



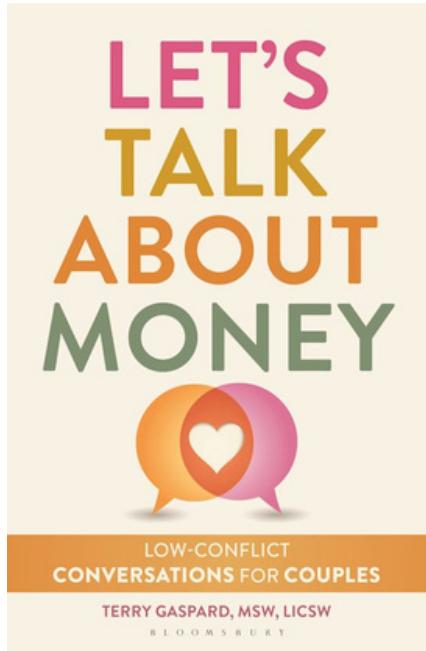
# Joëlle Delbourgo Associates

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Literary Agency

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## LET'S TALK ABOUT MONEY: Low-Conflict Conversations for Couples and Partners

by Terry Gaspard, MSW, LICSW

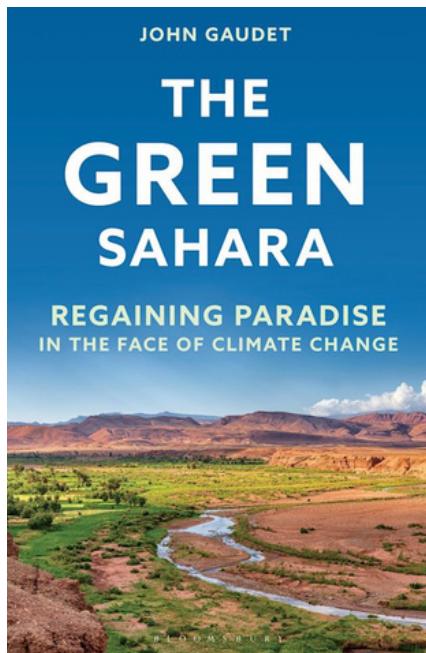
*“Talking about money is laden with negative emotions. Terry's book will help couples learn to understand themselves and each other, and better communicate about managing money.”*

—Darlene Lancer, *Codependency for Dummies*

The biggest threat to your relationship isn't infidelity - it's more likely your next credit card bill. You can stop arguing and learn how to talk about money. Gaspard provides practical strategies for having calm, constructive conversations about finances - an approach that helps partners communicate effectively, reduces conflict, and builds a stronger, more harmonious relationship. Therapist Gaspard is the bestselling author of *Daughters of Divorce*.

**Bloomsbury Academic \* January 2026 (World English)**

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## THE GREEN SAHARA: Regaining Paradise In The Face of Climate Change

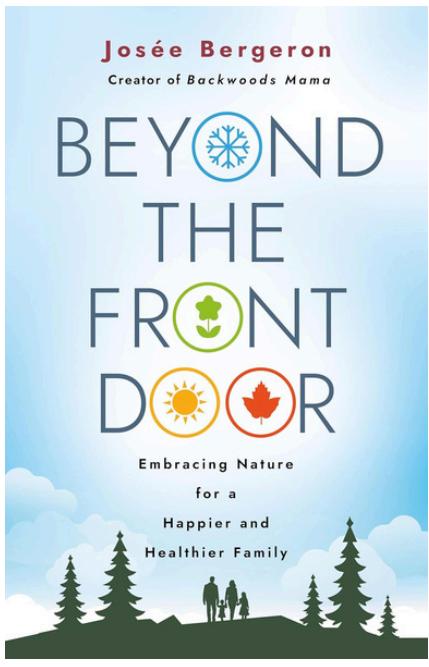
by John Gaudet

*“A compelling case for making the world's largest desert lush.” — Kirkus Reviews*

A green Sahara is something the world has not seen since 10,000 BC when the Sahara was a wet, lush region. Ancient climate change claimed it and dried it up. But what if we could reverse the desertification of the Sahara, and bring back the green paradise? Gaudet's manifesto posits that covering just 20% of the Sahara Desert with wind turbines and solar panels would generate almost five times more energy than is currently needed worldwide - green energy climate change induced by man could restore and transform the Sahara's ecosystem and result in its regeneration. Gaudet, a Fulbright Scholar, spent 17 years in Africa, teaching at various universities and as an environmental officer. He is the author of *Papyrus and Pharaoh's Treasure*.

**Bloomsbury \* February 2026 (World English)**

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## BEYOND THE FRONT DOOR: Embracing Nature for a Happier and Healthier Family

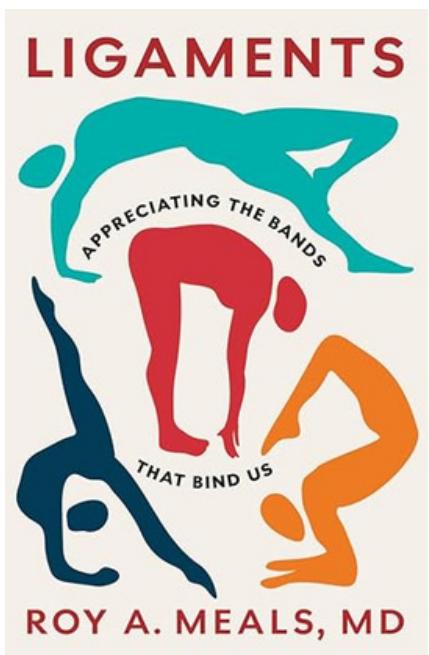
by Josée Bergeron

*"Refreshingly honest and judgment-free, it's the parenting guide you've been waiting for." — Linda Åkeson McGurk, *There's No Such Thing as Bad Weather* and *The Open-Air Life**

Parents are stressed, anxious, and exhausted. Their children spend an average of five to seven hours on screens but mere minutes outside each day. Bergeron's book is for every family desperate to detach from screens and find fun and engaging time together. Whether you live in a big city, in the suburbs, or out in the country, Bergeron will help you find simple and creative ways to bring the rhythm of nature into your daily routine, all just beyond your front door. Bergeron, founder of Backwoods Mama, is a member of the Canadian Indigenous Metis tribe and has been cited and referenced by countless parenting books and university courses.

Morehouse \* Spring 2026 (World English)

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## LIGAMENTS: Appreciating the Bands that Bind Us

by Roy Meals

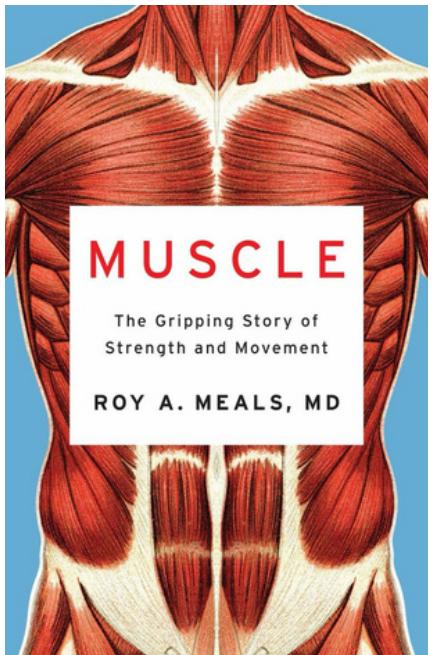
*"You do not need to have majored in biology or be an orthopaedic surgeon to enjoy this book. Dr. Meals tackles the importance of ligaments in the body and how they generally respond to injury, explaining in ways that all can understand. A must-read for those that want to better understand their body and how it functions." — Stanford University*

A lively tour through the biology, health, human performance, and popular culture of our bodies' essential connective tissue. Ligaments are the quiet workhorses of the human body. They anchor our bones, guide our movements, and protect our joints—yet they remain largely unseen and misunderstood. Covering current and emerging treatments for ligament injuries, including artificial and engineered ligaments, the book provides practical insights into maintaining joint stability and flexibility across the lifetime. Whether examining career-ending sports injuries, congenital laxity, or the elasticity of the vocal cords, Dr. Meals builds a case for why ligaments deserve center stage in our understanding of movement and health. Dr. Roy Meals is an orthopedic surgeon and a clinical professor of orthopedic surgery at UCLA; he is also the author of *Bones: Inside and Out* (Sourcebooks) and *Muscles: The Gripping Story of Strength and Movement* (Norton).

Johns Hopkins University Press \* Spring 2026 (World English)

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☞ Also available by Dr. Roy Meals:



## MUSCLE: The Gripping Story of Strength and Movement by Roy Meals

*"A thorough overview of muscles and how they operate...scientific insights that illuminate the abilities and oddities of the human body.. fitness advice is a book. A strong primer on an essential part of the human body."— Publishers Weekly*

An entertaining illustrated deep dive into muscle, from the discovery of human anatomy to the latest science of strength training. Meals' wide-ranging journey through anatomy, biology, history, and health unlocks the mysteries of our muscles. With 90 illustrations, brimming with up-to-date science that is clearly presented and explained, and punctuated by an abundance of historical facts and anecdotes — who knew muscles could be so fascinating? Meals is a clinical professor of orthopedic surgery at UCLA and the author of Bones: Inside and Out, a Barnes & Noble Best Science Book of 2020, and Ligaments: Appreciating the Bands that Bind Us. Also the author of several medical books, he has practiced, researched, and taught hand surgery for forty years

**WW Norton \* June 2023 (World English)**

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Korean/Bookhouse**

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COMING IN 2027

COVER COMING SOON

## THE PHILOSOPHICAL FAIRWAYS: Eleven Masters on the Metaphysics of Golf by William Ross

Golf enthusiast and philosopher William Ross brings the wisdom of our greatest philosophers to the golf course, from Aristotle's golden mean and Kierkegaard's leap of faith to Lao Tzu's effortless action, these timeless lessons will improve the game of enthusiasts from beginners to the most seasoned pros.

**Lyons Press/Globe Pequot \* Spring 2027 (North America only)**  
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### About Philip Freeman

Philip Freeman Ph.D. is the Fletcher Jones Chair of Western Culture at Pepperdine University. He earned his Ph.D. from Harvard University in Classical Philosophy and Celtic Languages and Literatures. He has taught at Boston University, Washington University, and Luther College and lectured at the Smithsonian Institution. Freeman has published over twenty consistently (an internationally) bestselling books on ancient and medieval history and religion, including works on Celtic mythology and St. Patrick.

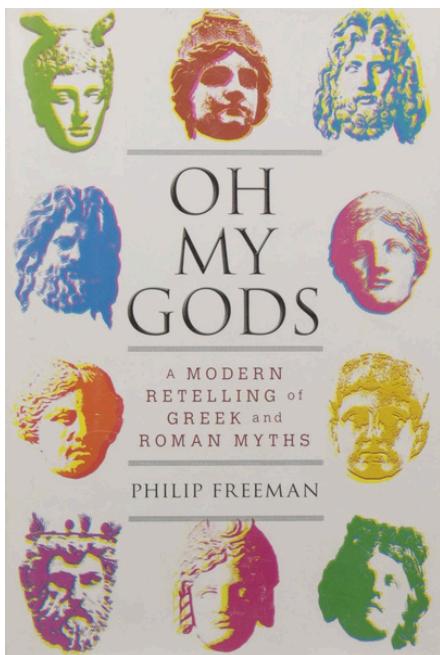
COVER COMING SOON

## MARCO POLO AND THE SILK ROAD by Philip Freeman

A vivid new biography of Marco Polo and his journey along the Silk Road as recorded during his remarkable Travels and other medieval sources. It's been twenty years since the last biography of Marco Polo - Freeman's draws on new source material only recently made available in translation from Chinese and Mongolian sources .- In addition to his strong and stunning narrative, Freeman is actually retracing Marco Polo's footsteps in contemporary times and documenting his journey.

**Pegasus \* Fall 2027 (North America only)**  
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Also available by Philip Freeman:



**OH MY GODS! : A Contemporary Retelling of the Greek and Roman Myths**

by Philip Freeman

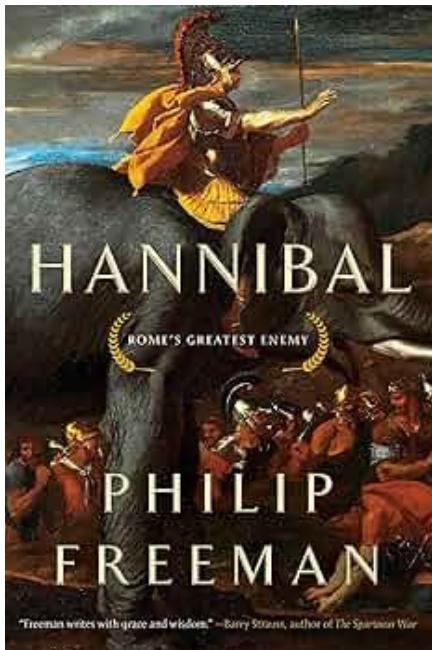
**“Electrifying. . . .brings the contentious, devious, shape-shifting, revengeful gods and goddesses, from Zeus and Hera on down, to towering life, recounting their violent exploits with verve and clarity.” —Booklist**

Historian and classicist Freeman's vivid retelling of the most popular Greek & Roman myths. These tales of the creation of the universe, errant gods, fantastic creatures, and human heroes are brought to life in fresh and vibrant contemporary versions.

**Simon & Schuster \* 2011 (World English)**

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**HANNIBAL: Rome's Greatest Enemy**

by Philip Freeman

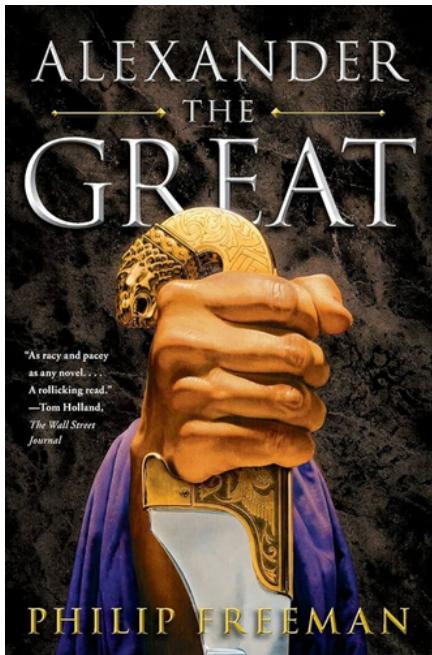
**★ “Freeman cinematically, brings to life the career of Hannibal Barca, the great but ill-fated Carthaginian general whose tactical and strategic brilliance is still studied today. A simultaneously propulsive and nuanced account that hums on the page.” — Kirkus, starred Review**

Hannibal was a Carthaginian David who went up against the Goliath of Rome—but it wasn't just his genius on the battlefield that set him apart. His self-discipline and determination were legendary. As a military leader, he understood the hearts of men and had an uncanny ability to read the unseen weaknesses of his enemy. As a wartime commander, Hannibal has few equals in history and has long been held as a model of strategic and tactical genius. He was also a practiced statesman, a skilled diplomat, and a man deeply devoted to his family and country. This is the story of the man who dared to stand against mighty Roman empire; a man who, against all odds, dared to change the course of history.

**Pegasus \* February 2022 (World English)**

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## ALEXANDER THE GREAT

by Philip Freeman

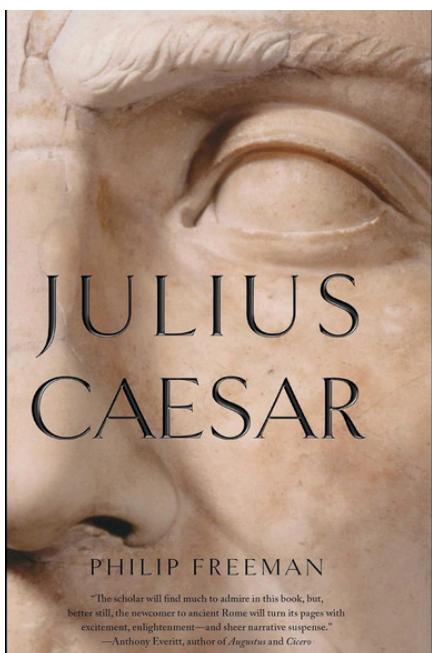
- **Booklist:** "A well-written, chronological narrative that allows Alexander's remarkable career and achievements to speak for themselves."
- **Kirkus:** "Freeman's love for his subject infuses this narrative."
- **Back to press more than 20 times**
- **Consistently in Amazon Top 100 since first publication**

In this first authoritative biography of Alexander the Great written for a general audience in a generation, classicist and historian Philip Freeman recounts the remarkable life of the Macedonian king who is one of the most enduring figures in history. He was a general of such skill and renown that for two thousand years other great leaders from Hannibal to Napoleon studied his strategy and tactics. He flashed across the sky of history like a comet - crowned at age nineteen, dead by thirty-two - but in that short time he established the greatest empire of the ancient world.

Simon & Schuster \* January 2011 (World English)

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## JULIUS CAESAR: A Biography

by Philip Freeman

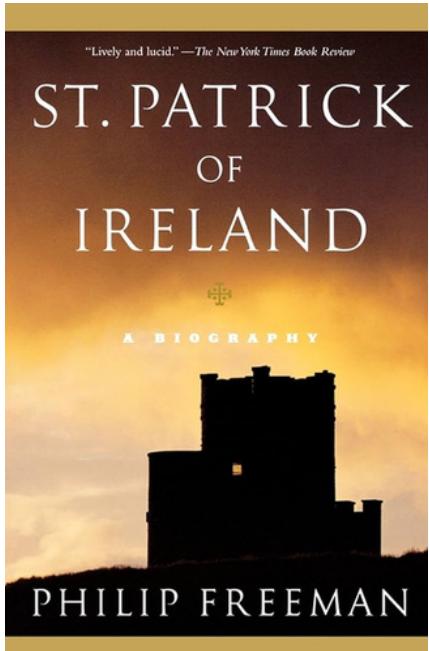
**"The scholar will find much to admire in this book, but, better still, the newcomer to ancient Rome will turn its pages with excitement, enlightenment -- and sheer narrative suspense."** -- Anthony Everitt, *Augustus and Cicero*

More than two thousand years after his death his name is still synonymous with "emperor." He is best known as the general who defeated the Gauls and doubled the size of Rome's territories; he was also a brilliant orator, an accomplished writer, a skilled politician. Julius Caesar was a complex man, both hero and villain: courageous, ambitions, horrible, and vain. He made alliances with rivals, discarding them when it suited him. He was a spokesman for the ordinary people of Rome, who rallied around him time and again, but he profited enormously from his conquests and lived opulently. Eventually he was murdered in one of the most famous assassinations in history. This is the whole story.

Simon & Schuster \* May 2008 (World English)

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## ST. PATRICK OF IRELAND

by Philip Freeman

"Lively and lucid." —*The New York Times Book Review*

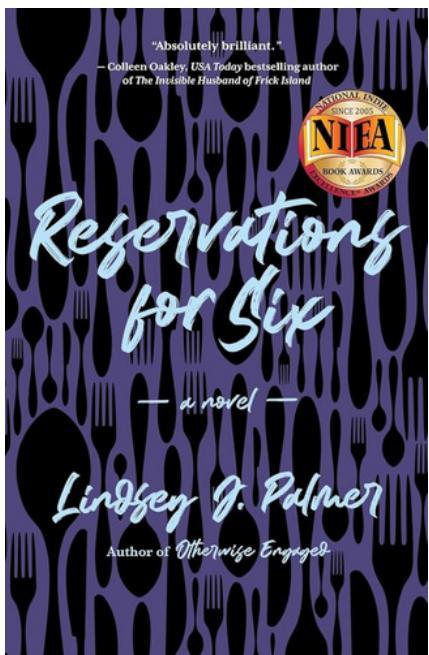
The most authoritative modern biography of the patron saint of Ireland, focusing on the historical Patrick and his times. Set against the turbulent backdrop of the British Isles during the last years of the Roman Empire, Freeman brilliantly brings to life the real Patrick, a man whose deep spiritual conviction and devotion helped to transform a country.

**Simon & Schuster \* March 2003 (North America)**

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## FICTION



## RESERVATIONS FOR SIX

by Lindsey Palmer

"Pull up a chair and watch the drama unfold as these six friends manage the roller coaster of midlife. Marriage, fidelity, parenting, career stress, aging." — *Library Journal*

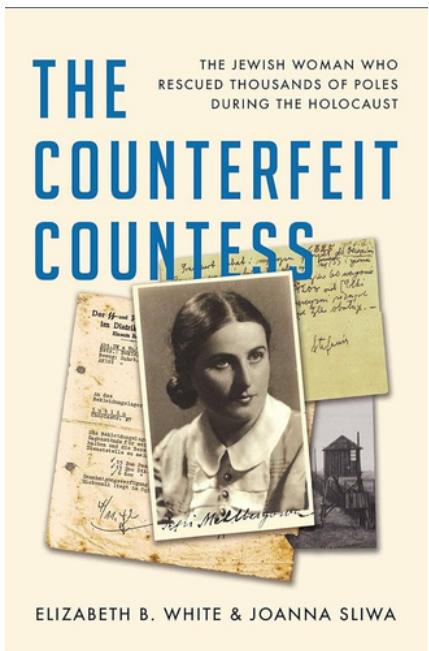
An entertaining and insightful pageturner about modern marriage and a tight-knit group of friends navigating their 30s and beyond. Three couples gather as they always do to celebrate Nathan, the first to turn 40, and when the cake arrives, he makes a shocking announcement. The birthday ritual, and the group of friends, will never be the same again. Perfect for fans of Emma Straub, J. Courtney Sullivan, and full of wisdom, humor, and heart, Palmer shines a spotlight on the phase of marriage when the fabric has started to fray, and deftly observes how couples cope, grow, and eventually thrive — together or apart. Palmer is the author of *Otherwise Engaged* (Skyhorse), *If We Lived Here* (Kensington), and *Pretty in Ink* (Kensington), and was a magazine editor for many years at *Self*, *Redbook*, and *Glamour*.

**Simon & Schuster \* Spring 2022 (World English)**

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## NONFICTION - BIOGRAPHY



## THE COUNTERFEIT COUNTESS: The Jewish Woman Who Rescued Thousands of Poles

by Joanna Sliwa + Elizabeth White

★"Holocaust historians White and Sliwa masterfully piece together the previously untold story of a Jewish mathematician who, during the Nazi occupation of Poland, masqueraded as a countess while she helped free and feed thousands of Poles imprisoned at the Majdanek concentration camp." — *Library Journal* (starred review)

Powerful. . . . A heart-wrenching profile of resilience, ingenuity, and heroism." — *Publishers Weekly*

A fine delineation of personal heroism amid an era of utter human depravity." — *Kirkus*

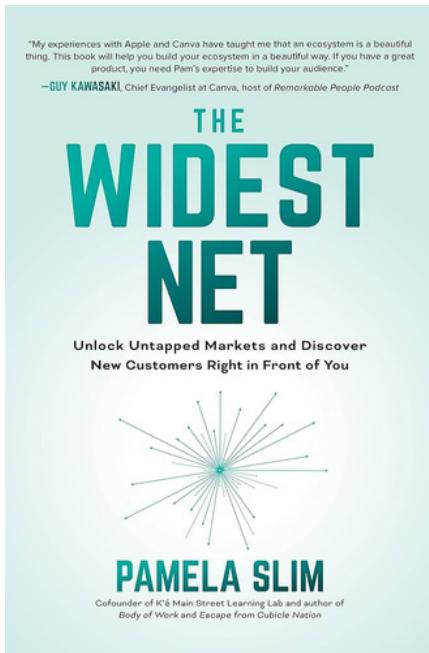
The "remarkable...inspiring" (*The Wall Street Journal*) true story of Dr. Josephine Janina Mehlberg—a Jewish mathematician who saved thousands of lives in Nazi-occupied Poland by masquerading as a Polish aristocrat—drawing on Mehlberg's own unpublished memoir. Drawing on the manuscript of Mehlberg's own unpublished memoir supplemented with prodigious research, White and Sliwa, professional historians and Holocaust experts, uncover the full story of this remarkable woman. They interweave Mehlberg's harrowing personal testimony with broader historical narrative. Like *The Light of Days*, *Schindler's List*, and *Irena's Children*, *The Counterfeit Countess* is a "riveting...stunning" (Debbie Cenziper, Pulitzer Prize-winning journalist and author of *Citizen 865*) account of inspiring courage in the face of unspeakable cruelty.

**Simon & Schuster \* January 2024 (North America only)**

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## NONFICTION - BUSINESS



### THE WIDEST NET: Unlock Untapped Markets and Discover New Customers Right in Front of You by Pamela Slim

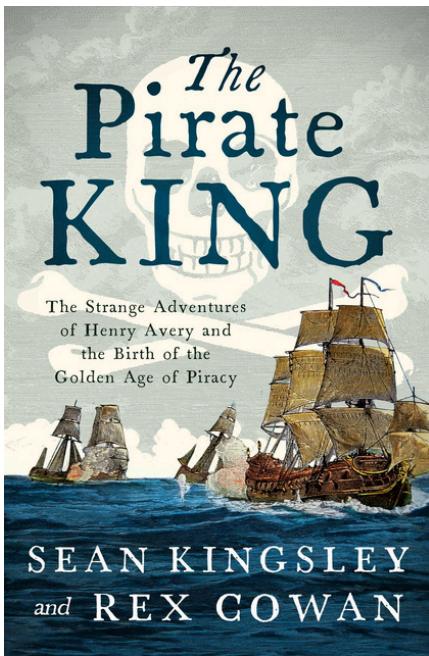
Discover and create a dynamic new model for growing your business by connecting with customers outside your usual field of view. Award-winning business coach, speaker and author Pamela Slim has helped thousands of entrepreneurs around the world start, sustain, and scale their businesses. In *The Widest Net*, she explains how to build strong diverse relationships, identify and connect with new partners, expand markets, generate leads, and find new customers in places you may never have considered.

**McGraw-Hill \* November 2021 (World English)**

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## NONFICTION - HISTORY



### THE PIRATE KING by Sean Kingsley + Rex Cowan

**"Indiana Jones would tip his hat to Kingsley, an intrepid archaeologist." —Booklist**

The incredible story of the "Robin Hood of the Seas," who absconded with millions during the Golden Age of Piracy and who harbored an even greater secret. The incredible story of the "Robin Hood of the Seas," who absconded with millions during the Golden Age of Piracy and who harbored an even greater secret. Henry Avery of Devon pillaged a fortune from a Mughal ship off the coast of India and then vanished into thin air—and into legend. Now, in a remote archive, a coded letter written by "Avery the Pirate" himself, years after he disappeared, reveals a stunning truth. He was a pirate that came in from the cold . . . Kingsley is a marine archaeologist who has explored over 350 wrecks from Israel to America including the world's earliest Royal African Company English 'slaver' ship. He is the author of *God's Gold* and *Enslaved*. Cowan, Britain's most successful shipwreck hunter, is a Fulbright scholar with a law degree from King's College London, served in the RAF, and has worked with John Le Carré on *A Century of Images*

**Pegasus \* April 2024 (World English)**

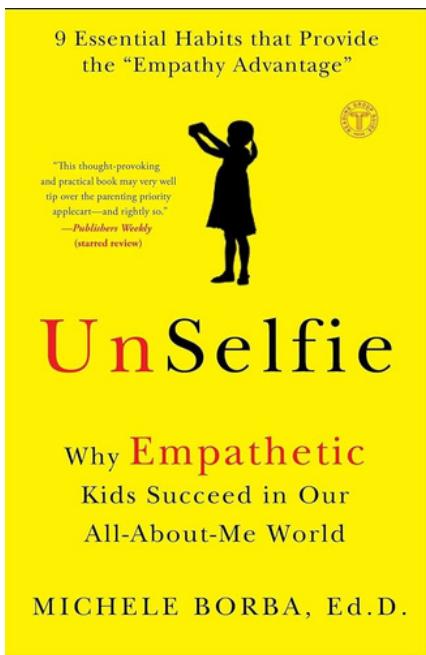
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# NONFICTION - PARENTING

## About Michele Borba

People say, 'I wish kids came with a manual.' Well now they do...Dr. Michele Borba's books. Borba is an educational psychologist, bestselling author, and TODAY show contributor who has spoken to over one million participants on five continents and to countless media about child development issues. She blends 40 years of teaching and consulting experience with latest science to offer sound, realistic advice to parents teachers and child advocates about helping children thrive.



### UnSELFIE: Why Empathetic Kids Succeed in an All-About-Me World

by Michele Borba

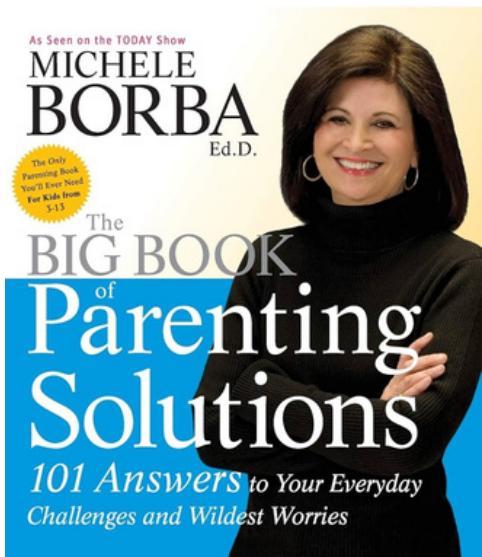
★PW (starred): "A fresh, powerful, and thought-provoking primer on raising caring kids."

With more than 125,000 US copies sold, this brilliant cross between Paul Tough's *How Children Succeed* and Stephen Covey's *7 Essential Habits of Highly Essential People* urges parents and anyone who works with children to raise a society of "upstanders" - courageous kids. Drawing on the latest neuroscience and research into child development, she shows the irrefutable correlation between empathy and success - and shares 12 essential habits that will develop character, cultivate empathy, and counter the bullying epidemic. Borba is the acclaimed author of *Thrivers* (Putnam - 150,000+ US copies sold + translated into 11 languages)

Simon & Schuster/Touchstone \* June 2016 (World English)

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### THE BIG BOOK OF PARENTING SOLUTIONS: 101 Answers to Your Everyday Challenges and Wildest Worries

by Michele Borba

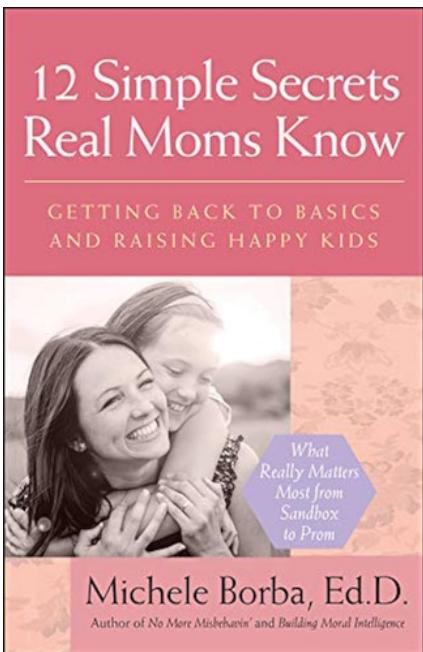
"An indispensable, comprehensive, and authoritative guide...you'll find yourself dipping into it for answers again and again." — *Parents Magazine*

With over 75,000 US copies sold, Borba helps parents roll up their sleeves and get back to basic, instinctual parenting. Rather than read through an entire book, nine sections on critical topics (behavior, emotions, school, special needs, electronics etc.) let readers flip to whatever topic is hot at the moment. Borba helps readers identify the root of the underlying behavior or problem and provides 10 essential principles of change to work through it.

Jossey-Bass/Wiley \* September 2009 (World English)

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## 12 SIMPLE SECRETS REAL MOMS KNOW: Getting Back to Basics and Raising Happy Kids

by Michele Borba

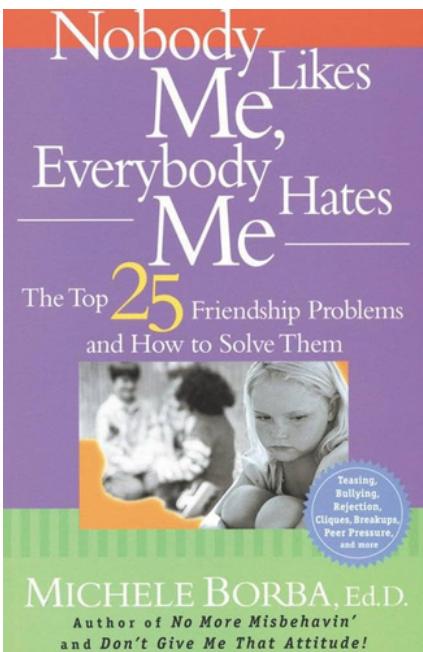
**"A Godsend for anxious, stressed-out mothers who worry they're not 'doing enough' (and that's pretty much everyone!)"—Christiane Northrup, M.D., Mother-Daughter Wisdom; Women's Bodies, Women's Wisdom**

Borba surveyed thousands of mothers who chose a natural, authentic kind of mothering to raise happier, confident kids and here distills that experience and wisdom. The 12 top secrets culled from all of this hands-on research is a gift to the reader - wrapped and ready to apply to any family.

**Jossey-Bass/Wiley \* March 2006 (World English)**

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## NOBODY LIKES ME, EVERYBODY HATES ME

by Michele Borba

**"The ultimate parent-friendly guide to kids and friendship." — Ann Douglas, *The Mother of All Parenting Books***

Based on a survey of thousands of parents and teachers, Borba shows how to teach your child the 25 most essential friendship-building skills kids need to find, make, and keep friends.

**Jossey-Bass/Wiley \* March 2005 (World English)**

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# WHY IS MY CHILD IN CHARGE?

A Roadmap to  
End Power Struggles,  
Increase Cooperation, and  
Find Joy in Parenting  
Young Children

CLAIREE LERNER

**WHY IS MY CHILD IN CHARGE? : A Roadmap to End Power Struggles, Increase Cooperation and Find More Joy in Parenting Your Young Children**

by Claire Lerner

**"Solid guidance for rediscovering the joy of parenting and creating more positive connections with children." — Booklist**

Solve toddler challenges with eight key mindshifts that will help you parent with clarity, calmness, and self-control. Lerner shares her 30-plus years of experience of working with families and the eight faulty mindsets she believes "prevent parents from setting loving limits." Lerner describes how to shift these faulty mindsets and addresses the most common areas of challenge during the toddler years: cooperation, tantrums, aggression, sleep, potty learning, and feeding. The final chapter, on discipline, encourages responsive instead of reactive parenting. Solid guidance for rediscovering the joy of parenting and creating more positive connections with children. Lerner, a licensed clinical social worker and child development specialist, served as the Director of Parenting Resources at ZERO TO THREE for more than 18 years. Claire has also been a practicing clinician for 33 years, partnering with parents to do the detective work of decoding their children's behavior to solve their most vexing childrearing challenges.

**Bloomsbury \* September 2021 (World English)**

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# BIG REACTORS

PRACTICAL STRATEGIES  
FOR PARENTING HIGHLY  
SENSITIVE CHILDREN

CLAIREE LERNER

**BIG REACTORS: Practical Strategies for Parenting Highly Sensitive Children**

by Claire Lerner

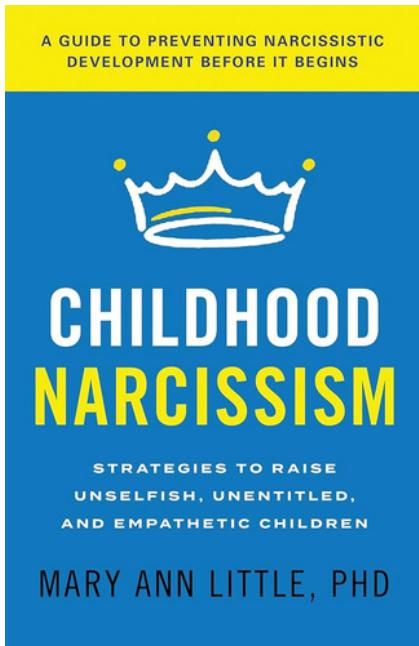
**"Lerner speaks with genuine empathy and immense experience to parents who are feeling distraught and confused by typical parenting advice that is failing them—that doesn't reflect the reality of life with these fierce kids. She offers insights and tools developed from her decades of experience to enable sensitive, "orchid" kids, and thus their families, to thrive." —Aliza Pressman, New York Times bestseller *The Five Principles of Parenting***

An invaluable and practical guide that shows parents how to help their highly sensitive child learn to manage their big emotions and thrive. Highly sensitive children (HSCs) process and react to experiences more deeply than other children. They are amazing kids fierce and feisty, persistent and passionate, insightful and empathetic — but front to intense and frequent meltdowns, so challenging and exhausting to parent. Lerner reveals the process she guides parents through to understand the root cause of their child's challenges and come up with effective strategies that work in real life, not just in theory. Lerner, a licensed clinical social worker and child development specialist, served as the Director of Parenting Resources at ZERO TO THREE for more than 18 years. Claire has also been a practicing clinician for 33 years, partnering with parents to do the detective work of decoding their children's behavior to solve their most vexing childrearing challenges.

**Bloomsbury \* October 2025 (World English)**

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## CHILDHOOD NARCISSISM: Raising Unselfish, Unentitled, and Empathetic Children

by Mary Ann Little

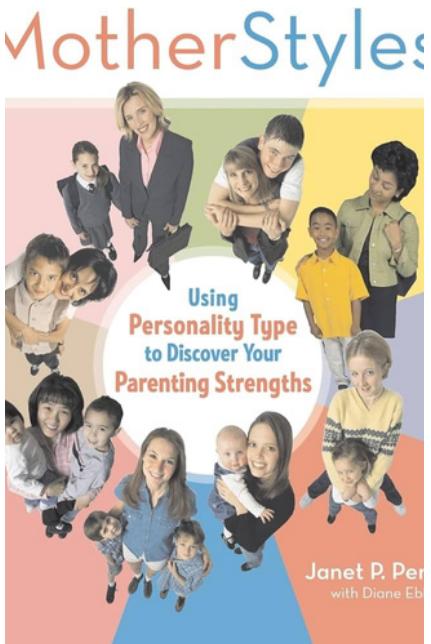
"For the parent, clinician, or caregiver seeking in-depth information and guidance - this topic is not well covered in parenting literature, which makes it an excellent addition to parenting collections" - *Booklist*

Exceptionally well written, organized and presented, Little provides the reader with a roadmap for engendering healthy personality development. In a society that is fixated on external indicators of success, further reinforced through social media messaging, she guides the reader with strategies to engender healthy personality development by cultivating children's sense of empathy for others, an ability to manage life's disappointments, and development of a balanced self-concept. Little is a clinical psychologist with decades of clinical experience; she has developed books and toys for children transitioning into out of home care, been a consultant to numerous educational and psychiatric facilities, and is an in-demand lecturer to both lay and professional audiences.

**Rowman & Littlefield \* 2023/Bloomsbury Academic \* 2024 (World English)**

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## MOTHERSTYLES: Using Personality Type to Discover Your Parenting Strengths

by Janet Penley

"May be the best book written on this subject." — *Washington Post*

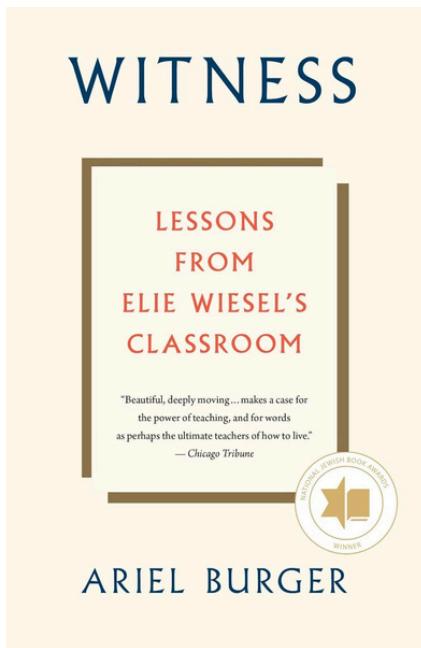
Drawing on the Myers-Briggs personality type-theory, Penley explains the combinations of traits that make up sixteen distinct mothering approaches and helps readers identify which style reflects her own strengths, struggles, and needs. From there, she offers unique and concrete ideas for ways to overcome the parenting challenges inherent to each type, guiding readers to an understanding of how type affects parent-child interactions and family dynamics. has been conducting parenting workshops for groups of mothers, therapists, and life coaches and for corporations for more than 25 years.

**Da Capo \* April 2006 (North America only)**

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## NONFICTION - RELIGION



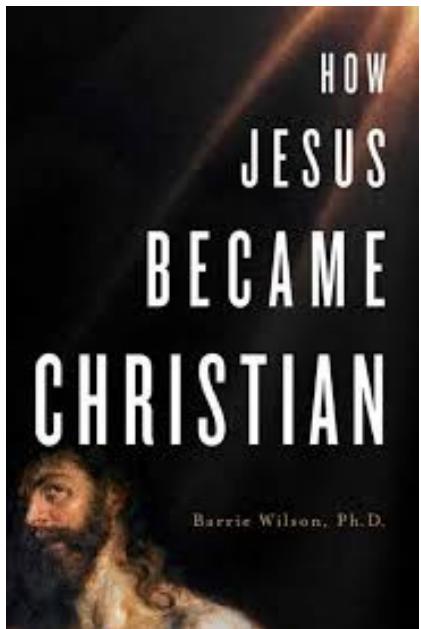
### **WITNESS: Lessons From Elie Wiesel's Classroom** by Ariel Burger

In the vein of *Tuesdays with Morrie*, a devoted student and close friend of Holocaust survivor and Nobel Peace Prize recipient Elie Wiesel invites readers to witness one of the world's greatest thinkers in this instructive and deeply moving read - a National Jewish Book Award winner. Burger chronicles the intimate conversations as he sought Wiesel's counsel on matters of intellect, faith, and survival while navigating his own personal journey from boyhood to manhood, from student and assistant to rabbi and teacher. In this thought-provoking account the art of storytelling and the act of listening conspire to make witnesses of us all.

**Houghton Mifflin Harcourt \* November 2018 (North America only)**

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### **HOW JESUS BECAME A CHRISTIAN**

**By Barrie Wilson**

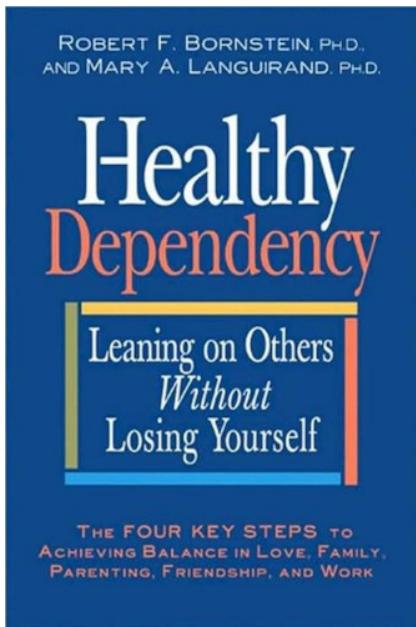
**“Provokes new thoughts about Jesus' identity. Wilson's instructive book introduces important questions about early Christianity for those unfamiliar with the debates about the historical Jesus.” — Publishers Weekly**

Controversial and exciting, Wilson cuts to the heart of the differences between Christianity and Judaism.. looking at how one of the world's great religions prospered and grew at the cost of another and focuses on one of the fundamental questions that goes to the heart of the way millions worship daily: Who was Jesus Christ --a Jew or a Christian? Professor of Humanities & Religious Studies at York University in Toronto, Wilson is a specialist in early Christian origins;this book addresses some of the major puzzles he has identified in teaching biblical studies for more than twenty years as an award-winning educator.

**St. Martin's Press \*March 2008 (World English)**

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## NONFICTION - SELF-HELP/SELF-DEVELOPMENT



### HEALTHY DEPENDENCY: Leaning on Others Without Losing Yourself

By Robert Bornstein PhD and Mary A. Languirand PhD

From the psychologist who coined the phrase "healthy dependency"—the first and only book that outlines four key steps and helps readers understand and use these principles to achieve balance in love, in friendships, with family, and at work. Meticulously organized and laced throughout with case studies, anecdotes, relationship-style questionnaires, it draws from the authors' more than 20 years of research and clinical experience

**Newmarket \* January 2003 (North America only)**

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"Laura Berman Fortgang is your perfect guide to making change in your life. You will be inspired, but more important, you will finally take action."

—PAMELA SLIM, author of *Body of Work* and *Escape from Cubicle Nation*



### NOW WHAT? 90 Days to Change Your Life Direction

By Laura Berman Fortgang

"This wise and practical book can help you figure out what's holding you back, and where to go from here. Great stuff!"— *Fortune*

A clear and utterly practical ninety-day program for anyone who feels drawn toward a life-changing move but is not sure exactly what to do or how to move forward, Fortgang presents a concrete process for finding and pursuing a new path in life.

**Tarcher/PRH \* 2nd ed. April 2015 (North America only)**

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### LIVING YOUR BEST LIFE

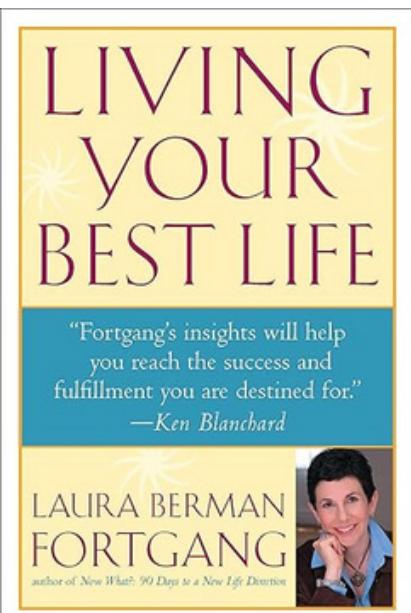
By Laura Berman Fortgang

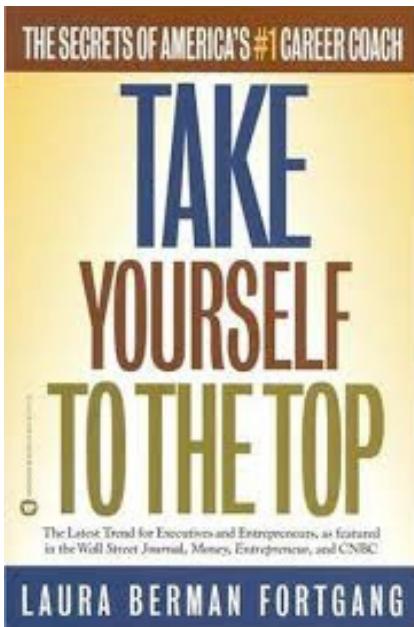
"Fortgang will help you reach the success and fulfillment you are destined for."— Ken Blanchard, *One Minute Manager*

Being happy doesn't have to be hard. Prominent personal and corporate strategist Fortgang offers ten tried-and-true strategies that help us access our own inner knowledge to achieve a "best life"—a life in which gains come more easily because we've learned to honor our true desires and work with our individual talents rather than exhausting our energy on a traditional model of achievement.

**Tarcher/PRH \*May 2002 (North America only)**

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## TAKE YOURSELF TO THE TOP

By Laura Berman Fortgang

"A brilliantly written, indispensable guide that touches and expands the very best of our hearts, minds, and spirits."--Harold Bloomfield, *Making Peace with Your Past* and *How to Survive the Loss of a Love*

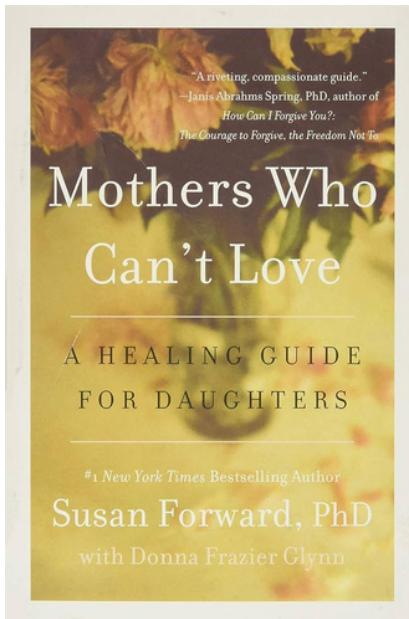
Take yourself to the top with this updated and expanded edition of Fortgang's bestselling business/self-help book. Readers learn how to leap out of mid-career rut, stop treading water, and discover their true life calling.

Tarcher/PRH \*2025 (North America only)

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### About Susan Forward

Susan Forward, PhD is the author of the #1 New York Times bestsellers *Men Who Hate Women and the Women Who Love Them* and *Toxic Parents* as well as numerous other books including *Obsessive Love, Money Demons, Emotional Blackmail, When Your Lover Is a Liar, Toxic In-Laws* and *Betrayal of Innocence*. MOTHERS WHO CAN'T LOVE launched nationally in October 2013. Through her books, therapy practice, lectures and media appearances, Forward's groundbreaking work opened up exciting new worlds of confidence, inner strength and emotional independence for countless women and men.



## MOTHERS WHO CAN'T LOVE: A Healing Guide for Daughters

By Susan Forward, PhD

- **★Library Journal (starred review):** "Forward validates the reader's feelings and presents effective coping mechanisms, offering suggestions on setting boundaries, negotiating for a better relationship, and being assertive . . . Highly recommended."

- **International bestselling author!**

Forward offers a powerful look at the devastating impact unloving mothers have on their daughters—and provides clear, effective techniques for overcoming that painful legacy.

Harper Collins \*October 2013 (North America only)

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**Jonathan Grayson, PhD**

Director, Grayson LA Treatment Center for Anxiety and OCD

# FREEDOM FROM OBSESSIVE-COMPULSIVE DISORDER

**Updated Edition**

A Personalized Recovery Program for Living with Uncertainty

"Anyone who is plagued with chronic doubt, anxiety, and destructive rigid behavior should read this book."

—Daniel Gottlieb, PhD

## FREEDOM FROM OBSESSIVE-COMPULSIVE DISORDER

By Jonathan Grayson

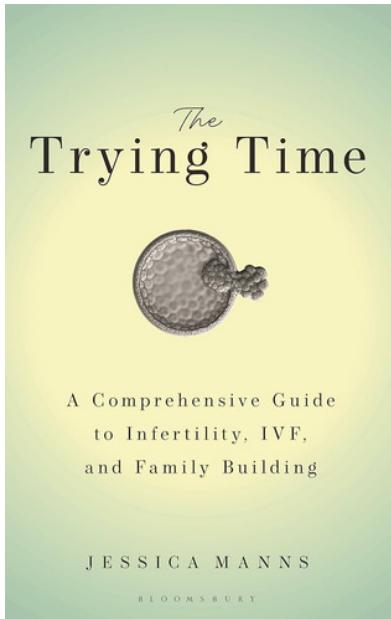
- "Grayson writes about OCD with the mind of a scholar and the heart of a healer. Anyone plagued with chronic doubt, anxiety, and destructive rigid social behavior should read this book, and listen to what it says." —Daniel Gottlieb, Ph.D., NPR's *Voices in the Family*
- "Not just another self-help book, this is an actual course of interactive therapy that breaks the cycle of fears and ritual. Grayson's uniquely empathetic and effective approach offers readers the understanding and motivation they need to get well—and stay well." — **Obsessive-Compulsive Foundation**

Many millions suffer symptoms of obsessive-compulsive disorder, which can manifest itself in many ways: paralyzing fear of contamination; unmanageable "checking" rituals; excessive concern with order, symmetry, and counting; and more. Grayson's revolutionary and compassionate program demystifies the process of OCD assessment and helps sufferers make sense of their own compulsions through frank, unflinching self-evaluation, trigger sheets, etc. He provides sufferers with the knowledge and the courage to make sense of their compulsions. Dr Grayson has been specializing in the treatment of obsessive compulsive disorder (OCD) for more than 35 years and is a nationally recognized expert.

**New American Library \* August 2003 (North America only)**

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## THE TRYING TIME: A Comprehensive Guide to Infertility, IVF, and Family Building

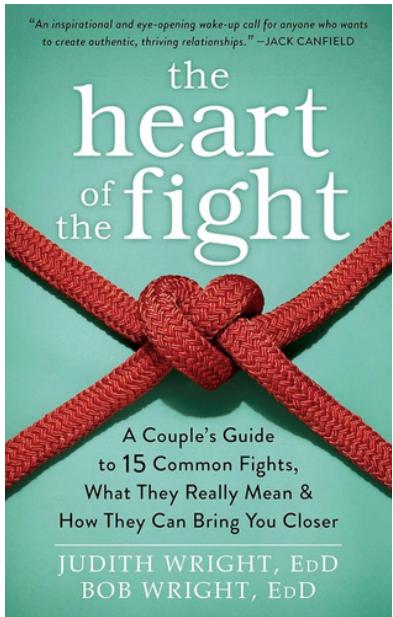
By Jessica Manns

"This is the compassionate, clear-eyed guide we've been waiting for. Jessica Manns brings empathy, science, and strength to every page, offering readers both practical tools and emotional connection. Whether you're beginning your fertility journey or deep in it, this book will empower and support you every step of the way." —Dr. Aimee, *The Egg Whisperer*

1 in 6 people worldwide face infertility, yet each journey is unique. Whether you're navigating IVF, coping with loss, or searching for answers, this guide offers the science-backed information you need and the compassion you deserve for each step of the way. Embryologist Manns, offers a compassionate, science-based exploration of the emotional, physical, and medical realities of infertility and IVF. With clear, accessible explanations of reproductive biology, diagnostic testing, and treatment options, she helps readers understand what's happening in their bodies and what to expect from an often confusing and overwhelming process. Whether you're trying to conceive, deep in treatment, caregiver, or supporter, you'll find solidarity and practical tools here. supporting a loved one, or simply seeking to understand the complexities of reproductive here.

**Bloomsbury \* December 2025 (World English)**

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## THE HEART OF THE FIGHT: A Couple's Guide to the 15 Most Common Fights, What They Really Mean, and How They Can Bring You Closer

By Judith & Bob Wright

**“An inspirational and eye-opening wake-up call for anyone who wants to create authentic, thriving relationships. From friendships to business relationships to spouses, this book provides great tools for relationships that really work. The Wrights challenge the status quo and open our eyes to a whole new way of looking at something.” —Jack Canfield, *Chicken Soup for the Soul***

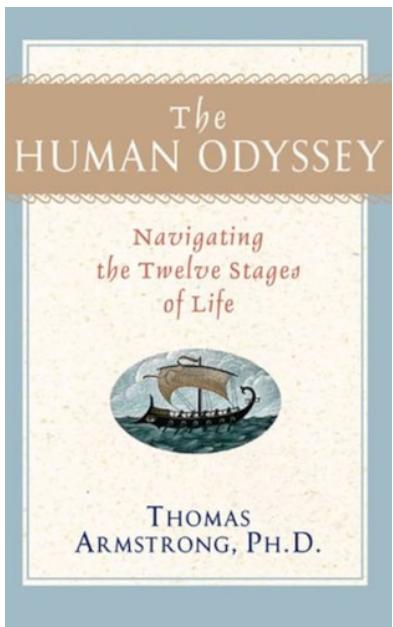
Every couple fights—it's how you fight that can determine the success of your relationship. This book teaches you to look beyond what you and your partner fight about, and discover the core issues that undermine your relationship. In the midst of a disagreement, many couples ask themselves, “What are we really fighting about?” In this much-needed book, Judith and Bob Wright—married counselors and coaches with over thirty years of experience helping couples learn how to fight well—present their tried-and-true methods for exploring the emotions that underlie so many relationship fights. You'll learn how to navigate the 15 most common fights couples have as start fighting for your love, rather than against it. The Wright are world-renowned couples- and lifestyles coaches, media favorites, lecturers, lifestyle experts, professors, and corporate consultants who have made countless television appearances and interviews. They are cofounders of the Couples Program at the Wright Foundation and the Wright Graduate University for the Realization of Human Potential.

**New Harbinger \* February 2016 (North America only)**

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## NONFICTION - SOCIAL SCIENCES



### THE HUMAN ODYSSEY

By Thomas Armstrong, Ph.D.

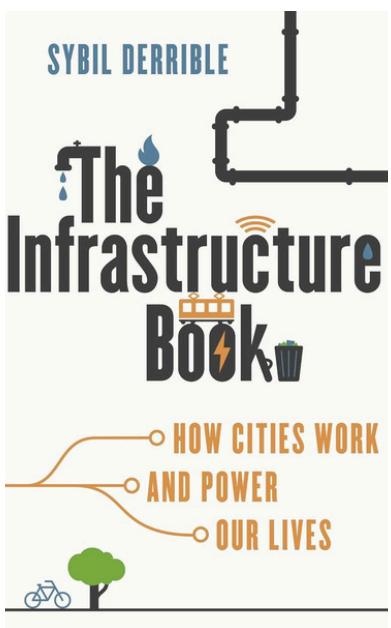
**“Superb, magnificent, astonishing, unique, engrossing, eminently readable, informative, enjoyable, entertaining, profound...a remarkable a book.” — Joseph Chilton Pearce, *The Crack in the Cosmic Egg and Magical Child***

A cross-cultural view of life's entire journey, from before birth to death to the possibilities of an afterlife. Dr. Armstrong cites both clinical research and anecdotal evidence in a comprehensive view of the challenges and opportunities we face at each of the 12 distinct stages of our development. His accessible narrative incorporates elements of history, literature, psychology, spirituality, and science in a fascinating guide to understanding our past as well as our future. Armstrong is an award-winning educator, a psychologist, and a writer with more than 45 years of experience in the education field. He has authored fifteen books which have sold over 1.3 million copies - notably, *The Power of Neurodiversity* (DaCapo) and *The Human Odyssey* (Dover) of his books have been sold.

**Dover \* March 2019 (World English)**

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## THE INFRASTRUCTURE BOOK: How Cities Work and

Power Our Living

By Sybil Dribble

“A penetrating analysis of urban infrastructure.” —*Nature*

“Perfectly suited to his goal of making engineering accessible.”—  
American Society of Civil Engineers

Clean water, paved roads, public transit, electricity and gas, sewers, waste processing, telecommunication, the Internet – all this infrastructure powers our lives and makes cities work, yet most of us have no idea how these systems work. Visiting sixteen cities around the world, Dribble shows how infrastructure works – and sometimes doesn’t, and the work required to upgrade existing systems to make them more sustainable and resilient.

Prometheus/Globe Pequot \* March 2025 (World English)

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