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RECENT ACQUISITIONS AND FUTURE HIGHLIGHTS

Rein, Ben

HOW BRAINS MAKE FRIENDS

October 2025 | Neuroscience / Social Psychology / Self-Help

Translation | Proposal available

Agent: Folio Literary Management | Editor: Nina Shield

From your morning coffee order, to weaving through passengers on the train, riding in a packed elevator, attending a happy hour with colleagues, or relaxing on the couch with family, every day is filled with social interactions that nurture and support your brain's health. Some of these interactions may seem mundane, but they collectively make up the "social diet" that you feed your brain, influencing your well-being and shaping the substance of your life. Beneath our conscious awareness, these social experiences are modulating some of our most fundamental biological processes, adjusting our neurochemistry in ways that influence our emotions, color our experiences, and can even lengthen our lives. In an age of isolation, HOW BRAINS MAKE FRIENDS is a neuroscience-backed guide to social interactions, drawing insights from the world of science to help you understand the biology behind your relationships, reconsider the value of companionship, and build healthier, happier, and more connected lives.

[Ben Rein, PhD](#) is a neuroscientist at Stanford University and has spent over a decade studying the neuroscience of social interactions. Dr. Rein has published 17 peer-reviewed scientific papers in distinguished journals such as *Molecular Psychiatry*, *Trends in Neurosciences* and *Cell*. Outside of the lab, Dr. Rein educates an audience of more than 900,000 social media followers about neuroscience.

Rights sold: UK Commonwealth (Quercus); Chinese, simplified (PRH Beijing); German (Kösel); Korean (Gilbut); Polish (Wielka Litera); Romanian (SC Humanitas); Spanish (Paidos)

Yates, Beverly

THE YATES PROTOCOL

Fall 2025 | Diabetes

UK and Translation | Proposal available

Agent: Park & Fine | Editor: Lucia Watson

415 million people worldwide suffer from diabetes, and too often they are told "it's your fault." Dr. Beverly Yates is here to change this. A leading expert on reversing type 2 and prediabetes, she has more than 30 years of experience devising personalized, manageable, and enjoyable solutions for people with type 2 and prediabetes so they can reverse their conditions and get back to living the lives they love. In THE YATES PROTOCOL, Dr. Yates shares practical advice to approaching nutrition, meal timing, sleep, stress, and exercise, as well as the science behind it, dozens of stories from patients, 30-40 delicious recipes and curated meal plans, all with a no-shame attitude. Unlike other diabetes experts, Dr. Yates isn't here to tell you to limit your calorie intake to 800 calories a day (the daily recommended intake for a small child), but to give honest and tangible advice that anyone can apply and, more importantly, stick with.

[Beverly Yates, ND](#) received an engineering degree at MIT and worked in Silicon Valley before going through her own health scare and becoming a Doctor of Naturopathic Medicine at the National University of Natural Medicine. Dr. Yates has appeared on major media, including ABC, CBS, CNN, CW, Fox, Black News Channel, *Essence Magazine*, NBC, PBS, NPR, MindBodyGreen, SiriusXM, and more. She has served on the advisory boards of top health companies such as Gaia Herbs, Plus Labs, Northwood BioNaturals, BSP Pharma, Complementary Health Plans, and Schwabe, while also serving local communities.

SPRING 2025

Bolton, Doug

UNRAVELING: Why Our Children Are in Crisis—and How We Can Help

February 2025 | Behavioral Management / Adolescent Psychology

UK and Translation | Manuscript expected March 2024

Agent: The Heather Jackson Literary Agency | Editor: Lucia Watson

Over the past decade, children’s mental health challenges have reached epidemic levels—the high stakes pressure to succeed, as well as the recent pandemic have taken their toll on our children. But as psychologist and educator Doug Bolton explains in this eye-opening and powerful guide, underlying these modern-day stresses is an even more pervasive problem: We’re relying on practices that are not in line with what science tells us about how to truly motivate children and help them thrive. UNRAVELING highlights how we have become disconnected from the interdependency that used to be core to our survival and offers tools to help our kids create healthy attachments and learn how emotionally regulate. Weaving in Bolton’s own experiences as a former principal at a therapeutic school and as a father, UNRAVELING is a deeply empathetic and powerful guide to combatting the isolation we see in this generation today.

[Doug Bolton, PhD](#) has used his degrees in clinical psychology, school psychology, and educational leadership to support students with social, emotional, and behavioral challenges since 1987. Dr. Bolton worked in therapeutic schools for 10 more years as a school psychologist before spending the next 14 years as principal of North Shore Academy, a K-12 public therapeutic school on the north shore of Chicago. He currently maintains a private practice and consults to schools.

Fleck, Caroline

VALIDATION: The New Approach to Change That Will Transform How You Love, Lead, and Live

February 2025 | Psychology / Self-Help

Translation rights | Manuscript available

Agent: Anderson Literary | Editor: Lucia Watson

The validation skills from dialectical behavior therapy (DBT) revolutionized psychology by balancing the emphasis on changing behavior with a corresponding emphasis on acceptance. Now a prominent psychologist brings these validation skills out of therapy and into everyday life to help anyone decrease conflict, strengthen relationships, and change behaviors—in themselves and in others. As both a means and an end, validation has profound effects: it affirms a person’s experience and unlocks their potential for growth. Dr. Caroline Fleck explains how and why validation is a catalyst for transformation, while taking us step-by-step through eight skills we can use to communicate it. With practice, these skills become a way of life, helping us to focus on the possibilities that unfold when we see ourselves and others for who we really are.

[Caroline Fleck, PhD](#) is a licensed psychologist, Adjunct Clinical Instructor at Stanford University, and a business consultant. She is renowned for her ability to help people make critical but challenging changes and is one of Silicon Valley’s most sought-after psychotherapists.

Rights sold: UK Commonwealth (Orion Spring); Korean (Sejong); Portuguese/Brazil (Sextante); Spanish (Paidos)

Ratner, Adam

BOOSTER SHOTS: Measles, Memory, and Our Shared Future

February 2025 | Science / History / Clinical Medicine

UK Commonwealth | Manuscript available

Agent: Tessler Literary Agency | Editor: Hannah Steigmeyer

Every single child diagnosed with measles today represents a system failure. The technology to prevent essentially 100% of measles cases has been in our hands since well before the moon landing. But this serious airborne disease, once seemingly defeated, is resurgent around the globe. Why, at a time when biomedical science is so advanced, do parents turn away from vaccination, endangering their own children and the health of the wider population? Using a combination of patient narrative, historical analysis, and scientific research, Dr. Adam Ratner, pediatrician and infectious disease specialist, argues that the reawakening of measles and the subsequent coronavirus pandemic are bellwethers of forgotten knowledge. Declining vaccine confidence threatens a global reemergence of other vaccine-preventable diseases in the coming years. Ratner details how solving these problems requires the use of literal and figurative “booster shots” to gather new knowledge and retain the crucial lessons of the past.

[Adam Ratner, MD, MPH](#) is the Chief of the Division of Pediatric Infectious Diseases and an Associate Professor of Pediatrics and Microbiology at New York University Grossman School of Medicine, Bellevue Hospital Center, and Hassenfeld Children’s Hospital. In addition to practicing medicine, Dr. Ratner directs an active research group, and teaches students, residents, and other trainees. He has authored more than 100 peer-reviewed research papers, edited a major textbook of pediatric infectious diseases, chaired grant review panels for the National Institutes of Health, and served on the editorial boards of several scientific journals.

Sabatier, Grant

INNER ENTREPRENEUR: A Step-by-Step Plan to Build Your Business Your Way

March 2025 | Money Management / Investing

UK and Translation | Manuscript expected end of May 2024

Agent: Margret McBride Literary Agency | Editor: Lauren Appleton

It’s never been easier to become an entrepreneur. There are many paths you can take to start your own business, and for the first time, financial expert and entrepreneur Grant Sabatier gives readers a roadmap for each one of them. From finding the perfect idea, launching the business, scaling it, selling it, and beyond, this book leaves no stone unturned and covers every aspect of what it means to be your own boss. Most importantly, Sabatier explains how to do it all in a way that works with your life—you run the business, it should not run you. You have the power to customize your own journey to make sure you are getting the most out of your business that you can, without sacrificing your non-work priorities. Whether you’re just starting out or you’re a seasoned pro looking for advice on how to stop the grind, INNER ENTREPRENEUR has the tools you need to succeed both in business and in life.

[Grant Sabatier](#) is the creator of MillennialMoney.com, which has reached over 10 million readers, and the author of *Financial Freedom*. He writes about personal finance, investing, entrepreneurship, and mindfulness and hosts the *Financial Freedom* podcast.

Previous publishers: Arabic (I Carisma); Chinese, complex (Yuan-Liou); Chinese, simplified (Beijing Mediatime); Estonian (Aripaev); Indonesian (Gramedia Pustaka Utama); Japanese (Asahi Shimbun); Korean (Banni/Interpark); Russian (Eksmo); Thai (FP); Turkish (Flamingo); Vietnamese (Nha Nam)

Tracey, Kevin

THE GREAT NERVE: The New Science of the Vagus Nerve and the Body's Healing Reflex

April 2025 | Neuroscience / Immunology

UK and Translation | Manuscript expected April 2024

Agent: Aevitas Creative Management | Editor: Nina Shield

For centuries the function of the vagus nerve eluded research. Now neuroscientist and researcher Kevin Tracey has discovered the power of the vagus nerve to reverse inflammation, heal the immune system, and cure chronic illness. The vagus nerve is made up of 160,000 fibers that send thousands of electrical signals every second between the brain and the organs, governing basic functions like heart rate and blood pressure. Dr. Tracey shows us how manipulating the vagus nerve with a tiny implant can put the brakes on inflammation to reverse life-altering diseases like rheumatoid arthritis, inflammatory bowel disease, lupus, MS, diabetes, obesity, stroke, depression, Alzheimer's and Parkinson's. But we can also improve vagus nerve function with lifestyle strategies like ice baths, meditation, exercise, and breathwork. By opening the door to the new field of neuroimmunology, THE VAGUS NERVE not only revolutionizes how we understand and treat disease, it gives us unprecedented hope for our health and well being.

[Kevin Tracey, MD](#), is a neurosurgeon, scientist, entrepreneur, and leader in the fields of vagus nerve stimulation and inflammation. He and his colleagues in his lab at the Feinstein Institutes discovered the molecular and neural mechanism for the reflexive control of inflammation, now termed the inflammatory reflex. As measured by and reported in the scientific journal *PLOS One*, Dr. Tracey is one of the most highly cited living scientists in the world.

Wentz, Izabella

IBS: Finding and Treating the Root Cause

April 2025 | Health / Gastroenterology

UK and Translation | Manuscript expected May 2024

Agent: The Park Literary Group | Editor: Lucia Watson

You don't have to accept IBS as your normal. So many of us learn to live with uncomfortable and disruptive gastrointestinal symptoms. But there are solutions—and more than the band aid solutions you might get from over-the-counter or prescription medications. In this paradigm-shifting guide to IBS, Izabella Wentz explains that IBS is often a “throw away diagnosis” for unexplained gastrointestinal symptoms. But behind the diagnosis can be identifiable and treatable conditions, or conditions that go unrecognized by conventional medicine. With Wentz's careful advice and expertise, readers can identify the underlying cause(s) of their IBS and finally create a protocol to tackle their symptoms and take back control of their life.

[Izabella Wentz, PharmD, FASCP](#), is an internationally acclaimed clinical pharmacist. She is a Fellow of the American Society of Consultant Pharmacists and holds certifications in Medication Therapy Management and Advanced Diabetes Care through the American Pharmacists Association. She is the author of several books including *Adrenal Transformation Protocol* and #1 *New York Times* bestseller *Hashimoto's Protocol*.

Previous publishers: UK Commonwealth (Vermilion); Bulgarian (Vdahnoveniya); Chinese, simplified (Beijing Science and Technology); German (Vaks); Polish (Kobiece); Spanish (Alfaomega); Ukrainian (Bookchef)

FALL 2024

Mardou, Sacha

PAST TENSE: Facing Family Secrets and Finding Myself in Therapy

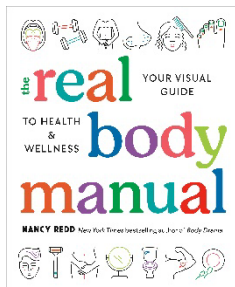
October 2024 | Graphic Memoir / Self-Help

UK and Translation | Manuscript available

Agent: Collins Literary Agency | Editor: Lucia Watson

At forty years old, Sacha Mardou was leading a life that looked perfect on the outside: happily married to the love of her life, enjoying motherhood and her six-year-old daughter, and her first book had just been published. But for reasons she couldn't explain, the anxiety that had always plagued her only seemed to be getting worse. The product of a stoic, working-class British family, Sacha had a deep-seeded distrust of mental health treatment, but now, living in the US and desperate for relief, she finds herself in a therapist's office for the first time. PAST TENSE takes us inside Sacha's therapy sessions, which over time become life-changing. As her emotional life begins to unfreeze and she lets go of the shame she's long held, Sacha realizes that the work she's doing and her love for her family can ripple outward too, changing her relationships now, and creating a new legacy for her daughter. Bravely told, visceral, and profoundly moving, PAST TENSE is a story about our power to break free of the past—once and for all—and find hope.

[Sacha Mardou](#) studied English Literature at the University of Wales and started making comics in the late 1990s. Her previous work includes the serially-released graphic novel *Sky in Stereo*, which was Ignatz-nominated and shortlisted for the Slate Studio Award. Her online therapy comics have been featured in *The Huffington Post* and *Bored Panda*.



Redd, Nancy

THE REAL BODY MANUAL: Your Visual Guide to Health & Wellness

October 2024 | Life Stages - Teenagers / Self-Help

UK and Translation | Manuscript available

Agent: Jane Startz Productions | Editor: Hannah Steigmeyer

Today's preteens are measuring themselves against impossible physical ideals. How is it possible that the savviest and most connected generation in history has no visual guide to puberty? Enter this comprehensive reboot of the NAACP Image Award-nominated and instant *New York Times* bestseller. THE REAL BODY MANUAL is a down-to-earth guide that offers a frank approach to the mystifying body issues that all young people face. This go-to resource includes medically vetted, relatable advice, alongside visual references, for all types of developing bodies. With a balanced, healthy, and realistic approach toward health and self-esteem, gorgeous full color pages, THE REAL BODY MANUAL is the book that young adults are waiting for—and the book their parents wished they had growing up!

[Nancy Redd](#) is a *New York Times* bestselling author and Webby Award-winning on-air host. Called "the perfect combination of style and substance" by *ESSENCE* magazine, Nancy has dedicated her publishing career to body positivity and inclusive representation.

Previous edition (titled *Body Drama*) licensed to: Egmont (German); Giunti (Italian); Eksmo (Russian)



Vora, Nisha

BIG VEGAN FLAVOR: Techniques and 150 Recipes to Master Vegan Cooking

September 2024 | Vegan Cooking

UK and Translation | Manuscript available

Agent: Miller Bowers Griffin | Editor: Lucia Watson

With more than 2 million devoted fans online, Nisha Vora has become the trusted source for exceptional vegan recipes through her “flavor first” philosophy. Now she’s created an essential, comprehensive guide that codifies the principles of plant-based cooking for the first time, from how to coax the most out of your ingredients and essential flavor pairings, to how to achieve impossible-to-resist, must-have-more textures and embrace the myriad ways vegetables can be enjoyed. Featuring more than 150 globally-inspired recipes, easy “flavor boosters” that add crunch, depth, or pop to dishes, simple swaps for whatever you’re craving or have on-hand, make ahead tips, and more, BIG VEGAN FLAVOR is packed with ideas and inspiration.

[Nisha Vora](#) is the author of *The Vegan Instant Pot Cookbook*. After graduating from Harvard Law School and working as a lawyer for four years, she exchanged her casebooks for cookbooks and launched a career in her dream world of food by creating Rainbow Plant Life, the vegan cooking blog, Instagram account, and YouTube channel.

SUMMER 2024



Macy, Ruth E. and Courtney Naliboff

YOUR POSTPARTUM BODY: The Complete Guide to Healing After Pregnancy

June 2024 | Motherhood / Health / Gynecology & Obstetrics

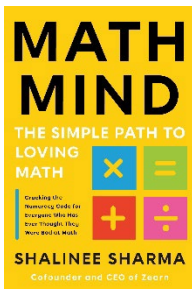
UK and Translation rights | Manuscript available

Agent: The Gernert Company | Editor: Nina Shield

What should you expect when you're done expecting? Too many of us think that there's no way to fix everyday concerns after a pregnancy, such as pelvic floor issues, exhaustion and burnout, and getting back into a fitness routine. But with this revolutionary resource in hand, you'll learn what happens to the body during pregnancy and childbirth, common changes in function and feeling, and solutions for healing. YOUR POSTPARTUM BODY is a complete reference guide for every eventuality, from making sure you're getting enough fluids to troubleshooting breastfeeding to pelvic floor recovery, with helpful illustrations and photos throughout.

Ruth E. Macy is a pelvic floor physical therapist with seventeen years of experience. She is passionate about working with people to achieve their desired health outcomes, removing bias and exclusion in healthcare, and delivering a patient-centered approach that eliminates shame and blame in the ownership of the human body. **Courtney Naliboff** is a teacher, writer, musician, volunteer EMT, parent, and swimming enthusiast. She is a longtime reporter and columnist for the *Working Waterfront* and has written about Jewish parenting in small-town Maine for kveller.com, heyalma.com, and the *Bangor Daily News*.

Rights sold: UK Commonwealth (Vermilion)



Sharma, Shalinee

MATH MIND: The Simple Path to Loving Math

August 2024 | Mathematics / Parenting / Education

UK and Translation | Manuscript available

Agent: Aevitas Creative Management | Editor: Nina Shield

Many of us buy into the idea that some people are innately good at math and others just won't ever succeed at it—but it's not true. Shalinee Sharma shows how complex problem solving and puzzle solving, abstract and logical thinking, and cultivating a growth mindset are crucial skills for success that can be taught to everyone, and how math shares common ground with art, creativity, and wonder. She also explodes the myths that hold us back from enjoying math, with chapters dedicated to the three roadblocks that discourage us from learning. With instructive line drawings throughout, Sharma explains the math instinct that all humans have from birth, and better, more intuitive ways to solve math problems. Whether you are an educator, a parent, or an adult who has always thought you're "bad at math" but wants to get good, MATH MIND contains the guidance, takeaways, and specific approaches you need to learn to love numbers.

Shalinee Sharma is a math expert and the CEO and cofounder of Zearn, a nonprofit educational organization behind the top-rated math-learning platform used by one in four elementary-school students and by one million middle-school students nationwide. She has a master of business administration from Harvard Business School and a Bachelor of Arts from Brown University. A child of refugees, Sharma is passionate about universal access to an excellent education.

Rights sold: Chinese, simplified (CITIC); Korean (The Angle Books); Ukrainian (Fabula)

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