

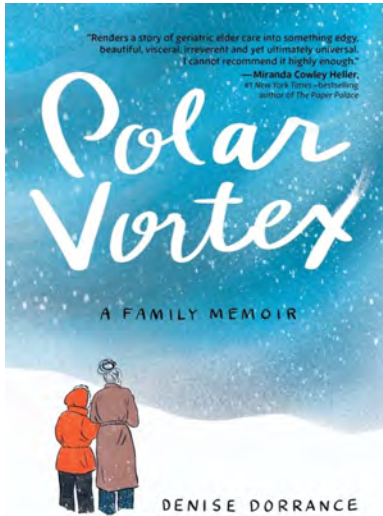
# The Experiment



SUMMER 2024

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FRONTLIST



The Experiment, LLC  
9781615199051  
1615199055  
Pub Date: 3/5/2024  
\$19.95/\$25.95 Can.  
Paperback

256 Pages  
Graphic novel  
Carton Qty: 24  
Comics & Graphic Novels  
/ Nonfiction  
CGN007010

9 in H | 6.3 in W

## Polar Vortex

### A Family Memoir

Denise Dorrance

#### Key Selling Points

- **Super-serious subject, compelling graphic memoir format:** John Lewis, Alison Bechdel, George Takei, Maia Kobabe (*Gender Queer*): Today's top-selling graphic memoirists demonstrate readers' openness to grappling with the most serious of topics in this format, including fraught family relationships, health challenges, old age, and
- **At once profoundly hers and universally ours:** Dorrance's eye and ear miss *nothing*. She vividly, resonantly captures her mother's frailty and dementia, long-simmering adult sibling grievances, the US health care system's coruscating inanities, the Midwest's extreme winter weather and subtle social quirks, and more—all with immense artistry, tact, and
- **Both a self-purchase and giftable:** Readers contending with an ailing parent will closely identify with (and laugh and cry about) Dorrance's predicaments, which offer validation and even catharsis for anyone facing such challenges. It's a short (even if not feel-good) read that can be slipped into a loved one's hands to show empathy.
- **Aging parents are a daily reality for millions:** 40 million Americans annually provide unpaid care to a family member over 50, so Dorrance's suddenly needing to figure out where and how her mother will live out her last days is a sadly common experience.

#### Summary

What do you do when your mother can't remember who you are? You catch the first flight from your adopted home of London to your original hometown of Cedar Rapids, Iowa, where she's hospitalized, injured, and struggling with the swirling disorientation of dementia. You take responsibility for finding her new (and, perhaps, final) home—although insurance is running out and you might have to finally patch up your bitter relationship with your sister. And you try not to think about death, lurking around every corner . . . or the coming polar vortex, growing closer and closer as snowflakes swirl ever faster outside.

With cinematic illustrations and moving yet humorous prose, award-winning author and cartoonist Denise Dorrance shares the two most haywire months of her life: the phone call after her mother is discovered lying confused on the living room floor, the mingled shock and familiarity of a harsh Midwestern midwinter, the attempt to settle her homesick mother into a care facility, the limiting and limitless inanities of the US health care system, and the impossible decisions about what comes next. Incorporating vintage postcards, photographs, and letters, Dorrance brilliantly captures the sadness, frustration, and gallows humor of suddenly having to care for an aging parent and facing the moment of transition between life as you've long known it and life as it must become.

#### Contributor Bio

American-born cartoonist and illustrator **Denise Dorrance** worked in magazines in New York for twelve years (including at *Cosmopolitan* under Helen Gurley Brown) before moving to London in 1993. Her cartoons have run for decades in many publications, including the *Mail on Sunday* (UK). *Polar Vortex* is her first graphic novel. In the UK, it was shortlisted for the 2020 Myriad First Graphic Novel competition and won the LDComics 2020 Rosalind B. Penfold Prize.

#### Illustrations



The Experiment, LLC  
9781615199860  
1615199861  
Pub Date: 3/26/2024  
\$12.95/\$19.95 Can.  
Hardcover

128 Pages  
58 color illustrations  
Carton Qty: 52  
Humor / Form  
HUM001000  
6 in H | 5 in W

## Sealf-Care for Everyone

Wang xx

### Key Selling Points

- **Adorable comics starring your “inner seal”:** Honest, complex, and full of heart, Seal speaks to the highs and lows of modern life in surprisingly few words!
- **By an illustrator who frequently goes viral:** @an\_ordinary\_seal has more than 116,000 Instagram followers, with individual posts earning more than 430,000 likes.
- **With a global, millennial audience:** 26 percent of her followers are in the US, and 70 percent are ages 25 to 34.
- **In a winning, small-format gift book:** Perfect for fans of internet humor, *kawaii*-style art (think Hello Kitty and Pusheen), and anyone who needs a gentle pick-me-up.
- **Reminding us that self-care starts where you are:** Seal doesn’t shy away from the darker moods we all feel now and then, making this a refreshingly true addition to self-care shelf.

### Summary

Sometimes life feels dark and full of questions: *Who am I? Where did I come from? Where should I go?* But maybe it’s not that complicated.

Let an ordinary seal and her little octopus friend remind you that everyone makes mistakes. That you can always lie down for a little while and do nothing. That there are many things we can’t control . . . and that’s okay.\

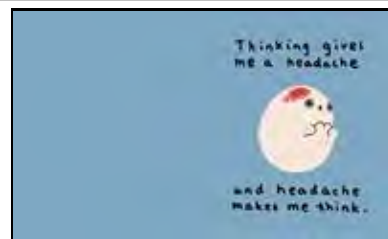
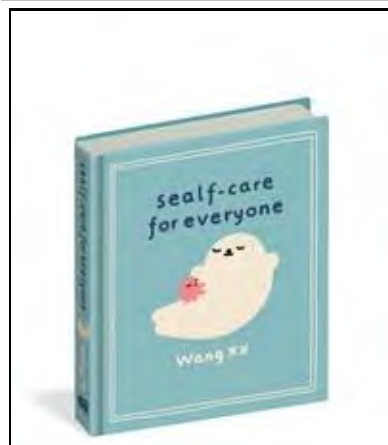
Your “inner seal” deserves every good thing, even on stormy days.

**Welcome to sealf-care.**

### Contributor Bio

Instagram cartoonist **Wang xx (@an\_ordinary\_seal)** has been drawing her lovable Seal character since 2013, attracting over 116,000 followers and with viral posts reaching 430,000 likes. Under her pseudonym, she has published three volumes of semi-autobiographical Seal comics in China, contributed to numerous anthologies, and created a line of Seal-branded products for soft-hearted humans. A professional illustrator, she is based in Shanghai.

### Illustrations



HOW WOULD  
YOU LIKE YOUR  
MAMMOTH?



12,000 Years of Culinary History  
in 50 Bite-Size Essays

UTA SEEBURG  
Foreword by MAX MILLER,  
New York Times bestselling author of *Tasting History*

The Experiment, LLC  
9781891011597  
1891011596  
Pub Date: 5/7/2024  
\$19.95/\$25.95 Can.  
Hardcover

256 Pages  
49 decorative line drawings  
Carton Qty: 40  
Print Run: 25K  
History / Civilization  
HIS039000  
7.5 in H | 4.8 in W

## How Would You Like Your Mammoth? 12,000 Years of Culinary History in 50 Bite-Size Essays

Uta Seeburg, Max Miller

### Key Selling Points

- **Fun, educational anecdotes for foodies and history buffs:** 50 essays serve up snackable portions of world history through curated discussion of key dishes prepared during major historical moments, from the last supper to the liquid olive.
- **For fans of Max Miller's bestselling cookbook, *Tasting History*:** With 60K copies sold since its publication in April 2023, *Tasting History* affirms the voracious appetite for accessible food history.
- **An ideal host gift:** The attractive paper-over-board package and short, playful essays make this book eminently giftable.
- **A modern and up-to-date perspective on gastronomic history:** Told with a winking, humorous sensibility and covering dishes as recent as pandemic dinners, this book will leave readers satisfied with just the right amount of easily digestible information.

### Summary

Did you know that Egyptians mummified beef ribs for their dearly departed to enjoy in the afterlife? That Roman gladiators were relegated to a vegan diet of grains and beans? That the fast-food hamburger was a result of a postwar, high-efficiency work ethic? This is not a cookbook; instead, *How Would You Like Your Mammoth?* is a chronological journey through the culinary history of humankind, with fifty short, snackable essays packed to the brim with juicy tidbits and cultural insights. With author Uta Seeburg as your guide, you'll learn not only which dishes are linked to key cultural moments, but also how each represents the social hierarchy and values of the civilization that invented it. Discover how and why:

- The Columbian exchange gave Indian curry its spicy kick
- Roasted swan became the centerpiece of choice in spectacle-loving 1650s high society
- A Portuguese princess helped popularize tea in England
- The first dish ever to be prepared live on television was an omelet
- And much more

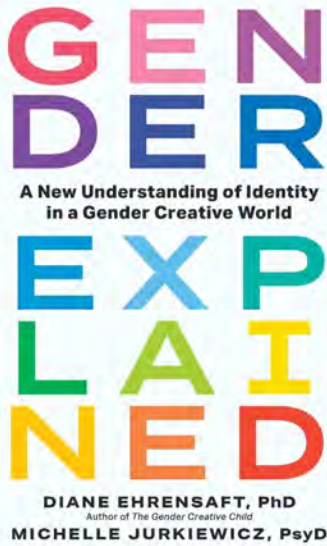
Foodies and history buffs alike will savor every amusing yet educational historical snapshot, from one of the oldest recorded recipes (lamb stew with barley and onions) to out-of-this-world food fit for astronauts (dehydrated chicken soup just like mom used to make). *How Would You Like Your Mammoth?* is the perfect gift book to bring a taste of history—and fun—to any dinner party.

### Contributor Bio

**Uta Seeburg** worked for years as an editor for the magazine *Architectural Digest*. There, she reported on design and travel and wrote numerous culinary essays. Today, the PhD in literary studies and author of historical crime novels devotes herself entirely to writing books.

**Max Miller** is the author of the *New York Times*-bestselling cookbook *Tasting History* and the creator and host of the viral YouTube series *Tasting History with Max Miller*, where he shares his passion for culinary history and historic dishes. Max's work has been covered in outlets including *America's Test Kitchen*, ABC's *Localish*, *Binging with Babish*, *Chowhound*, *Foodsided*, GLAAD, *KTLA Morning News*, *Mythical Kitchen's* podcast *A Hotdog Is a Sandwich*, *The Rachael Ray Show*, and *Today.com*. He's also a regular guest on Simon Majumdar's food history podcast *Eat My Globe*. Max currently resides in Los Angeles, California, with his husband, José, and their cat, Cersei.

### Illustrations



The Experiment, LLC  
9781891011559  
1891011553  
Pub Date: 8/6/2024  
\$28.95/\$37.50 Can.  
Hardcover

304 Pages  
Carton Qty: 32  
Social Science / Gender Studies  
SOC032000  
9 in H | 6 in W

## Gender, Explained

### A New Understanding of Identity in a Gender Creative World

Diane Ehrensaft, Michelle Jurkiewicz

#### Key Selling Points

- **The authoritative guide to gender that sets the record straight:** In an increasingly hostile social and political moment for nonbinary and transgender people—when recent bestselling books such as Abigail Schrier’s *Irreversible Damage* promote a harmful “gender critical” approach—this book provides desperately needed facts for an adult generation who are confused about the sea change led by today’s children.
- **By leading experts and clinicians:** Diane Ehrensaft is the director of mental health at UCSF’s Child and Adolescent Gender Center, she has also testified before Congress, helped craft international guidelines on gender, and is a go-to media expert on NPR. Coauthor Michelle Jurkiewicz, also a psychologist, provides a younger perspective rooted in clinical experience.
- **The Gender Affirmative Model:** This book is rooted in the gender affirmative model—the leading evidence-based approach for working with transgender and nonbinary people, which was developed in part by Diane Ehrensaft.
- **From binary to expansive thinking and a whole lot more:** In simple, accepting, and non-political terms, this book sets out to softly educate with facts, historical context, and lived experience.

#### Summary

Gender as we used to know it is being upended, and no more dramatically than in the hands of the youngest generation—from children aged two to young adults just old enough to vote. There has been an explosion in the number of people who are saying they are not the gender everyone thought they were or who do not want to follow the rules of gender inscribed in the patterns of our society. As this phenomenon has unfolded, some people have celebrated, others are alarmed, while many are confused.

*Gender, Explained* is the complete roadmap to understanding what is going on—and how gender continues to evolve today. Armed with the latest research, psychologists Diane Ehrensaft and Michelle Jurkiewicz help readers understand today’s gender phenomenon, dispel myths, and answer the most common questions that appear in their clinical practice.

- Why are so many kids today playing with gender?
- What does it mean that gender is on a spectrum?
- What’s a parent to do with their gender creative child?
- How can we support those who are exploring gender?

This book advocates for gender affirming care and highlights the importance of listening to what young people are trying to teach us about gender amid conflicting social and cultural norms. It features personal stories from both gender creative children and adolescents, as well as parents whose children are playing with gender.

*Gender, Explained* pulls back the curtain on how and why the youngest generation is “doing” gender in new and different ways and outfits all of us with the gender literacy to understand gender and move freely in this new world.

#### Contributor Bio

**Diane Ehrensaft, PhD**, is a developmental and clinical psychologist, adjunct professor of Pediatrics at University of California San Francisco, and Director of Mental Health at the Child and Adolescent Gender Center, UCSF Benioff Children’s Hospital. She is author of *The Gender Creative Child* and *Gender Born, Gender Made* and co-editor with Dr. Colt Keo-Meier of The Gender Affirmative Model. She specializes in research, writing, clinical work, training, and consultation related to gender expansive children, and publishes and lectures both nationally and internationally on this topic. Dr.



The Experiment, LLC  
9781891011627  
1891011626  
Pub Date: 7/9/2024  
\$27.95/\$33.95 Can.  
Hardcover

272 Pages  
Carton Qty: 32  
Biography & Autobiography  
/ Medical (incl. Patients)  
BIO017000

8.3 in H | 5.5 in W

## Nearly Departed

### Adventures in Loss, Cancer, and Other Inconveniences

Gila Pfeffer

#### Key Selling Points

- **A tragicomic take on a family history of cancer:** In *Nearly Departed*, Pfeffer saves her own life through her preventative double mastectomy procedure and shares her triumphs over the history of cancer and death in her family, with laugh-out-loud prose and a touching message of hope even in the darkest of times.
- **For fans of Kate Bowler, Samantha Irby, and Nora McInerny:** Readers will love Gila Pfeffer—she writes about cancer + loss + Judaism + family in a memoir that is tragic, heartwarming, and inspiring in equal measure.
- **Funny author published in *McSweeney's*:** Pfeffer has been published in such media outlets as *The New York Times*, *McSweeney's*, and *Jezebel*. She has a growing, engaged audience across social media and is deeply involved with organizations for breast cancer survivors that will support this book.
- **A cancer memoir + a funny memoir + a Jewish memoir:** This can sit in any of these categories. It has a strong message of breast cancer prevention, served up through smart writing and disguised with humor.

#### Summary

By the time she was thirty, Gila Pfeffer was the oldest living member of her family, with both of her parents dead from cancer. She underwent genetic testing and after learning that she carried the BRCA1 gene decided to undergo a double mastectomy. It wasn't a choice—she had to stay alive.

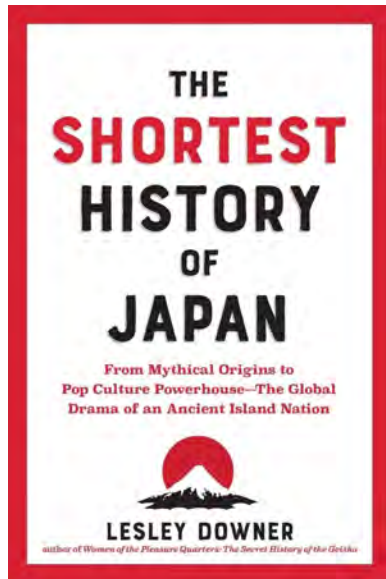
Set against Gila's Orthodox Jewish upbringing on Staten Island, this memoir follows her journey to break the cycle of death in her family. After becoming a reluctant expert on how to sit shiva, she transforms into an independent adult, falls in love, and becomes a mother before her life falls apart yet again.

Her double mastectomy reveals cancer already growing in one breast. After enduring eight rounds of chemo and the removal of her ovaries, she takes her last-ever dip in the mikvah waters as a bald, menopausal 35-year-old mother of four.

Drenched in Gila's dark humor honed over years of repeatedly surviving the worst, *Nearly Departed* is a story about thriving despite poor odds, balancing life in the secular world while remaining true to her faith, and leaving a better legacy for her children than the one she inherited.

#### Contributor Bio

**Gila Pfeffer** is a Jewish American writer and humorist. Her work has appeared in the *New York Times*, AARP's *The Girlfriend* and *The Ethel*, *McSweeney's*, and the anthology *I Just Want to Hang out With You*, edited by *New York Times*-bestselling author Jen Mann. Gila uses humor to engage with her audience about taking control of their health and well-being. She splits her time between New York and London.



The Experiment, LLC  
9781891011665  
1891011669  
Pub Date: 7/30/2024  
\$16.95/\$21.95 Can.  
Paperback

256 Pages  
With 50 B&W maps and images  
Carton Qty: 44  
History / Asia  
HIS021000  
Series: Shortest History  
7.8 in H | 5.1 in W

## The Shortest History of Japan

From Mythical Origins to Pop Culture Powerhouse?The Global Drama of an Ancient Island Nation

Lesley Downer

### Key Selling Points

- **Written by a renowned Japan expert:** Lesley Downer is a veteran Japan expert, journalist, historian, lecturer, and novelist who has authored several works of nonfiction (e.g., *Geisha*, *Women of the Pleasure Quarters*, and *The Brothers*—a *New York Times* Book of the Year) and *The Shogun Quartet*, novels set in nineteenth-century Japan. She appears in *Age of the Samurai: Battle for Japan* (Netflix).
- **Celebrates Japan's influential culture and historical figures:** Zen, martial arts, haiku, sushi, manga, anime, video games—Japan has long enriched Western lives with its distinctive aesthetic culture. This narrative shows how key historical moments and figures, including many women, have created that culture and a unique Japanese spirit (*nihonjinron*).
- **A valuable addition to our Shortest History series:** Japan is a peaceful and prosperous country, though perilously positioned near China and Korea. This *Shortest History* concisely contextualizes the country's political and economic importance to the US and its allies today.
- **Perfect for travelers and Asian Studies students:** This compact yet chronologically complete narrative, spanning from 14,500 BCE to the present, is ideal for anyone interested in Japanese history and culture, including travelers to East Asia and students of Asian Studies.

### Summary

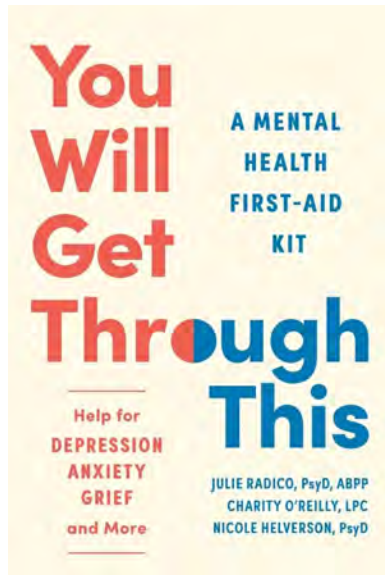
Zen, haiku, martial arts, sushi, anime, manga, film, video games . . . Japanese culture has long enriched our Western way of life. Yet from a Western perspective, Japan remains a remote island country that has long had a complicated relationship with the outside world.

Even at the nearest point, Japan—an archipelago strung like a necklace around the Asian mainland—is considerably farther from Asia than Britain is from Europe. The sea provides an effective barrier against invasion and has enabled the culture to develop in unique and distinctive ways. During the Edo period, the Tokugawa shoguns successfully closed the country to the West. After Japan opened, it swung in the opposite direction, adopting Western culture wholesale. Both these strategies enabled it to avoid colonization, one of the very few non-Western countries to do so, and to retain its traditions and way of life.

This delightfully readable history will be of interest to people who know nothing about Japan, but also full of insights for those who do, with an aha moment on every page. With a novelist's eye for color and character, Lesley Downer takes the reader through the great sweep of Japanese history, focusing on the dramatic stories of larger-than-life individuals—from emperors descended from the Sun Goddess to warlords, samurai, merchants, court ladies, women warriors, geisha, and businessmen who shaped this extraordinary modern society.

### Contributor Bio

**Lesley Downer** is a Japan expert, author, journalist, and historian. She has written four novels, *The Shogun Quartet*, and several works of nonfiction, including the immersive work of journalism *Geisha: The Remarkable Truth Behind the Fiction* and *The Brothers: The Hidden World of Japan's Richest Family*, which was chosen as a *New York Times* Book of the Year. She has traveled widely and given lectures at the Japan Society New York, at Asia and Japan Societies across the United States, at the Royal Geographic Society and the British Museum in London, and many other venues. She was the historical consultant for Northern Ballet's spectacular 2020 ballet *Geisha* and



The Experiment, LLC  
9781891011474  
1891011472  
Pub Date: 6/4/2024  
\$18.95/\$24.95 Can.  
Paperback

304 Pages  
Carton Qty: 38  
Health & Fitness / Mental Health  
HEA055000

9 in H | 6 in W

## You Will Get Through This

### A Mental Health First-Aid Kit? Help for Depression, Anxiety, Grief, and More

Julie Radico, Charity O'Reilly, Nicole Helverson

#### Key Selling Points

- **An original at-home mental health reference guide:** This book offers a mental-health twist on physical health reference guides such as *The Doctors Book of Home Remedies*, with over 30 bite-size chapters that cover depression, anxiety, body image, trauma, panic disorder, work stress, eating disorders, grief, and more.
- **Evidence-based research from a trio of expert authors:** From a team of therapists, which includes Nicole Helverson, PsyD, who specializes in depression, grief, eating disorders, and anxiety; Charity O'Reilly, MS, who specializes in trauma therapy; and Julie Radico, PsyD, who works in family and community medicine.
- **For readers who liked *Why Has Nobody Told Me This Before?*:** In the vein of Dr. Julie Smith's bestselling mental health guide, this book offers help navigating mental health crises, but in a reference format. It also adopts a compassionate tone and real-world approach similar to Dr. Ken Duckworth's *You Are Not Alone*.
- **An antidote to misinformation:** More and more young people are turning to social media platforms like TikTok for mental health advice, but one study found that over 80% of online advice is misleading or unreliable. This book counters online misinformation by providing research and context for all claims.

#### Summary

With growing barriers to mental healthcare—from months-long therapy waitlists to financial concerns to rampant online misinformation—it's hard to know where to turn when you need help now. This book, written by three practicing therapists, is your comprehensive mental health first-aid kit. Drawing on the techniques they use with their patients, they offer compassionate, evidence-based strategies for managing common mental health struggles. Even better, these are techniques that *anyone* can do at home.

*You Will Get Through This* helps you identify and understand common mental health problems and their related coping strategies. In each chapter, you'll find:

- what the research says about the issue
- coping mechanisms that are used in actual therapy rooms
- step-by-step guidance on using these strategies in real life and overcoming common obstacles
- tips for communicating about the issue with your loved ones

With a holistic biopsychosocial approach that takes into account the biological, social, and environmental factors affecting mental health, *You Will Get Through This* illuminates the road to wellness and allows you to take charge of your own healing.

#### Contributor Bio

**Julie Radico**, PsyD, ABPP, is a board-certified clinical health psychologist with 10 years of experience working in primary care settings. In 2023 she opened an independent consulting, coaching, and therapy practice. She earned her doctoral degree in Clinical Psychology and master's degrees in Clinical Psychology & Counseling and Clinical Health Psychology at the Philadelphia College of Osteopathic Medicine.

**Charity O'Reilly**, LPC, is a licensed professional counselor specializing in trauma therapy. She provides intensive trauma therapy for trauma survivors and trains and consults with therapists on trauma-informed practice. She is certified in Eye Movement Desensitization and Reprocessing (EMDR) therapy, Trauma Focused Cognitive Behavioral Therapy (TF-CBT), and Trauma Processing Yoga.





The Experiment, LLC  
9781891011764  
1891011766  
Pub Date: 8/20/2024  
\$27.95/\$36.50 Can.  
Hardcover

288 Pages  
Carton Qty: 32  
Family & Relationships / Love &  
Romance  
FAM029000  
8.3 in H | 5.5 in W

## What Happened to My Sex Life?

### Twenty Reasons You May Have Lost Desire and How to Get it Back

Kate Balestrieri

#### Key Selling Points

- **TikTok star & sex therapist Dr. Kate:** Kate Balestrieri has a robust clinical practice, plus social media following (>300K) and podcast, where she advises clients and followers with evidence-based advice to reconnect with their desire.
- **Loss of desire is epidemic:** Countless people come to Dr. Kate wondering *What Happened to My Sex Life?* and the causes range from global stress (pandemics, wars, inequality) to personal trauma to mundane life events. No matter the cause, the problem of "loss of desire" is massive—and this book aims to help everyone, from singles to couples, no matter their sexuality or gender.
- **Actionable advice for twenty common causes:** This book is organized into four parts that address psychology, emotions, relationships, and offers a path to reconnecting with your body and experiencing desire again.
- **Coming from a place of vulnerability:** Readers will immediately recognize their deepest held concerns in chapters that emerge from a place of vulnerability. Most books in this category such as Emily Morse's *Smart Sex* are brash and confrontational. More than anything, Dr. Kate wants readers to feel seen, heard, and validated.

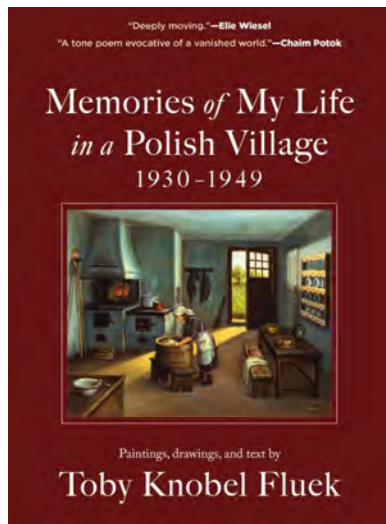
#### Summary

At some point in nearly every person's life, they experience a loss of desire. Sometimes there's a catalyzing event—stress at work, a fight with your partner, or sexual harassment—often, the problem is internal as a person loses touch with themselves and what they want. Dr. Kate Balestrieri, licensed sex therapist, founder of Modern Intimacy, and host of "Get Naked with Dr. Kate," is here to help.

In this book, Dr. Kate identifies the twenty most common reasons people show up in her therapy room, asking *What Happened to My Sex Life?* With understanding and compassion, she reassures readers that no, they're not broken—and they *will* feel again. With chapters that range from internal loss of desire ("Why don't I feel anything?") to relationship issues ("Am I Partner or a Parent?"), here is practical advice and insightful resolutions to help readers get their desire—and sex life—back.

#### Contributor Bio

**Dr. Kate Balestrieri** is a licensed psychologist and certified sex therapist focused on helping people heal from trauma and addiction, improve relationships, and have better sex lives. She is the founder of Modern Intimacy, a counseling practice that operates in Los Angeles, Miami, and Chicago, and a passionate advocate for mental health, relational and sexual health, and wellness. Dr. Kate works with adults, individuals and couples, primarily around treating trauma, substance abuse and addiction, intimacy disorders (sex/love addiction and sexual dysfunction), eating disorders and body image issues, bipolar disorder, Posttraumatic Stress disorder, depression, and anxiety.



The Experiment, LLC  
9781891011689  
1891011685  
Pub Date: 5/6/2024  
\$24.95/\$32.95 Can.  
Hardcover

144 Pages  
94 color paintings and drawings  
Carton Qty: 40  
Biography & Autobiography  
/ Jewish  
BIO037000  
8.5 in H | 6.3 in W

## Memories of My Life in a Polish Village, 1930-1949

Toby Knobel Fluek, Rakhmiel Peltz

### Key Selling Points

- **A memoir in art and prose:** Each page of Toby Knobel Fluek's acclaimed book (see Praise), below includes one of her original paintings or drawings. The images make Fluek's stories of village life and escape from the Nazis even more personal and haunting.
- **In the rich tradition of Holocaust literature:** Fluek's spare, unflinching prose evokes the style of Elie Wiesel's memoir. Fluek also explores relationships among female family members, recalling the work of Cynthia Ozick, winner of the National Jewish Book Award and herself an admirer of Fluek.
- **On a topic that's vital for us to remember:** The repercussions of the atrocities that affected Fluek and her family in 1941 can still be felt today. In a Western political landscape of increasing political extremism, it's more important than ever to remember fascism's continuing consequence.
- **By an artist and writer whose extraordinary work carries forward:** Toby Fluek's artwork is in the permanent collection of the Florida Holocaust Museum, has been featured in the documentary film *Image Before My Eyes*, and is part of various Holocaust and Jewish studies curricula. In this volume, she pairs it with her uniquely evocative prose, creating an indelible account of her life's journey.

### Summary

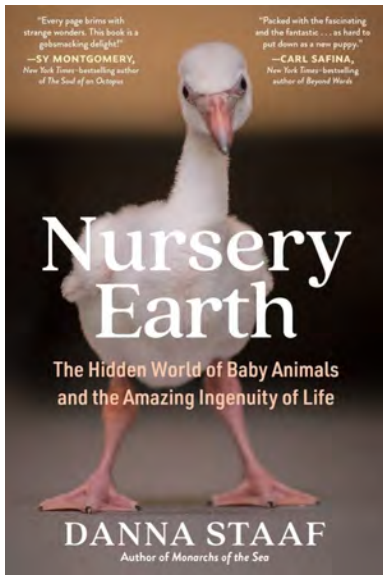
Here is "a tone poem evocative of a vanished world" (Chaim Potok), "the nearly thousand-year-old life of the village Jews of Eastern Europe—God-imbued, profound in its simplicity—at the very hour of its murderous destruction by Nazi terror" (Cynthia Ozick), acclaimed by Elie Wiesel as "deeply moving."

Scene by scene, person by person, artist Toby Knobel Fluek lovingly unfurls a unique view of Jewish life. She introduces us to her village, to her family, to the people among whom they lived, Jewish and Catholic; she shows us what they did, how they fared, how Jewish customs and holidays were observed—and, with both feeling and restraint, illustrates how this long-enduring way of life was disrupted and shattered by World War II. She takes her family through Russian occupation, through the devastation wreaked by the Nazis and, finally, to a new beginning in America.

### Contributor Bio

**Toby Knobel Fluek** (1926-2011) was born in the eastern Polish village of Czernica. In 1942, she and her family were forced by the Nazis into the nearby Brody ghetto. After her escape and years in hiding, she was married in 1949 and emigrated with her husband to New York, where she remained until her death. Fluek is the subject of the documentary film *Toby's Sunshine: The Life and Art of Holocaust Survivor Toby Knobel Fluek* and is featured in *Image Before My Eyes: A History of Jewish Life in Poland Before the Holocaust*. She is also the author of *Passover As I Remember It*. In 2018, The Florida Holocaust Museum added more than five hundred of Fluek's artworks and personal items to its collection, and it continues to share her work in exhibitions and outreach programs. Fluek's daughter, son-in-law, two grandsons and their wives, and four great-grandchildren also strive to ensure her extraordinary legacy.

### Illustrations



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9781891011719  
1891011715  
Pub Date: 5/7/2024  
\$17.95/\$23.50 Can.  
Paperback

280 Pages  
8-page color photo insert  
Carton Qty: 40  
Nature / Animals  
NAT001000

8.3 in H | 5.5 in W

## Nursery Earth

The Hidden World of Baby Animals and the Amazing Ingenuity of Life

Danna Staaf, Richard Strathmann

### Key Selling Points

- **NYT-bestselling authors Sy Montgomery and Carl Safina loved the hardcover edition:** Readers of their books (and of Ed Yong's and Frans de Waal's) will enjoy this invitation to the world of baby animals.
- **Surprises and insights on every page:** We learn what it means that at any given moment the vast majority of the animals alive on Earth are babies; the astonishing varieties of infant life no matter that every animal starts from a single cell; and the dramatic differences in form (and often place) between infants and adults of the same species.
- **"Easy-to understand research and illuminating analogies" (Booklist) from an expert science communicator:** Staaf's posts at Science 2.0, KQED Science, Earther, and other sites have engaged hundreds of thousands of readers.
- **A new perspective on ecological challenges:** The early life stages of animals tend to be the most vulnerable to environmental impacts, and as we discover the intimate interdependence between each infant life form and its environment, we see afresh the challenges climate change poses for baby animals.
- **Author's first book was a Science Friday Book Club pick:** For its annual "Cephalopod Week" in 2023 it chose Staaf's *Monarchs of the Sea: The Extraordinary 500-Million-Year History of Cephalopods* as its June Book Club pick.

### Summary

It's time to pay attention to baby animals. From egg to tadpole, chick to fledgling, they offer scientists a window into questions of immense importance: How do genes influence health? Which environmental factors support—or obstruct—life? Entire ecosystems rest on the shoulders (or tentacles, or jointed exoskeletons) of animal babies. At any given moment, babies represent the majority of animal life on Earth.

In *Nursery Earth*, researcher Danna Staaf invites readers into the sibling (and, sometimes, clashing) fields of ecology and developmental biology. The tiny, hidden lives that these scientists study in the lab and in the wild reveal some of nature's strangest workings: A salamander embryo breathes with the help of algae inside its cells. The young grub of a Goliath beetle dwarfs its parents. The spotted beak of a parasitic baby bird tricks adults of other species into feeding it. Mouse embryos can absorb cancerous cell grafts—and develop into healthy adults.

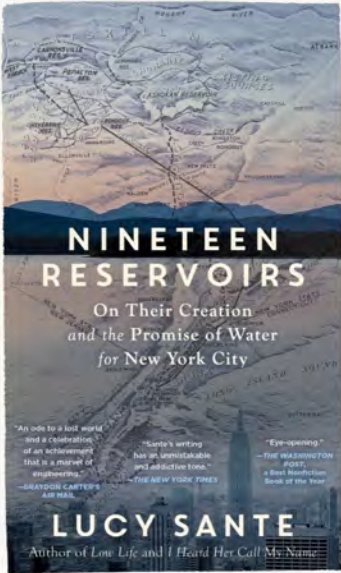
Our bias toward adult animals (not least because babies can be hard to find) means these wonders have long gone under-researched. But for all kinds of animals, if we overlook their babies, we miss out on the most fascinating—and consequential—time in the lives of their species. *Nursery Earth* makes the case that these young creatures are not just beings in progress but beings in their own right. And our planet needs them all: the maggots as much as the kittens!

### Contributor Bio

**Danna Staaf** earned a PhD in biology from Stanford University with her studies of baby squid. She is the author of *Monarchs of the Sea* and *The Lady and the Octopus*, and she has written for *Science*, *Atlas Obscura*, and *Nautilus*. She lives in California with her human family, a cat, and a garden full of grubs, caterpillars, maggots, and innumerable other babies.

**Richard Strathmann, PhD**, is an expert in the diverse patterns of animal development, with a particular focus on marine animals. He finds the beauty and variety of changes from eggs through embryos, larvae, and metamorphosis endlessly entertaining. He joined the faculty of the University of Washington in 1973.

### Illustrations



The Experiment, LLC  
9781891011726  
1891011723  
Pub Date: 5/7/2024  
\$19.95/\$25.95 Can.  
Paperback

208 Pages  
120 B&W and color photographs  
and illustrations  
Carton Qty: 46  
Technology & Engineering  
/ Environmental  
TEC010030  
9 in H | 5.5 in W

## Nineteen Reservoirs

On Their Creation and the Promise of Water for New York City

Lucy Sante

### Key Selling Points

- **An indie bestseller with major reviews:** In 2022, the hardcover edition was a *Washington Post* best nonfiction book and was reviewed by publications like *The New York Times*, *The Wall Street Journal*, and *The New York Review of Books*. This isn't unusual for Lucy Sante, whose writing has an international cult following that started 30 years ago with the publication of *Low Life*.
- **A "beautiful object" (NYT) with historical and contemporary images throughout:** Dozens of historical photos that document the reservoir system's creation, nostalgic historical postcards from pre-reservoir times, historical and contemporary maps, and present-day photographs by renowned artist Tim Davis add even greater depths of resonance to Sante's text.
- **Speaks to issues of national consequence:** *Nineteen Reservoirs* addresses issues that remain supercharged today: divisions between urban and rural communities, wealth and poverty, and human needs and natural landscapes. Far beyond this book's regional interest, it also speaks to readers across the drought-plagued American west.
- **New York's own Chinatown:** That movie (a fixture on greatest-ever-made lists) brought Los Angeles's 1920s water wars into popular culture—and primes reader interest in the civic drama and intrigue of NYC's lesser-known water wars.

### Summary

From 1907 to 1967, a network of reservoirs and aqueducts was built across more than one million acres in upstate New York, including Greene, Delaware, Sullivan, and Ulster Counties. This feat of engineering served to meet New York City's ever-increasing need for water, sustaining its inhabitants and cementing it as a center of industry. West of the Hudson, it meant that twenty-six villages, with their farms, forest lands, orchards, and quarries, were bought for a fraction of their value, demolished, and submerged, profoundly altering ecosystems in ways we will never fully appreciate.

This paradox of victory and loss is at the heart of *Nineteen Reservoirs*, Lucy Sante's meticulous account of how New York City secured its seemingly limitless fresh water supply, and why it cannot be taken for granted. In inimitable form, Sante plumbs the historical record to surface forgotten archives, bringing lost places back to life on the page. Her immaculately calibrated sensitivity honors both perspectives on New York City's reservoir system and helps us understand the full import of its creation.

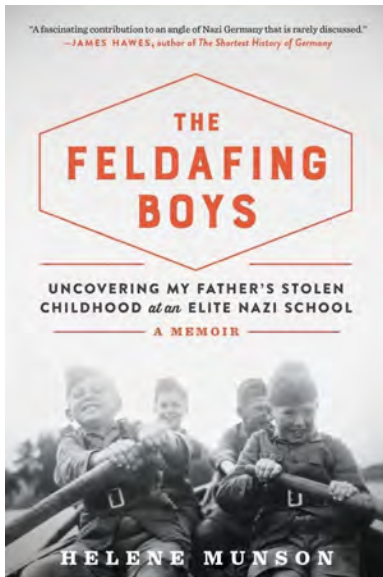
An essential history of the New York City region that will reverberate far beyond it, *Nineteen Reservoirs* examines universal divisions in our resources and priorities—between urban and rural, rich and poor, human needs and animal habitats. This is an unmissable account of triumph, tragedy, and unintended consequences.

**A Washington Post Best Nonfiction Book of 2022**

**An Indie Bestseller**

### Contributor Bio

**Lucy Sante** was born in Verviers, Belgium, and is the author of ten books, her first being *Low Life* (FSG, 1991). Sante's other books include *Evidence*, *The Factory of Facts*, *Kill All Your Darlings*, *The Other Paris*, *Folk Photography*, *Maybe the People Would Be the Times*, and *I Heard Her Call My Name*. She is the recipient of a Whiting Award, Guggenheim and Cullman fellowships, an Award in Literature from the American Academy of Arts and Letters, a Grammy (for album notes), and an Infinity Award for Writing from the International Center of Photography. Sante has contributed to the *New York Review of Books* since 1981 and to many other publications. She recently retired after 24 years teaching at Bard College.



The Experiment, LLC  
9781615199457  
1615199454  
Pub Date: 6/3/2024  
\$18.95/\$23.50 Can.  
Paperback

336 Pages  
54 B&W and color photographs  
Carton Qty: 36  
Print Run: 15K  
Biography & Autobiography  
/ Personal Memoirs  
BIO026000

8.3 in H | 5.5 in W

## The Feldafing Boys

### Uncovering My Father's Stolen Childhood at an Elite Nazi School

Helene Munson

#### Key Selling Points

- A TRUE, UNTOLD STORY:** Through a rediscovered firsthand account, translated here for the first time, *Hitler's Boy Soldiers* brings to light the 300,000 German children who were trained to become child soldiers (the largest army of child soldiers in recent history)—and the elaborate system of elite schools that fed into the army. A forgotten group of Nazi victims, Germany's children never dealt with their lingering guilt. This account radiates with empathy for the childhoods and adulthoods that were lost.
- PART FAMILY HISTORY, PART WWII HISTORY:** Only after her father's death did Helene Munson finally read his wartime diary. Now, she seeks to understand who her father really was, by retracing the steps he took during the war and uncovering her own family history. Through this deeply personal investigation into Germany's history, Munson comes to understand her father's experience as representative of hundreds of thousands of children.
- WWII HISTORY IS AN EVERGREEN CATEGORY:** *Hitler's Boy Soldiers* is a new, exciting addition to a consistently strong category—and unlike anything else, combining the firsthand perspective of a Hitler Youth turned SS soldier, woven with an investigation of the Nazis' educational system and history of their broader efforts to indoctrinate German children.
- A HIT FOR WWII READERS:** Praised by James Hawes, author of *The Shortest History of Germany*, for its "fascinating angle of Nazi Germany that is rarely discussed," and already a selection in the History and Military Book Clubs, *Hitler's Boy Soldiers* has proven to be an essential contribution to WWII literature.

#### Summary

When Helene Munson finally reads her father, Hans Dunker's, wartime journal, she discovers secrets he kept buried for seven decades. This is no ordinary historical document but a personal account of devastating trauma.

During World War II, the Nazis trained some three hundred thousand German children to fight for Hitler. Hans was just one of those boy soldiers. Sent to the elite Feldafing school at nine years old, he found himself in the grip of a system that substituted dummy grenades for Frisbees. By age seventeen, Hans had shot down Allied pilots with anti-aircraft artillery. In the desperate, final stage of Hitler's war, he was sent on a suicide mission to Závada on the Sudetenland front, where he witnessed the death of his schoolmates—and where Helene begins to retrace her father's footsteps after his death.

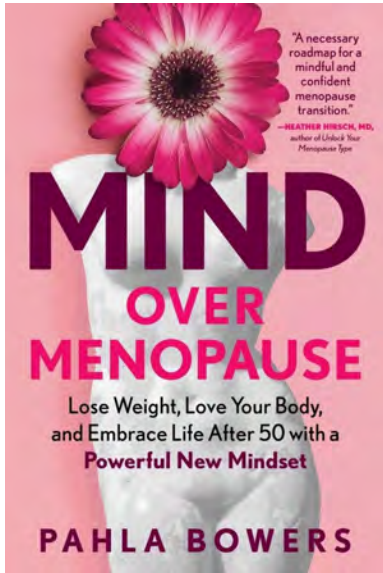
As Helene translates Hans's journal and walks his path of suffering and redemption, she uncovers the lost history of an entire generation brainwashed by the Third Reich's school system and funneled into the Hitler Youth.

A startling new account of this dark era, *The Feldafing Boys* grapples with inherited trauma, the burden of guilt, and the blurred line between "perpetrator" and "victim." It is also a poignant tale of forgiveness, as Helene comes to see her late father as not just a soldier but as one boy in a sea of three hundred thousand forced onto the wrong side of history—and left to answer for it.

#### A Selection in the History Book Club and Military Book Club

#### Contributor Bio

**Helene Munson** grew up in Brazil, Liberia, and Germany, spending most of her adult life in New York and Berlin. She writes short stories in English and German that have been published in magazines and anthologies. Inspired by her family history, her master's degree was partly about the impact of armed conflicts on children. She lives



The Experiment, LLC  
9781891011610  
1891011618  
Pub Date: 5/21/2024  
\$19.95/\$25.95 Can.  
Paperback

256 Pages  
Carton Qty: 44  
Health & Fitness / Menopause  
HEA051000  
8.3 in H | 5.5 in W

## Mind Over Menopause

Lose Weight, Love Your Body, and Embrace Life After 50 with a Powerful New Mindset

Pahla Bowers

### Key Selling Points

- **Now in paperback:** *Mind Over Menopause* introduces a tool to shift your mindset—rooted in the proven principles of Cognitive Behavioral Therapy (CBT)—that enables menopausal women to achieve weight-loss results that last.
- **From YouTube star Pahla B Fitness:** Pahla B is a fitness YouTuber with over 330K engaged subscribers and 35 million views, and a certified fitness & life coach. This book goes in-depth on her popular method with her trademark positive, motivational tone.
- **Achieve weight loss in menopause:** When women enter menopause, many experience the shift of fat to the midsection, compounded by an inability to lose weight like they used to. This book is tailored to the unique reality menopausal women face, with encouraging health and fitness advice specific to their bodies.
- **Motivational health over 50:** Bestsellers including *The Whole Body Reset* and *Think Yourself Thin* demonstrate a demand for books on weight loss in midlife. This book sits alongside those, propelled by the compelling voice of a motivational instructor.

### Summary

Welcome to menopause, where everything you thought you knew about your body changed overnight. You're always hot (unless of course you're freezing cold), you're moodier than ever, sleep seems like a distant memory, and your skin is forming "age spots." . . . You can't help but wonder, *Is this it?* Thankfully, no.

Weight-loss life coach Pahla Bowers is here to help with a radically simple and powerful method to flip the script on menopause—by adjusting how you think. Pahla teaches how to target Really Unhelpful Thoughts (RUTs), to shed extra pounds and stay healthy. With this book, you will learn to:

- transform the way you think about food—and no longer fear calories and carbs
- practice moderate exercise, stay hydrated, and get plenty of sleep
- develop awareness about how you feel, with journaling prompts
- accept your body, choose a realistic weight goal, and never slow down!

Combining exercise science, cognitive and behavioral psychology, and an inspiring, pragmatic perspective, *Mind Over Menopause* equips you with the tools and confidence to achieve your goals.

### Contributor Bio

**Pahla Bowers** is a certified weight-loss life coach for women over fifty, with over a decade of experience helping women make peace with their menopausal bodies. She is the host of the Get Your GOAL podcast and a prolific online content creator with expertise in women's health, personal development, and menopause fitness. *Mind Over Menopause* is her first book. She lives in California.

### Illustrations



## 2025 Moon Calendar Card (5 pack)

Lunar Phases, Eclipses, and More!

Kim Long

### Key Selling Points

- **Lifetime sales of over half a million copies:** Now in its 43rd edition, Kim Long's classic moon calendar has been finding fans for decades, and finding a home in accounts traditional and non, from garden stores to bait-and-tackle shops.
- **Detailed information in a compact card:** Know the Moon's phase *every* day of the year-plus down-to-the-minute data for eclipses and more events on the reverse.
- **An attractive sideline with impulse and gift appeal!** Retailing at \$4.00 for one, this handy calendar-especially the 40-copy counter display-will be right at home next to postcards, stationery, or the cash wrap.
- **Multiple ways to order:** The English edition comes in packs of 5 and 40, and in a 40-copy plexiglass display, and the Spanish edition comes in a pack of 5. An included slip orients retailers to the single-card ISBN and price.

The Experiment, LLC  
9781891011528  
1891011529  
Pub Date: 7/9/2024  
\$20.00/\$25.00 Can.  
Cards

2 Pages  
Color front | B&W reverse  
Carton Qty: 12  
Nature / Sky Observation  
NAT033000  
6.8 in H | 10 in W

### Summary

This is the 43rd edition of Kim Long's classic *Moon Calendar*, the first of its kind and a fan favorite since 1982. With a graphic, at-a-glance 2025 lunar calendar on the front and easy-to-read, detailed data provided by the US Naval Observatory on the reverse, this handy card is a fun reminder to tack up by your desk or in your garden shed. It also makes a great gift for kids, gardeners, fishermen and sportsmen, sky watchers, and followers of the many faiths that mark time by the Moon.

- Sturdy and convenient 10" x 6.75" reference card
- Front: Lunar calendar with realistic moon images
- Back: Dates and times of every phase change, eclipse, apogee, and perigee
- Available in a pack of 5 and a pack of 40!

Whatever your reason for moon-watching, you won't miss a thing with the *2025 Moon Calendar Card!*

### Contributor Bio

**Kim Long** is the creator of the award-winning *Moon Calendar*. Between 1984 and 2006, his *American Forecaster Almanac* was published in 22 annual editions. He is the author or coauthor of many other books, including *The Moon Book*. He lives in Denver, Colorado.

### Illustrations





## 2025 Moon Calendar Card (40 pack)

Lunar Phases, Eclipses, and More!

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The Experiment, LLC  
9781891011504  
1891011502  
Pub Date: 7/9/2024  
\$160.00/\$200.00 Can.  
Cards

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### Illustrations







## 2025 Moon Calendar Card (display)

40-copy counter display

Kim Long

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The Experiment, LLC  
9781891011511  
1891011510  
Pub Date: 7/9/2024  
\$160.00/\$200.00 Can.  
Counterpack - Empty

2 Pages  
Color front | B&W reverse  
Carton Qty: 12  
Nature / Sky Observation  
NAT033000

6.8 in H | 10 in W



## Calendario lunar 2025

Fases lunares, eclipses y más

Kim Long

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The Experiment, LLC  
9781891011535  
1891011537  
Pub Date: 7/9/2024  
\$20.00/\$25.00 Can.  
Cards

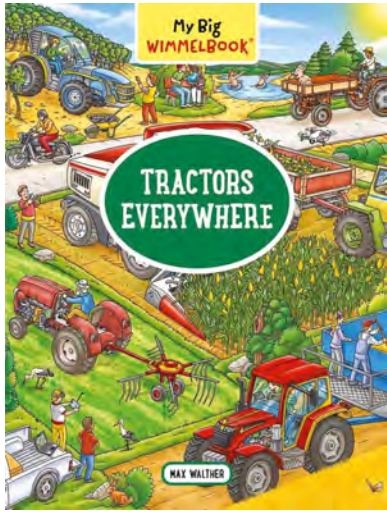
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The Experiment, LLC  
9781891011733  
1891011731  
Pub Date: 8/6/2024  
\$14.95/\$19.95 Can.  
Board Book

14 Pages  
Rounded corners | 5 color,  
full-spread scenes to explore  
Carton Qty: 36  
Ages 0 to 4, Grades P to K  
Juvenile Fiction / Activity Books  
JUV054000  
Series: My Big Wimmelbooks  
11.8 in H | 8.9 in W

## My Big Wimmelbook - Tractors Everywhere

Max Walther

### Key Selling Points

- **Nearly wordless, wimmelbooks let kids be the storyteller:** After meeting the star characters on the first spread, pre-readers ages 2 to 5 can find them in each bustling scene that follows and tell their unfolding stories.
- **Established series with 340,000+ copies in print:** The My Big Wimmelbook series has grown to 15 books, 6 My Little Wimmelbook editions, and 2 puzzles, and we add titles each season. 1,500+ unique accounts carry the series, and indies and gift retailers lead the way with solid reorders and negligible returns. As one bookseller said, "Once a customer buys one, they inevitably come back to buy all the rest!"
- **Where's Waldo? meets Richard Scarry:** These books combine the relatability of Richard Scarry's fun-filled cityscapes with the mega-popular seek-and-find fun of *Where's Waldo?*, creating a unique genre kids will love.
- **A diverse cast of characters reflecting kids' real lives:** The series strives to be relatable to kids' experiences, fostering social and emotional skills by helping them identify everyday feelings and situations. ("Look how excited the little girl is to ride her bike!" "Oh no—that boy is sad because his brother won't share!") In contrast to similar books, they include characters from a wide spectrum of races, abilities, genders, and sexualities.

### Summary

In these oversize board books, every page is bursting with life—and tons to discover! Children as young as age 2 have a blast pointing out recognizable things—a blue tricycle, a hungry dog, a piggyback ride—while older kids can follow the star characters through all kinds of bustling scenes.

Wimmelbooks are virtually instruction-free, inviting kids to make their own way through the busy Wimmelworld they encounter—and to craft their own stories. First, they're introduced to a unique cast of characters who are hidden in plain sight on the pages that follow. As children seek them out, each character's storyline unfolds, but it's up to kids to interpret the scenes and create stories they think fit. It's hours upon hours of fun—and an effortless introduction to literacy, to boot.

*My Big Wimmelbook—Tractors Everywhere* brings kids to a bustling farm where tractors are chugging away: churning up the fields, shoveling scrap, mowing grass, and hauling bushels of apples and potatoes. Children can follow a cast of hard workers and their machines through rural life in the spring, summer, fall, and winter, discovering how the seasons change what's going on in nature and which jobs the tractors do. There's also a spread of diagrams with simple labels so curious kids can learn to point out parts like the tires, cab, and engine.

### About Wimmelbooks

Wimmelbooks originated in Germany decades ago and have become a worldwide sensation with children (and adults!) everywhere. My Big Wimmelbooks is the first-ever English-language Wimmelbook series. Its books have been praised as "lively . . . and abounding with humor and detail" (*WSJ*) and likely to "make any parent's heart sing" (*NYT*).

### Contributor Bio

**Max Walther** is a Germany-based book designer and illustrator with over ten years of experience illustrating children's books. Walther studied design and illustration at the University of Applied Sciences in Mainz, Germany, and loves telling stories through illustration in his wimmelbooks. He is the author of 6 My Big Wimmelbooks, and his titles are consistently among the most popular in the series.

## My Big Wimmelbook EMPTY

16-copy counter display



The Experiment, LLC  
9781891011757  
1891011758  
Pub Date: 8/6/2024  
\$0.00  
Counterpack – Filled

0 Pages  
Ages 2 to 5  
Non-Classifiable  
NON000000  
Series: My Big Wimmelbooks