



LONDON BOOK FAIR 2026

Nonfiction Rights Guide

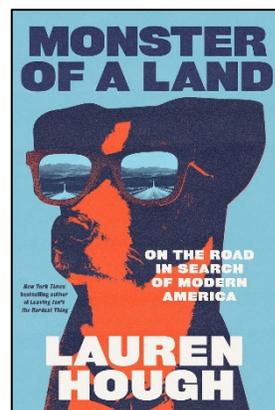
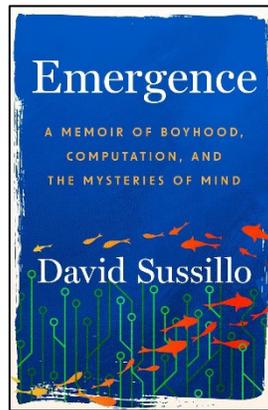
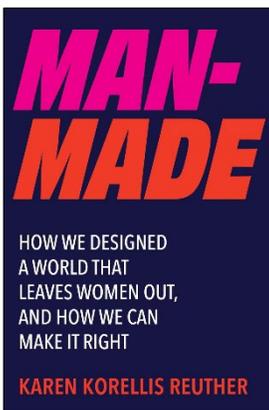
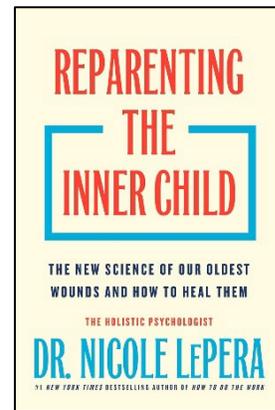
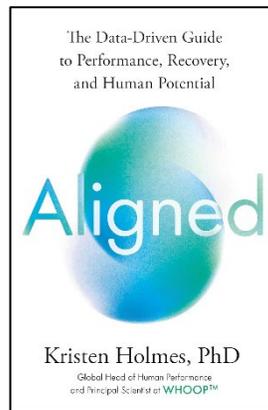
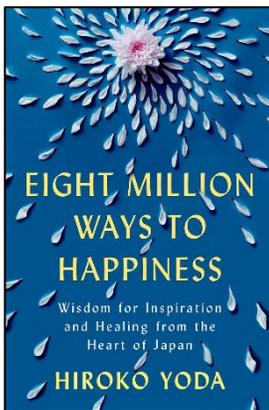


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Gabrielle Bernstein

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.

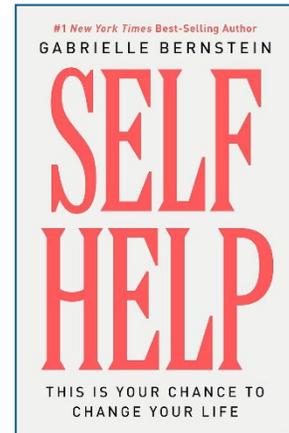
True to her gift, Gabby has translated the principles of IFS into a relatable, step-by-step practice. She guides you through a simple 4-step process to help you compassionately care for yourself, resolve inner conflicts, and transform your self-perception. As you learn to approach your own behaviors, 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. In her weekly podcast, *Dear Gabby*, she offers real-time coaching, straight talk, 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: nostica. Spanish (Spain): El Grano de Mostaza. Spanish (US and Latin America): Oceano Mexico. Swedish: Bra Forlag. Vietnamese: Tre.



Hay House, 2024
World English
240 pages

Brazil: VR. **Complex Chinese:** ACME. **Croatian:** Stilus Knjiga. **Dutch:** Bruna. **French:** Trédaniel. **German:** Goldmann. **Greek:** Iviskos. **Hindi:** PRH India. **Korean:** Bulkwang. **Marathi:** MyMirror. **Polish:** Kobiece. **Portugal:** Farol/PRH. **Romanian:** Bookzone. **Spanish:** Oceano Mexico. **Swedish:** Bra Forlag. **Thai:** Namwee. **Ukrainian:** Bookchef.

Justin Bariso

BUSINESS / SELF-HELP / EMOTIONAL HEALTH

THE RULES OF EMOTIONAL INTELLIGENCE

**50 POWERFUL TOOLS TO RAISE YOUR EQ AND
TRANSFORM THE WAY YOU LIVE AND WORK**

From business coach, author, columnist and one of the most prolific and widely read voices on emotional intelligence in the world, comes Justin Bariso's **THE RULES OF EMOTIONAL INTELLIGENCE**, a collection of groundbreaking tools that will help readers tap into their EQ when it matters most.

THE RULES is a guidebook of 50 frameworks, mental models, and strategies that teach the "how," backed up by cognitive psychology research, business best practices, and real-life examples from the most successful people in the world—each precision-engineered to stick. It's an exciting package, as this is the first fully prescriptive book in a category full of theory and "Big Think" titles.

THE AUTHOR

Justin Bariso has written over 1,000 articles exploring the practical application of emotional intelligence in leadership, work, and life, and was named a LinkedIn Top Voice in Management and Culture three years in a row. He has been featured in Forbes, Inc., Time, NBC News, and many more outlets, and his work has been cited or featured in numerous academic and policy publications including the American Journal of Management, SAGE Open, and the World Economic Forum. His abiding passion is helping the greatest number of people learn to harness the power of emotion for good. His first book, *EQ Applied*, was self-published in 2028 and subsequently translated into 15 languages. He lives with his family in Germany, where he has resided for over 15 years.



**GCP Balance/Hachette
January 2028
North American
Proposal available
60k – 70k words**

Kaamna Bhojwani

ADVICE / RELATIONSHIPS / SELF-HELP

TECHNOSEXUAL

AUTHENTIC INTIMACY IN THE AGE OF ARTIFICIAL INTELLIGENCE

Certified sexologist with degrees in clinical, organizational, and spiritual psychology Kaamna Bhojwani's examination of intimacy in the age of AI that explores the rise of digisexuality, the psychology of AI companions, the future of marriage and monogamy, AI matchmaking, the new gender wars, pornography and sex work, and the ethical frameworks that will guide the next decade, with a blueprint for using technology in prosocial, grounded, and self-aware ways.

We are on the brink of a profound shift in human intimacy. For the first time in history, technology is not simply facilitating relationships. It is becoming the relationship. Teenagers are forming addictive attachments to AI companions. Adults are seeking emotional support, romantic connection, and sexual exploration with digital partners. Robots with humanlike presence are entering homes. VR pornography is outperforming all other segments of the sex-tech market. As AI moves from productivity tool to confidant, mentor, lover, and therapist, the question becomes: What happens to us?

Kaamna argues that the crisis is not merely technological. It is psychological, relational, and spiritual. We bring our long-standing sexual shame, emotional wounds, and loneliness into these systems, and the technology amplifies whatever is unresolved. **Her central claim is that AI companions and sexual technologies do not create disconnection. They reveal it.** To remain human in the next decade, she believes we must understand our desires, strengthen our internal resources, and cultivate what she calls spiritual accountability.

THE AUTHOR

Kaamna Bhojwani holds degrees in clinical psychology from Smith College, organizational psychology from University of Illinois at Urbana-Champaign, and a master's degree in spiritual psychology from Columbia University. She is a certified sexologist whose work has been featured by Reuters, NBC, Business Insider, NPR affiliates. Her *Psychology Today* column introduces lay readers to the evolving world of AI intimacy, and her podcast, *Sex, Tech and Spirituality*, explores everything from sexless marriages to humanoid robots. She has a devoted Instagram following of over 100,000, and a track record of translating complex science into accessible, unflinching narrative. In 2026 she will be speaking at Duke's AI and Society conference, along with events across San Francisco, LA, London, Singapore, and Mumbai.



Hay House
2027
North American
Proposal available/
MS Fall 2026
65k-75k words

Michelle Davenport

SCIENCE / COOKBOOK

EAT WATER, AGE SLOWLY

THE SCIENCE AND ART OF SLOW AGING THROUGH FOOD

Discover the transformative power of water based cooking and unlock your healthiest, most vibrant self yet.

A groundbreaking new approach to health, longevity, and delicious cooking—the debut science cookbook from nutrition scientist, registered dietitian, and beloved Instagram voice Dr. Michelle Davenport (@drmichelledavenport).

The latest discoveries in longevity research are all coalescing around one finding: water based cooking is the most powerful way to improve (and even reverse) age-related diseases and restore long-term health. The evidence-based secret lies in cooking with water to minimize Advanced Glycation End Products (AGEs), the harmful compounds formed by dry, high-heat cooking. AGEs trigger inflammation, insulin resistance, collagen breakdown, and accelerate cellular and total body aging.

Water based cooking, an age-old culinary method now scientifically proven to profoundly improve health, has been largely forgotten in the modern kitchen. In this revolutionary cookbook featuring 90 flavorful, beautifully photographed recipes inspired by Asian and global cuisines, Dr. Davenport combines cutting-edge, peer-reviewed nutrition research with timeless culinary traditions passed down through generations—from her 96-year-old grandmother, to her mother, and now to her. She finds inspiration from many childhood broth-filled favorites like Pho Ga, an aromatic chicken noodle soup; her viral recipe for Zheng Dan, a silky three-ingredient steamed egg custard; and a fennel-saffron poached halibut found in variations around the world.

THE AUTHOR

Dr. Michelle Davenport is a nutrition scientist and registered dietitian. She holds a PhD in Nutrition from New York University and clinically trained as a dietitian at the internationally acclaimed University of California, San Francisco. She is dedicated to translating cutting-edge nutrition science into practical tips for living longer, healthier lives. Dr. Michelle is the founder of the popular Instagram account @DrMichelleDavenport, where she teaches over 275,000 people how to slow age through water-based cooking. She lives with her physician husband and two children in the San Francisco Bay Area.



Avery/PRH
2027
Proposal available/
MS Fall 2026
60,000 words,
90 recipes, hardcover,
4-color

UK: Hay House UK.

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
Manuscript available
65k-85k words

UK: HQ/HarperCollins.

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

Sarah Hensley

SELF-HELP / PSYCHOLOGY / RELATIONSHIPS / FAITH

PLEASE COME CLOSER

HOW TO LOVE (AND WHEN TO LEAVE) AN
AVOIDANT ROMANTIC PARTNER

In this groundbreaking book on avoidant attachment, Dr. Hensley (2 million followers) breaks down the profound and commonly misunderstood differences between the two types of avoidant attachment styles (fearful and dismissive), teaches readers how to regulate their own nervous system, and shows how secure behavior can create an emotional environment where avoidant partners feel safe enough to move closer.

Dr. Hensley also offers a Christian lens on attachment theory to clients and followers interested in understanding the science through their faith. PLEASE COME CLOSER will join bestselling personal growth/relationship titles that apply psychological principles from a Christian perspective, such as Jennie Allen (*Get Out of Your Head*) and Lysa TerKeurst – while also appealing to mainstream titles by Terrance Real, Logan Ury, and Amir Levine and Rachel S.F. Heller.

A trusted and well-respected voice in attachment theory and attraction science, Dr. Hensley has developed a framework that lays out the relationship science clearly and takes it further, revealing important, often-misunderstood distinctions between the two avoidant attachment styles and explaining how readers can move beyond theory into taking action that actually brings results. Her message is honest and empowering: you can't force change in your partner, but you can change yourself in ways that shift the entire dynamic—and, if necessary, give you the strength to walk away without regret.

THE AUTHOR

Dr. Sarah Hensley brings nearly two decades of research into attachment and romantic relationships, a PhD in experimental psychology with concentrations in both social and health psychology, and a gripping personal story of surviving relational trauma, chronic stress disability, and an attachment crisis that ultimately led her to become securely attached herself. Sarah has amassed a following of nearly 2 million across platforms, launched a top 2% globally ranked podcast with nearly half a million monthly listeners, and grown her coaching company into a multi-million-dollar international practice in just four years. Her insights have been featured in media such as *The New York Times*, CNN, *Cosmopolitan*, *The Washington Post*, *USA Today*, and other national outlets, and she coaches high-profile clients who trust her to translate complex science into tools that actually change behavior.



PRH/Convergent
2028
North American
Proposal available

Kristen Holmes

HEALTH / WELLNESS / SCIENCE / PERFORMANCE / LONGEVITY

ALIGNED

THE DATA-DRIVEN GUIDE TO PERFORMANCE, RECOVERY, AND HUMAN POTENTIAL

We often equate peak performance with relentless effort—early mornings, intense workouts, and unwavering discipline. But what if the true catalyst for excellence lies not in exertion, but in restoration?

Pulling from one of the world's largest physiological datasets and more than two decades of experience operating in high-stakes, high-stress environments, Holmes makes a compelling case: your downtime is your competitive advantage.

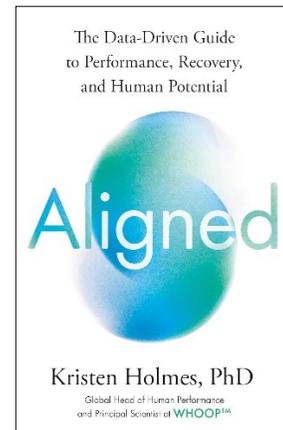
Dr. Kristen Holmes, psychophysiological and Global Head of Human Performance at WHOOP, challenges conventional wisdom by revealing that recovery is not a luxury—it's a necessity. She demonstrates that aligning with our body's natural rhythms is the key to unlocking sustained vitality and presence, and bridges the gap between cutting-edge science and practical application. You'll discover how to:

- **Align with your biological rhythms**
- **Decode the science of recovery**
- **Shape your emotional resilience**

Whether you're an elite athlete, a corporate leader, or someone seeking deeper meaning in your life, ALIGNED serves as a field guide to living at full capacity, in tune with both body and mind.

THE AUTHOR

Kristen Holmes is a psychophysiological 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 is one of the most successful coaches in Ivy League history. 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
August 25, 2026
Manuscript available
288 pages

UK: Ebury Edge.
Spanish: Urano.

Maurie Hotier

MIND / BODY / SPIRIT / DEATH & GRIEVING

DEATH IS A DOORWAY

THE AFTERLIFE, EXPLAINED

Psychic medium and spiritual educator **Maurie Hotier's** guide to the afterlife, blending personal encounters with souls on the other side and insights into what death can teach us about life.

In a space often dominated by the ethereal and abstract, **Maurie's** (@mauriepsychic) voice is refreshing: real, rational, and compassionate.

With over **307,000 followers** across platforms, a thriving paid membership community, and a 5-year waitlist for her readings, **Maurie** has become a trusted voice for people navigating grief, seeking clarity, and wondering what comes next. Her debut book is a grounded, practical guide to what happens when we die, drawing from both her intuitive experiences as a medium and her reverence for science.

This is a book for the millions of people grieving each year, and the even larger number who fear death or feel disconnected from the idea of something greater. **Maurie** meets them where they are—and then gently expands what they think is possible.

THE AUTHOR

Maurie Hotier is a psychic and medium dedicated to providing a down-to-earth approach to the spiritual world. **Maurie** is unique among intuitives because she believes in both the power of conventional science (including vaccines) and social justice while also embracing more spiritual concepts like reincarnation, ghosts, and signs from the universe. In addition to offering 1:1 sessions (which are fully booked with an extensive waitlist), **Maurie** hosts retreats, sells guided meditations on her website and recently launched **The Club**, an online membership community that hosts live events, workshops, Q&A sessions, and group readings for over 250 members.



Dey Street / HarperCollins
Spring 2027
Proposal available /
MS Summer 2026

UK: HQ/HarperCollins.

Lauren Hough

NARRATIVE / TRAVEL

MONSTER OF A LAND

ON THE ROAD IN SEARCH OF MODERN AMERICA

From *The New York Times* bestselling author of *LEAVING ISN'T THE HARDEST THING* comes an update of John Steinbeck's trip in *Travels with Charley*, a cross-country journey exploring modern America with Lauren Hough's signature observational wit, searing social commentary, and perspective as someone who knows what it's like to truly exist on the margins in this country.

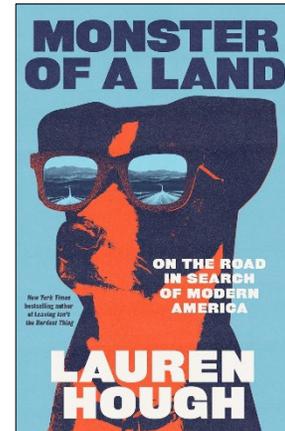
Lauren Hough has always been haunted by the road trips she never got to take: no money, no vacation days, no car capable of making the trip. So, upon finally finding herself in a situation where such a trip might be possible—being a writer may not always pay better than being a bartender or a cable guy, but at least the schedule's flexible—she leaps at the chance, refurbishing a ramshackle 2001 Dodge van and setting off from Austin, Texas with her Husky mix Woody by her side.

Her influences feel obvious—but a lot has changed about the United States since the 1962 trip John Steinbeck chronicled. And Lauren Hough isn't John Steinbeck—unless the Noble Prize-winning author of *The Grapes of Wrath* had a secret past as a six-foot-tall lesbian and Air Force vet. But even better as a social lubricant than beer, a dog is the ultimate conversation starter. With Woody as wingman, Lauren chats—at gas stations and restaurants and auto shops and bars—with an incredible cross-section of Americans from all walks of life and every possible political perspective. And as she circumnavigates the country, she documents, with all-too-rare empathy, what it means to be poor, to be marginalized, and to be seen as Other in America.

Part travelogue, part social commentary, and 100% Lauren Hough, *MONSTER OF A LAND* unites her poignant vulnerability, her hilarious narrative voice, and her razor-sharp insights into a journey that will show us how far we've come as a country, and how far we still have to go.

THE AUTHOR

Lauren Hough was born in Germany and raised in seven countries, and West Texas. She's been an Air Force airman, a bartender, a bouncer, a construction laborer, a driver, a green-aproned barista, and a cable guy. She's the author of the *New York Times* bestselling essay collection, *LEAVING ISN'T THE HARDEST THING* (Vintage, 2021). Her work has appeared in *The New York Times*, *Granta*, *Texas Highways*, *Huffpost*, and *The Guardian*. She's a writer at large for *Texas Highways*. She lives in Austin with a dog named Woody Guthrie.



Pantheon
June 2026
North American
336 pages

Bea Johnson

LIFESTYLE

HANDCRAFTED HOME

THE ULTIMATE GUIDE TO MAKING ESSENTIALS
BY HAND

Author of *Zero Waste Home* Bea Johnson's **HANDCRAFTED HOME**, (@zerowastehome) advocating a handmade, versus a ready-made, lifestyle, including line drawings and photography to walk readers through how to make everything needed for the home—from lampshades to sheets and from bottle openers to rugs.

Bea popularized the “Zero Waste” lifestyle through Instagram and her first book (Scribner, 2013) and so when she was faced with the challenge of outfitting her new home with everything she and her husband would need (which isn’t nearly as much as you’d think) she took her unconventional approach to consumerism to a new level: She decided to *make* the items that were essential for their new home... all by hand.

In **HANDCRAFTED HOME**, Bea channels her knack for simplifying belongings and tasks to show readers how to make everything from towels and flatware to a bed and nightstand. **HANDCRAFTED HOME** illustrates the design potential in simplicity, in the use of natural materials, and in the satisfaction of having made something with your own hands.

THE AUTHOR

Bea Johnson is a sought-after speaker who *The New York Times* called the “priestess of waste-free living.” *Zero Waste Home* was translated into 28 languages. www.zerowastehome.com



Abrams
Fall 2027
World English
Proposal available/MS Fall '26
Hardcover, 4-color

PARENTING

TRANSFORMING TODDLERHOOD

HOW TO HANDLE TANTRUMS, END POWER
STRUGGLES, AND RAISE RESILIENT KIDS –
WITHOUT LOSING YOUR MIND

Toddlerhood does not have to be terrible. Yes, sometimes it *feels* terrible, but it's actually one of the most important developmental stages of your child's life! Many of the behaviors labeled as "bad" are totally normal, so how you respond matters. It sets the foundation for your child's resilience, emotional regulation, and sense of self. Many parents want to do the right thing but are at a loss for how to discipline their children in an effective, developmentally smart way, and most parenting books gloss over this formative stage.

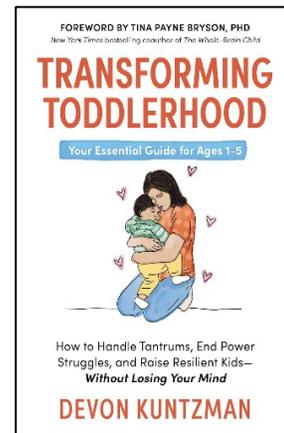
Enter Devon Kuntzman, PCC, a globally recognized toddler expert and the original toddler parenting coach on Instagram. Devon is one of the leading voices redefining what it means to parent kids ages one to five.

In **TRANSFORMING TODDLERHOOD**, you'll find bite-sized chapters packed with actionable advice, toddler tips, red flags, and easy-to-use scripts to respond effectively to everyday shenanigans. From understanding what's driving your child's behavior to surviving tantrums and encouraging independence, Devon gives you the tools to set clear, respectful limits while staying patient and teaching essential life skills. But what sets this book apart is its emphasis on working with your child's development, not against it.

Whether you're a parent, caregiver, or educator, this is a go-to resource specifically for these critical (and often chaotic) toddler years, so you can feel confident, patient, and connected, no matter what gets (literally) thrown your way.

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 **937K 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.**



Harper Horizon

2025

432 pages, 2-color

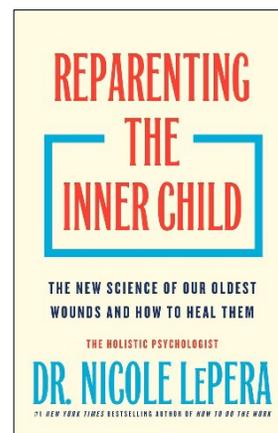
UK: Lagom/Bonnier UK.

SELF-HELP / PSYCHOLOGY

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

From *The Holistic Psychologist* (9M IG followers) and author of the #1 NYT bestseller *How to Do the Work* (over 1 million copies sold).

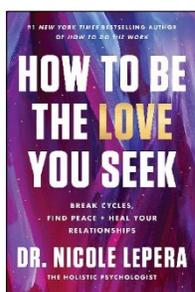
REPARING THE INNER CHILD is a deep dive into how we became who we've become, giving us the holistic tools needed to integrate our inner child and become our authentic Self. LePera offers her original "Individual Developmental Model," explaining the spheres of development from the perspective of how the 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
March 24, 2026
Manuscript available.
gok words

UK: Orion.

Bulgarian: Locus. **Dutch:** Spectrum. **German:** Goldmann. **Greek:** Pedio. **Korean:** Book 21. **Portugal:** Porto. **Romanian:** Litera. **Serbian:** Vulkan. **Simplified Chinese:** Social Sciences Academic Press. **Slovenian:** Primus. **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.

BUSINESS / MANAGEMENT

THE PIVOT POINT

A PLAYBOOK FOR CREATING REAL ORGANIZATIONAL CHANGE

Co-founders of Empactful Advisors Jimmy Leppert and Justin Wasserman's **THE PIVOT POINT**, a guide to organizational transformation targeting the critical layer of management caught between high-level leadership's vision and frontline employees' execution, using Empactful's proven strategies to overcome the bureaucratic setbacks that keep innovation, profit, and employee satisfaction at bay.

If you've ever watched a corporate initiative stall, a strategic plan fizzle, or a promising innovation get buried under bureaucracy, you've encountered the "frozen middle." It's that critical layer of management caught between high-level leadership's vision and frontline employees' execution. The problem isn't incompetence or apathy—it's a system that inadvertently traps smart, engaged managers in inertia. And it's costing companies billions.

While other business books focus on theory, this one delivers real, actionable strategies for everyone from senior leaders to junior managers to drive immediate results. The authors share field-tested methods to turn strategic goals into tangible outcomes, backed by compelling case studies—like how they helped one company slash a critical hiring process from 18 months to just 45 days, or how a Fortune 20 business unit achieved \$75 million in cash flow improvements in just one quarter.

These passionate employees will finally have a roadmap to create meaningful change from where they sit, learning how to unblock the bottlenecks that hold their organizations back. Through practical frameworks, vivid storytelling, and battle-tested strategies, **THE PIVOT POINT** is poised to be the definitive book on breaking organizational paralysis and unlocking hidden potential.

THE AUTHORS

Jimmy Leppert and Justin Wasserman bring unparalleled expertise to the subject. Before founding Empactful Advisors, they were both Managing Directors at Kotter International, working directly with leadership legend John Kotter (Leading Change). Their work spans industries—from healthcare to energy to consumer goods—and they have deep networks across top executives, ensuring this book will land in the hands of key business decision-makers.



**Holt
2027
North American
Proposal available /
MS March 2026**

Benjamin Lorr

HEALTH / MEDICINE / EXPOSE / NARRATIVE

THE AGING PARENTS SUPPORT GROUP

THE ART AND SCIENCE OF HELPING YOUR
PARENTS (AND YOURSELF) THROUGH THEIR
SECOND CHILDHOOD

Author of THE SECRET LIFE OF GROCERIES Benjamin Lorr's look at all aspects of aging told through the window of the author grappling with his aging parents, weaving memoir, investigative reporting, and research to explore caregiving, personal insights from watching parents age, and the sometimes-corrupt nature of the eldercare industry.

Numerous books on the nuts and bolts of eldercare have been written, as well as the occasional memoir, but there has never been one that explores the full phenomenon of an adult child caring for their elderly parent, from the tragedy to the beauty to the humor, in different societies and at different times, universally and individually, in all its profundity. Now that Ben is in that position himself, he's perfectly suited to write that book.

Inspired by a support group Ben's mom joined decades ago when she was taking care of her own parents, THE AGING PARENTS SUPPORT GROUP will look at what it means to see your parents through their "second childhood," on levels practical, humorous, cultural, philosophical, scientific, and perhaps most of all, emotional. Ben's characteristic blend of personal experience, investigative journalism, and brilliant, insightful writing has brought countless accolades and media attention to his previous books despite their rather niche subjects.

Lorr's book will be to eldercare what *Wintering* was to family health crises, or what *Everything is Tuberculosis* was to that disease.

THE AUTHOR

Benjamin Lorr is the author of THE SECRET LIFE OF GROCERIES (Avery, 2020) and HELL-BENT (SMP, 2012), a critically acclaimed exploration of the Bikram Yoga community that first detailed patterns of abuse and sexual misconduct by guru Bikram Choudhury. He is a graduate of Columbia University and lives in New York City.



**Avery/PRH
2028
World English
Proposal available /
MS September 2027
70k words**

BUSINESS / ECONOMICS

MAN-MADE

HOW WE DESIGNED A WORLD THAT LEAVES WOMEN OUT, AND HOW WE CAN MAKE IT RIGHT

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.

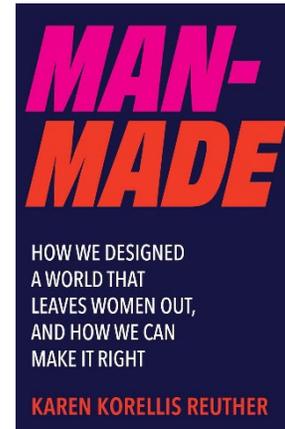
- Women are 73% more likely to be injured in a car crash than men.
- In the military, women suffer pelvic fractures at a much higher rate than their male counterparts.
- In the exam room, the incidence of cervical cancer is on the rise from diminished adherence to routine screenings.

These outcomes are a result of using products where the female population is an afterthought, if any thought at all. 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
July 7, 2026
North American
Manuscript available
95k words

Norman Rosenthal

SELF-HELP / MEDITATION

UNITY

CONSCIOUSNESS AND THE PATH TO CONNECTION

From the author of *NYT* Bestseller *Transcendence*, Dr. Norman Rosenthal's *UNITY* explores the highest state of consciousness, reaching readers who are worried about the divisiveness of current life and are seeking solace and solutions. 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.

With its time-honored emphasis on unity within and across individuals, *UNITY* presents a counterpoint to the self-centered and angry voices and tropes of the current day. Its insights and specific approaches will provide **practical ideas and strategies** for those who are struggling with the harsh realities of our time. Of these strategies Transcendental Meditation (TM), will be a particular focus, as will its psychological benefits for the individual and society.

UNITY has the backing of Bob Roth, CEO of the David Lynch Foundation, and the millions-strong TM community. Roth and his team plan to market this book across over 1000 TM centers worldwide and will draw upon his extensive, very activist network of meditating media types (George Stephanolous, Robin Roberts, Gayle King, Rich Roll, Maria Shriver, etc.) and A-list celebrities with a huge social media impact (Hugh Jackman, Katy Perry, Chris Martin, Sebastian Maniscalco, Jerry Seinfeld, etc) to publicize and promote the book.

THE AUTHOR

Dr. Norman E. Rosenthal is the author of *Transcendence* (Tarcher, 2011) and *Strength in Stillness* (S&S 2018), both *NYT* bestsellers; and *Super Mind* (Tarcher, 2016). He was born in South Africa and immigrated to the United States after completing medical school. He obtained his residency in psychiatry at the New York State Psychiatric Institute and Columbia Presbyterian Medical Center. He then took up a research position at the National Institute of Mental Health (NIMH) where he led the team that described seasonal affective disorder (SAD) and developed light therapy as a means of treating that condition. Rosenthal has written or co-authored over 300 professional papers and 11 books for the general public, which have been translated into 11 languages. He receives 15-20 media inquiries per month, and his work has been featured in the *New York Times*, the *Washington Post*, *Axios*, *Wired*, and *Scientific American*, on NPR/Here and Now.



Tarcher/PRH
Fall 2027
World English
Proposal available /
MS Winter 2027

Shelby Sacco

MOTIVATION / SELF-HELP / HABITS

SAD TO SAVAGE

THE HABITS, MINDSETS, AND ROUTINES THAT
WILL CHANGE YOUR LIFE

From viral content creator (1.5m TikTok followers; 269k Instagram followers; and 100k email subscribers), and health, habits, and mindset educator Shelby Sacco comes a step-by-step method to take yourself from stuck, self-critical, and spiraling (SAD) to confident, disciplined, and aligned (SAVAGE) by creating a clear identity shift and action strategy.

A science-backed method grounded in Shelby's personal journey, SAD TO SAVAGE teaches women how to build the dream version of themselves and their lives with small daily habits, mindset rewiring, and powerful routines. You don't need motivation—you need a method, and Shelby uses her personal experience, entertaining and engaging personality, vast knowledge, and unmatched storytelling skills to teach just that.

In SAD TO SAVAGE: Shelby offers a step-by-step guide for women to change their lives—one habit at a time. Designed for any woman who's ever felt stuck, lost, or disconnected, Shelby provides her readers with all the tricks and tools they need to build habits that actually stick, so they can create long-lasting change.

THE AUTHOR

Shelby Sacco Shelby is like the big sister and best friend you always needed—raw, relatable, honest and motivating. She's launched and sold multiple products to great success, including her habit tracker which has sold 15k units over the last 22 months, and her most recent habits course, which garnered over \$1,000,000 in its first week, and currently has over 7,600 enrolled students.



BenBella
May 2027
North American
Proposal available /
MS Summer 2026

Kelly Starrett and Juliet Starrett

PARENTING / GUIDE / SPORTS

OUTPLAY

A must-read for every parent with a child in sports: the essential guide to raising healthier, happier, more resilient, and more successful athletes in today's high-pressure youth sports world.

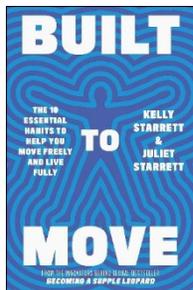
The moment kids join a team, parents morph into chauffeur, scheduler, sports psychologist, CFO and more, often while writing four- and five-figure checks for club fees, travel, and outside coaching. It is no wonder that youth sports can leave even the most seasoned moms and dads overwhelmed, anxious, and wondering how to do right by their kids.

In *OutPlay*, Dr. Kelly Starrett and Juliet Starrett—New York Times bestselling authors, world-class coaches, and longtime sports parents—draw on their decades of professional expertise, their own experience as parents to youth athletes, and the lessons learned from the professional and college coaches and athletes they have worked with, the Starretts offer a first-of-its-kind playbook: a systems-based guide to supporting young athletes through every stage of the journey.

From injury prevention and nutrition to navigating burnout, college recruiting, and the ever-expanding costs of competition, *OutPlay* shows parents how to protect their kids' well-being while keeping the joy of sport (and family life) alive. You will walk away with practical strategies to reduce stress, build connection, and help your kids get the most out of sports: fewer injuries, more fun, greater success, and a stronger foundation for life.

THE AUTHORS

Juliet Starrett and Kelly Starrett are the co-authors of **BUILT TO MOVE** (over 250,000 copies sold in English): Knopf, 2023. UK: Orion. Brazil: Sextante. Complex Chinese: Common Master Press. Czech: Jan Melvil. Dutch: Spectrum. German: MVG. Italian: Vallardi. Japanese: Kanki. Korean: Daesung. Lithuanian: Vaga. Polish: Galaktyka. Romanian: Bookzone. Simplified Chinese: CTPH. Spanish (world): Diana/Planeta. Thai: WeLearn.



Dr. Kelly Starrett is the coauthor of *Becoming a Supple Leopard* (500,000+ copies sold), *Ready to Run*, and *Deskbound*. He is the cofounder of The Ready State and consults with athletes and coaches from the NFL and MLB, the US Olympic Team, elite Army, Navy, Air Force, Marines, and Coast Guard forces, and consults with corporations on employee health and wellbeing. **Juliet Starrett, J.D.** is an entrepreneur, attorney, author, and podcaster. She is the cofounder and CEO of The Ready State, the former cofounder and CEO of San Francisco CrossFit. She is coauthor of *Deskbound*, and was a professional whitewater paddler, winning three world championships.



Simon Element / S&S
June 2027
North American
Proposal available /
MS Fall 2026

David Sussillo

SCIENCE / MEMOIR / NEUROSCIENCE

EMERGENCE

A MEMOIR OF BOYHOOD, COMPUTATION,
AND MYSTERIES OF THE MIND

Emergence radiates heartbreak, humor, and scientific wonder, inviting readers on an unforgettable journey that bridges the personal and the profound, revealing how intricate complexities arise from simple beginnings.

David Sussillo has made a career at the cutting edge of neuroscience and technology—yet his path there was anything but a straight line. Born to drug-addicted parents in New Mexico, he navigated a childhood marked by violence and neglect. But a seed was planted at the unlikely of places—the local arcade.

What follows is a remarkable journey of resilience and transformation, from the chaotic corridors of group homes to the halls of Columbia and Stanford. Along the way, Sussillo takes readers on an illuminating tour of the century-long dance between neuroscience, physics, and computation that has laid the groundwork for neural networks—the technology that drives modern artificial intelligence. As he advances in the field, working to demystify these networks, he also begins to pursue an answer to a more personal question: why, and how, did he succeed against all odds?

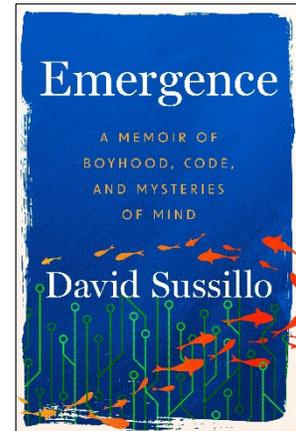
PRAISE

"From shattered beginnings to the cutting edge of science, Sussillo's raw and luminous memoir charts the extraordinary journey of a child born into chaos to his eventual emergence as a pioneering scientist."

—David Eagleman, neuroscientist at Stanford, author of *Incognito*

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 (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.



Grand Central Publishing
March 17, 2026
North American
Manuscript available
384 pages

Korean: Bookhouse.
Simplified Chinese: CITIC.

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 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

PARENTING

NURTURED FIRST

REMEMBERING THE CHILD YOU WERE, SO YOU CAN PARENT THE CHILD YOU HAVE

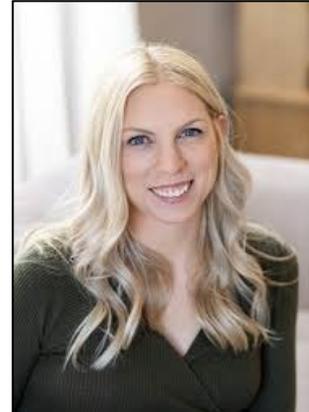
With over 2 million followers on Instagram, a podcast, and a wildly successful business, psychotherapist Jess VanderWier's **NURTURED FIRST** is a groundbreaking book that explains that we know what our kids need, because we were once kids. By tapping into our memories, we can not only become better parents, but become more of *ourselves*.

NURTURED FIRST thus shares Jess's experiences of childhood and coming of age, and her own quest to get back to trusting her instincts. As she tells stories of watching her kids play with their food, to their pure delight in swimming without thought to what they look like in a swimsuit, to their instinct to stand up for themselves over being "nice", Jess invites readers to remember what it was like to be a child, and how from that point, we find more ease and confidence in raising them well.

NURTURED FIRST is poised to start a new trend in how we read, talk, and think about parenting.

THE AUTHOR

Jessica VanderWier is a psychotherapist, thought leader, and founder of the company Nurtured First, where she shares daily parenting insights with her **2+ million followers on social media**. Jessica also hosts top parenting podcast **Robot Unicorn**. This podcast was launched one year ago, and it consistently ranks in the top 10 parenting podcasts on Apple Podcasts, and has over 50,000 monthly downloads and growing. Jessica holds an undergraduate degree in Adult Development, Families, and Well-being with a minor in Family and Child Studies. She holds a Masters Degree in Counselling Psychology, and has completed advanced courses in the area of perinatal mental health, infant mental health, attachment, and child development. As a psychotherapist, Jessica refers to herself as a developmentalist.



Penguin Life
Spring 2027
**Proposal available/
MS September 2026**
60,000 words

UK: Gallery/S&S UK.

Brazil: Companhia das Letras. **Italian:** Newton Compton. **German:** Kösel/PRH. **Romanian:** Bookzone. **Simplified Chinese:** Citic. **Spanish:** Urano.

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.

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 presented her work at various international marketing conferences and events, such as *TedX*.



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

Ming-Na Wen

COOKBOOK

HAVE YOU EATEN YET?

FAMILY RECIPES FROM A RESTAURANT DAUGHTER

A heartfelt collection of stories and recipes from beloved actress and Asian American icon Ming-Na Wen, weaving together her family's Pittsburgh Chinese restaurant with the dishes she now cooks at home for loved ones and friends.

Ming-Na Wen @mingna_wen is best known for her roles in the film adaptation of Amy Tan's bestselling novel *The Joy Luck Club*, the voice of Disney's acclaimed *Mulan*, several years on the Emmy Award-winning ER, Agents of S.H.I.E.L.D., Fennec Shand on the Star Wars franchise shows *The Mandalorian* and *The Book of Boba Fett*. Now Ming-Na invites fans into her kitchen to share a lifetime of recipes and stories that began in her parents' beloved Pittsburgh restaurant—the Chinatown Inn, which is still open for business. Ming-Na shares traditional Chinese family recipes as well as recipes for the meals she cooks in her own home.

PRAISE

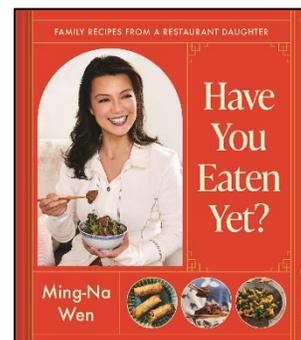
"Ming-Na and I share many things in common—one being that we always want our work to make people happy. I know that she'll be making many people happy—and full—with these recipes!"—**Jackie Chan**

"With the arrival of *Have You Eaten Yet?*, she brings that same heart and soul into the kitchen with incredible recipes and heartwarming stories, proving yet again why she is one of my personal heroes."—**Randall Park**

"Ming-Na Wen shows us the universal heart of every culture—home-cooked meals with recipes and intimate stories handed down through generations of women."—**Amy Tan**

THE AUTHOR

Born in Macau and then moving to Hong Kong and later the United States as a child, celebrated actress **Ming-Na Wen** spent much of her youth learning about food in her family's Pittsburgh restaurant, the Chinatown Inn, now a historic landmark. As an adult and now an Asian American icon, Ming-Na has appeared in hundreds of television shows and films and was awarded a star on the Hollywood Walk of Fame in 2023. She lives with her husband in Los Angeles, where they have raised their two children to be passionate foodies.



Simon Element
October 6, 2026
World English
Manuscript available
130 pages
60 recipes
Full color, hardcover

Hiroko Yoda

MEMOIR / CONSCIOUSNESS / PHILOSOPHY / HAPPINESS

EIGHT MILLION WAYS TO HAPPINESS

WISDOM FOR INSPIRATION AND HEALING FROM THE HEART OF JAPAN

A wise and joyful journey through Japan's spiritual traditions, and how they can help bring us comfort and happiness today.

Millions around the world have turned to Japan for advice on finding their Ikigai, or summoning The Courage to Be Disliked. But hidden in plain sight are **Japan's unique spiritual traditions**, which infuse so much of the country's culture and mindset. Without Japan's spiritual sustenance, Jiro wouldn't dream of sushi; Studio Ghibli films wouldn't spirit us away; and Marie Kondo wouldn't spark joy.

For Hiroko Yoda, these traditions helped pull her from the loneliness that followed a period of grief and loss. In *EIGHT MILLION WAYS TO HAPPINESS*, she offers the culmination of her decade-long odyssey into the spiritual heart of her homeland, from Shinto to Buddhism to Shugendo and beyond, packed with life lessons for us all.

PRAISE

"A fascinating dive through hidden layers of the Japanese worldview"
—**Katherine May**, bestselling author of *Wintering*

"This book is a triumph! Hiroko Yoda dives into Japanese spirituality with an open heart and a lively, questioning mind. What she discovers is religion with a lowercase r: guidance rather than rules, generosity instead of judgement."

—**Mary Roach**, *New York Times* bestselling author of *Gulp* and *Stiff*

"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 and *New York Times* bestselling author of Booker Prize Finalist *A Tale for the Time Being*

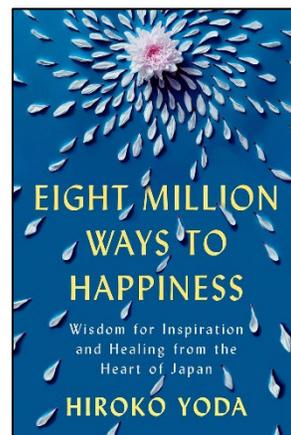
"With wise insights and meditative personal stories, Yoda inspires us all to be more intimately connected with nature—and with ourselves."

—**Shunmyo Masuno**, bestselling author of *The Art of Simple Living*

THE AUTHOR

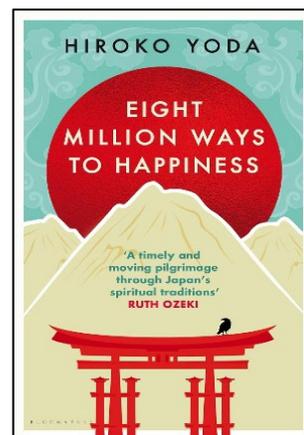
Hiroko Yoda is a certified cultural historian, a former Tokyo editor for CNN Go and a field producer for National Geographic TV. Over two decades she has assisted countless Japanese creators in the video game, manga, anime, toy and film industries convey their artistic visions abroad. She has written popular pieces for the *New Yorker*, *Vice* and *Wired*, and has also appeared on CNN, PBS, BBC, and 99% Invisible.

Melissa White: international@foliolit.com



Tiny Reparations / PRH
December 30, 2025
Manuscript available
368 pages

UK: Bloomsbury Tonic.



Brazil: Planeta Brasil.
German: DTV. Italian:
Longanesi. Romanian:
Litera. Spanish: Urano.

SPIRITUALITY / ANATOMY

SEEKING THE SPIRIT WITHIN

EXPERIENCING UNION WITH GOD THROUGH BREATH

Discover the power of breathing to bring you closer to God. This step-by-step guide offers healing for you body and soul—and it could all start with your next breath.

Each breath is an invitation. Every inhale and exhale is an opportunity to rediscover that we are meant for more than mere bodily survival: we are meant to be alive. In the beginning, when God filled our lungs with his own breath, he chose our lungs to hold us together as body and soul, as organisms who are also miraculously the very dwelling place of God's Holy Spirit. And yet we live as divided: disconnected from ourselves, our bodies, and the presence of God within us. But there is another way.

In *SEEKING THE SPIRIT WITHIN*, Shereen Yusuff, certified breath and movement coach and Benedictine oblate, offers step-by-step exercises that will teach readers anew how to pay attention, how to breathe, and how to pray—showing along the way that it is impossible to care for the body without caring for the soul, and that the deepest source of our healing is Christ's presence within us.

Each chapter of the book carefully guides readers in a practice of spiritual reflections arising from Scripture, breathing and attention exercises, and reflection questions.

SEEKING THE SPIRIT WITHIN is for any reader yearning for intimacy with God and seamless integration of physical and spiritual wellness.

THE AUTHOR

Shereen Yusuff has been a breath and movement coach since 2017. She owns Suda Prem Studio and is an accomplished athlete, having participated in marathons, ultramarathons, and Ironmans. Her interest in breathwork and her connection with God inspired her to share what she has learned with others.

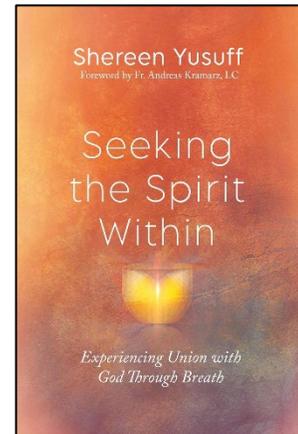


Image / PRH
February 2026
World English
192 pages