



Spring 2025

Nonfiction Rights Guide

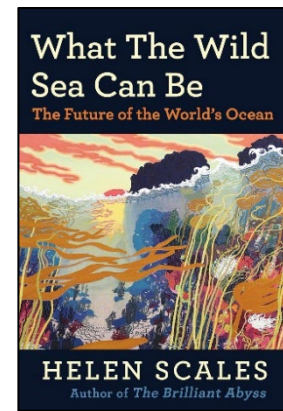
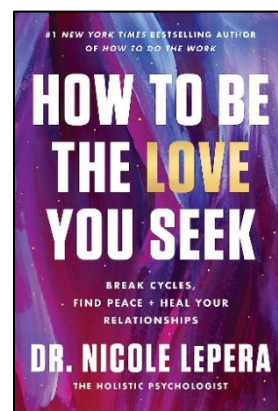
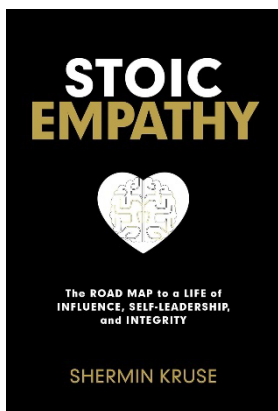
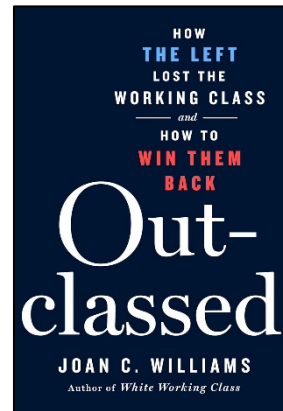
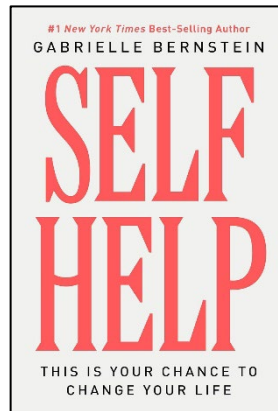
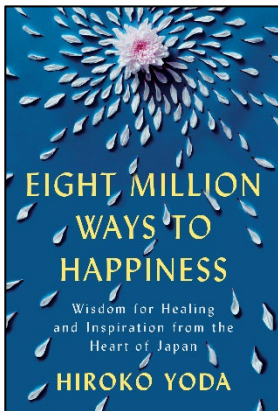


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Emily Ballesteros

SELF-HELP / CAREER

THE CURE FOR BURNOUT

HOW TO BUILD BETTER HABITS, FIND BALANCE,
AND RECLAIM YOUR LIFE

Is dread the first thing you feel when you wake up in the morning? Are you working in the evenings and on weekends to "catch up"? Have you already beat burnout once, only to find it creeping back? If you answered yes to any of these, you're in need of a cure for burnout.

Burnout management coach and TikTok influencer Emily Ballesteros combines scientific and cultural research, her expertise in organizational psychology, and the tried-and-true strategies she's successfully implemented with clients around the globe to demystify burnout for our post-pandemic world – and set you on a path toward a life of personal and professional balance. Ballesteros outlines five areas in which you can build healthy habits to combat burnout—mindset, personal care, time management, boundaries, and stress management.

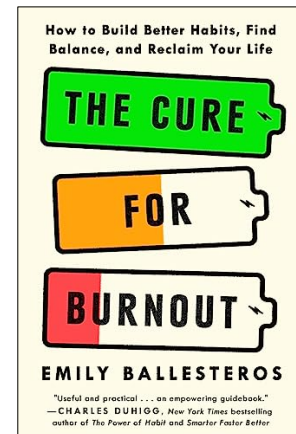
THE CURE FOR BURNOUT provides a holistic method for burnout management to address the epidemic of our always-on, chronically overextended culture, empowering us to reclaim control of our own lives once and for all.

PRAISE

"An empowering guidebook to combatting burnout . . . Emily Ballesteros's advice is useful and practical, especially for young workers eager to reclaim their time and energy."—Charles Duhigg, *NYT* bestselling author of *The Power of Habit and Smarter Faster Better*

THE AUTHOR

Emily Ballesteros holds a master's degree in industrial-organizational psychology and worked in corporate training and development before launching her burnout management coaching business. She's been featured in *WSJ* and on *CNBC*, and provides burnout trainings for PepsiCo, Salesforce, Thermo Fisher, etc.



The Dial Press / PRH
February 2024
272 pages

UK: Bonnier UK.

Brazil: Rocco. Bulgarian:
Soft Press. Complex
Chinese: China Times.
Portugal: Porto. Simplified
Chinese: Grand China.
Spanish: PRH Mexico.
Russian: Alpina. Turkish:
Eksik Parca.

Gabrielle Bernstein

MOTIVATIONAL / SELF-HELP / SPIRITUAL

SELF HELP

THIS IS YOUR CHANCE TO CHANGE YOUR LIFE

NYT Bestseller!

#1 *New York Times* best-selling author Gabrielle Bernstein charts a path to healing that can literally change your life—a simple, powerful method informed by Internal Family Systems (IFS) Therapy.

In this groundbreaking book, Gabby demystifies the power of Internal Family Systems (IFS) Therapy, taking its life-changing teachings out of the therapist's office and into your everyday life. You'll discover how extreme patterns like addiction, rage, pleasing, or constant self-judgment often develop as ways to suppress old feelings of inadequacy, shame, or fear. Once you bring these patterns into the light and care for them, healing happens swiftly.

IFS is an evidence-based form of psychotherapy that's built on the premise that the mind is naturally made up of multiple parts like subpersonalities. IFS teaches that all our big feelings, thoughts, sensations, behaviors, reactions, and patterns are not *who we are* but are instead *parts of who we are*. We're not one mono person.

True to her gift, Gabby has translated the principles of IFS into a relatable, step-by-step practice. She guides you through a simple 4-step process to help you compassionately care for yourself, resolve inner conflicts, and transform your self-perception. As you learn to approach your own behaviors, thoughts, and beliefs with curiosity, love, and understanding, you'll start to see yourself through the lens of self-compassion, clearing space for miraculous shifts.

THE AUTHOR

Gabby Bernstein is the #1 *New York Times* best-selling author of 10 books. *The New York Times* identified Gabby as "a role model for a new generation of spiritual seekers." In her weekly podcast, *Dear Gabby*, she offers up real-time coaching, straight talk, and conversations about personal growth and spirituality.

HAPPY DAYS (Hay House 2022): Czech: Grada. Dutch: Bruna. French: Trédaniel. German: Europa. Hungarian: Edesviz Kiado. Italian: Il Punto d'Incontro. Polish: Kobiece. Romanian: Bookzone.

SUPER ATTRACTOR (Hay House, 2019): Arabic: Jarir Bookstore. Brazil: Alaúde. Complex Chinese: ACME. Croatian: Planetopija. French: Trédaniel. German: Goldmann. Hungarian: Edesviz Kiado. Italian: ROI Edizioni. Polish: Kobiece. Romanian: Trei. Russian: Eksmo. Serbian: Publik Praktikum. Slovene: Gnostica. Spanish (Spain): El Grano de Mostaza. Spanish (US and Latin America): Oceano Mexico. Swedish: Bra Forlag. Vietnamese: Tre.



Hay House
December 2024
World English
240 pages

Dutch: Bruna. **French:** Trédaniel. **German:** Goldmann. **Greek:** Iviskos. **Hindi:** PRH India. **Polish:** Kobiece. **Portugal:** Farol/PRH. **Romanian:** Bookzone. **Spanish:** Oceano Mexico. **Swedish:** Bra Forlag. **Ukrainian:** Bookchef.

John Birdsall

GASTRONOMY HISTORY

WHAT IS QUEER FOOD?

HOW WE SERVED A REVOLUTION

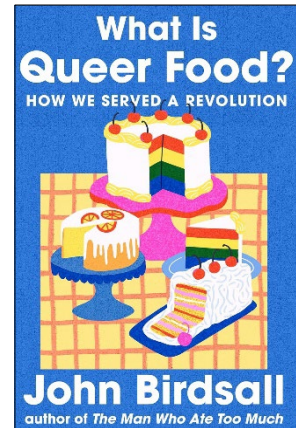
A celebrated food writer's expansive, audacious excavation of the development of modern queer identity and food culture.

Food in America and Europe has long been shaped, twisted, and upended by queer creatives. Beloved food writer John Birdsall fills the gap between the past and present, channeling the twin forces of criticism and cultural history to propel readers into the kitchens, restaurants, swirling party-houses, and humming interior lives of James Baldwin, Alice B. Toklas, Truman Capote, Esther Eng, and others who left an indelible mark on the culinary world from the margins. Queer food is brunch quiche à la Craig Claiborne, Richard Olney's ecstatic *salade composée*, and Rainbow Ice-Box Cake from Ernest Matthew Mickler's *White Trash Cooking*. It's the intention surrounding a meal, the circumstances behind it, the people gathered around the table.

With cinematic verve and prose that dazzles, *WHAT IS QUEER FOOD?* is a monumental work: a testament to food's essential link to a modern queerness that reveals how, like fashion or tastes in music, food has become a language of LGBTQ+ identity.

THE AUTHOR

John Birdsall is the author of *The Man Who Ate Too Much: The Life of James Beard* and is the recipient of two James Beard Awards for food and culture writing. He lives in Tucson, Arizona.



W. W. Norton & Co.

June 3, 2025

World English

256 pages

Dr. Mariel Buqué

SELF-HELP / PSYCHOLOGY

BREAK THE CYCLE

A GUIDE TO HEALING INTERGENERATIONAL TRAUMA

**National Bestseller*

Columbia University-trained psychologist and professor Buqué delivers the definitive guide to healing intergenerational trauma – the hurt caused by an unhealed wound that injures an entire community, metastasizing across years and generations.

Weaving together scientific research with practical exercises and stories from the therapy room, Dr. Buqué teaches readers how they inherit intergenerational trauma, how they can disrupt the trauma, and how they can break the cycle through tangible therapeutic practices, passing down strength instead of pain to future generations.

This trauma is why some of us become estranged from our families, why some of us are people pleasers, why some of us find ourselves in co-dependent relationships. These wounds are complex, impacting our minds, bodies, and spirits. Healing requires a holistic approach that has so far been absent from the field of psychology. Until now.

PRAISE

“With all the family trauma we carry, *Break the Cycle* carries healing for us. With all the pain around us and fully ingrained in us, Dr. Mariel Buqué brings holistic and multidimensional healing for every part of us. What a timely, indispensable, and restorative book.”

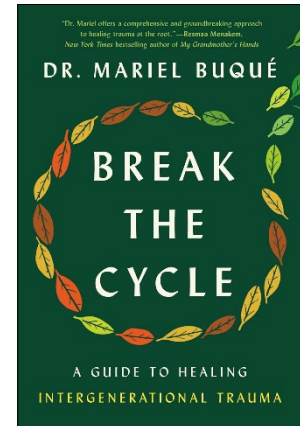
—Ibram X. Kendi, *NYT* bestselling author of *How to Be an Antiracist*

“This literary work has the capacity to shift the way we see the phenomenon of trauma and helps us to envision a world where emotional freedom from the grip of generational pain is indeed possible.”

—Layla Saad, *NYT* bestselling author of *Me and White Supremacy*

THE AUTHOR

Mariel Buqué is a Columbia University-trained, trauma-informed psychologist, professor, and sound bath meditation healer. With a social media following of over 600,000, Buqué has appeared on GMA, ABC News, in *Vogue*, *Self*, *Glamour*, and *Well + Good*, and has collaborated with brands like Dove, Anthropologie, CVS, and Peloton. She is originally from the Dominican Republic and currently lives in New Jersey.



Dutton / PRH

2024

North American

288 pages

UK: Vermillion.

Brazil: Rocco. **Complex**

Chinese: Eurasian.

Croatian: Egmont. **Dutch:**

Kosmos. **French:** Leduc.

German: Ullstein.

Hungarian: Edesviz Kiado.

Italian: De Agostini.

Korean: Will Books. **Polish:**

Proszynski Media.

Portugal: Porto.

Romanian: Trei. **Serbian:**

Areté. **Simplified Chinese:**

CTPH. **Slovak:** Eastone.

Spanish: Planeta Mexico.

Thai: Arrow. **Turkish:**

Olimpos. **Ukrainian:**

Staroho Leva.

Susan Constantine

SELF-HELP / SOCIOLOGY / PSYCHOLOGY / TRUE CRIME

HOW TO SPOT A LIAR IN 7 SECONDS OR LESS

PROTECT YOURSELF FROM CRIMINALS, CONS, PREDATORS, AND MORE

Internationally-recognized deception expert Susan Constantine shares her proprietary method for recognizing deceit—one that she’s taught to thousands of lawyers, judges, and investigators throughout her career. As a trial consultant to some of the most high-profile court cases—including Casey Anthony, Michael Jackson, Jeffrey Epstein, and Elizabeth Holmes—Susan is an expert in “deception detection.”

With a mixture of true-crime storytelling and practical takeaways, HOW TO SPOT A LIAR is incredibly engaging and entertaining while also giving the reader practical tools to use in their day-to-day lives.

Whether we’ve dealt with a backstabbing colleague, fallen prey to a scam artist peddling a pyramid scheme, or endured the deeper wounds of discovering an unfaithful spouse—we’ve all experienced deception in our lives. But we often dismiss the red flags and fail to notice the obvious (and not-so-obvious) signs of duplicity. With more than 20 years of experience as a high-profile trial consultant and go-to media expert, Susan Constantine is here to change that.

For readers of Chris Voss’ *Never Split the Difference* and Joe Navarro’s *The Dictionary of Body Language*.

THE AUTHOR

Susan Constantine is a leading authority on body language, having appeared on more than 1,500 TV programs and publications, as well as radio and podcast programs such as CNN, Dateline, Inside Edition, The Today Show, Good Morning America, World Japan News, The History Channel, and CrimeCon. She runs the Human Behavior Academy, which offers courses in over 30 states for continuing legal education. Over the last 15 years, she has trained the Department of Defense offices, State Attorney’s offices, judicial associations, mediation and arbitration associations, international law enforcement, intelligence agencies, law schools, universities, and State Bar Associations across the United States. Susan has an incredible platform of her own with an engaged **email list of 350K fans**, a robust speaking schedule, and a television series in the works.



Grand Central Publishing
September 2, 2025
World English
Proposal available /
Manuscript March 2025
60k-70k words

Romanian: Bookzone.
Spanish: V&R.

Markham Heid

SOCIAL PSYCHOLOGY / TIME MANAGEMENT

THE HABIT TRAP

HOW A BREAK FROM ROUTINES CAN REBALANCE YOUR LIFE

A dogma-challenging book that reveals the ways our routines can limit us, why the pursuit of “optimal” holds us back and explores how we can free ourselves to live fuller and more creative lives.

Habits, it’s often claimed, are the key to unlocking your best self. Improve your routines – making each day a little better, even 1% better, than the last – and you will gradually optimize your life. **But after writing about this topic for over a decade, Markham Heid knows there’s a dark side to habit-traps.**

Modern life seems almost intent on stuffing us into ever-smaller boxes of habitual behavior: bestselling books tout the power of habits to fix all that’s broken in our lives; our reliance on technology designed with the intention of hooking users has only grown; and the globalized workforce has prioritized long-hours of checking emails, entering data, and performing rote exercises. The answer to every problem – the ultimate life hack – seems to be “stronger routines” and “better habits,” as though our existence were no different from a Toyota assembly plant.

When taken to their extreme, habits and routines are suffocating. Humans are hardwired for exploration and novelty, and relying on habits can stifle our natural inclinations toward creativity and curiosity.

In THE HABIT TRAP, Heid uses equal parts research, interviews, and personal narrative, to unpack society’s reliance on routine and prove that habits have slowly withered our brains, negatively affecting our curiosity and creativity. Exploring the fields of neuroscience, business, and behavioral psychology, Heid explains how we can rebalance our lives in an embrace of spontaneity and adventure – both big and small – to escape the pitfalls of routine.

THE AUTHOR

Markham Heid is an award-winning health and science journalist. He’s a regular contributor at *Time* magazine and *The New York Times*, and he’s followed by more than 360k readers on Medium. A former staff writer for *Men’s Health* magazine, Heid later spent four years writing a weekly health column for *Time*. His work has appeared in *Vice*, the *Financial Times*, *NBC News*, *Fox News*, *The New York Times*, *Popular Mechanics*, *Travel & Leisure*, *Men’s Journal*, *Playboy*, *Sports Illustrated*, and many other national outlets. A native of Michigan, Heid currently lives in southwest Germany with his wife and kids.



HarperCollins
January 2027
Proposal available /
MS March 2026
65k-85k words

UK: HQ/HarperCollins.

Complex Chinese:
Heliopolis. **Dutch:** Ambo
Anthos. **German:** Campus.
Italian: Mondadori.
Korean: Influential.
Romanian: Publica.
Spanish: Montena/PRH
Spain.

Kristen Holmes

HEALTH / WELLNESS / SCIENCE / PERFORMANCE / LONGEVITY

FLOURISH

THE SCIENCE OF RECOVERY,
PERFORMANCE, AND HUMAN POTENTIAL

Holmes, Principal Scientist at WHOOP, reminds us, “your downtime is your competitive advantage.” FLOURISH is a scientific answer to the most enduring question of the human species: How can I live a better life? This book is the toolkit to unlocking the full spectrum of your human potential; let it guide you to a life without limits.

Performance describes a human’s capacity to show up as their best selves, every day. Many of the behaviors that detract from performance are choices you make in your downtime. Great performance doesn’t happen from spending a few hours at the gym every day. Consistent levels of recovery and performance almost entirely have to do with the other 21 hours – the time you spend prioritizing sleep, eating nourishing foods, taking a walk instead of scrolling on your phone, connecting with a friend, and getting outside in natural light.

As a professional athlete, collegiate coach, and WHOOP’s Global Head of Human Performance, Kristen Holmes has had an extremely unique vantage from which to glean insights and data from hundreds of thousands of individuals – from amateur and professional athletes to shift workers to Fortune 500 CEOs – with the goal of demystifying and unlocking human performance.

These data have revealed physiological patterns imperceptible by smaller-scale studies, as well as the practical behaviors that manipulate them. Low-barrier-to-entry habits like waking up and going to bed at the same time each day can literally add decades to your life, and yes, cold showers really do improve neurotransmitter expression, energy and mood. **The sheer amount of data she can access to support her research is unprecedented, and will unveil cutting-edge and practical strategies for expanding our capacity as human beings.**

THE AUTHOR

Kristen Holmes is a psychophysiologicalist and the Global Head of Human Performance at WHOOP, where she drives thought leadership by engaging with industry-leading researchers and partners to better understand individual and team biometric and performance data across high stakes verticals. Kristen was a 3x All American and 2x Big 10 Athlete of the year at the University of Iowa. She was a 7-year member of the U.S. National Field Hockey Team and is one of the most successful coaches in Ivy League history, having won 12 league titles and a National Championship at Princeton University. She is a Ph.D. candidate in Psychology at the University of Queensland and holds a B.A. in Political Science from the U. of Iowa.



Avery / PRH
Spring 2026
Proposal available /
MS Fall 2025
75k-90k words

UK: Ebury/Flight

Rowan Jacobsen

FOOD & TRAVEL NARRATIVE

WILD CHOCOLATE

ACROSS THE AMERICAS IN SEARCH OF CACAO'S SOUL

The thrilling story of the farmers, activists, and chocolate makers fighting all odds to revive ancient cacao and produce the world's finest bar.

When Rowan Jacobsen first heard of a chocolate bar made entirely from wild Bolivian cacao, he was skeptical. The waxy mass-market chocolate of his childhood had left him indifferent to it, and most experts believed wild cacao had disappeared from the rainforest centuries ago. But one dazzling bite of Cru Sauvage was all it took. Chasing chocolate down the supply chain and back through history, Jacobsen travels the rainforests of the Amazon and Central America to find the chocolate makers, activists, and indigenous leaders who are bucking the system that long ago abandoned wild and heirloom cacao in favor of high-yield, low-flavor varieties preferred by Big Chocolate.

As his guides pulled the last vestiges of ancient cacao back from the edge of extinction, they'd forged an alternative system in the process—one that is bringing prosperity back to local economies, returning fertility to the land, and protecting it from the rampages of cattle farming. Full of vivid characters, vibrant landscapes, and surprising history, WILD CHOCOLATE is as rich, complex, and addictive as good chocolate itself.

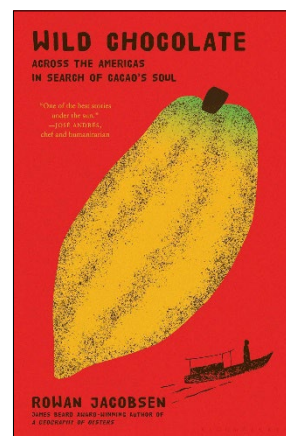
PRAISE

"Thrilling . . . Jacobsen draws out the complex global connections—and, often, corporate harms—underpinning the chocolate industry without losing sight of its pleasures . . . Readers will be eager to sink their teeth into this."—*Publishers Weekly*, starred review

"Rowan Jacobsen is a master storyteller, and Wild Chocolate tells one of the best stories under the sun."—**José Andres**, chef and humanitarian

THE AUTHOR

Rowan Jacobsen is the author of 8 books, including the James Beard Award-winning *A Geography of Oysters* and *Truffle Hound*. He has written for the *NYT*, *Harper's*, *Outside*, *Food & Wine*, *Forbes*, *Mother Jones*, *Scientific American*, and others. He appears regularly in *Best American Science & Nature Writing* and *Best Food Writing*. He has been an Alicia Patterson Foundation fellow, a McGraw Center fellow, and a Knight Science Journalism Fellow at MIT. He is creator/host of the 2022 podcast series "Wild Chocolate."



Bloomsbury
October 2024
Manuscript available
World English
288 pages

Polish: Bo.Wiem.

Shermin Kruse

ADVICE / SELF-HELP

STOIC EMPATHY

THE ROAD MAP TO A LIFE OF INFLUENCE, SELF-LEADERSHIP, AND INTEGRITY

Correct the power imbalances in your work and life with a science-backed practice that combines the rigor of Stoic philosophy with the relational impact of empathy.

From surviving missile attacks and political oppression in Iran to leading high-stakes legal teams and negotiations in corporate America, Shermin Kruse's journey fuels her mission to merge empathy and stoicism as tools for navigating power, justice, and human connection in every facet of life. In this eye-opening book, she offers you this radical perspective shift—anchored in up-to-the-minute research—to help you navigate life's challenges with power and principles.

Whether you're a leader striving to succeed in your role with integrity, an educator seeking to guide curious minds with compassion, a parent nurturing resilience in your children, or simply facing a personal or professional crossroads, STOIC EMPATHY is an essential toolkit for negotiating success in every area of your life.

"A radical approach to influence rooted in ethical strength. Kruse's synthesis of stoicism and empathy offers a road map for anyone navigating complex power dynamics."

—Dr. Mike Dow, *New York Times* best-selling author of *The Brain Fog Fix*

"Shermin Kruse delivers a bold and practical guide for leaders who know that real influence starts with real connection. Her blend of stoicism and empathy isn't just compelling—it's actionable."

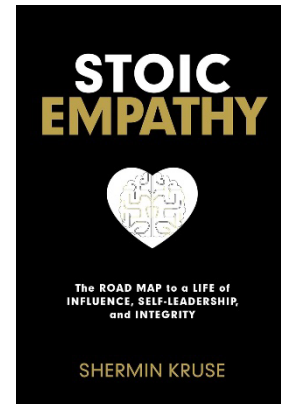
—Josh Shipp, best-selling author of *The Grown-Up's Guide to Teenage Humans*

"Stoic Empathy weaves timeless wisdom with real-world examples to help anyone lead with integrity and purpose. This is an essential guide for anyone who wants to be a change-maker, not as a tyrant, but with heart and courage."

—David Ambroz, best-selling author of *A Place Called Home*

THE AUTHOR

Shermin Kruse is a negotiation consultant specializing in weaponizing empathy and stoicism, a law professor at Northwestern Pritzker School of Law teaching complex negotiation, global transactions, and leadership. She is the founder of several NGOs and non-profit entities and was a partner at the law firm of Barack Ferrazzano, representing international companies for 17 years.



Hay House Business
April 8, 2025
World English
Manuscript available
257 pages

Brazil: Objetiva.
French: Trédaniel.
Korean: Chunggrim.

Devon Kuntzman

PARENTING

TRANSFORMING TODDLERHOOD POSITIVE, PRACTICAL AND EFFECTIVE SOLUTIONS FOR OVERCOMING CHALLENGES, NURTURING DEVELOPMENT AND MAKING PARENTING EASIER

The original IG toddler parenting coach (@transformingtoddlerhood – 858K followers), Devon has spent her career empowering toddler parents to overcome the challenges of parenting toddlers through positive, respectful, and developmentally appropriate parenting tools. With a BA in psychology, years of experience as a high-profile nanny, and as a mother herself, Devon has built a community of parents and caregivers from across the world who are committed to transforming their parenting, their toddler’s behavior, and their overall experience of toddlerhood.

Divided into 65 short, digestible chapters (because Devon knows that toddler parents are desperate for a book they can dip in and out of), Transforming Toddlerhood outlines modern solutions to age-old parenting dilemmas, including getting your toddler to brush their teeth, introducing a new baby to your toddler, streamlining bedtime, and much more. Blending both personal and client stories with practical and applicable advice, the result is a book designed to help parents confidently and joyfully parent without fear and frustration.

THE AUTHOR

Devon Kuntzman holds a B.A. in psychology with a focus in child development. She has built a community of nearly 1 million parents and caregivers from across the world who are committed to transforming their parenting, their toddler’s behavior, and their overall experience of toddlerhood. Her community includes 858K Instagram followers; 41k Facebook followers; 85k email list; over 10,000 Transforming Toddlerhood course and workshop attendees; and over 100,000 annual Transforming Toddlerhood Conference attendees. She is also a Certified Gentle Sleep Coach and a graduate of the Wonder Weeks Academy Infant Mental Health and Development Program. Having lived on three continents, Devon has tirelessly supported parents and children as a coach, former nanny, and director of an orphanage in Rwanda.



Harper Horizon
October 21, 2025
Proposal available /
MS March 2025
60k-70k words, 2-color

UK: Lagom/Bonnier UK.

Cheng Lei

MEMOIR

CHENG LEI

A MEMOIR OF FREEDOM

Journalist Cheng Lei's memoir is a powerful and harrowing account of her three-year ordeal in China that began with her arrest in August 2020. This is vivid and brave writing that offers a rare glimpse into China's ultra-secret state security prisons and what it takes to survive such incarceration with your humanity intact.

In August 2020, Cheng Lei was the precise and polished anchor of China's government-run, English-language Global Business TV show, familiar to millions of viewers. A veteran business journalist, the Chinese-born Australian mother of two young children was at the pinnacle of her career when eight words texted to a friend led to devastating consequences.

Arriving for work one morning, Lei was met by officers from the notorious Ministry of State Security. After searching her apartment, they blindfolded her and drove her to a secret location. Detained, isolated and interrogated, she was cut off from all contact with her family and friends. She simply disappeared from TV screens, her flat, her life.

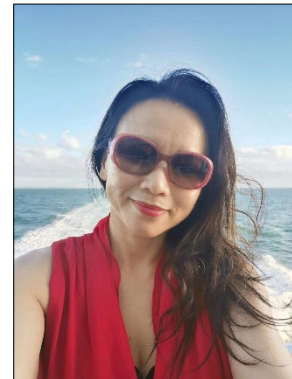
Lei was eventually coerced into agreeing to a five-year prison term in a country she loved but no longer recognized. Her story triggered a desperate fight for her release, a diplomatic row and global news.

It would be ten months before Lei saw her lawyer, a year and a half before a 90-minute show trial, more than two years before she would briefly hear the voices of her children, and three years and two months before she saw the entirety of the sky again - after her release was secured and she made it home to Australia.

Harrowing, fierce and occasionally darkly humorous, CHENG LEI is about the power of the human spirit; bravery in the face of cruelty and pettiness; the consolations of letters, music and books; and how unexpected friendships and the love of family can unlock the courage we all have within us to prevail.

THE AUTHOR

Cheng Lei is a Chinese-born Australian television news anchor and business reporter. She served as a prominent news anchor for Chinese state-owned English-language news channel China Global Television Network (CGTN) in Beijing from 2012 to 2020 and also hosted the *Global Business* program which airs on CGTN. She had previously worked for nine years as CNBC's China correspondent. Currently, she is a presenter and columnist at Sky News Australia.



HarperCollins Australia
April 30, 2025
AUS/NZ
350 pages
Manuscript available

Nicole LePera

SELF-HELP / PSYCHOLOGY

REARENTING THE INNER CHILD

THE NEW SCIENCE OF OUR OLDEST WOUNDS, AND HOW TO HEAL THEM

From **The Holistic Psychologist** (8.5M IG followers) and author of the #1 *NYT* bestseller *How to Do the Work* (over 1 million copies sold).

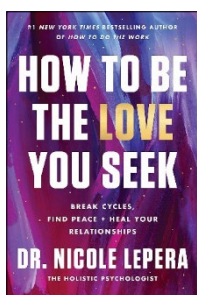
REARENTING THE INNER CHILD is a deep dive into how we became who we've become, giving us the holistic tools needed to integrate our inner child and become our authentic Self. LePera will offer her original "Individual Developmental Model," explaining the spheres of development from the perspective of how the self is shaped. She developed this model because existing models of child development lack a neuroscientific basis and try to over-simplify development to progressive stages. With a single focus that allows her to go deeper than any of her previous books, she will guide the reader back into their own childhood, examining when and how their physical, emotional, and spiritual needs went unmet, and what kind of wounds they were left with. She will help readers explore the effects of a range of stressors on our bodies and minds, and how these wounds manifest in a self that has been conditioned to survive them. And when these readers follow her program, they will heal these wounds.



Flatiron / Macmillan
Spring 2026
Proposal available
80k-100k words

UK: Orion.

Dutch: Spectrum. **German:** Goldmann. **Greek:** Pedio.
Portugal: Porto.
Romanian: Litera.
Spanish: VR Editoras.
Turkish: Butik.



HOW TO BE THE LOVE YOU SEEK

Harper Wave, 2023

UK: Orion. **Albanian:** Pema. **Brazil:** Universo dos Livros. **Bulgarian:** Locus. **Croatian:** Znanje. **Dutch:** Kosmos. **French:** Leduc. **German:** Goldmann. **Greek:** Pedio. **Hungarian:** Libri. **Japanese:** Pan Rolling. **Korean:** BY4M Studio. **Polish:** Muza. **Portugal:** Porto. **Romanian:** Litera. **Serbian:** Vulkan. **Slovene:** Primus. **Spanish:** VR Editoras. **Swedish:** Mondial. **Turkish:** Butik. **Vietnamese:**

Saigon.

THE AUTHOR

Dr. Nicole LePera was trained in clinical psychology at Cornell University and The New School for Social Research. She is the creator of the #SelfHealers movement, an international community of people joining together to take healing into their own hands. @the.holistic.psychologist has 8.5 million followers.

Mother Teresa

CHRISTIAN PRAYER BOOK

SPREAD LOVE

WORDS OF COMPASSION, PEACE, AND JOY

Mother Teresa's heartfelt wisdom--collected here into an inspirational 365-day devotional--offers you comfort, peace, and love amid the noise, busyness, and confusion around you.

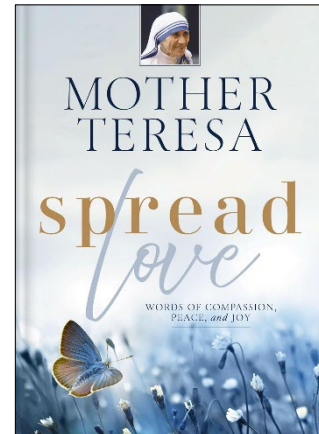
365 daily inspirational readings
short and powerful meditations
simple everyday prayers

With so much happening in the world, are you looking for goodness and guidance? This year-long devotional contains a collection of encouraging quotes, stories, prayers, and teachings from the beloved Mother Teresa. Her daily guidance continues to reach the needs and circumstances of those who are thirsty for inspiration and spiritual nourishment in entries that are easy to understand and absorb.

Let Mother Teresa's words of wisdom help you live a fuller and happier life, closer to the Lord and able to serve your community more effectively. Each of the 365 entries offers you the opportunity to begin any time of the year and find nourishment for a whole year.

THE AUTHOR

Born in Skopje in 1910, **MOTHER TERESA** joined the Sisters of Loreto in Dublin in 1928 and was sent to India, where she began her novitiate. She taught at St. Mary's High School in Calcutta from 1931 to 1948, until leaving the Loreto order to begin the Missionaries of Charity. Through her sisters, brothers, and priests, her service of the poorest of the poor spread all around the world. She won many awards, including the 1979 Nobel Peace Prize. After her death in 1997, the process for her sainthood was quickly begun and she was beatified in 2003.



Zondervan
October 2024
World English
224 pages

John Philip Newell

THEOLOGY / SELF-HELP

THE GREAT SEARCH

TURNING TO EARTH & SOUL IN THE QUEST FOR
HEALING & HOME

In the great tradition of authors who leave church but remain spiritual—such as Barbara Brown Taylor, Rob Bell—the author of *Sacred Earth, Sacred Soul* forges a new path toward a true spiritual home, embracing a deep connection to the natural world.

The story of Adam and Eve’s fall from innocence in the Garden of Eden is a mythical account of humanity’s broken relationship with the divine, with Earth, and with themselves.

In contrast, Celtic wisdom is built on a strong bond with Earth. In the prophetic figures that Newell draws from, the Garden of Eden represents the inner garden of our souls and the outer garden of Earth, which are seen as essentially one. To live in relation to what is deepest in us is to live in relation to the ground from which we and all things have come. Where are we today, in relation to our true selves and the sacredness of Earth? And how are we to find our way home again?

This life-affirming, nourishing book contemplates these questions at a moment of great spiritual awakening, an era characterized by religious exile on a vast scale.

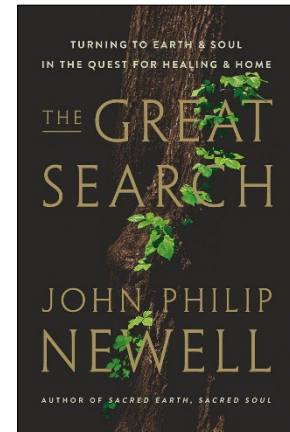
PRAISE

“If I could introduce you to ten amazing people whose influence could transform your life by energizing your spiritual quest, they would be the nine visionaries featured in *The Great Search*... plus a tenth, John Philip Newell himself. What a treasure this book is. Enthusiastically recommended!”— **Brian D. McLaren**, author of *Life After Doom*

“A moving and powerful volume. We need new technologies, yes, but we also need new visions, of a new/old way of relating to the Creation around us, and this book points us in wise directions!”
— **Bill McKibben**, author of *The End of Nature*

THE AUTHOR

John Philip Newell is an internationally acclaimed spiritual teacher, speaker, and author of many books, including *A New Ancient Harmony* and *The Rebirthing of God*. The former Warden of Iona Abbey in the Western Isles of Scotland, he is the founder of Earth & Soul (A Celtic Initiative of Study, Spiritual Practice, and Compassionate Action) and teaches regularly in the United States and Canada as well as leading international pilgrimage weeks on Iona.



HarperOne
August 2024
224 pages

UK: Wild Goose.

Benjamin Perks

TRAUMA / SOCIOLOGY / CHILDREN'S STUDIES / MEMOIR

TRAUMA PROOF

HEALING, ATTACHMENT, AND THE SCIENCE OF PREVENTION

An expert's inspiring, deeply personal account of how childhood trauma can be overcome.

In recent years the word 'trauma' has become ubiquitous. Yet it remains widely misunderstood. In *Trauma Proof* international expert Benjamin Perks redefines how we see childhood trauma, and outlines a new path towards healing and prevention.

For 25 years, Perks has worked for the UN and UNICEF on eradicating global barriers to child wellbeing, including poverty, hunger, disease, the mobilization of child soldiers and population displacement. It is no surprise that it drives addiction or poor mental health. But how does it explain a heightened risk for heart disease or diabetes? Why does it so comprehensively correlate with poor life outcomes? And how can we not only heal from, but prevent, the types of experiences that negatively impact on child development?

In *Trauma Proof*, Perks explains the science behind these findings, and argues that making simple changes can break damaging inter-generational cycles. Ultimately, he shows how building secure attachments and improving the quality of your relationships can radically transform your life, at any age.

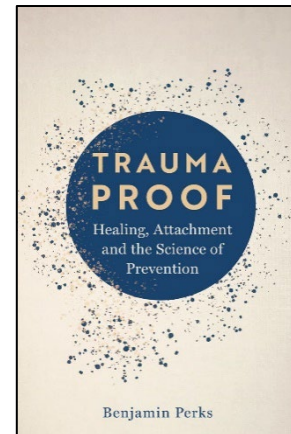
Praise

"A defining work on childhood adversity and essential reading for anyone committed to forging a better future for the world's children"
—**Adam Benforado**, author of *A Minor Revolution*

"A book of profound importance - one that will serve as a beacon of hope and guidance for decades to come. This unflinching, edifying, must-read book is a testament to the human capacity for healing and transformation"—**Lisa Damour**, author of *Untangled*

THE AUTHOR

Ben Perks works for the UN in New York, campaigning on human rights and child development. He is a leading global advocate on issues related to child poverty, education, mental health, early childhood development, and prevention of abuse and neglect. Ben is [Senior Fellow at the Jubilee Centre at the University of Birmingham in the UK](#), which researches education policy on character, social and emotional development of children and is [an Associate Faculty Member at Oxford University Department of Social Policy and Innovation](#). He has given a TedX talk on Adverse Childhood Experiences.



Ithaka Press / Bonnier
December 2024
UK & Commonwealth
Manuscript available
288 pages

US: Central Recovery Press.

Karen Korellis Reuther

BUSINESS

MAN-MADE

Harvard design faculty and former Nike and Reebok creative executive Karen Korellis Reuther's exploration of gender bias in product design and the built environment.

Women are too often left no choice than to use products that were designed by men, for men, just scaled down and colored pink. In the best case it can be insulting, in the worst case it can be deadly.

Women are 73% more likely to be injured in a car crash than men.

In the military, women suffer pelvic fractures at a much higher rate than their male counterparts.

In the exam room, the incidence of cervical cancer is on the rise from diminished adherence to routine screenings.

These outcomes are a result of using products where the female population is an afterthought, if any thought at all. Automobile crash test dummies are designed based on male anatomy. Unless it's being sexualized, the female body is often invisible. Not accommodating it in the design of products and the built environment has led to a world that is less hospitable and more dangerous for women. A world designed by men, for men, isn't just a matter of style, or an issue of preference for women—it's a matter of survival for half of humanity.

MAN-MADE aims to solve this problem, going beyond patriarchal lament. Drawing on research-backed insights, market analyses, and expertise from leading designers, executives, and economists, readers will begin to see the built world from a new perspective and be encouraged to make it more equitable for all.

THE AUTHOR

Karen Korellis Reuther has been a designer by training and practice for over forty years, and currently a Design Critic in Architecture at Harvard's Graduate School of Design, where she teaches in the Masters of Design Engineering program. Prior to her academic career, Karen was a creative, product and brand strategy executive in the sports footwear and apparel industry, including as Vice President of Creative Direction and Innovation at Reebok and Global Creative Director at NIKE, where she solidified NIKE at the top of its industry over twelve years. She has worked as a creative director and brand strategy consultant in the fields of design, innovation and technology and spent many years in the design of consumer products and electronics in both the US and Germany.



Harper Business
Fall 2026
North American
Proposal available /
MS Fall 2025
80k words

Helen Scales

SCIENCE / BIOLOGY / CLIMATE CHANGE

WHAT THE WILD SEA CAN BE

THE FUTURE OF THE WORLD'S OCEAN

The acclaimed marine biologist and author of *The Brilliant Abyss* examines the existential threats the world's ocean will face in the coming decades and offers cautious optimism for much of the abundant life within in

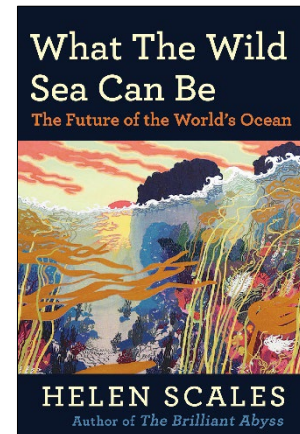
Offering innovative ideas for protecting coastlines and cleaning the toxic seas, Scales insists we need more ethical and sustainable fisheries and must prevent the other existential threat of deep-sea mining, which could significantly alter life on earth. Inspiring us all to maintain a sense of awe and wonder at the majesty beneath the waves, she urges us to fight for the better future that still exists for the Anthropocene ocean.

"In her latest, the author turns her attention to the many problems facing the planet's oceans, from warming water temperatures to resource exploitation to pollution . . . The author's writing is lucid and compelling, featuring a nice mix of personal experience and convincing scientific data."—*Kirkus Reviews*

"[Scales is] clear-eyed about the threats facing the ocean and remarkably forthright about the sacrifices required to protect it . . . This will galvanize readers."—*Publishers Weekly*

THE AUTHOR

Helen Scales is a British marine biologist, BBC broadcaster, and author of *THE BRILLIANT ABYSS* (Atlantic Monthly Press, 2021). **Japanese:** Tsukiji Shojan. **Korean:** Sigongso. **Polish:** Copernicus Center Press. **Russian:** Eksmo. **UK:** Bloomsbury UK.), *Eye of the Shoal* (Bloomsbury Sigma, 2018). **Dutch:** Nijgh & Ditmar. **German:** Folio Verlag. **Japanese:** Tsukiji Shokan. **Polish:** Uniwersytet Jaiellonski. **Russian:** Alpina. **Simplified Chinese:** Thinkingdom), *11 Explorations into Life on Earth* (**Complex Chinese:** Hans Media. **Simplified Chinese:** Booky), and *Spirals in Time* (**Italian:** Beit Casa. **Japanese:** Tsukiji Shokan). She teaches marine biology and science writing at Cambridge University and is regularly on programs like Inside Science, Shared Planet, Outlook, and Weekend.



Atlantic Monthly Press
July 2024
World English
320 pages

Simplified Chinese: CITIC.
Korean: Sigongsa.

*Longlisted for the
**Ballie Gifford Prize in
the UK**

Catherine Shanahan

HEALTH / DIET / MEDICINE / SCIENCE

DARK CALORIES

HOW VEGETABLE OILS DESTROY OUR HEALTH
AND HOW WE CAN GET IT BACK

The *New York Times* bestselling author of *Deep Nutrition* explains how a group of eight little-known oils cause the cellular damage that underlies virtually all chronic disease, exposes the corruption that deceives doctors and consumers into eating them, and gives us a clear roadmap to recovery and rejuvenation.

Did you know that eating a large serving of french fries—cooked in vegetable oil—delivers the toxicity of smoking 24 cigarettes?

Consumers were enticed into buying these oils based on their cholesterol-lowering property, but this idea was pushed on us without solid evidence to support it. Shanahan reveals the financial entanglements between industry and underhanded academics who created and sustain our 1950s-era, arbitrary dietary rules. As a solution, she proposes a clear, no-nonsense plan that aligns with our genetic needs and nature's laws.

PRAISE

"...this work stands as a beacon for those seeking to navigate the misinformation surrounding diet and nutrition, offering a clear path towards wellness and disease prevention."

—David Perlmutter, MD, #1 NYT bestselling author of *Grain Brain*

"Nobody else is focusing on the fact that 30 percent of our calories are now coming from oils that didn't exist before the industrial era."

—Mark Sisson, NYT bestselling author of *The Keto Reset Diet*

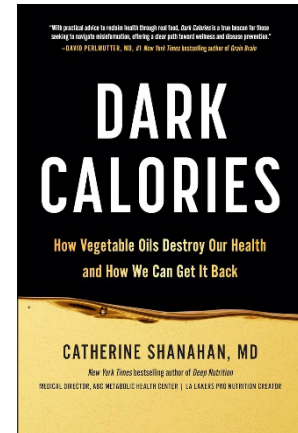
"In plain language, Dr. Cate spells out the science that documents the dangers of seed oils, and her sensible advice guides the reader through all the misinformation and conflicting dogmas about how to eat."

—Andrew Weil, MD, #1 NYT bestselling author of *Spontaneous Healing*, *Healthy Aging*, and more

THE AUTHOR

Catherine Shanahan, M.D. is a board-certified physician and the author of DEEP NUTRITION (9th printing with over 300,000 copies sold). Foreign sales: **German:** MVG. **Polish:** Galaktyka. **Russian:** Eksmo.

Simplified Chinese: Citic. **Spanish:** Obelisco. **Vietnamese:** I Love Cookbook. She is also the author of FATBURN FIX and FOOD RULES. She has degrees from Cornell University and Robert Wood Johnson Medical School. She served as the director of the LA Lakers PRO Nutrition program for six years and now operates Healthy Choice Corporate Wellness and Metabolic Health from her office in Florida.



Hachette Go

June 2024

416 pages

UK: Orion.

Korean: Somssi. Polish:

Keto Centrum. Russian:

Eksmo.

Dr. John Strang

PARENTING

GROWING UP TOGETHER

A PARENT'S GUIDE THROUGH THE NEW LANDSCAPE OF GENDER AND SEXUALITY

From pediatric neuropsychologist and Research Director of Children's National Gender Development Program comes a smart, nuanced guide that is supportive of parents who are supporting LGBTQ+ youth.

So many books about raising kids—especially when it comes to the issues of gender, sexuality, and neurodiversity—focus on what's so difficult about it. While Strang doesn't shy away from the very real challenges, he sees the incredible opportunity for families to become closer. This book is packed with hope, with joyful stories, and with a sense of wonder.

GROWING UP TOGETHER covers what so often goes unsaid in parenting LGBTQ+ youth—topics that are often ignored or presented in extreme, all-or-nothing ways because they're so politicized, such as gender-related medical care decisions, and exploration and shifts in identities during adolescence. Though his book celebrates LGBTQ+, it also explores bullying and division within the community, e.g., ostracization of more femme gay guys in the gay community, transphobia within cisgender LGB communities, invisibilisation of bi(sexual) people, or the assumption that kids with variations in sex traits (also known as intersex variations) should be part of the LGBTQ+. Sexuality and gender diversity get split into separate conversations, separate clinics, and even separate parenting books. Strang addresses the intersectional nature of gender diversity and sexuality, given findings that during the teen years it is quite common for youth to move between identities.

THE AUTHOR

John Strang, Psy.D. is a pediatric neuropsychologist and Research Director of one of the first founded youth gender development programs in the U.S. He was a co-author of the international Standard of Care for Transgender and Gender Diverse people through the World Professional Association for Transgender Health (WPATH) and is teaching faculty for the Global Education Institute of WPATH. He is recognized internationally for his pioneering work understanding the common intersection of autism and transgender identity. His international research seeks to understand how nation-based differences in society and healthcare systems lead to more positive or negative outcomes for sex and gender minority youth.

Dr. Strang's opinion and perspectives have been sought out by major news organizations, including the *New York Times*, *National Geographic*, and *The Atlantic*.



Avery / PRH
Winter 2027
North American
Proposal available
80k-gok words

David Sussillo

SCIENCE / MEMOIR / NEUROSCIENCE

EMERGENCE

David Sussillo is “science famous”, lecturing at Stanford and having been a scientist for the **Google Brain group** and **Meta Reality Labs**. But before he earned degrees at Carnegie Mellon and Columbia, David grew up in group homes, the son of parents who struggled with addiction and mental illness, who was neglected and abused. But he is also the result of interactions between billions of cells, where each cell is basically its own little brain of incredible complexity, and even the molecules that make the DNA cells, are networks of incredible complexity.

In EMERGENCE, David tells his story, and looks at trauma, resilience, and recovery from the vantage point of an AI researcher, someone who brings the lens of computational neuropsychology, chaos theory, and complex systems thinking to the question of why some kids make it, and others don't. In the end there is so much we don't know and can't know about the possible outcomes of someone's life; statistics, probability, and causal links fall short in the face of the complexity of the human brain. David shows how this is not unsatisfying, but rather worthy of our awe, and deserving of our hope of all that might be possible.

For readers of *The Other Wes Moore*, *Educated*, and *The Best Minds* – stories that track disparate lives and try to make sense of where they diverged. EMERGENCE is also a meditation on science, its limitations, and its possibilities.

THE AUTHOR

David Sussillo spent nine years in group homes for children in New Mexico. After graduating high school, he received an undergraduate degree from Carnegie Mellon University, and a Ph.D. from Columbia University in Computational Neuroscience. Now David is an adjunct professor at Stanford University and has been a scientist at the Google Brain group (recently featured in the book *Genius Makers*) and Meta Reality Labs. In his professional pursuits, David researches brain-machine interfaces to develop the next generation of computers. David was the recipient of a Fulbright research grant and is an internationally recognized neuroscientist with over 40 publications. He works to understand the ghost in the machine - how cells in our brain collectively give rise to the computations that determine behavior.



Grand Central Publishing
January 2026
North American
Proposal available /
Manuscript available
June 2025
90k-110k words

Simplified Chinese: CITIC.

Erika Thompson

BIOLOGY / SCIENCE

BRILLIANT LITTLE BEES

WISDOM FROM THE HIVE

The internet's resident "bee lady" Erika Thompson invites readers into her apiary as she guides them through the often overlooked but devastatingly important role that bees play in our ecosystem.

Unlike us humans, bees—who have been living in large, complex, social groups for millions of years—have managed to forge a better and brighter future for not just themselves, but for all of us who call Earth home. Online, Erika is known to her community of 13 million followers for her educational and passionate voice. Her videos—wherein she safely extracts and relocates bee hives with her bare hands—have earned her the respect of prestigious organizations in the sustainability space as well as more casually-curious conservationists.

Through illustration and captivating prose, Erika Beginning with an in-depth look at these miraculous pollinators, Erika dispels common misconceptions in order to acquaint us with the insects she's come to love. She then provides myriad lessons we can glean and embody when we stop and save the bees: efficiency, essentialism, adaptability, and resilience, to name just a few.

THE AUTHOR

Both a professional beekeeper and the founder and owner of Texas Beeworks, **Erika is the most-followed beekeeper in the world**. She is an expert on bee behavior and is best known for rescuing colonies of bees and showing the world their true nature. She has been the voice of bees and a passionate advocate for legislation to protect bees and other pollinators at local, state, and national levels. Her work with honeybees and her advocacy efforts to protect pollinators has been featured on Jeopardy, CNN, the BBC, Washington Post, NPR, The Today Show, The Joe Rogan Experience, and more.



HarperCollins
Spring 2027
World English
Proposal available /
MS March 2026
70,000 words

Monica Wadhwa

MOTIVATION / SCIENCE

FIRE IN THE BELLY

USING THE SCIENCE OF MOTIVATION TO GET THE BEST FROM OURSELVES AND EVERYONE ELSE

From award-winning researcher and teacher Monica Wadhwa comes an exploration of the science behind motivation, explaining what motivation is, what kind of rewards motivate us, and why losing can ignite the fire in the belly. This book will show readers how to apply this research to their daily lives so that they can make a conscious shift in their habits.

FIRE IN THE BELLY takes the best of Monica Wadhwa's research on motivation and uses real-world stories that drive home how actionable the research is. Many of her insights are counterintuitive and surprising—like the benefits of nearly winning, the role of environment in firing genes for motivation, and how self-compassion helps motivation—but *only* if the person is also really conscientious.



Simon Element
2027
World English
Proposal available /
MS March 2026
65,000 words

THE AUTHOR

Dr. Monica Wadhwa is an Associate Professor in the Department of Marketing and Supply Chain Management. She has received a Ph.D. in Marketing from the Stanford Graduate School of Business.

Wadhwa's work has appeared in leading peer-reviewed journals, and in numerous media outlets including The Atlantic, Le Monde, US News, New York Post, Huffington Post, Science Daily, Yahoo Finance, ANI News, Boston Globe, Chicago Tribune, Sydney Morning Herald, Jewish Business News, Daily Mail UK, National Affairs and Psychology Today. Dr. Wadhwa has been invited to discuss her work on different shows, such as NPR and Lisa Clark Show. She has been invited to present her work at various international marketing conferences and events, such as TedX.

Chris Wallace

POPULAR HISTORY

COUNTDOWN 1960

THE BEHIND-THE-SCENES STORY OF THE 312 DAYS THAT CHANGED AMERICA'S POLITICS FOREVER

A riveting new work and fresh take on the lead-up to the presidential election of 1960, drawing timely parallels to the choice Americans face in 2024

It's January 2, 1960: the day that John F. Kennedy declared his candidacy. From the challenge of primary battles in a nation that had never elected a Catholic president, to the intense machinations of the national conventions—where JFK chose Lyndon Johnson as his running mate over the impassioned objections of his brother Bobby—this is a nonfiction political thriller filled with intrigue, cinematic action, and fresh reporting. Readers may be familiar with the story, but few will know the behind-the-scenes details, told here with gripping effect.

Featuring some of history's most remarkable characters, page-turning action, and vivid details, COUNTDOWN 1960 follows a group of extraordinary politicians, civil rights leaders, Hollywood stars, labor bosses, and mobsters during a pivotal year in American history. The election of 1960 ushered in the modern era of presidential politics, with televised debates, private planes, and slick advertising. Americans were glued to their televisions long after dawn to see who won.

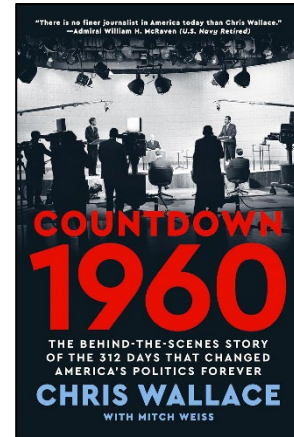
The election of 1960 holds stunning parallels to our current political climate. There were claims of voter fraud and a stolen election. There was also a presidential candidate faced with the decision of whether to contest the result or honor the peaceful transfer of power.

PRAISE

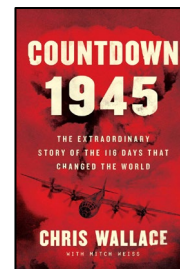
"Chris Wallace unwraps the secrets of the larger-than-life personalities of 1960. With stunning revelations of private and behind-the-scenes alliances, strategies, and romances, we are treated to the histories of an inflection year in American politics in a compelling, page-turning narrative." —**Senator Mitt Romney**

THE AUTHOR

Chris Wallace is anchor of CNN's *The Chris Wallace Show* and host of *Who's Talking to Chris Wallace?* on Max. Prior to CNN, Wallace was the anchor of *Fox News Sunday* for 18 years, where he covered every major political event. Throughout his five decades in broadcasting, he has interviewed numerous U.S. and world leaders, including seven American presidents, and won every major broadcast news award for his reporting, including three Emmy Awards, the duPont–Columbia Silver Baton, and the Peabody Award.



Dutton/PRH
October 2024
North American
448 pages



Avid Reader
/S&S 2020
Brazil: Alta.
Bulgarian: Trud.
Estonian: Uhinenud
Ajakirjad.
Greek:

Metaixmio. **Hebrew:** Matar.
Hungarian: Maxim. **Korean:**
Cum Libro. **Polish:** Znak.
Romanian: RAO. **Russian:**
Alpina. **Simplified Chinese:**
Booky. **Slovakian:** Ikar.
Spanish: Planeta. **Ukrainian:**
FLC.

** **NYT Bestseller**
* **350,000+ copies sold in US**

Joan C. Williams

HISTORY / POLITICS

OUTCLASSED

HOW THE LEFT LOST THE WORKING CLASS AND
HOW TO WIN THEM BACK

An eye-opening, urgent call to mend the broken relationship between college and non-college grads of all races that is driving politics to the far right.

The far right manipulates class anger to undercut progressive goals and liberals often inadvertently play into their hands. Williams explains how to reverse that process by bridging the “diploma divide”, while maintaining core progressive values. She offers college-educated Americans insights into how their values reflect their lives and their lives reflect their privilege. With illuminating stories —from the Portuguese admiral who led that country’s COVID response to the lawyer who led the ACLU’s gay marriage response (and more)— Williams demonstrates how working-class values reflect working-class lives. Then she explains how the far right connects culturally with the working-class, deftly manipulating racism and masculine anxieties to deflect attention from the ways far-right policies produce the economic conditions disadvantaging the working-class. **Whether you are a concerned citizen, a politician or social justice warrior, OUTCLASSED offers concrete guidance on how liberals can forge a multi-racial cross-class coalition capable of delivering on progressive goals.**

PRAISE

“This book will be a service not only for that elite group, but for anyone who finds it hard to understand what on earth is happening in American Politics.”

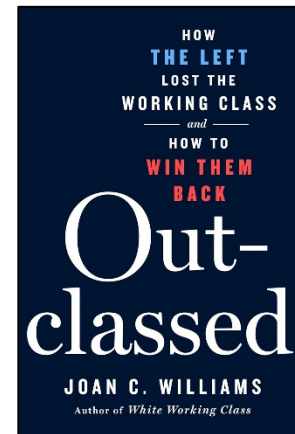
—Jonathan Haidt, *NYT* bestseller *The Anxious Generation*

“If you despair of serious conversation across the political divide, or have never tried it, this is just the book for you.”

—Arlie Russell Hochschild, *Stolen Pride: Loss, Shame and the Rise of the Right*

THE AUTHOR

Joan Williams’ work on race, class, and gender spans 11 books and 116 academic articles in law, sociology, psychology, medical and management journals. Williams is Distinguished Professor of Law and Hastings Foundation Chair (emerita) at University of California College of the Law San Francisco, and holds degrees from Yale, Harvard and MIT. Her previous books have been published by Harvard Business Review and leading university presses.



St. Martin's Press
May 20, 2025
North American
Manuscript available
368 pages

Korean: Sangsang
Academy.

Hiroko Yoda

NARRATIVE / SPIRITUALITY

EIGHT MILLION WAYS TO HAPPINESS

Certified Shinto cultural historian and *New Yorker* contributor Hiroko Yoda's journey through Japan's uniquely flexible approach to spirituality and nature, offering a blend of memoir, cultural history, and guidance for anyone struggling with disconnection in the modern world, pitched for readers of *Wintering* and *Braiding Sweetgrass*.

In what was meant to be the prime of her life, Hiroko Yoda faced a string of devastating losses—her mother, a childhood friend, and her beloved family dog. After months of seclusion, she began to take sullen strolls through Tokyo's parks. One day, a chance meeting with a raven opened her eyes to the kami, the nature spirits that represent the essence of Japanese faith. The encounter launched her on a quest to connect with her nation's uniquely intertwined blend of spiritual traditions, and in particular Shinto—the indigenous belief system that quietly nourishes so much of what makes Japan Japan, from cleanliness to characters to craftsmanship.

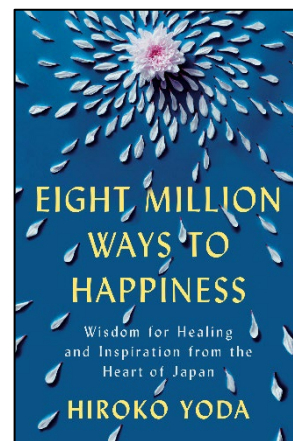
Japan's spiritual lifestyle, which makes room for both tradition and modernity, for the faith-based and the rational, is more than just a quirk of culture. It's a guide for anyone struggling with a profound sense of disconnection in the modern world. Building one's own "spiritual toolbox," as the peace and conflict studies pioneer Johan Galtung has called this approach, can help re-center us, help buffer us against fate.

PRAISE

"A timely and moving pilgrimage through Japan's ancient spiritual traditions. As she navigates the terrain of her own grief in the wake of her mother's death, Hiroko Yoda shows us how we might ease our own suffering and reawaken a profound appreciation of the beauty of the world."—**Ruth Ozeki**, Zen Buddhist Priest, Booker Prize Finalist and author of *The Book of Form and Emptiness* and *My Year of Meats*

THE AUTHOR

Hiroko Yoda is a Shinto cultural historian, photographer, writer and localizer. She has written for The New Yorker online and Vice, and her insight has been featured on 99% Invisible, The Futures Archive, and PBS. She is the author of several illustrated titles about Japanese folklore. She lives in Tokyo.



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