



Frankfurt Book Fair 2026

Nonfiction Rights Guide

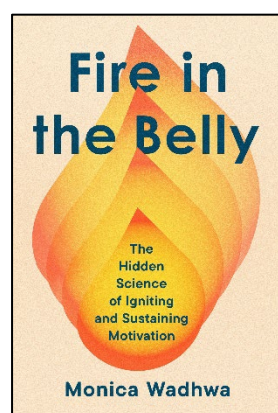
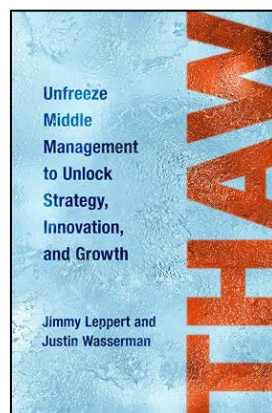
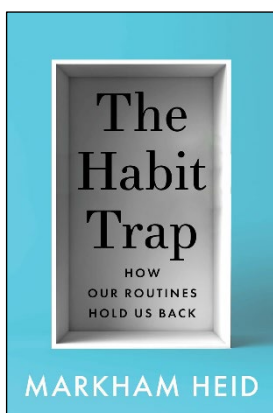
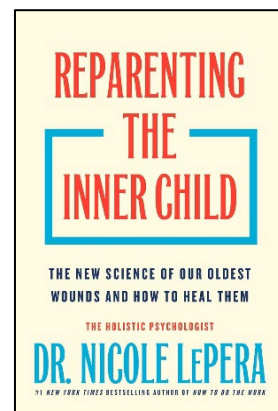
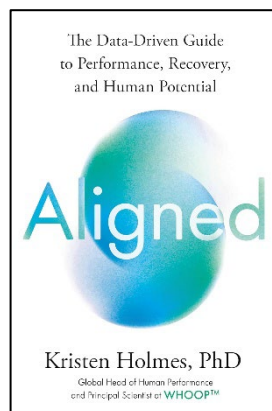
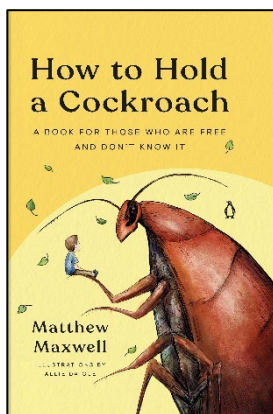


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BUSINESS / SELF-HELP / EMOTIONAL HEALTH

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.



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

UK: Penguin Michael Joseph/PRH.
Korean: Business Books.
Russian: Eksmo.
Spanish: Sirio.

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. He lives with his family in Germany, where he has resided for over 15 years.

Bariso's first book, ***EQ Applied***, was self-published in 2028 and subsequently translated into 15 languages: Arabic: Jarir Bookstore; Bulgarian: Hermes; Complex Chinese: China Times; Czech: Metafora; German: Vahlen; Italian: Unicomunicazione; Korean: Green Light; Polish: Rebis; Portuguese: Porto; Russian: Bombora; Simplified Chinese: United Creadion; Spanish: Sirio; Thai: Wara; Turkish: Sola; Vietnamese: 1980Books.

ADVICE / RELATIONSHIPS / SELF-HELP

TECHNOSEXUAL

SEEKING 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
April 27, 2027
North American
Proposal available/
MS November 2026
65k-75k words

UK & Commonwealth
(excl. India): DK.
India (English):
HarperCollins India.

Korean: EunHaeng NaMu.

Janie Chodosh

NARRATIVE / BIOLOGY / WILDLIFE / SCIENCE / BIRDING

TRAVELS WITH RUFOUS

ACROSS THE CONTINENT WITH A FEISTY HUMMINGBIRD

Join a tiny, resilient traveler on a 4,000-mile journey from Mexico to the Alaskan wilderness and back again, as a dedicated birder reveals the mystery, science, and peril of its remarkable migration.

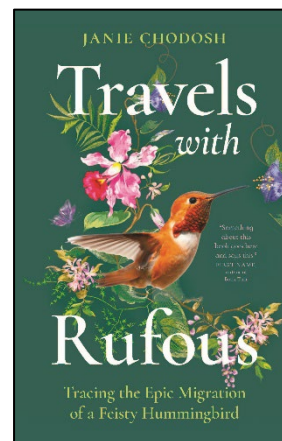
The rufous hummingbird is a tiny bird with a huge personality. A feisty scrap of orange feathers weighing not much more than a penny, it undertakes an epic migration each year. In *TRAVELS WITH RUFOUS*, one besotted birder traces this astonishing journey across deserts, oceans, and borders to discover the mysteries of these migratory superstars—and what their future holds in a rapidly changing world.

As a young bird-banding intern in Yosemite, Janie Chodosh met her first rufous hummingbird when she rescued the tiny creature from a mist net in a high meadow. That iridescent miracle of life, heart hammering in her hand, ignited a lifelong obsession. Decades later, alarmed by the rufous's decline, she decides to follow the bird's migration to better understand its remarkable abilities and the mounting challenges it faces from habitat loss and climate change. From Southern California's deserts and canyons to the coastal rainforests of the Pacific Northwest, from Alaska's breeding grounds to winter refuges in Mexico—and even to an unexpected outpost in Pensacola, Florida—Chodosh follows the rufous through every stage of its year.

TRAVELS WITH RUFOUS asks a deceptively simple question: What happens when you devote a year not to seeing the most species, but to knowing one species deeply? The answer is an endearing, thought-provoking exploration of what it means to share a changing planet with a creature that can outfly a fighter jet in miniature—and still rest, weightless, in the palm of your hand.

THE AUTHOR

Janie Chodosh is an environmental educator, writer, birder, and naturalist. She is a professor of ecology and environmental science at Santa Fe Community College and the education specialist for Wild Friends, a wildlife conservation program at the University of New Mexico Institute for Public Law. She has published four previous books, including *Wild Lives: Leading Conservationists on the Animals and the Planet They Love* and *The Elephant Doctor of India*. She lives in Santa Fe.



Greystone Books
March 2, 2027
World English
Manuscript available
240 pages

Susan Constantine

SELF-HELP / SOCIOLOGY / PSYCHOLOGY / TRUE CRIME

HOW TO SPOT A LIAR IN 7 SECONDS OR LESS

PROTECT YOURSELF FROM CRIMINALS, CONS, PREDATORS, AND MORE

An essential guide on deception detection from renowned trial consultant, behavioral analyst, and body language expert.

Having consulted on some of the most high-profile cases of the last two decades—including Michael Jackson and Jeffrey Epstein—Susan Constantine has met her fair share of scammers, con artists, predators, and murderers. She realized the need for attorneys to become more proficient in spotting lies in the courtroom, as well as vetting clients and witnesses. She started teaching her methods for spotting a liar—and has been doing so for over twenty years.

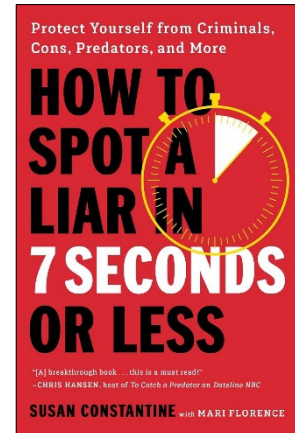
Susan now shares lessons from her course with the general public for the first time, showing readers how to not just spot liars, but how to outsmart them. Using her proven techniques, readers learn how to discern the incongruence between a person's facial expressions, body language, spoken or written words, and demeanor, heightening their awareness to key signs of deception—and all within just seven seconds. She empowers readers to take control over the social settings they find themselves in, and protect themselves and their loved ones from harm.

"Now, Susan Constantine, in her breakthrough book, HOW TO SPOT A LIAR IN 7 SECONDS OR LESS, takes us inside the minds of sociopaths and serial liars... and teaches us exactly how to spot them! Protect yourselves.! This is a must read!"

—Chris Hansen, Host of TO CATCH A PREDATOR on Dateline NBC

THE AUTHOR

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



Grand Central Publishing
February 16, 2027
World English
Manuscript available
320 pages

Romanian: Bookzone.
Spanish: V&R.

Michelle Davenport

SCIENCE / COOKBOOK

JUST ADD WATER

THE ART AND SCIENCE OF COOKING TO SLOW AGING

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 350,000 people how to slow age through water-based cooking. She lives in the San Francisco Bay Area.



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

UK: Hay House UK.

SOCIAL PSYCHOLOGY / TIME MANAGEMENT

THE HABIT TRAP

HOW OUR ROUTINES HOLD US BACK

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

We are living in what some call, “the Age of Self-Optimization.” Common wisdom holds that to unlock our best selves, we must develop strong habits. Health and productivity podcasters celebrate the importance of crafting the right routines while tech billionaires, celebrities, and influencers all seem to wake up at five a.m. for their morning rituals.

In *The Habit Trap*, award-winning journalist Markham Heid pushes against the current religion of productivity in a counterintuitive and refreshing way. He offers a positive message that teaches you how to free yourself from the oppressive rigidity of self-optimization and relearn to trust your instincts. Breaking away from our routines, he argues, can help us maintain awareness and support our inherent ability to respond to changing circumstances.

This is a book about attention, and more importantly about intention. It's about our brains and how they engage with the world.

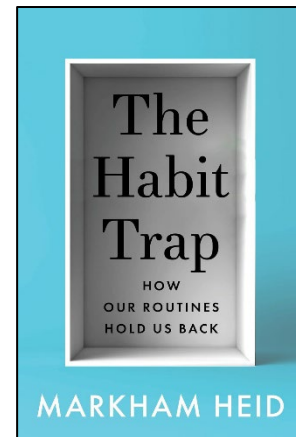
Challenge the Cult of Optimization
Break Free from the Habit Trap
Rethink Habits and Personal Growth
Boost Creativity and Natural Mindfulness
Build a More Fulfilling Life

“I’ve been waiting for someone to write this book, and Markham Heid is the ideal author to do it... *The Habit Trap* is the counterpoint to optimization obsession that the world desperately needs.”

—Adam Grant, #1 NYT bestselling author of *Think Again*

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.



Harper
February 16, 2027
Manuscript available
288 pages

UK: HQ/HarperCollins.

Brazil: Pensamento-Cutrix.
Complex Chinese: Heliopolis. **Czech:** Aurora.
Dutch: Ambo Anthos.
German: Campus. **Italian:** Mondadori. **Korean:** Influential. **Romanian:** Publica. **Slovak:** Aurora.
Spanish: Grou/PRH Spain.

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.**

Holmes 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.

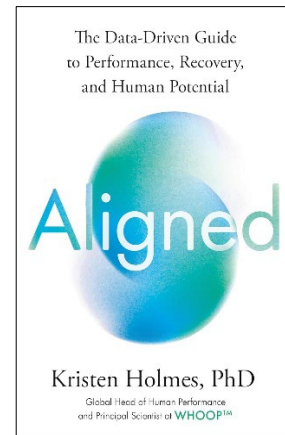
Whether you're an elite athlete, a corporate leader, or someone seeking deeper meaning in your life, **ALIGNED** serves as a field guide to living at full capacity, in tune with both body and mind.

"Dr. Holmes shows how recovery and emotional resilience improve when we work with the body's natural circadian rhythms, rather than against them. The result is a book that feels both rigorous and genuinely useful."—**Michael J. Breus, PhD, ABSM**, author of *The Power of When*

"Holmes guides each of us to listen more deeply, to our bodies, our rhythms, and, most importantly, our values, and to live from that place of awareness. This book is, refreshingly, not about optimization or achievement, it's about wholeness."—**David Perlmutter, MD**, New York Times bestselling author of *Grain Brain* and *Brain Defenders*

THE AUTHOR

Kristen Holmes is a psychophysiologicalist and the Global Head of Human Performance at WHOOP, where she drives thought leadership by engaging with industry-leading researchers and partners to better understand individual and team biometric and performance data across high-stakes verticals. Kristen was a collegiate athlete and 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.

Korean: Mirae Media & Books.

Simplified Chinese: Huazhang.

Spanish: Urano.

Malaurie Hotier

MIND / BODY / SPIRIT / DEATH & GRIEVING

DEATH IS A DOORWAY

THE AFTERLIFE, EXPLAINED

Psychic medium and spiritual educator Malaurie 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, Malaurie's (@malauriepsychic) 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, Malaurie 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. Malaurie meets them where they are—and then gently expands what they think is possible.

THE AUTHOR

Malaurie Hotier is a psychic and medium dedicated to providing a down-to-earth approach to the spiritual world. Malaurie 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), Malaurie 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
March 2, 2027
Manuscript available

UK: HQ/HarperCollins.

NARRATIVE / TRAVEL

MONSTER OF A LAND

ON THE ROAD IN SEARCH OF MODERN AMERICA

From *New York Times* bestselling author comes an update of John Steinbeck's trip in *Travels with Charley*, a cross-country journey exploring modern America with 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. Part travelogue, part social commentary, and 100% Lauren Hough, *MONSTER* 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.

Her influences feel obvious—but Lauren Hough isn't John Steinbeck—unless the Nobel 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. 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.

PRAISE

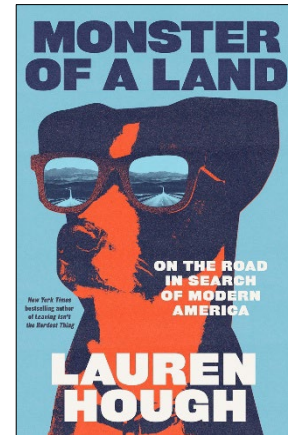
"Lauren Hough writes about America the way it deserves to be written about—honestly, and with a tinge of heartbreak."—**Jennette McCurdy**, #1 *NYT* bestselling author, *I'm Glad My Mom Died*

"*Monster of a Land* is a brilliant hand-whittled portrait of America. Full of hardship but also, incredibly, of hope and empathy. And funny as all get-out! It contains such wisdom about our country and about ourselves. Get it into your hands."

—**Andrew Sean Greer**, Pulitzer Prize-winning author of *Less*

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

MOST ANTICIPATED:

The Los Angeles Times

The Boston Globe

Autostraddle

Kirkus Reviews

"Alternately funny and angry, it's a travelogue for our times."

—*The Los Angeles Times*,
"10 Best Books to Read in June"

"You will be changed by this remarkable book, and for the better."

—**Roxane Gay**, author
of *Difficult Women*

Nicole LePera

SELF-HELP / PSYCHOLOGY

REPARING THE INNER CHILD

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

***NYT Bestseller!**

From the **#1 New York Times** bestselling author of **HOW TO DO THE WORK** comes a groundbreaking guide to healing our childhood wounds and rediscovering our full potential.

As adults, we often fall into patterns that feel irrational or out of character—shutting down, lashing out, people-pleasing, or self-sabotaging. Beneath those reactions lies our inner child, a younger part of us still trying to get its needs met the only way it knows how.

We all carry the imprint of our earliest years. Childhood is brief, yet its impact is lifelong. Some parts of us were met with love while other parts were met with silence, criticism, or disapproval. To survive, we learned to adapt—learning to over perform, to hide, or stay small.

Reparenting the Inner Child offers a clear, compassionate path to self-integration, combining practical exercises, somatic tools, and guided reflections to help us create the safety, love, and boundaries we've always needed. Through her holistic framework that models individual development, Dr. LePera explains how we can cultivate the emotional maturity and regulation to respond calmly instead of reacting, to embrace desire instead of shame, and to question the stories we've long believed about who we have to be.

PRAISE

"If you're ready to stop repeating the past and finally start building the future you deserve, you need to read this book."

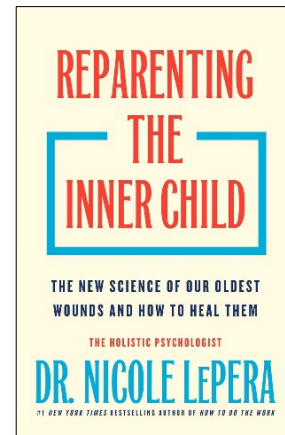
—**Mel Robbins**, New York Times bestselling author of *The Let Them Theory* and host of The Mel Robbins Podcast

"Nicole LePera is the voice of a generation."

—**Ellen Vora, MD**, bestselling author of *The Anatomy of Anxiety*

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 9 million followers.



Flatiron / Macmillan

March 24, 2026

90k words

UK: Orion.

Brazil: Alta.

Bulgarian: Locus.

Croatian: Znanje.

Czech: Euromedia.

Dutch: Spectrum.

German: Arkana.

Greek: Pedio.

Indonesian: Gramedia.

Korean: Book 21.

Portugal: Porto.

Romanian: Litera.

Serbian: Vulkan.

Simplified Chinese: Social Sciences Academic Press.

Slovenian: Primus.

Spanish: VR Editoras.

Turkish: Butik.

Ukrainian: Vivat.

BUSINESS / MANAGEMENT

THAW

UNFREEZE MIDDLE MANAGEMENT TO UNLOCK STRATEGY, INNOVATION, AND GROWTH

A guide to organizational transformation targeting the “frozen middle” of corporations—and offering strategies to overcome bureaucratic setbacks that hinder innovation, profit, and fulfillment.

Initiatives are stalling out, strategic plans are fizzling, and even the most promising innovations get buried under bureaucracy. Worse still, profit and employee satisfaction are trending lower. Sound familiar? This is the impact of the “frozen middle”—the critical layer of management caught between high-level leadership’s vision and frontline employees’ execution. That corporate paralysis traps passionate managers in inertia and stymies senior leadership.

As experts in organizational transformation, Leppert and Wasserman’s consulting firm, Empactful Advisors, has led major organizations—including Chevron, Merck, and the Department of Defense—to generate more than \$5 billion in cost savings and revenue growth. The key to their success comes from aligning senior leadership and middle management, using empathy and practical frameworks to illuminate the blocks that both sides face, and showing how they can shift from utter disconnect to collaborative goal setting that helps all parties hit their targets.

Sharp, confident, and timely, THAW is poised to be the definitive book on ending organizational paralysis and unlocking true potential.

PRAISE

“This book is a practical, battle-tested playbook for unlocking human potential and accelerating change.”

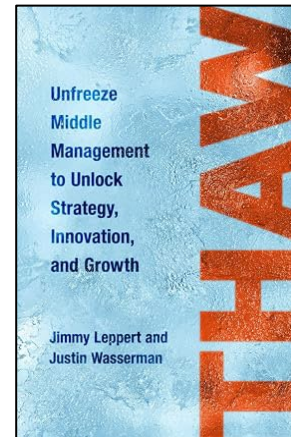
—**Daniel Dworkin**, Organizational Development Leader, Google

“*Thaw* brilliantly addresses that challenge by revealing how the ‘frozen middle’ of corporations can limit performance and how leaders can unlock its tremendous potential.”

—**Joseph Impicicche**, Former President & CEO, Ascension

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 THAW will land in the hands of key business decision-makers.



Henry Holt & Co.
February 23, 2027
North American
Manuscript available

Garry Lineham

PERFORMANCE / HEALTH / LONGEVITY / SELF-HEALING

UNWOUND

RELEASE THE FASCIA AND UNLOCK YOUR BODY'S SELF-HEALING CODE

Co-founder of Human Garage and one of the leading voices in the rapidly expanding global fascia and self-care movement, Garry's work sits at the intersection of health, performance, and self-healing—and his platform is extraordinary.

Beyond having a vast celebrity following, Human Garage content reaches audiences in **over 180 countries**, with an email list of 230,000, more than 300 million social impressions, and **60 million monthly video downloads**.

The core idea is simple: we are not broken, we are wound up—and when the body unwinds, it has the ability to heal itself. Within minutes, people feel a measurable shift in their bodies: breathing opens, stress drops, energy increases.

UNWOUND translates this work into a clear, accessible framework for a broad audience, including a 28-DAY LIFE RESET. After spending millions searching for relief from chronic pain, Gary discovered a practical, scalable system that reduces reliance on medication, practitioners, and external solutions. At a time when healthcare systems are strained and self-care is becoming essential, this book meets a global need with a message that is urgent and empowering.

Core Promises: Improved sleep, Decreased stress, Better sexual function, Enhanced digestion, Increased energy levels, Pain reduction and relief, Improved memory – AND MORE!

THE AUTHOR

Garry Lineham is the co-founder of Human Garage, a platform that has helped popularize “fascial maneuvers”—a system designed to help people release tension in the body and restore its natural ability to heal. Garry was a professional body-builder, serial entrepreneur, and chronic-pain sufferer. After studying with Dr. David Rubenstein, founder of the Rubenstein Method—a non-invasive physical therapy and stress-reduction technique Gary combined his own systems-thinking background to create the Fascial Maneuvers™, the foundational practice at the heart of Human Garage's approach.

So far in 2026, Human Garage content has generated over 2 billion views across social media platforms and mainstream media worldwide. In 2024 alone, the Transforming Trauma World Tour traveled to thirteen countries and hosted twenty-one events, drawing thousands of participants at each stop.



BenBella Books
Fall 2027
World English
Proposal available /
Manuscript March 2027

Dolph Lundgren

CELEBRITY MEMOIR

FIGHTS WORTH FIGHTING

FINDING STRENGTH IN STRUGGLE

Best known for his role as Ivan Drago in *Rocky IV*, Dolph Lundgren skyrocketed to fame in the 1980s and has since built a remarkable career spanning over a hundred films—including producing, writing, and directing multiple projects. But beyond the on-screen battles lies a far more compelling story: the real-life fights Lundgren has faced behind the scenes.

In this deeply personal account, Lundgren opens up about his upbringing in Sweden, his rise from a chemical engineering student to a martial arts champion, and his eventual transformation into an international movie star. He explores the pressures of fame, the emotional and physical toll of life in a cutthroat industry, and his private struggles. Now, as he faces his most difficult challenge yet—a fight against cancer—Lundgren reflects on the cost of survival and what it truly means to keep going.

PRAISE

"He has bravely and quietly gone through a ruthless battle to show the world how strong he is."

—**Jean-Claude Van Damme**, actor and martial artist

"He's a genius. Chemical engineer, MIT, Fulbright scholar. I hated him."

—**Sylvester Stallone**, actor, screenwriter, and director

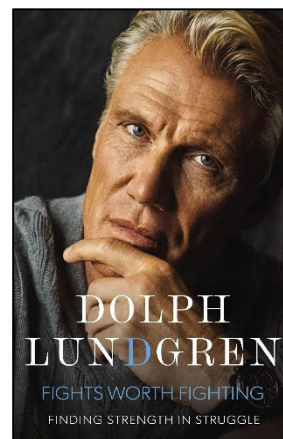
"That's an extraordinary career. That's an extraordinary immigrant story."

—**Arnold Schwarzenegger**, actor, bodybuilder, and former governor of California

THE AUTHOR

Dolph Lundgren earned a master's degree in chemical engineering, becoming a Fulbright scholar, military officer, and international black belt karate champion before switching tracks and entering the world of Hollywood as an action hero. His breakthrough came in *Rocky IV* (1985) when he played the formidable Soviet boxer Ivan Drago opposite Sylvester Stallone, with whom he reunited onscreen in the blockbusters *The Expendables* and *The Expendables 2*.

In 2026 & 2027, Lundgren will travel extensively in Europe to promote his signature vodka line, Hard Cut Vodka, and an upcoming documentary: *History's Greatest Machines with Dolph Lundgren*, broadcasting across international platforms like Sky HISTORY in Europe. The show explores the engineering, innovation, and historical impact of powerful machinery, military tech, and espionage gear.



Harper Horizon
September 22, 2026
World English
Manuscript available
272 pages

ZEN PHILOSOPHY / PARABLE / ILLUSTRATED

HOW TO HOLD A COCKROACH

A BOOK FOR THOSE WHO ARE FREE AND DON'T KNOW IT

A fully illustrated, inspirational tale about discovering and freeing ourselves from the beliefs that cause us to suffer. With a message both surprising and simple, it is a love letter to humankind, a book for those who are free and don't know it. **Originally self-published in 2020, earlier editions sold over 170,000 copies (including 100,000+ in audio). Penguin Life's edition includes a new foreword, additional illustrations, and a beautiful cover and package with embellishments.**

In this story for all ages, a struggling boy begins a life-changing journey when a disgusting guest disturbs his dinner. Continuing to encounter sources of suffering, the boy must investigate fundamental truths he has believed about himself, love, and life. He confronts some of life's most persistent questions:

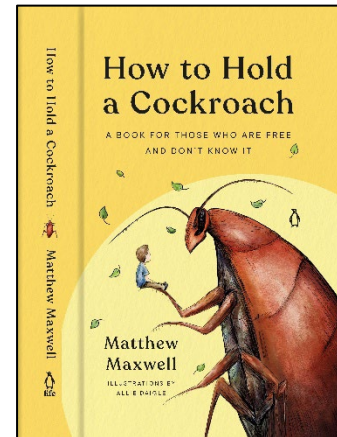
- What am I?
- What causes me to suffer?
- How can I be at peace with the traumas of the past and the uncertainty of the future?
- What determines how I experience life?

For fans of Paulo Coelho, Kobi Yamada, Charlie Mackesy;
The Alchemist, *The Tao of Pooh*, *The Little Prince*, and *The Untethered Soul*.

Regardless of your birthplace, background, or spiritual beliefs, this book invites you to explore how you see yourself and the world, re-examine your perspectives, and free yourself to experience more joy, peace, and love.

THE AUTHOR

Matt Maxwell is a graduate of the University of Hawaii and the University of Chicago Law School. He is the founder of Hearthstone Coaching, which helps individuals, teams, and organizations to clarify what matters most to them and joyfully create it. Once a meat-loving Mormon attorney, he is now a speaker, coach, and spiritually-curious vegetarian.



Penguin Life

December 8, 2026

**Manuscript available
(updated)**

**Paper over board:
5.375 × 8.0625 inches**

UK: Ebury

Italian: Salani

(Previously sold edition):

German: Kösel Verlag/PRH.

Korean: East-Asia Publishing.

Russian: Bombora.

Simplified Chinese: Posts &
Telecom Press.

Slovenian: Založba.

Turkish: Okuyan Us.

HISTORY

1942: CRUX OF WAR

An engrossing and encyclopedic narrative of the year in which the outcome of World War Two hung in the balance

The year opened with the Axis powers inflicting a series of disasters on the newly formed Allies: Pearl Harbor, followed by Japan's conquest of the Philippines and Southeast Asia; Rommel running unchecked in North Africa; German U-boats transforming the East Coast of the United States into a shooting gallery; the failure of Britain's strategic bombing campaign; and devastating defeats of the Red Army at Kharkov, Crimea, and southern Russia. By the summer of 1942, many of these theatres offered a grim global calculus. Any notion of decisive victory seemed far-fetched.

Yet by the end of 1942 there had been a sea-change. Within just one 40-day timespan, the British had triumphed over Rommel at Alamein; British and American forces landed in North Africa to confront the Axis position there; the Americans won two naval battles at Guadalcanal, sealing the fate of that campaign and with it Japanese expansionism; the Red Army launched a massive counter-offensive at Stalingrad that would condemn six Axis armies-and hundreds of thousands of German, Italian, Romanian and Hungarian soldiers-to eventual destruction. The war, in short, had turned.

Parshall's epic 1942: CRUX OF WAR offers a sweeping new narrative and visual history. Containing more than 150 maps and timelines, it looks at the year from all sides and from every front, revealing how military reform, economic mobilization, inspired improvisation, and growing professionalism coalesced quickly and decisively, paving the way toward final Allied victory. Parshall's book examines and illuminates World War II's most crucial and consequential year: its crux.

THE AUTHOR

Jonathan Parshall is co-author of the bestselling *Shattered Sword: The Untold Story of the Battle of Midway*. His work has been published in the *U.S. Naval War College Review*, *U.S. Naval Institute Proceedings*, *Naval History* magazine, *WWII* magazine, *Wartime* (the journal of the Australian War Memorial), and others. He is a lecturer for the U.S. Naval War College, a frequent speaker at museums, a featured historian on numerous World War Two tours, and has appeared on the *Discovery Channel*, *National Geographic*, *History Channel*, *Smithsonian*, the *BBC*, and *Netflix*.



Oxford University Press
June 2026
World English
1280 pages

Korean: Cum Libro.

PSYCHOLOGY / SELF-HELP

RECONCILE

A PATH FORWARD FOR FAMILIES WHO WANT THE
RELATIONSHIP AND ARE WILLING TO DO THE WORK

In RECONCILE, national bestselling author Vienna Pharaon answers one of the most painful and persistent questions a person can face: *Can this family relationship be repaired—and if so, how?* Drawing on nearly twenty years of clinical experience, Vienna offers a clear, compassionate, and practical framework for navigating challenging family relationships—helping readers grapple with the exhausting question of “Should I keep trying?” while moving them toward an understanding of what is truly possible, whether that path leads forward together or apart.

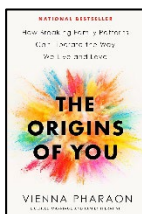
Family estrangement has become increasingly visible in our culture, but most of the advice remains polarized: forgive and stay, or cut ties and move on. Vienna offers something more nuanced and useful. With the warmth, accessibility, and emotional intelligence that made THE ORIGINS OF YOU a bestseller, she speaks not only to the adult child, but also to the parent, the sibling, and the family member on the other side of the rupture. Her gift is her ability to hold the full relational picture with compassion, while still guiding readers toward the difficult truths, accountability, boundaries, and emotional work that meaningful repair requires.

THE AUTHOR

Vienna Pharaon is one of New York City’s most sought after licensed Marriage and Family Therapists and the founder of the **MindfulMFT community on Instagram (700K followers)**, where her teaching reaches close to 600,000 readers daily. Vienna received her Master of Science in Marriage & Family Therapy from Northwestern University, and trained extensively at The Family Institute, Bette D. Harris Center. She has been featured in *The Economist*, Netflix, BBC, *Vogue*, and *Men’s Health*, has spoken on stages around the world, and has presented workshops to companies including Peloton and Netflix.



Simon Element / S&S
Spring 2028
World English
Proposal available /
Manuscript Summer 2027



Foreign sales for THE ORIGINS OF YOU:

UK: Piatkus/L, B UK. **Brazil:** Sextante. **Complex Chinese:** CommonWealth. **Croatian:** Znanje. **Dutch:** Spectrum. **Estonian:** Rahva Raamat. **French (NA):** L’Homme. **French (world x NA):** Trédaniel. **German:** YES. **Greek:** Dioptra. **Hungarian:** GLB Konyvkiado. **Japanese:** SB Creative Corp. **Korean:** Gimm-Young. **Lithuanian:** Vaga. **Polish:** Filia. **Portugal:** Porto. **Romanian:** Trei. **Russian:** Eksmo. **Serbian:** Publik Praktikum. **Simplified Chinese:** CITIC. **Spanish:** Diana/Planeta. **Turkish:** Yakamoz. **Vietnamese:** First News.

Karen Korellis Reuther

BUSINESS / INDUSTRIAL DESIGN / CRITICISM / HISTORY

MAN-MADE

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

An industrial designer and former Global Creative Director at Nike delivers a sharp critique of the consequences of a world built by and for men, and offers an optimistic look at how we might build a better world for us all.

Women and men inhabit the same world, yet it does not suit them both equally. In construction, 90% of women are unable to find proper fitting safety gear. These outcomes are a result of products where the female population is an afterthought at best. Automobile crash test dummies used for safety tests are designed based on male anatomy, as is firefighting gear and personal protective equipment. Using a “shrink it and pink it” strategy, sneakers for women scaled down versions of those originally designed for a man’s foot, and colored pink.

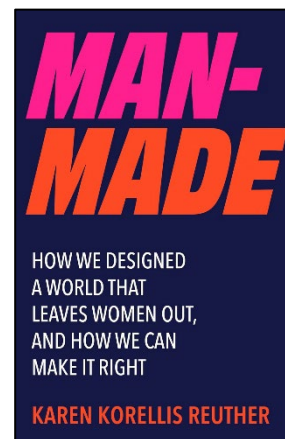
But *Man-Made*, isn’t a patriarchal lament; it is a rousing call to action drawn from research-backed insights, market analyses, and expertise from leading designers, executives, and economists. Rethinking and expanding product design and architecture, Reuther contends, will not only create a world that better fits women, but a world that better fits everyone.

“A powerful and urgent call to action—for the health and safety of half of our population, it’s time we rethink the male body ideal and build a world that includes us all.”—**Dr. Elizabeth Comen, MD**, associate professor of medicine at NYU Langone, and bestselling author of *All in Her Head*

“A powerful perspective on how women are impacted by a world primarily designed by men, for men....Readers who are interested in women’s rights, design, innovation, inclusion, and safety will find this book interesting.”—*Booklist*

THE AUTHOR

Karen Korellis Reuther has been a designer for over 40 years. She is on the faculty at Harvard’s Graduate School of Design, where she teaches in the Masters in Design Engineering program. She was the Vice President of Creative Direction and Innovation at Reebok and served as the Global Creative Director at Nike for twelve years. A popular guest lecturer and public speaker at Harvard and across the world, Reuther also founded the Inclusion by Design event series, hosted by the Harvard Grid, which brings together students, faculty, and practitioners who share her commitment to designing a world that is safe, hospitable, and inclusive for women. She is a chairperson for the iF Design Awards and on the advisory board of the iF Design Academy. She lives in Boston, Massachusetts.



Harper Business
June 2026
North American
364 pages

A Next Big Idea Club Must-Read

Paul Rodgers

CELEBRITY MEMOIR / MUSIC

FREE SPIRIT

MY LIFE IN BAD COMPANY, FREE, AND BEYOND

Founding member, lead singer, and songwriter from Free and Bad Company Paul Rodgers's **FREE SPIRIT**, in collaboration with Chris Epting, charts the author's rise through two of rock's most iconic bands and his work with some of the top musicians of the day, including Queen, as well as exploring his more recent health struggles, with a foreword by Jimmy Page.

Paul Rodgers is one of the defining voices of rock 'n' roll. A had-to-be-tough kid from Middlesbrough, England, he co-formed the band Free in the late 1960s, revolutionizing blues-based rock 'n' roll. Their hit "All Right Now" became an anthem, still cranked up today in arenas and stadiums worldwide.

After Free dissolved, Rodgers rose from the ashes to create Bad Company, anointed by Led Zeppelin as one of the first bands on their label. Their 1974 debut album is an iconic collection in rock history. Throughout the 1970s, Bad Company delivered hit after hit, fueled by Rodgers' raw blues vocals, dominating the radio waves.

An accomplished musician and writer, Rodgers blossomed as a solo artist, and also even helped revive Queen, proving his versatility on even deeper levels. Now, fresh off his induction into the Rock and Roll Hall of Fame, Paul is finally ready to share his tale. This book uncovers truly one of the last untold narratives in rock 'n' roll, exploring his struggles with fame, the epic highs, and heart-wrenching lows, culminating in a life-altering series of strokes that made him reassess everything.

"Paul Rodgers, the voice of all British voices" – **Robert Plant**

"Bad Company...who could "Rock Steady" with soul and passion. They're one of music's classic bands with songs, swagger and style."
– **Jimmy Page**

THE AUTHOR

Paul Rodgers has sold **more than 125 million records worldwide**. In 2023, Rodgers' solo album debuted at #7 on the Billboard charts. Rodgers and his bands collectively reach **more than 10 million followers worldwide**, supported by a strong direct-to-fan infrastructure including Bad Company's 50,000+ subscriber email list, Primary Wave Music, and dedicated North American and UK/European press teams, with amplification from longtime friends and collaborators such as Brian May, Roger Taylor, Sammy Hagar, Ann Wilson, and members of Def Leppard.



Harper Horizon
October 12, 2027
North American
Proposal available

UK: White Rabbit/Orion.
German: Hannibal/Koch.



Sara K. Runnels

HUMOR / MEMOIR / ESSAY COLLECTION

THE LAST ONE AT THE PARTY

A MEMOIR IN ESSAYS ON DATING, DESIRE & DEPARTURES

Humor contributor to *The New Yorker* Sara K. Runnels's **THE LAST ONE AT THE PARTY**, a memoir told through essays and humorous musings about dating, desire, and daring departures: one clever party girl's reflections on modern dating, her evolving relationship to relationships, the desire to do what feels good instead of what's expected, and knowing when it's time to go, all threaded together by the valuable and vexing power of her mother's advice.

THE LAST ONE AT THE PARTY is an exploration of how we all thirst for romance, success, change, self-discovery, and purpose, told eloquently through humor and heartfelt reflection. With Sara's unique voice and signature wit, she shares laugh-out-loud stories, earnest confessions, millennial musings, and single-girl hot-takes that remind readers to embrace what they do have instead of what they don't. Through an entertaining recollection of hard-won life lessons, this narrative ultimately reveals the power of desire, the price of dating for the (love) story, the pleasure of defying norms by doing what feels good instead of what's expected, and the indelible value of knowing when it's time to go.

In an era when more women than ever are choosing themselves over mediocre partnership, **THE LAST ONE AT THE PARTY** is a necessary memoir that highlights the perks and plights of being single in your twenties and thirties.

*For fans of Samantha Irby, Jenny Lawson, Sloan Crosley

THE AUTHOR

Sara K. Runnels is a seasoned humor writer, copywriter, and screenwriter living in Seattle, WA. She is a regular contributor to *The New Yorker*, and her words have been featured in *ELLE*, *Cosmopolitan*, *McSweeney's*, *Betches*, *REI* and *OverheardLA/NY*, among other publications that respect scintillating wordplay. She also writes thoughtful and lengthy personal essays to remind people she's not a *total* clown. Her witticisms, viral one-liners and sharp social commentary can be found, quite literally, all over the internet under the handle @omgskr. She has amassed more than 130,000 followers across social channels, particularly for her clever dating and relationship content, her vulnerability and her knack for making readers both LOL (about modern dating and existing in 2025 in general) and sob (about the loss of her mother and finding love).



St. Martin's Press
Spring 2028
North American
Proposal available
75,000 words

RELATIONSHIPS / PSYCHOLOGY

THE VALUE OF OTHERS

UNDERSTANDING THE ECONOMIC MODEL OF
RELATIONSHIPS TO GET (AND KEEP) MORE OF WHAT YOU
WANT IN THE SEXUAL MARKETPLACE

***Approximately 120,000 copies sold, with no publisher, no publicist and no marketing budget.**

***PsychHacks: 1.03 million YouTube subscribers, 2,400+ videos and 211 million views; a 660-episode podcast; two hours and twenty minutes on The Diary of a CEO.**

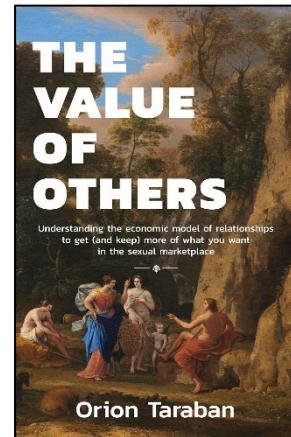
For readers of *Attached*, *12 Rules for Life* and *Don't Believe Everything You Think

The dating world is broken, and the advice on offer keeps making it worse. Sixty-three percent of American men under thirty are single, the marriage rate keeps falling, and the people doing the swiping report being lonelier every year. They are told to identify their attachment style, to communicate their needs, to love themselves first, and to wait for the right person to appear. Clinical psychologist Orion Taraban argues that the advice fails because it describes relationships as emotional events. They aren't. They are transactions. Two people pair off because each has judged the other to be the best option currently available, and each keeps making that judgment every day thereafter.

THE VALUE OF OTHERS is the complete statement of the economic model of relationships, built at the intersection of psychology and behavioral economics and tested on one of the largest audiences any working psychologist has ever had. From a single premise, that relationships are the medium in which value is transacted, the book derives everything that follows: why the sexual marketplace has two distinct roles (captains and passengers); why the same person is worth different amounts to different buyers; why love and attraction run in opposite directions; and why marriage is being asked to do a job it was never designed to do. Readers finish with a working model rather than a collection of tips.

THE AUTHOR

Orion Taraban, Psy.D., is a clinical psychologist in private practice in California and the creator of PsychHacks, one of the largest psychology channels in the world, with more than 2,400 videos published since May 2021 to 1.03 million subscribers and 211 million views. The PsychHacks podcast, 660 episodes since July 2021, reaches listeners on Apple Podcasts, Spotify and iHeartRadio. He holds a Doctor of Psychology from Alliant International University and a Bachelor of Fine Arts from New York University, has taught psychology at Alliant and at Baruch College, and opened his practice in 2017. He is represented for speaking by keynote bureaus in the United States and the United Kingdom.



**PsyHacks (self-published)
2024**

**Books, manuscript,
proposal available
434 pages**

**Revised and expanded
trade edition on
submission to U.S.
publishers, Fall 2026.**

**Audio: author-published
audiobook available.**

PARENTING

BORN WISE

HOW THE FORGOTTEN WISDOM OF CHILDHOOD CAN HELP US RAISE A NEW GENERATION

With over 2 million followers on Instagram, a podcast, and a wildly successful business, child therapist Jess VanderWier has good news for parents: you already know what to do. You just have to remember.

Parents today are struggling more than ever—and so are their kids. Rising anxiety, emotional outbursts, screen addiction, academic delays, and disconnection are viewed as problems within children that parents need to solve, yet quick fixes and strict discipline either don't work or leave parents feeling overwhelmed.

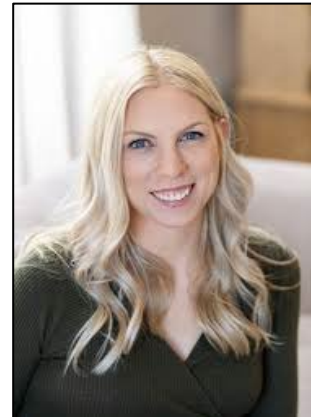
What if fixing isn't the answer? What if children are already telling us what they need, and parents must simply learn to listen?

In *Born Wise*, parents will learn to interpret and respond to the unmet needs beneath their child's defiance, anger, and tantrums. They will learn what happens when kids lose their wisdom to play, care, be vulnerable, and depend on their parents at an early age. Through therapeutic tools and strategies, they will learn to create environments that preserve that wisdom and become dependable leaders for their families.

Ultimately, VanderWier invites parents into a new way of seeing their children: not as problems to be fixed, but as wise humans who need to be understood.

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
May 2027
**Proposal available/
MS October 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.

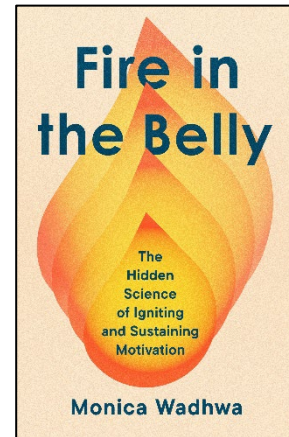
MOTIVATION / SCIENCE

FIRE IN THE BELLY

THE HIDDEN SCIENCE OF IGNITING AND SUSTAINING MOTIVATION

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

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



Simon Element
May 4, 2027
World English
Manuscript available
252 pages

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.

HISTORY

COUNTDOWN BATTLE OF THE BULGE

THE 40 DAYS OF WORLD WAR II THAT CRUSHED HITLER'S LAST HOPE

From the *New York Times* bestselling author of *COUNTDOWN 1945* comes a sweeping account of America's WWII forces in their greatest and deadliest hour.

After the success of D-Day and then the sweep across France, the allies are taking a pause in the days before Christmas, 1944, planning for their final drive into Germany. What they don't know is that Hitler has secretly mobilized hundreds of thousands of troops to launch a major sneak offensive on his Western front. The Battle of the Bulge is the 40-day stand against Germany's last major attempt to isolate and overpower Allied forces—the biggest, deadliest battle of the war in Europe.

Flashing between General Dwight Eisenhower's Supreme Headquarters in Versailles and Hitler's infamous Eagle's Nest—and featuring new, first-hand accounts from American soldiers on the front lines—Emmy and Peabody Award-winning journalist Chris Wallace offers a front-row seat to the Allied Powers' dramatic stand against the Nazis' desperate gamble. *Countdown Battle of the Bulge* tells heroic stories through deep research and interviews with members of the Greatest Generation—who fought through foot-high snow and subzero conditions, and who shared their accounts of one of the most pivotal victories of the war's final year.

THE AUTHOR

Chris Wallace is an award-winning journalist with over five decades' experience across broadcast and cable television, streaming, print, and independent content creation. Wallace anchored CNN's *The Chris Wallace Show* and hosted HBO Max's *Who's Talking to Chris Wallace?* He anchored *Fox News Sunday* for eighteen years, where he covered every major political event, and he has also anchored news shows at ABC News and NBC News. Wallace has won every major broadcast news award for his reporting, including three Emmy Awards, the duPont-Columbia Silver Baton, and the Peabody Award. He is the *New York Times* bestselling author of the *Countdown Series*, including *Countdown 1945*, *Countdown bin Laden*, and *Countdown 1960*.

Foreign rights sold to **COUNTDOWN 1945** (Avid Reader / S&S 2020)

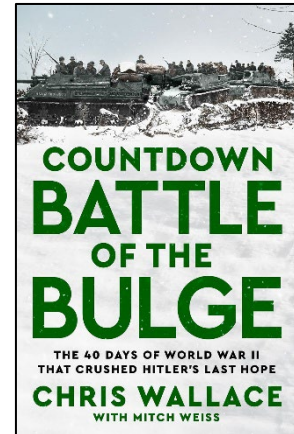
** *NYT* Bestseller

* 350,000+ copies sold in US

Brazil: Alta. **Bulgarian:** Trud. **Estonian:** Uhinenu Ajakirjad. **French:** Leduc. **Greek:** Metaixmio. **Hebrew:** Matar.

Hungarian: Maxim. **Korean:** Cum Libro. **Polish:** Znak. **Portugal:** Vogais. **Romanian:** RAO. **Russian:** Alpina. **Simplified**

Chinese: Booky. **Slovakian:** Ikar. **Spanish:** Planeta Mexico. **Ukrainian:** FLC.



Dutton / PRH
December 1, 2026
North American
384 pages

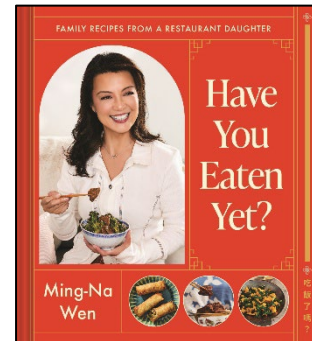
COOKBOOK

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 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.



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

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.

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. Yoda 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.

"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."

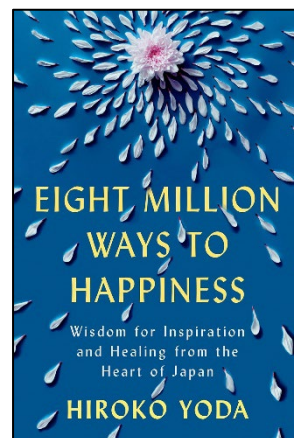
—**Ruth Ozeki**, Zen Buddhist priest and *New York Times* bestselling author of Booker Prize Finalist *A Tale for the Time Being*

"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*

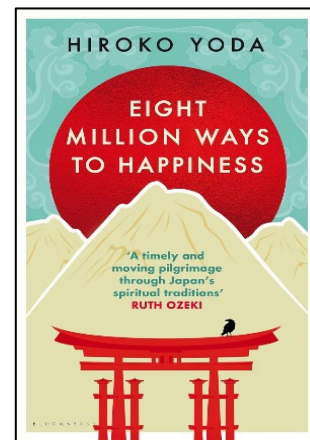
THE AUTHOR

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.



Tiny Reparations / PRH
December 2025
368 pages

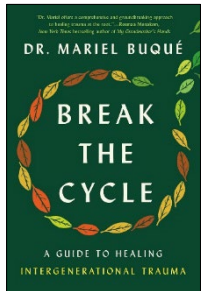
Brazil: Planeta Brasil.
Bulgarian: AMG. **German:** DTV. **Italian:** Longanesi.
Polish: Poznańskie.
Portugal: Clube do Autor.
Romanian: Litera. **Spanish:** Urano. **Turkish:** Indigo.



UK: Bloomsbury Tonic.

FOLIO LITERARY MANAGEMENT – BACKLIST

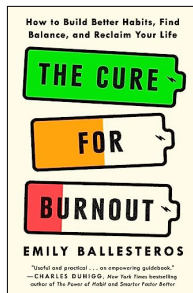
Mariel Buque, MD
Dutton/PRH 2024



UK: Vermillion.**Brazil:** Rocco. **Complex Chinese:** Eurasian. **Croatian:** Egmont. **Dutch:** Kosmos. **French:** Leduc. **German:** Ullstein. **Hungarian:** Edesviz Kiado. **Italian:** De

Agostini. **Korean:** Will Books. **Polish:** Prószyński Media. **Portugal:** Porto. **Romanian:** Trei. **Serbian:** Areté. **Simplified Chinese:** CTPH. **Slovak:** Eastone. **Spanish:** Planeta Mexico. **Thai:** Arrow. **Turkish:** Olimpos. **Ukrainian:** Staroho Leva.

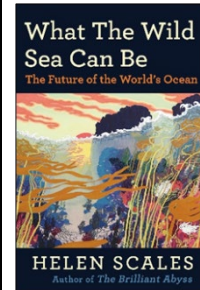
Emily Ballesteros
The Dial Press / PRH 2024



UK: Bonnier UK. **Arabic:** Dawen. **Brazil:** Rocco. **Bulgarian:** Soft Press. **Complex Chinese:** China Times. **Czech:** Audiolibrix. **Polish:** Dressler. **Dublin:** Dublin. **Portugal:** Porto. **Simplified**

Chinese: Grand China. **Spanish:** PRH Mexico. **Russian:** Alpina. **Turkish:** Eksik Parca.

Helen Scales
Grove Atlantic 2024

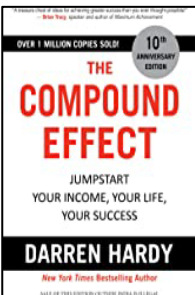


Italian: Neri Pozza. **Korean:** Sigongsa. **Simplified Chinese:** CITIC.

*Shortlisted for the **Women's prize in NF**

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

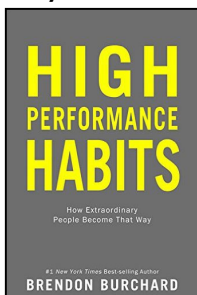
Darren Hardy
Hachette 2020



Albanian: Botimet Koliqi. **Arabic:** I Carisma. **Armenian:** Newmag. **Brazil:** Alta. **Bulgarian:** BGKniga/Raketa. **Complex Chinese:** Star Publishing. **Czech:** 4Books. **Dutch:** Business Contact. **Estonian:**

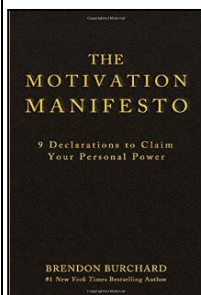
Million Mindset. **French (world x NA):** Trédaniel. **French (NA):** Editions du Trésor Caché. **German:** Goldmann. **Hebrew:** Modan. **Hungarian:** Booksi Konyvek. **India (Gujarati, Hindi, Marathi, Tamil, Telugu):** Manjul Publishing House. **Indonesian:** Alvabet. **Italian:** Mondadori. **Japanese:** Pan Rolling. **Korean:** Bookie. **Macedonian:** Sakam Knigi dooel. **Polish:** Galaktyka. **Portugal:** Talento/Infinito Particular. **Romanian:** Act si Politan. **Russian:** Eksmo. **Serbian:** Publik Praktikum. **Simplified Chinese:** CITIC. **Spanish:** Taller del Exitó. **Thai:** Superposition. **Turkish:** ALFA. **Ukrainian:** Bookchef. **Vietnamese:** Nha Nam. **UK:** John Murray. **Uzbek:** Best Books.

Brendon Burchard
Hay House 2017



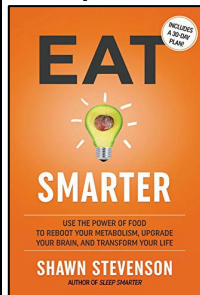
Arabic: Jarir. **Brazil:** Objectiva. **Bulgarian:** Global Lightworks. **Complex Chinese:** Star. **Czech:** Dobrovsky. **Estonian:** WW Print. **German:** MVG. **Hungarian:** HVG Kiado. **Italian:** Roi. **Japanese:** Discover 21. **Korean:** Woongjin ThinkBig.

Lithuanian: MB Leidybos. **Portugal:** Casa da Palavra/Leya. **Russian:** Mann, Ivanov and Ferber. **Serbian:** Sezam. **Simplified Chinese:** Gingko. **Spanish:** PRH Mexico. **Thai:** Wara. **Turkish:** Ithaki. **Vietnamese:** 1980Books.



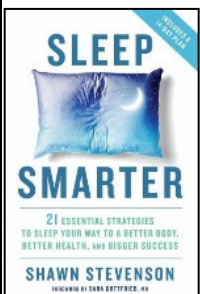
Hay House 2014
Brazil: Buzz. **Bulgaria:** Global Lightworks. **Czech:** Dobrovsky. **Estonian:** Rahva Raamat. **German:** Allegria. **Hungarian:** HVG Kiado. **Japanese:** Forest. **Korean:** BillyButton. **Romanian:** Act si Politon. **Russian:** Eksmo. **Serbian:** Sezam. **Slovene:** Ganes.

Shawn Stevenson
Little, Brown Spark 2020



Complex Chinese: Chien Hsing. **Czech:** Euromedia. **Italian:** Sangiovanni. **Japanese:** Diamond. **Lithuanian:** Briedis.

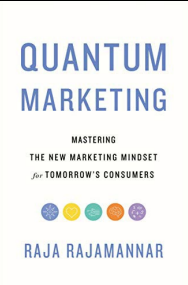
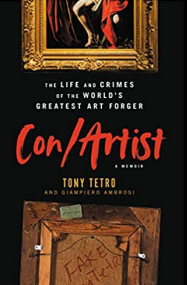
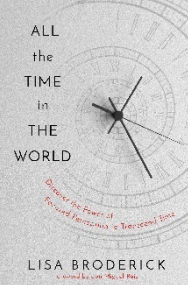
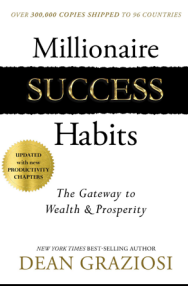
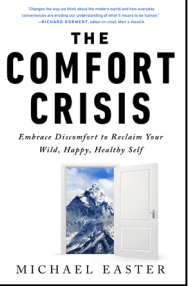
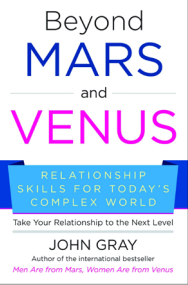
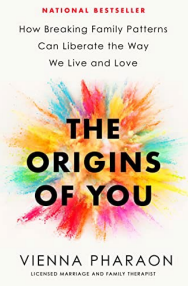
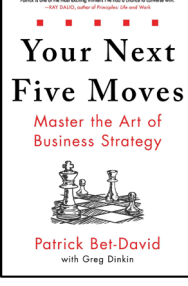
**** OVER 150,000 COPIES SOLD!**



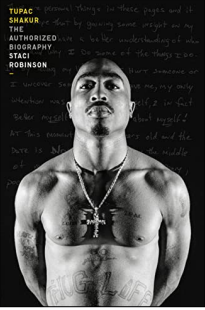
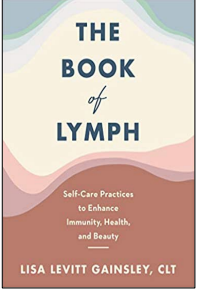
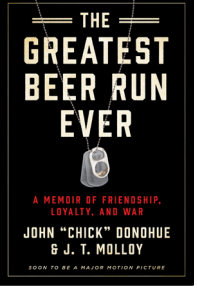
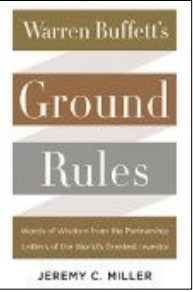
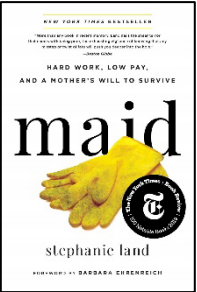
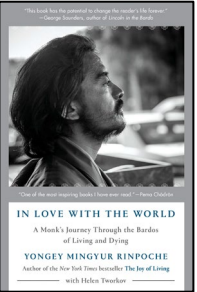
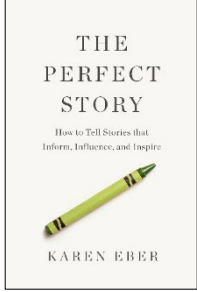
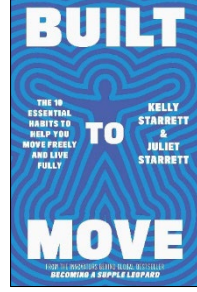
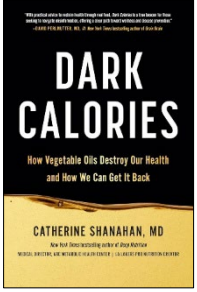
Rodale 2016
Czech: Euromedia. **Danish:** Gyldendal. **French:** Thierry Souccar. **German:** Droemer. **Italian:** Sperling. **Japanese:** Diamond. **Korean:** Wisdom. **Latvian:** Zvaigzne ABC. **Lithuanian:** Briedis.

Mongolian: Mod Us Tal. **Norwegian:** Cappelen Damm. **Polish:** Helion. **Romanian:** Herald. **Russian:** Mann, Ivanov and Ferber. **Simplified Chinese:** Booky. **Slovak:** Ikar. **Spanish (world):** Edaf. **UK:** Hay House UK. ****OVER 100,000 COPIES SOLD!**

FOLIO LITERARY MANAGEMENT – BACKLIST

Raja Rajamannar Harper Leadership 2021  Brazil: Buzz. Italian: Egea. Japanese: Nikkei. Korean: Woongjin Think Big. Russian: Eksmo. Simplified Chinese: CPTH. Thai: Amarin. Turkish: Kapital Media. Ukrainian: NF. Vietnam: Alpha.	Tony Tetro / Giampiero Ambrosi Hachette Books 2022  French: Dark Side / Hachette. Polish: Znak. Russian: Eksmo. Slovak: Ikar. Turkish: Epsilon.	Lisa Broderick Sounds True 2021  Brazil: V&R. Complex Chinese: Fine Press. French: Eyrolles. Korean: EyeofRa. Japanese: Kanki. Russian: AST. Simplified Chinese: Cheers. Spanish (world): Planeta. Vietnamese: Van Lang.
Dean Graziosi Hay House Business 2019  Arabic: Jarir Bookstore. Brazil: Planeta. Complex Chinese: ACME. French: Trédaniel. German: MVG. Greek: Key Books. Hebrew: Tchelet. Hungarian: Bioenergetic Kiado. Italian: Gribaudi. Japanese: Kanki. Korean: Woongjin Think Big. Lithuanian: UAB Tobulejimo. Polish: Helion. Portuguese: Planeta Portugal. Romanian: Aramis. Russian: Eksmo. Serbian: Sezam. Turkish: Inkilap. Vietnamese: 1980Books. Simplified Chinese: Citic. Thai: Wara. *Over 300,000 copies sold!	Michael Easter Rodale 2021  Arabic: Sada Publishing. Brazil: Alta. Complex Chinese: Yuan-Liou. Czech: Nakladatelstvi Barrister & Principal. French: Leduc. German: ABP. Hungarian: Heti Vilaggazdasag. Italian: Roi Edizioni. Japanese: Toyo Keizai. Korean: Suobooks. Polish: Helion. Russian: Popuri. Spanish: Peninsula. Thai: Amarin. Turkish: Eksik Parca. Vietnamese: Alpha Books. *Over 600,000 copies sold!	Sara Kuburic The Dial Press / PRH 2023  Arabic: Jarir. Brazil: Sextante. Czech: Harfa. German: Goldmann. Hebrew: Oram. Hungarian: GLB. Korean: Chungrim. Polish: Otzwarte. Portugal: Porto. Romanian: Bookzone. Russian: Man, Ivanov, and Ferber. Serbia: Harfa. Simplified Chinese: Guomai. Slovak: Eastone. Spanish: Urano. Turkish: Koridor. UK: Quercus.
John Gray BenBella Books 2017  Arabic: Jarir Bookstore. Brazil: Rocco. Czech: Dobrovsky. Dutch: Unieboek / Spectrum. French: Editions de L'Eveil. Hebrew: Oram. Indonesian: Gramedia. Italian: Rizzoli. Japanese: Diamond. Korean: Gimm Young. Polish: Rebis. Portuguese: Porto. Romanian: Prestige. Russian: AST. Serbian: BDR Media. Slovene: Mladinska Knjiga. Spanish (US & LA): Oceano Mexico. Simplified Chinese: Xiron. Turkish: Destek. Ukrainian: Hemiro. Vietnamese: Tre.	Vienna Pharaon Putnam / PRH 2023  UK: Piatkus/Little, Brown UK. Brazil: Sextante. Complex Chinese: CommonWealth. Croatian: Znanje. Dutch: Spectrum. Estonian: Rahva Raamat. French (NA): L'Homme. French (world x NA): Trédaniel. German: YES. Greek: Dioptra. Hungarian: GLB Konyvkiado. Japanese: SB Creative Corp. Korean: Gimm-Young. Lithuanian: Vaga. Polish: Folia. Portugal: Porto. Romanian: Trei. Russian: Eksmo. Serbian: Publik Praktikum. Simplified Chinese: CITIC. Spanish (world): Diana/Planeta. Turkish: Yakamoz. Vietnamese: First News. *Over 50,000 copies sold!	Patrick Bet-David Gallery Books 2020  Arabic: Jabal Amman. Albanian: Botimet Koliqi. Azerbaijani: Qanun. Brazil: Alta. Bulgarian: AMG. Complex Chinese: China Times. French: Trédaniel. German: MVG. Hungarian: Alexandra. Indonesian: Renebooks. Italian: Feltrinelli. Japanese: Alc Press. Korean: Bookie. Macedonian: Ars Lamina. Portugal: Self. Romanian: Act Si Politon. Russian: Eksmo. Serbian: Edicija. Spanish (world): Sirio. Thai: Bookscape. Turkish: Ithaki. Ukrainian: Vivat. Vietnamese: Saigon. *Over 550,000 copies sold! *WSJ #1 bestselling business book

FOLIO LITERARY MANAGEMENT – BACKLIST

Staci Robinson Crown 2023  Brazil: Record. Complex Chinese: Ark Czech: Culture. Czech: Bourdon. Finnish: Like. French: Omaxbooks. Italian: Il Castello. Japanese: Kawade Shobo. Polish: SQN. Russian: Eksmo. Serbian: Laguna. Spanish: Liburuak. Turkish: Epsilon. UK: Century.	Lisa Levitt Gainsley Harper Wave 2021  Brazil: Faro. Bulgarian: Hermes. Complex Chinese: ACME. Czech: Anag. Dutch: Samsara. French: Handinova. German: Integral. Italian: Mondadori Electa. Polish: Muza. Portugal: Nascente. Russian: Eksmo. Simplified Chinese: CITIC. Spanish (world): PRH Spain. UK: Yellow Kite. Vietnamese: 1980Books.	John “Chick” Donohue & J.T. Molloy William Morrow 2020  Polish: Replika. Russian: AST. Simplified Chinese: Truth and Wisdom Press. Ukrainian: Staroho Leva. *Major motion picture released September 2022, starring Zac Effron, Russell Crowe, and Bill Murray.
Jeremy Miller Harper Business 2016  Brazil: BestSeller. Complex Chinese: Commonwealth Magazine. French: Leduc. German: FinanzBuch. Korean: Bookhouse. Portugal: Actual Editora. Russian: Alpina. Simplified Chinese: Citic. Slovak: Tatan. Spanish (world): Profit. Turkish: Kronik. UK: Profile. Ukrainian: Bookchef. Vietnamese: Thai Ha.	Stephanie Land Legacy Lit / Hachette 2019  Brazil: Alta. Bulgarian: Soft Press. Complex Chinese: Locus. Czech: Timy Partners. Danish: Memoris. Dutch: Unieboek. Finnish: Tammi. French: Globe. German: Fischer. Greek: Klidarithmos. Hebrew: U Siftur She'nogaat. Hungarian: Tericum Kiado. Italian: Astoria. Japanese: Futaba-Sha. Korean: Munhakdongne. Lithuanian: Balto. Polish: Czarne. Romanian: Globo. Russian: Eksmo. Serbian: Publik Praktikum. Simplified Chinese: Beijing United. Slovak: Timy Partners. Slovene: Triskelion. Spanish (world): Capitan Swing. Turkish: TuhafYayincilik. Ukrainian: Fors Ukraine. UK: Orion. Vietnamese: Women's Publishing House.	Yongey Mingyur Rinpoche Spiegel & Grau 2019  Brazil: Lucida Letra. Bulgarian: Iztok-Zapad. Complex Chinese: Chung Sheng Publishing Company. Czech: Dharma Gaia. Danish: Gyldendalsk Boghandel. Finnish: Basam Books. French: Fayard. Germany: btb. Hebrew: Buddhism in Israel. Hungarian: Filosz Kiado. Italian: Astrolabio. Korean: Jeeyoungsa. Polish: Studio Astropsychologii. Romanian: Humanitas. Russian: Eksmo. Simplified Chinese: Glist Education and Technology. Slovene: Iskanja. Spanish (world): Alfaomega. Thai: Suan Nguen Mee Ma Publishing House. UK: Bluebird. Vietnamese: Thai Ha Books.
Karen Eber Harper Horizon 2023  Complex Chinese: Heliopolis. Korean: Next Wave. Japanese: JMA Management Center.	Kelly Starrett & Juliet Starrett Knopf 2023 *Over 150,000 copies sold!  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. Slovene: Aktivni mediji. Spanish (world): Diana/Planeta. Thai: WeLearn.	Catherine Shanahan Hachette Go 2024  French: Thierry Souccar. Korean: Somssi. Polish: Keto Centrum. Russian: Eksmo. UK: Orion.

FOLIO LITERARY MANAGEMENT – BACKLIST

Chris Wallace
Avid Reader /S&S 2020

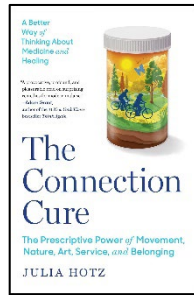


Brazil: Alta.
Bulgarian: Trud.
Estonian: Uhinenu
Ajakirjad. Greek:
Metaixmio. **Hebrew:**
Matar. **Hungarian:**
Maxim. **Korean:** Cum
Libro. **Polish:** Znak.
Romanian: RAO.
Russian: Alpina.

Simplified Chinese: Booky. **Slovakian:**
Ikar. **Spanish:** Planeta. **Ukrainian:** FLC.

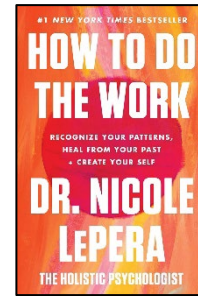
**** NYT Bestseller**
*** 350,000+ copies sold in US**

Julia Hotz
Simon & Schuster / 2024



Brazil: MEV Books.
Greek: Orthos
Logos.
Korean: Suobooks.

Nicole LePera
Harper, 2021:

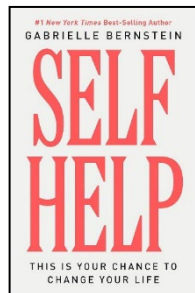


Albanian: Pema.
Arabic: Dar al-
Tanweer. **Brazil:**
Sextante.
Bulgarian: Locus.
Complex Chinese:
Eurasian. **Croatian:**
Znanje. **Czech:**
Euromedia. **Danish:**
Gyldendal. **Dutch:**
Kosmos. **Estonian:**
As Aripaev. **Finnish:**

Tammi. **French:** Leduc. **German:**
Arkana/Goldmann. **Greek:** Pedio.
Hebrew: Matar. **Hindi:** MyMirror.
Hungarian: Libri. **Italian:** Sperling &
Kupfer. **Japanese:** Pan Rolling. **Korean:**
Woongjin Think Big. **Latvian:** Zvaigzne
ABC. **Lithuania:** Baltos Lankos. **Marathi:**
MyMirror. **Norwegian:** Cappelen Damm.
Polish: Muza. **Portugal:** Porto.
Romanian: Litera. **Russian:** Eksmo.
Serbian: Vulkan. **Simplified Chinese:**
CITIC. **Slovak:** Aurora. **Slovene:**
Zalozba Primus. **Spanish:** PRH
Spain/Grijalbo. **Swedish:** Mondial. **Thai:**
WeLearn. **Turkish:** Butik Yayincilik.
Ukrainian: Vivat. **UK:** Orion.
Vietnamese: Saigon Books.

****Over 1 Million Copies Sold!**
****NYT Bestseller**

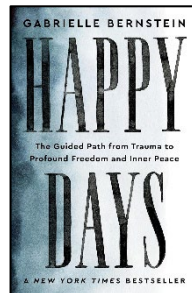
Gabrielle Bernstein
Hay House, 2024



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.

Gabrielle Bernstein
Hay House, 2022



Czech: Grada.
Dutch: Bruna.
French: Trédaniel.
German: Europa.
Hungarian: Edesviz
Kiado.
Italian: Il Punto
d'Incontro.
Polish: Kobiece.
Romanian: Bookzone.

Hay House, 2019



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
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