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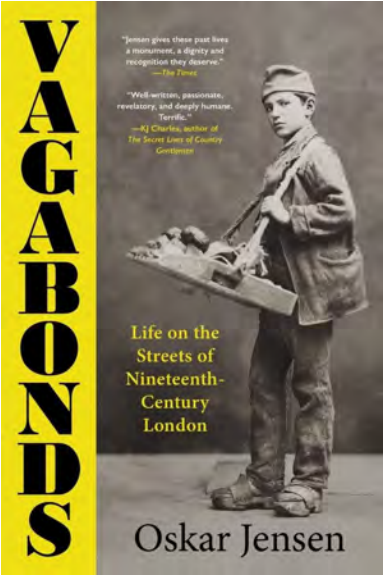
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FRONTLIST & KEY BACKLIST



The Experiment, LLC
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336 Pages
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History / Europe
HIS015040
8.3 in H | 5.5 in W

Vagabonds

Life on the Streets of Nineteenth-Century London

Oskar Jensen

Key Selling Points

- **A FRESH LOOK AT A FAVORITE PERIOD:** Thanks to Dickens, the Brontës, and others, nineteenth-century England still fascinates—and lives on, often romanticized, in TV hits like *Bridgerton* and *Penny Dreadful*.
- **LOW LIFE FOR LONDON:** Like Lucy Sante's cult classic, *Vagabonds* reverses the typical top-down history to center the marginalized. Jensen uncovers fresh source material to tell the true, birth-to-death stories of London's street denizens, appealing to readers of *How to Be a Victorian*, *The Butchering Art*, and other histories.
- **WITH AN URGENT MESSAGE ABOUT INCOME INEQUALITY:** *Vagabonds'* depiction of a deeply unequal London offers lessons for us today—a moment when, as *The Washington Post* reports, wealth inequality has in fact surpassed the most unequal periods of nineteenth-century Britain.
- **BY A RISING STAR OF BRITISH HISTORY:** Oskar Jensen holds three history degrees from Oxford, and has been recognized by the BBC and Royal Historical Society. *Vagabonds* is his first trade book on Georgian- and Victorian-era Britain.

Summary

Here is popular social history at its finest and most accessible: Indelibly vivid accounts of Dickensian London's street denizens reveal the true character of this place and time

Shortlisted for the Wolfson History Prize 2023

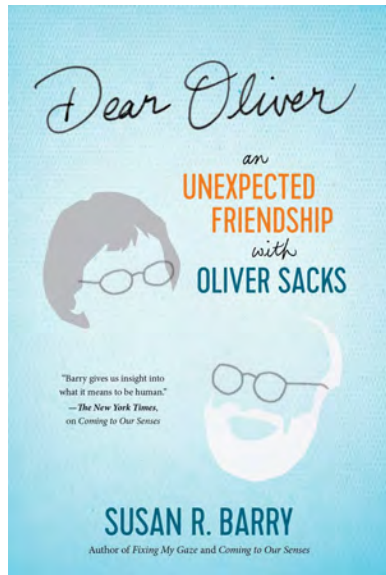
British historian Oskar Jensen, an expert on the Georgian and Victorian periods, combs through hundreds of contemporary accounts to document the stories of London's poor. What emerges is a buzzing world of the working classes, diverse in gender, ethnicity, ability, origin, and occupation.

There's Susan Mosely, two years old and herself born into poverty, who is kidnapped by an older woman because beggars with small children are treated with more sympathy. There's John James Bezer, seven-year-old son of a drunkard, elated to find a job as a street deliveryman—which requires him to work seventeen hours a day. And there's Joseph Johnson, a Black ex-sailor most likely from the Caribbean, singing sea songs on the grass outside the Tower of London with a model ship balanced on his head, in a performance so captivating that it's written about in several newspapers at the time.

Over the course of the book we meet characters of all ages, participating in all sorts of work, trying to build lives for themselves in the face of a social order stacked against them. We watch as they find and lose opportunities, fall in and out of love, experience great joy and terrible suffering. The stories form a moving picture of people in poverty and a reminder of the strength of community and the power of the human spirit—but also of the suffering begotten by a society divided into rich and poor. Though some of Jensen's recurring subjects find sustained success—Edmund Kean, born of a vagrant who ran away at fifteen, becomes a world-renowned Shakespearean actor—rare is the character who makes it out.

Jensen's assiduous historical work—including quotations from countless primary and secondary sources—results in a book that is not just meticulously accurate but also stirringly visceral, filled with the sights, sounds, and smells of Dickensian London. It offers us the opportunity to walk around for a while, have a chat or two, and recall the oft-ignored vibrancy of the streets and their lives.

Contributor Bio



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Biography & Autobiography
/ Personal Memoirs
BIO026000

8.3 in H | 5.5 in W

Dear Oliver

An Unexpected Friendship with Oliver Sacks

Susan R. Barry

Key Selling Points

- **AN INSIDER'S FRIENDSHIP WITH OLIVER SACKS:** Over the course of 10 years, Susan Barry progressed from subject to friend to mentor. She and Oliver Sacks were intellectual compadres, sharing both personal and professional triumphs and challenges. Here is an inside look at how they approach the world.
- **FROM NEUROSCIENTIST SUSAN R. BARRY, "STEREO SUE":** Barry's story of gaining stereovision (the ability to see in 3D) as an adult was the subject of a *New Yorker* profile by Oliver Sacks ("Stereo Sue"). She is also the author of *Fixing My Gaze* and *Coming to Our Senses* (both covered by *The New York Times*).
- **CONTINUED INTEREST IN THE LIFE OF OLIVER SACKS:** A recently debuted opera based on Sacks' *Awakenings*; *The Man Who Mistook His Wife for a Hat*'s coming in fall 2023 in Knopf's Everyman series; continued demand for his many published books, this offers something different for Sacks' fans.
- **AN INSPIRING BOOK ON FRIENDSHIP:** In the vein of *Dinners with Ruth* (about Nina Totenberg's friendship with Ruth Bader Ginsburg) and Will Schwalbe's *We Should Not Be Friends*, *Dear Oliver* offers insight and inspiration on the deepest levels of friendship.

Summary

At once intimate and inspiring, in this book Susan Barry shares the heartfelt letters through which she and Oliver Sacks became dear friends later in life, laying bare the meeting of two people endlessly compelled by what we know of the world-and its mysteries

"Dear Mr. Sacks . . . You asked me if I could imagine what the world would look like when viewed with two eyes. I told you that I thought I could . . . But, I was wrong."

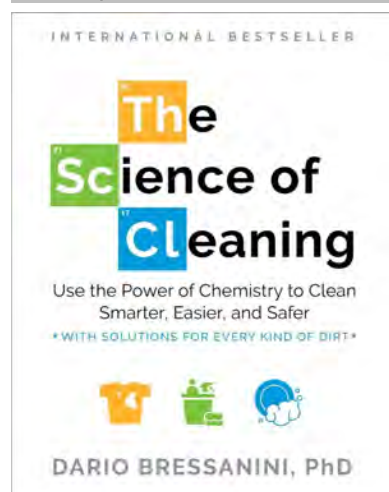
When Susan Barry first wrote to Oliver Sacks, she never expected a response, let alone the deep friendship that blossomed over ten years of letters. Now, she is sharing those letters for the first time.

In these letters, Susan lets us in on the boundless curiosity and insight that invigorated their one-of-a-kind friendship. It began when Sue-herself a neuroscientist-wrote to share an extraordinary development in her own medical history. Severely cross-eyed since birth, Sue had been told she would never acquire stereovision-the ability to see in 3D-and yet she did, a development at odds with decades of research. Within days, Oliver replied, "Your letter fills me with amazement and admiration."

Their shared interest in stereoscopy is just a taste of their regard for the power of science to provoke and enchant. Writing back and forth, they delve deeper into the mysteries of vision, are intrigued by the strange eye muscles of squid, and marvel at the adaptive capacity of the human body. Sue writes about the bioluminescent *Noctiluca* that congregate in the water around Cape Cod where she is spending the summer, and invites Oliver to visit. Together they delight in swimming in a bioluminescent sea.

In a painful twist of fate, as Sue's vision improves, Oliver's declines. And as it becomes harder for him to see, his characteristic small type shifts into large, capitalized font and he develops face blindness. Sue later recognizes this to be early signs of the cancer that ultimately ends his extraordinary life.

An often funny, richly informative, and amazingly intimate glimpse of a profound friendship, *Dear Oliver* inspires readers to appreciate treasured friendships and attests



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House & Home / Cleaning,
Caretaking & Organizing
HOM019000

9 in H | 7 in W

The Science of Cleaning

Use the Power of Chemistry to Clean Smarter, Easier, and Safer? With Solutions for Every Kind of Dirt

Dario Bressanini

Key Selling Points

- **AN ANTIDOTE TO CLEANING MYTHS:** With social media “cleaning hacks” and personalities like Marie Kondo, keeping things clean has reached a new level of popularity. But not all viral tips are reliable. In contrast, Bressanini uses his chemistry background to offer safe, evidence-based advice.
- **A CHEMISTRY LESSON FULL OF PRACTICAL TIPS:** Washing the dishes, doing laundry, getting rid of smells, banishing mold and germs—this book covers every household chore imaginable. Bressanini also explains science basics like acids and bases, chemical reactions, and solubility in ways that are highly applicable to everyday life.
- **THE FOOD LAB FOR CLEANING:** Like J. Kenji López-Alt’s massive bestseller, *The Science of Cooking* changes how we think about an everyday activity using graphic explanations. It merges the wide scope of *Home Comforts* by Cheryl Mendelson with scientific insights. And for lovers of *Lessons in Chemistry* by Bonnie Garmus, it shows what it’s really like to apply chemistry to homemaking.
- **BY THE ITALIAN BILL NYE:** In his Italian bestselling books and YouTube channel with 500K+ followers, Bressanini explains the science of everyday life with infectious enthusiasm. His love for breaking down complex concepts in fun, useful ways combines Bill Nye the Science Guy with Martha Stewart.

Summary

The only book on cleaning you'll ever need, offering practical, evidence-based advice on picking products and optimizing every aspect of housekeeping the scientific way

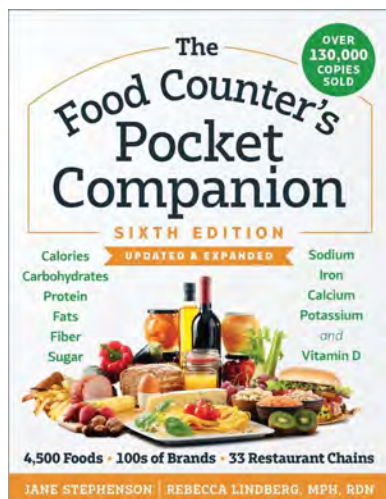
With TikTok's hugely popular #CleanTok hashtag spreading both useful and not-so-accurate cleaning tips across the internet, now is a better time than ever to set the record straight about which ones actually work—and which ones are safe and sustainable. Chemistry professor Dario Bressanini is on a mission to debunk universally widespread hoaxes and myths about cleaning, using scientific evidence to answer common queries like:

- Is it more efficient to wash dishes in the sink or in the dishwasher?
- Can vinegar and baking soda actually unclog your drain?
- Does bleach get rid of dirt?
- What should I look for when buying laundry detergent?
- What's that white stuff on my showerhead and how do I get rid of it?

Bressanini covers these subjects and more by digging into the basics of chemistry, taking topics like solubility, reactions, pH, and concentration out of the classroom and into our everyday routines. His explanations are accompanied by colorful illustrations and graphics to visually reinforce each lesson.

This book also emphasizes choosing the right product for the job, including tips on making selections at the store, and using just the right amount to cut down on unnecessary waste. As Bressanini explains, *everything* is made up of chemicals (yes, even water!)-but that doesn't mean we shouldn't be careful and eco-friendly about how we clean.

With tips on tasks from scrubbing stubborn grease off a pan to giving windows a perfect shine to getting that weird stink out of a pair of shoes, *The Science of Cleaning* reminds readers that science can be both useful and exciting. In this cleaning companion, every pressing question has been answered in one place. No more



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Health & Fitness / Diet & Nutrition
HEA034000
6.5 in H | 5 in W

The Food Counter's Pocket Companion *(New edition)*

Calories, Carbohydrates, Protein, Fats, Fiber, Sugar, Sodium, Iron, Calcium, Potassium, and Vitamin D-with 33 Restaurant Chains

Jane Stephenson, Rebecca Lindberg

Key Selling Points

- **WITH NEW MUCH-REQUESTED FEATURES:** Readers of the 5th edition regularly leave Amazon reviews asking for an index, so we're adding one now. The 6th edition's "Restaurant & Fast Food Chains" section is shifted to the end of the book—and now includes Shake Shack, In-N-Out, and Applebee's. Finally, all restaurants are updated with the latest menu data.
- **A CONSISTENT SUCCESS:** Almost 19,000 copies of the 5th edition have been purchased since March 2022, and it consistently sells 500+ units per week. As *HealthCheques Carbohydrate, Fat & Calorie Guide*, this title had 130,000+ copies in print for all editions.
- **A BETTER DESIGN AT A LOWER PRICE:** Most comps haven't had their data updated in a decade, and while Calorie King is an exception, its appearance is still dated. *Food Counter's* sleek, minimal, easy-to-navigate layout stands out. And at \$9.95, it's the logical choice for readers seeking an inexpensive guide they can take on the go.
- **PLUS EXPERT GUIDANCE:** Beyond basic nutritional facts, there are also instructions on estimating dietary needs and tweaking your diet to get more of lesser-known yet highly important nutrients like omega-3 fatty acids and magnesium. The dietitian and health care professional authors keep each edition consistent with US national guidelines and food trends.

Summary

For people looking to lose weight, manage health issues like diabetes or high blood pressure, or simply consume a greater variety of nutrients, knowing what's in each meal and snack is key. But with so many options for what to eat, keeping up with nutritional data can be overwhelming.

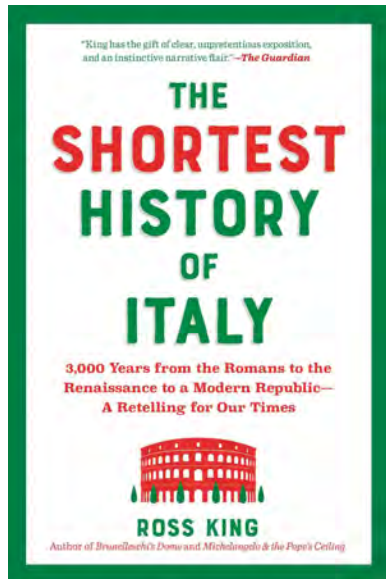
Enter *The Food Counter's Pocket Companion*, which supplies authoritative data on the nutrient content of 4,500 foods, 100s of grocery store brands, and 33 popular chain restaurants from across the US and Canada—all under common-sense, quick-reference categories from A to Z. This new edition incorporates an index, additional restaurant chains (Shake Shack, In-N-Out, and Applebee's), and up-to-date values for brands and restaurants.

There's also guidance on setting personal targets for calories and fluids as well as tips on getting enough of key nutrients. At home or on the go, whether readers need help navigating grocery store aisles or fast-food menus, this handbook takes the work (and tech) out of eating right.

Contributor Bio

Jane Stephenson is a learning and development senior specialist for a globally diversified medical device and health care company headquartered in Chicago, Illinois. She spent the first half of her career as a registered dietitian nutritionist (RDN) and certified diabetes educator (CDE) prior to entering the health care industry. She is the author of several nutrition and fitness educational books and tools targeted to helping people take action to live healthier, happier lives.

Rebecca Lindberg, MPH, RDN, is a registered dietitian nutritionist, consultant, author, and speaker at Rebecca Lindberg, LLC. With three decades of experience, she's inspired countless individuals to embrace healthier lifestyles through her user-friendly tools and resources. As the co-founder of Rumblings Media®, LLC, Rebecca also empowers midlife women to live well and flourish through transformative online courses, events, travel experiences, and free content. Rebecca is passionate about helping women ditch dieting, simplify eating, achieve goals through a personalized approach, and find joy in food again.



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History / Europe
HIS020000
Series: Shortest History
7.8 in H | 5.1 in W

The Shortest History of Italy

3,000 Years from the Romans to the Renaissance to a Modern Republic?A Retelling for Our Times

Ross King

Key Selling Points

- **3,000 YEARS IN FEWER THAN 300 PAGES:** In illuminating detail supplemented by illustrations and maps, King soars through Italy's rich history, from the peninsula's earliest settlers to the Roman Empire, Middle Ages, Renaissance, world wars, and to the present—and everything in between.
- **A COUNTRY THAT GARNERS ENDLESS AMERICAN INTEREST:** King's concise, thorough history appeals to the 18 million Italian Americans living in the US *and* to the nearly 6 million Americans who visit Italy every year. The country's rich history and beauty see it figure massively in our pop culture, from fashion (Gucci, Prada, Versace), film and TV (*The Godfather*, *White Lotus*), and of course food (pasta, pizza, wine!)
- **ADDING A POPULAR TOPIC TO A STRONG-SELLING SERIES:** Our country-based Shortest Histories—including *The Shortest History of Germany* (a #1 international bestseller) and *The Shortest History of China* (13,000 copies in print)—are consistently the series' top-selling titles. This entry is also for fans of Italian histories like *Botticelli's Secret* and *The Invention of Sicily*.
- **BY A BESTSELLING AUTHOR ON ITALIAN CULTURE:** Ross King's books on the Italian Renaissance have sold over 400,000 copies. Here, he places the Renaissance in context among Italy's greatest contributions to culture and politics.

Summary

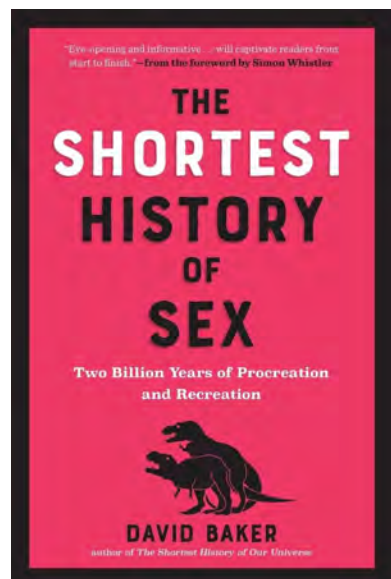
A concise, star-studded retelling of Italy's past, from the days of Caesar and Augustus in Rome to the time of da Vinci and Michelangelo in the Renaissance, tracing the story of a country with prodigious influence on fashion, art, food, and life—from a foremost author of historic Italy

The calendar. The Senate. The university. The piano, the heliocentric model, and the pizzeria. It's hard to imagine a world without Italian influence—and easy to assume that inventions like these could only come from a strong, stable peninsula, sure of itself and its place in the world. In this breakneck history, bestselling author Ross King dismantles this assumption, uncovering the story of a land rife with inner uncertainty even as its influence spread.

As the Italian tale unfolds, prosperity and power fluctuate like the elevation in the Dolomites. If Rome's seven hills could talk, they might speak of the time of Trajan, when nearly one million people lived in a glorious version of The Eternal City—or they might bemoan the absence of life five hundred years later, when conquest and the Bubonic Plague brought Rome's population below forty thousand. Widely known episodes of wealth like the First Triumvirate and the time of the Medicis are given fresh life alongside thorough descriptions of other periods less heralded, but equally important: The Middle Ages, the early days of Venice, the invasion of Napoleon, and the long struggle for unification. Along the way, King investigates:

- Why the fall of the Romans was not quite a bang or a whimper
- Why the years called the "Dark Ages" more than deserve their name
- How a unique baptism led to the proliferation of the café
- How a small-town secretary became the principal founder of Fascism

With illustrations and maps to reinforce key details, King paints a colorful, fascinating picture of a country that has been through it all—a place that remains compelling not just to tens of millions of Italian Americans, but to the millions of Americans who visit Italy every year.



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Science / Life Sciences
SCI027000
Series: Shortest History
7.8 in H | 5.1 in W

The Shortest History of Sex

Two Billion Years of Procreation and Recreation

David Baker, Simon Whistler

Key Selling Points

- **A FRESH, SEXY TAKE ON EVOLUTIONARY HISTORY:** Following *The Shortest History of Our Universe*, David Baker returns with a second, equally ambitious science title for our series—this time focusing on everyone's favorite subject! *The Shortest History of Sex* spans roughly two billion years, chasing the evolution of sex from the first microbial exchanges of DNA to modern online dating and the unprecedented places that technology is taking human sexuality.
- **A TREASURE TROVE OF FUN FACTS THAT CONNECT PAST WITH PRESENT:** This scientific history is enriched throughout with delightfully sharable fun facts that shed evolutionary light on the origins of readers' own desires, behaviors, and relationships. ("Every sexual attraction, fetish, and orgasm you have is the end result of a chemical reaction that has been ongoing for billions of years.") A great conversation starter, and easily cherry-picked for marketing and publicity purposes.
- **SERIOUS SCIENCE WRITTEN WITH PLAYFUL HUMOR:** Divided into three sections titled "Evolutionary Foreplay," "Primate Climax," and "Cultural Afterglow," this narrative synthesizes serious science with social and cultural history while using puns, humorous analogies, and colloquial language to entertain and provoke.

Summary

An evolutionary history of sex that reveals how two billion years of genetic ancestry—from the first aquatic creatures to primate societies—influences human sexuality today

From the first exchange of DNA to Tinder and sexbots—how did sex evolve? How did sex begin? How did it evolve to be so varied and complex in humans? What influence do our genetic ancestors have on our love lives today? And what might sex look like in the future?

The Shortest History of Sex traces where all the facets of human sexuality came from, starting at the creation of sex approximately two billion years ago and chasing it down our evolutionary family tree—from dinosaurs to primates and the earliest humans—until we arrive at the present, revealing why humanity's baffling array of passions, impulses, and fetishes are the way they are.

From the basic chemical process of two microbes sharing DNA to the modern phenomena of online dating, author David Baker guides the reader toward a clear understanding of one of the deepest and most abiding forces of human nature. *The Shortest History of Sex* looks at how sex changed for humans across the foraging, agrarian, and modern eras, and how we arrived at a period in history where the present nature of our sex lives has no historical or evolutionary precedent. Baker then looks at the horizon to figure out where current trends may lead us in the near future, as humans navigate the brave new world of technology.

The result is a revealing and utterly unique insight into history and human behavior—and the dance between nature and nurture in society.

Contributor Bio

David Baker is a history and science writer who holds the world's first PhD in Big History (the field that explores patterns in deep time and across the natural and social sciences). He is an award-winning lecturer, has written educational videos seen by millions of people, and is the author of *The Shortest History of Our Universe*. He lives in Tropical North Queensland, Australia.



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Gardening / Container
GAR001000
9 in H | 7 in W

Container Gardening-The Permaculture Way

Sustainably Grow Vegetables and More in Your Small Space

Valéry Tsimba

Key Selling Points

1. **GARDENING IS ONE OF THE TOP TEN HOBBIES IN THE US**—and containers make it accessible for everyone.
2. **CONTAINER GARDENING GOES ECO-FRIENDLY WITH THE "PERMACULTURE" APPROACH:** Permaculture—the sustainable method that has made *Gaia's Garden* (112,299 copies sold) a staple of the gardening shelf—goes small-scale for the first time in this handy guide!
3. **WITH GUIDELINES FOR GARDENING IN EVERY "ZONE" IN THE US:** *Container Gardening—The Permaculture Way* is for readers in every climate, from Boston to Phoenix.
4. **VALÉRY TSIMBA IS A FRESH VOICE IN PERMACULTURE:** Her unique take is rooted in selflessness and caring for others and the Earth, with the key pillar "create diversity and share abundance." She provides hundreds of helpful tips: For instance, when you plant carrots by leeks, leeks ward off carrot flies and carrots ward off leek flies!

Summary

Anyone, anywhere can grow fresh, healthy produce in containers, free of chemical fertilizers or insecticides—using the permaculture approach

Permaculture-rooted in centuries-old techniques for growing food with care for the Earth—is the key to raising a bigger harvest than you ever thought possible: on your balcony, patio, driveway, deck, and anywhere in between! In *Container Gardening-The Permaculture Way*, author Valéry Tsimba writes from her own experience growing a lush permaculture garden on her forty-three-square-foot balcony. Her guiding principle is sustainability: to create biodiversity and share abundance.

Tsimba enthusiastically instructs home gardeners of all skill levels and backgrounds in her proven methods, from start to finish:

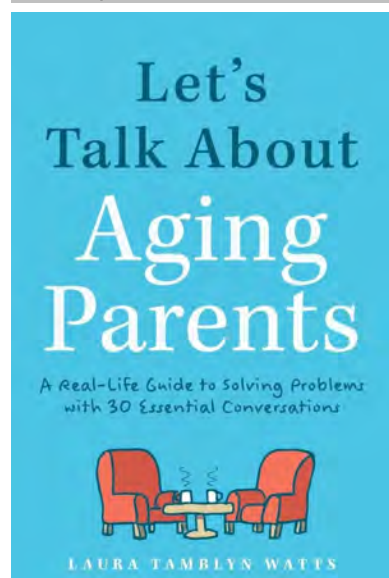
- Selecting and preparing planters and tools
- Sowing and transplanting seeds
- Limiting waste and avoiding insecticides
- Watering and increasing fertility
- And increasing your harvest—naturally

With over 120 photos and tables, *Container Gardening-The Permaculture Way* is an accessible, irresistible guide for everyone—whether a beginning gardener; someone living with disability, chronic illness, or housing insecurity; or an expert who's new to the practice of permaculture. Readers will enjoy fresh, home-grown fruits and vegetables—even strawberries and melons!—plus herbs and helpful companion flowers.

Contributor Bio

Valéry Tsimba is a Parisian who has long nurtured a passion for plants; her enthusiasm for gardening and thirst for knowledge led her to discover permaculture. She sets out to prove that anyone can harvest a vegetable garden with patience, observation skills, and motivation.

Illustrations



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9 in H | 6 in W

Let's Talk About Aging Parents

A Real-Life Guide to Solving Problems with 30 Essential Conversations

Laura Tamblyn Watts



Key Selling Points

- **AN IN-DEMAND SUBJECT:** Books like *How to Care for Aging Parents* and *The 36-Hour Day* show that people need help with the complexities of elder care: 40.4 million Americans are caregivers for adults ages 65+ and 5.7 million people in the US have dementia. This title adds something new by foregrounding the emotional challenges that families face.
- **EVERYTHING YOU NEED TO KNOW ABOUT ELDER CARE:** *Let's Talk About Aging Parents* covers housing, mental health, finances, complex relationships, common medical problems, and even unexpected topics like dating in old age and keeping up with changing technology. Readers will be prepared to discuss important subjects and prevent stressful family arguments.
- **FROM A LEGAL EXPERT AND SENIORS' RIGHTS ADVOCATE:** As the CEO of a seniors' advocacy organization, Laura Tamblyn Watts knows the law and is familiar with the help families need. After years of talking to people about aging, she has fixes for every situation imaginable.
- **FOR A WORLD WHERE CARE DECISIONS ARE TRICKIER THAN EVER:** Modern issues like COVID-19 and labor shortages mean that finding quality, safe health care and managing finances are only getting more complicated. Caretakers need this book's flexible strategies for figuring out what's important and communicating to find solutions.

Summary

Should my mom move into a retirement home? Does my dad have dementia? And how on earth can I get my stepmom to give up her car keys?

Worries like these can plague people with older relatives. Author Laura Tamblyn Watts understands: Her own parents are in their eighties, and she's spent her career informing others about aging people's needs.

Tamblyn Watts outfits readers with 30 prompts and roadmaps for informed, honest conversations with their aging parent—or family members, health care providers, and other professionals. She covers questions like:

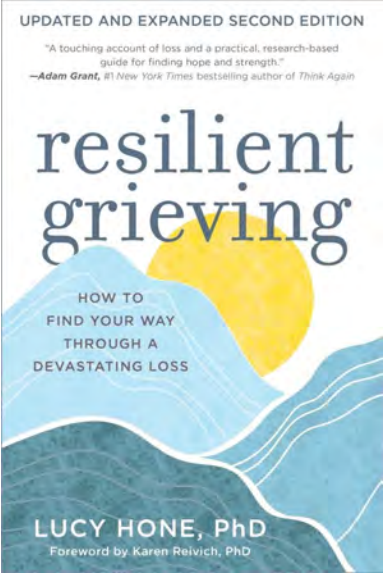
- Does my parent need help around the house?
- What kind of medical issues should we look out for?
- Do I really need to help my parent if they're toxic?
- How can my family share the caregiving load?

How to have the discussion is just as important as *what* needs to be discussed, so each chapter has tips for navigating complicated emotions and reaching an agreement when everyone has different ideas. Readers will get informed, have a productive conversation, and make a plan—then focus on making the most of their time with their aging relative.

Contributor Bio

Laura Tamblyn Watts is the CEO of CanAge, Canada's national seniors' advocacy organization. She teaches Law and Aging at the University of Toronto and has worked as a lawyer defending elders' rights. Watts is also a regular media guest and keynote speaker on aging issues. She lives in **Toronto, Canada**.

Illustrations



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Bereavement
SEL010000
8.3 in H | 5.5 in W

Resilient Grieving *(New edition)*
How to Find Your Way Through a Devastating Loss
Lucy Hone, Karen Reivich

Key Selling Points

- **A PRACTICAL GUIDE WITH A MOVING PERSONAL STORY:** When Lucy Hone tragically lost her daughter in 2014, she applied her training in resilience psychology to her bereavement. The coping strategies she shares in *Resilient Grieving* will speak to anyone facing unthinkable loss.
- **IN A REVISED AND EXPANDED SECOND EDITION:** Lucy Hone brings this edition up to speed with the latest research, overturning Kübler-Ross’s “five stages”—which lack scientific backing—and revealing a healthier way to grieve by tapping into our natural capacity for resilience.
- **BY A LEADING INTERNATIONAL AUTHORITY ON RESILIENCE:** Since the first edition published, Lucy Hone has become an internationally sought-after speaker and award-winning researcher. Her “3 Secrets of Resilient People” was one of the top 20 most-watched TED talks of 2020.
- **WIDELY ACCLAIMED:** Covered in a poignant episode of NPR’s Hidden Brain and hailed as “an essential tool and beautifully written” (CBS News), *Resilient Grieving* has been featured in *The NYT*, *The WSJ*, *Choice*, and beyond. The original edition has run to 27,000 copies over six printings.

Summary

***Resilient Grieving* offers an empowering alternative to the five stages of grief-and makes clear our capacity for growth following the trauma of a devastating loss**

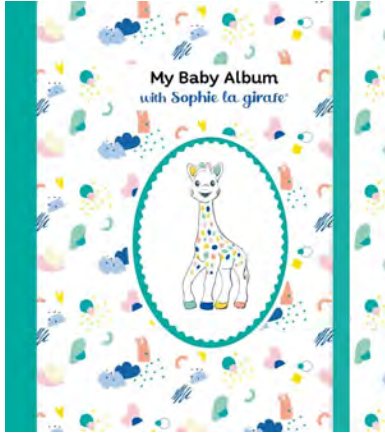
The death of someone we hold dear may be inevitable; being paralyzed by our grief is not. Recent research has revealed our capacity for resilient grieving, our innate ability to respond to traumatic loss by finding ways to grow-by becoming more engaged with our lives, and discovering new, profound meaning.

In this completely updated and expanded second edition, author and resilience/well-being expert Lucy Hone, a pioneer in positive psychology and bereavement research, continues to push her field forward. In 2014, Lucy was faced with her own inescapable sorrow after her 12-year-old daughter was killed in a car accident. By following the strategies of resilient grieving, she found a proactive way to move through her grief, and, over time, embrace life again. Since then, Lucy has become a leading voice in resilience and bereavement science, overturning widely held myths and misconceptions, making plain the harms of rigid models such as Kübler-Ross's five stages, and advocating for a more adaptive grieving process that emphasizes emotions, relationships, attention, forgiveness, and self-compassion.

Contributor Bio

Lucy Hone, PhD, is regarded as a leading international authority on resilience. She received her master's degree in applied positive psychology from the University of Pennsylvania, the world-renowned home of the field. Today, she's the director of the New Zealand Institute of Wellbeing & Resilience.
Karen Reivich, PhD, a leading expert in the fields of resilience, depression prevention, and Positive Psychology, is the Director of Training Programs for the Penn Positive Psychology Center.

Illustrations



The Experiment, LLC
9781891011283
1891011286
Pub Date: 3/19/2024
\$24.95/\$32.95 Can.
Spiral Bound

80 Pages
Keepsake pocket & removable
chart | Color Illustrations
throughout
Carton Qty: 8
Print Run: 20K
Family & Relationships / Life
Stages
FAM025000
Series: Sophie la girafe®
10 in H | 8.3 in W

My Baby Album with Sophie la girafe® (New edition)

Sophie la girafe®

Key Selling Points

- **THE BESTSELLING BABY ALBUM, NOW IN A NEW THIRD EDITION:** Following the success of the second edition of *My Baby Album with Sophie la girafe*, with over 130,000 copies in print, this new edition upholds the album's treasured elements to record Baby's precious moments, while embracing a more modern design.
- **A PERFECT GIFT FOR NEW AND EXPECTING PARENTS:** *My Baby Album with Sophie la girafe* is a charming and practical baby-shower gift for new moms and expectant parents to help them forever remember this special time in their lives.
- **SOPHIE IS A GLOBAL PHENOMENON:** Over 70 million Sophie toys have been sold worldwide. Sophie is "the grand dame of the best baby teething" and a top pick for teething toys, according to *Forbes*, and has previously been named the #1 baby product sold in the US according to several major retailers, including Amazon, where it is also a widely gifted baby item. This baby album is a natural purchase for new parents.

Summary

The beloved keepsake baby album featuring Sophie la girafe, with an all-new modern design for a new generation of parents!

Parenting is a joyous whirlwind, with milestone moments happening everywhere you look. From the first time holding your baby in your arms to the day you bring them home, you won't want to miss a second of Baby's life.

A wonderfully engaging keepsake, *My Baby Album with Sophie la girafe* is the perfect place to document and celebrate Baby's first year, with ample space to capture:

- Memorable "firsts"-Baby's first teeth, meals, steps, and words
- Fun-filled family outings and gatherings, from Baby's first vacation to first birthday
- Treasured mementos like ultrasounds and photos in a special envelope
- A removable growth chart to measure Baby's height
- Month-to-month updates on Baby's new accomplishments

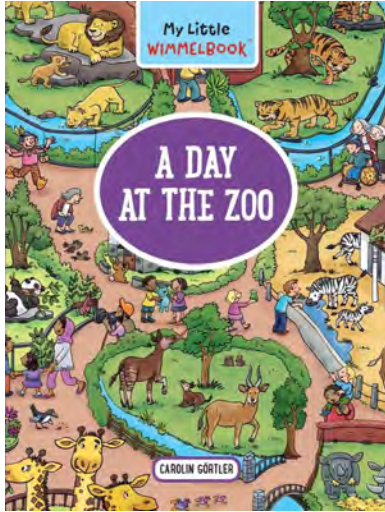
This edition also features handy tabs to easily find and flip through milestones from "The Big News" to "Your First Year."

Beautiful, interactive, and easy-to-use, this baby album is a must-have for families everywhere!

Contributor Bio

Sophie la girafe was "born" in France on May 25, 1961. An undisputed star from the start, Sophie first made her way to America several decades ago, and has experienced a resurgence in popularity in recent years. The more than 30 million people worldwide who have purchased the teething toy help to make Sophie the most recognizable and beloved giraffe on earth.

Illustrations



The Experiment, LLC
9781891011405
1891011405
Pub Date: 3/5/2024
\$8.95/\$11.95 Can.
Board Book

16 Pages
Rounded corners | 6 color,
full-spread scenes to explore
Carton Qty: 80
Print Run: 15K
Ages 0 to 4, Grades P to K
Juvenile Fiction / Animals
JUV002260
Series: My Big Wimmelbooks
7.5 in H | 5.6 in W

My Little Wimmelbook - A Day at the Zoo

Carolin Görtler

Key Selling Points

- **NEARLY WORDLESS, WIMMELBOOKS LET KIDS BE THE STORYTELLER:** After meeting the star characters on the first spread, pre-readers can find them in each bustling scene and tell their unfolding stories.
- **PART OF AN ESTABLISHED SERIES WITH 300,000+ COPIES IN PRINT:** The My Big Wimmelbook series has grown to 14 books, 4 My Little Wimmelbook editions, and 2 puzzles, and we add titles each season. Over 1,500 unique accounts are carrying the series, and independents and gift retailers continue to 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!"
- **PERFECTLY, PORTABLY PACKAGED FOR AGES 2 TO 5:** These rip-resistant, extremely durable board books are now exactly the right size to fit in a purse or bag—or for little kids to carry around themselves. This on-the-go format makes them a great choice to be stocked in places like airports or grocery stores.
- **NOTES ON COMPS:** Our Wimmelbooks combine the relatability and hands-on learning of Richard Scarry's fun-filled cityscapes with the mega-popular seek-and-find fun that *Where's Waldo?* offers, creating a unique genre kids will love. The My Little Wimmelbook versions show the same exact bustling scenes as the original editions—just smaller!

Summary

My Big Wimmelbooks are hours of seek-and-find, hands-on learning and fun for kids ages 2 to 5-and now, they're small enough to carry around everywhere!

In these board books, every page is bursting with life-and tons to discover! Wimmelbooks are virtually instruction-free, inviting kids to make their own way through the busy Wimmelworld they encounter, and to craft their own stories. 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 from page to page, telling their stories along the way.

My Little Wimmelbook-A Day at the Zoo invites young readers to follow characters through the Wimmelzoo, from the wildcat enclosure to the aviary to the monkey house and more. It's the same animal-filled day of fun, made just the right size for kids to bring on their own excursions.

About Wimmelbooks

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

Contributor Bio

Carolin Görtler is a Germany-based designer and illustrator with over ten years' experience illustrating children's books, many of which are wimmelbooks. She studied communication design at the University of Applied Sciences in Mainz.

Illustrations



The Experiment, LLC
9781891011412
1891011413
Pub Date: 3/5/2024
\$8.95/\$11.95 Can.
Board Book

16 Pages
Rounded corners | 6 color,
full-spread scenes to explore
Carton Qty: 80
Print Run: 15K
Ages 0 to 4, Grades P to K
Juvenile Fiction / Transportation
JUV041010
Series: My Big Wimmelbooks
7.5 in H | 5.6 in W

My Little Wimmelbook - At the Airport

Max Walther

Key Selling Points

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My Little Wimmelbook-At the Airport invites young readers to follow characters on a journey by plane, including check-in, security, boarding, and, of course, getting airborne-with plenty of interesting things happening along the way. It's the same engaging ride through the sky, made just the right size for kids to bring on their own trips.

About Wimmelbooks

Wimmelbooks originated in Germany decades ago and have become a worldwide sensation with children (and adults!) everywhere. My Big Wimmelbook is the first-ever English-language Wimmelbook series. Its books have been praised as "lively . . . and abounding with humor and detail" (*WSJ*), 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.

Illustrations



The Experiment, LLC
9781615199860
1615199861
Pub Date: 3/1/2024
\$14.95/\$19.95 Can.
Hardcover

128 Pages
58 color illustrations
Carton Qty: 12
Humor / Form
HUM001000
6 in H | 5 in W

Sealf-Care for Everyone

An Ordinary Seal

Summary

Sometimes life feels dark and full of big 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 you can't control . . . and that's okay. Everybody lives with an "inner seal" they've tried to hide because it might get hurt. This book gives you courage to embrace this part of you, see the strength of it, and let it be your refuge and friend. Welcome to sealf-care.

Contributor Bio

Instagram cartoonist [@an_ordinary_seal](#) has been drawing her loveable Seal character since 2013, attracting over 116,000 followers and with viral posts reaching 430,000 likes. Under her pseudonym Wang xx, 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



Polar Vortex
A Family Memoir

Summary

When Denise Dorrance’s elderly mother is discovered confused on the floor of her Iowa home, Denise catches the first flight from London and arrives having to organize her immediate care. As her mother experiences the swirling confusion of dementia, hospitalized with the insurance running out, Dorrance wrestles with childhood memories and a toxic relationship with her sister. Pressure mounts after their mother is abruptly discharged and critical decisions must be made about her future—all as a classic Midwestern polar vortex approaches.

In a cinematic style of flowing illustrations that incorporate vintage postcards, photos, and letters, Dorrance brilliantly captures the sadness, frustration, and gallows humor of a situation known to many: suddenly having to care for an aging parent no longer able to live independently, with no good options for what comes next. Polar Vortex compassionately, poignantly, and humorously captures the moment of transition between life as we’ve long known it and life as it must become.

Illustrations



The Experiment, LLC
9781615199051
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\$19.95/\$25.95 Can.
Paperback

256 Pages
Graphic novel
Carton Qty: 12
Comics & Graphic Novels
/ Nonfiction
CGN007010
9 in H | 6.3 in W