publication: May 2023

Review material: November 2022

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Attraction, Love, Sex

The Inside Story

Simon LeVay

How scientists study human sexuality and why it matters

Sex may be the most powerful motivating force in our lives after hunger. It drives us to seek intimate contact with others and to form relationships that may be fleeting or lifelong, blissful or troubled. Yet many mysteries surround sex and sexuality: Why don't we reproduce by virgin birth? Why does so much of our sexual behavior have nothing to do with reproduction? Why isn't everyone heterosexual? How does the brain create sexual arousal? How do sexual kinks develop? Is porn harmful? What is the relationship between sex and love?

In *Attraction, Love, Sex*, the renowned scholar Simon LeVay introduces readers to a memorable cast of researchers trying to answer these questions and many more. A biologist dredges a New Zealand lake for asexual mud snails. Psychologists measure whether eating a good meal changes a man's idea of female beauty. Physiologists probe orifices with miniature toilet plungers and place lovers in brain scanners. Geneticists reconstruct the sex crimes of Genghis Khan. Neuroscientists create mice whose sexual behavior can be switched on and off. A zoologist traps and releases 260,000 voles and launches a new science of love.

LeVay distills vast expertise on the biology and psychology of sex into an engaging and easy-to-understand survey with scientific acumen, a critical eye, and a sense of humor. This book reveals how scientists are unraveling the secrets of sex and, in the process, shattering many traditional ideas and prejudices.

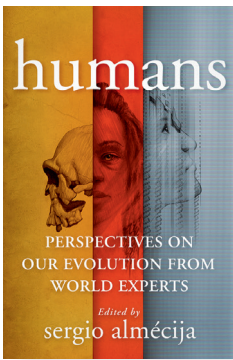
Simon LeVay is a neuroscientist and writer who has served on the faculties of Harvard Medical School and the Salk Institute for Biological Studies. He is best known for his 1991 report documenting a difference in brain structure between gay and straight men. LeVay is author or coauthor of twelve books, including *Discovering Human Sexuality* (Oxford University Press), a leading textbook on human sexuality.

296 pages; 6 figures

Publication: May 2023

Review material: November 2022

All rights: Columbia University Press



Humans

Perspectives on Our Evolution from World Experts

Edited by Sergio Almécija

Top experts share their insights on the study of human evolution

How did humanity evolve? And what does our evolutionary history tell us about what it means to be human? These questions are fundamental to our identity as individuals and as a species and to our relationship with the world. But there are almost as many answers to them as there are scientists who study these topics.

This book brings together more than a hundred top experts, who share their insights on the study of human evolution and what it means for understanding our past, present, and future. Sergio Almécija asks leading figures across paleontology, primatology, archaeology, genetics, and many other disciplines about their lives, their work, and the philosophical significance of human evolution. They reflect on questions that are both fun and profound: What set you down your career path? Are humans special? Where and when would you travel in a time machine? Does human evolution offer lessons for society? Is evolution compatible with spirituality and religion?

Humans features a remarkably accomplished cast of contributors, including Kay Behrensmeyer, Frans de Waal, Nina Jablonski, Richard Leakey, Robert Sapolsky, and Richard Wrangham. Together, they provide a refreshing, personable, engaging, cross-disciplinary, and thought-provoking exploration of different—even diametrically opposed—ideas about our nature and evolution, what makes humans unique, and what our future might hold. This book also offers practical suggestions for readers seeking to embark on a scientific career.

Sergio Almécija is a senior research scientist at the American Museum of Natural History.

520 pages; 6 figures

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