PARK & FINE

LITERARY AND MEDIA

Frankfurt 2024

Nonfiction Rights Guide

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CO-AGENTS

ARABIC
Bears Factor

BRAZIL
Agência Riff

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Andrew Nurnberg Associates Sofia

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The Grayhawk Agency

CZECH REPUBLIC, SLOVAKIA & SLOVENIA
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Katai & Bolza

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English Agency Japan

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POLAND
Graal Literary Agency

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Andrew Nurnberg Literary Agency

SCANDINAVIA
Andrew Nurnberg Associates

SPAIN & PORTUGAL
The Foreign Office

TURKEY
AnatoliaLit Agency

Nonfiction

THE AGELESS BRAIN

How to Sharpen and Protect Your Mind for a Lifetime

by Dale Bredesen

From the bestselling author of THE END OF ALZHEIMER'S, comes a revolutionary new approach to preventing the onset of neurodegenerative disease and creating sustained brain health. For fans of Peter Attia, Michael Greger and Andrew Huberman.

One in ten people over the age of sixty-five have dementia, and 22 percent of older adults live with some form of cognitive impairment. But it isn't just the elderly who are afflicted; diagnosis rates are rising in younger adults, with women at a higher risk than men. For many—especially those with a genetic predisposition—this fate has seemed inevitable. Until now.

In THE AGELESS BRAIN, Dr. Bredesen will share the latest, cutting-edge science on neurodegeneration, including how misunderstandings of the disease have hindered our efforts to treat it. He'll also share a preventative program that readers of all ages can put into practice to optimize their cognitive health now and sustain it for years to come.

Just as bestselling authors like Dr. Peter Attia and Dr. Michael Greger have offered essential guidance for maintaining overall health and longevity, Dr. Bredesen has written the only book readers need to retain their vibrant minds and thrive for a lifetime.

Praise for Dr. Bredesen:

"If you have a brain, read this book."
–Mark Hyman, *NYT* bestselling author of EAT FAT, GET THIN

"Dr. Bredesen's experimental program gives me hope."
–Maria Shriver, *Today Show*

"A monumental work. Dr. Bredesen completely recontextualizes this devastating condition."
–David Perlmutter, *NYT* bestselling author of BRAIN MAKER

Dale Bredesen, M.D., is internationally recognized as an expert in the mechanisms of neurodegenerative diseases such as Alzheimer's disease. After earning his M.D. from Duke University Medical Center, he served as chief resident in neurology at the University of California, San Francisco before joining Nobel laureate Stanley Prusiner's laboratory at UCSF as an NIH postdoctoral fellow. He held faculty positions at UCSF, UCLA, and the University of California, San Diego. Dr. Bredesen directed the Program on Aging at the Burnham Institute before coming to the Buck Institute in 1998 as its founding president and CEO. He is the chief medical officer of MPI Cognition.

@drdalebredesen

NEW

Flatiron
Ebury
March 2025

Rights Sold:

Lifestyle – Romanian

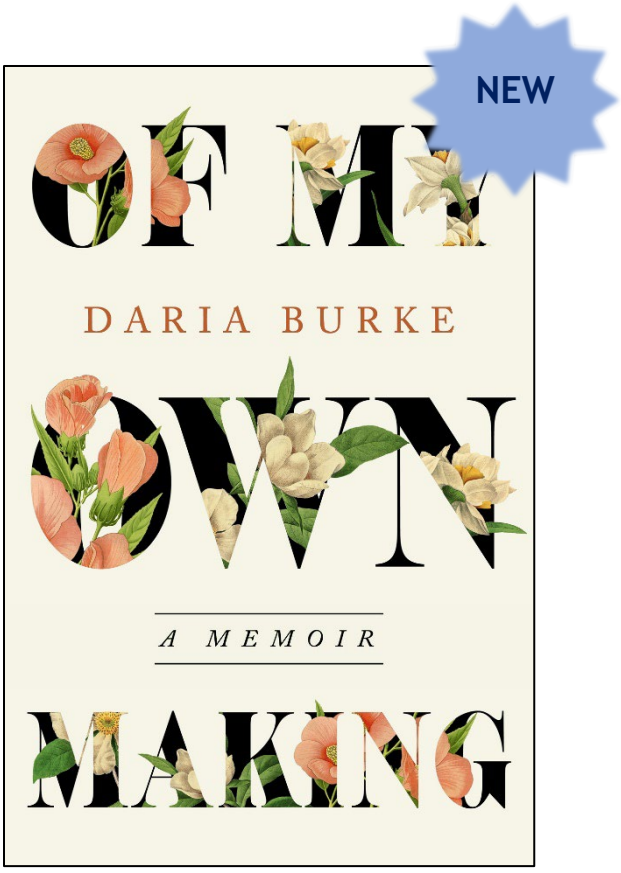
Previous Publishers:

Iztok Zapad – Buglarian
Hunan Science and Technology – S. Chinese
Yuan-Liou – C. Chinese
Scriptum – Dutch
Viisas Elama – Finnish
Thierry Souccar – French
MVG – German
Dioptra – Greek
Opus – Hebrew
Kossuth – Hungarian
Vallardi – Italian
Socym – Japanese
Tornado Media – Korean
Tyto Alba – Lithuanian
Cappelen Damm – Norwegian
Galaktyka – Polish
ASA Leya – Portuguese
Companhia das Letras – Portuguese (Bra.)
Eksmo – Russian
Tatran – Slovakian
Domus Litisia – Slovenian
PRH Grupo Editorial – Spanish
Pagina – Swedish
Amarin – Thai
Pegasus – Turkish
Fors – Ukraine

OF MY OWN MAKING

A Memoir

By Daria Burke



Hachette/Legacy Lit (NA)
April 2025

Format: Manuscript

Nonfiction

We are not defined by our origin stories. We get to choose who we become.

Daria Burke's childhood growing up under the shadow of an absent father and a mother debilitated by drug addiction was marked by neglect and poverty. Despite these fractured beginnings, she forges a triumphant path out of Detroit and into fashion's C-Suite. After ten years of therapy, she believes her healing journey is complete.

When she discovers a photograph of the car accident that she believes altered the course of her early life, Burke is forced to confront the parts of her childhood she had avoided. This discovery sparks a four-year immersion into neuroplasticity, epigenetics, the impact of adverse childhood experiences on early brain development and ultimately, why some of us remain stuck in past trauma while others experience Post Traumatic Growth. She dives headfirst into an exploration of her trauma, grappling with the enduring grip of the past on the present and the mind's influence over the body.

More than a story of personal triumph, OF MY OWN MAKING is a soulful and scientific exploration of the power to shape one's destiny. In facing the stark reality of her past, Burke reminds us that every moment demands a choice, and that we owe it to ourselves to reparent our inner child and reclaim the lives we deserve.

Burke's lyrical account of a life lived with courage and intention offers an empathetic and hard-won perspective on the nature versus nurture debate and the power of acceptance. Part memoir, part methodology, it is a fearless rallying cry inspiring us to excavate and examine the stories that define our lives. Ultimately, the narratives that we craft with our own hands are the only ones that matter.

Daria Burke is an award-winning business leader, board director, investor, speaker, and advisor. Her creativity and impact have been recognized by Women's Wear Daily, Adweek, Forbes, Vogue, the CFDA, Town &Country, the Cut, and NYLON Magazine. She has written for Fast Company, The Huffington Post, Black Enterprise, and has appeared on The Today Show, The Melissa Harris-Perry Show on MSNBC and numerous podcasts. She is a graduate of the University of Michigan and the New York University Stern School of Business. Burke lives in Los Angeles and East Hampton.

Nonfiction

WHAT'S GOING RIGHT

How to Build Mental Health in (and for) The Real World

By Dr. Paul Conti

A paradigm-shifting optimistic take on mental health by leading psychiatrist and author Dr. Paul Conti, based on his hugely popular podcast series hosted with Andrew Huberman on *The Huberman Lab*.

Inside each one of us is a powerful desire for balanced mental health. Dr. Conti refers to this as the "generative drive." It is our pursuit of peace and contentment. You can never have too much peace and you can never have too much contentment.

In our busy, high-performing lives, we often find ourselves disconnected from this generative drive and overfocused on two competing drives: a drive for pleasure and a drive for aggression. A toxic pursuit of pleasure can look like drinking too much or making bad decisions. An overly assertive aggression drive can turn to negative self-talk that leads to anxiety and shame or an inability to get along with others that leads to loneliness.

Dr. Conti offers readers a proven offramp from these toxic pursuits of pleasure and aggression and an onramp toward a joyful life reconnected to their generative drive. He gives readers back their emotional power and agency to reach their fullest potential without burning out. And his unique and proven approach bolsters the outcomes of traditional medicines and therapeutic practices.

- UK/Commonwealth rights preempted by Ebury in a six figure deal!
- Dr. Conti's first book, TRAUMA: The Invisible Epidemic, sold in 19 territories!

Paul Conti, MD is a celebrity-endorsed psychiatrist, renowned author and President of Pacific Premier Group PC, a comprehensive mental health clinic that provides therapy, coaching, and consulting services to individuals, families, and businesses in the United States and abroad. Dr. Conti graduated from The University of Pennsylvania and Stanford University School of Medicine. He completed his residency at Stanford and Harvard, where he served at the latter as Chief Resident. He has been featured on top podcasts with industry-leading hosts such as Peter Attia, Tim Ferriss, Andrew Huberman, Mel Robbins, Lex Fridman, Whitney Cummings, Tom Bilyeu, Rich Roll, Danica Patrick, and others.

ON SUBMISSION (NA)
Ebury (UK)

Format: Proposal

Rights Sold:
Bookzone – Romanian

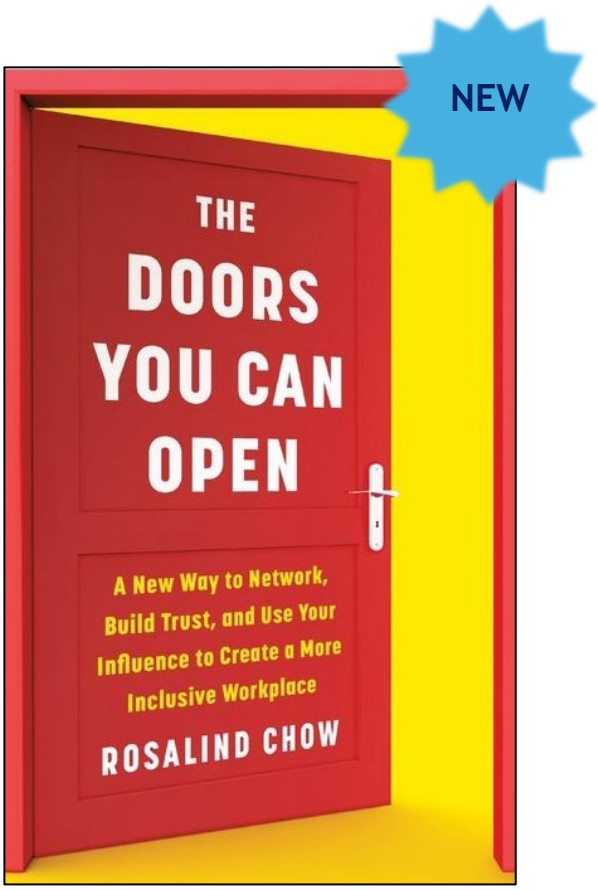
Previous Publishers:
Hena Com – Croatian
Ten Have – Dutch
Editions Tredaniel – French
VAK – German
Edesviz – Hungarian
Kanki – Japanese
Prunsoop – Korean
Alma Littera – Lithuanian
Kobeice – Polish
Sextante – Br. Portuguese
20|20 Editora – Portuguese
AST – Russian
Publik Praktikum – Serbian
Planeta – Spanish
Turkish – Okuyan Us Yayinevi

Nonfiction

THE DOORS YOU CAN OPEN

A New Way to Network, Build Trust, and Use Your Influence to Create a More Inclusive Workplace

By Dr. Rosalind Chow



Public Affairs (NA)
April 2025

Format: Manuscript

A pioneering professor of organizational behavior at Carnegie Mellon argues that we must move beyond the standard mentorship model to embrace sponsorship, where we use our social networks and political capital on behalf of others.

Conventional wisdom tells to get ahead by extracting value from our social connections. But according to Dr. Rosalind Chow, this notion is both antiquated and useless in our society and workplace.

To increase the number of women and BIPOC employees in our organizations, particularly in senior roles, we need *sponsorship*, not mentorship. Sponsorship involves managing others' impressions or beliefs about a protégé or colleague. Our social networks can and should be used *on behalf of others*. And it helps us too. When we share information, elevate others and connect people with the help they need, our network becomes more equitable and more effective.

Based on decades of original research analyzing social hierarchies, corporate environments, and gender and race relations, THE DOORS YOU CAN OPEN makes a bold case for changing the way we network, empowering readers to cultivate more authentic supportive, diverse, and meaningful relationships.

Dr. Rosalind Chow is an associate professor of Organizational Behavior and Theory at Carnegie Mellon University. Chow is the founding faculty director for the Executive Leadership Academy (ELA), an executive leadership program aimed at addressing the challenges facing the advancement of Black leaders in Pittsburgh, PA. Chow's research is published in top psychology and organizational behavior journals and featured in articles in the *Harvard Business Review* and the *MIT Sloan Management Review*. She is a consultant and speaker for a variety of organizations, such as BNY Mellon Bank, Genentech, Intel, PNC Bank, the WNBA, and others.

https://www.rosalindchow.com/

Nonfiction

NEVER DATE A BROKE DUDE

& Other Essential Rules for Navigating Romance, Finance and Life

by Pattie Ehsaei

From the creator behind "The Duchess of Decorum" TikTok (nearly 1m followers and over 7.1m likes), comes an essential guide to managing finances, dating advice, careers, and everything in between.

No two forces impact happiness and agency in life more than romantic relationships and finances. Even now, the modern woman is still at risk of losing control of her finances, and therefore her future, in one of three ways: 1) she never learns how to properly budget or invest because she believes that she somehow just won't be good at it; 2) she lets her boyfriend or husband manage their joint finances because "men know more about these things"; or 3) she achieves financial freedom or success only to throw it all away "for love" by supporting some broke dude—meaning a guy who's not only lacking the income but the effort to be her equal.

Pattie learned at a young age that whoever controls your money, controls you. A lawyer by trade, and former SVP of Mergers and Acquisitions at a major national bank, she has built her platform giving frank, hands-on advice to her followers via her TikTok, podcast and keynotes.

The lessons you'll find in this book are born out of some of the most common questions Pattie has answered for her audience, such as:

- Hope is Not a Strategy
- A Proposal is Not a Life Goal
- You Can't Afford That Purse
- You Need Credit—and You Need to Put Down the Credit Card
- You're a Better Investor That He Is
- Don't Call It "Helping" With the Housework
- Never Merge Accounts
- Never Change Your Last Name
- "Bossy" Is a Compliment
- Apply for the Damn Job
- And, of course: Never Date a Broke Dude

Known as "The Duchess of Decorum" by her 985K+ TikTok followers, **Pattie Ehsaei** has established herself as one of the platform's leading financial experts. A lawyer by trade and currently a Senior Vice President of Mergers and Acquisitions Lending for a major national bank, Pattie created her TikTok account as a way to provide education, advice, and techniques to help young folks, especially women, navigate work, finances, social settings, and more.

Hachette/Grand Central (NA)
May 2025

Format: Manuscript

Nonfiction

HARDER, BETTER, STRONGER

The Ultimate Guide to Optimizing Men's Sexual Health

By Dr. Rena Malik

From board-certified urologist, surgeon, sexual health expert, and YouTube phenomenon (with over 2 million subscribers) comes the ultimate sexual health guide for men, and their partners. In the vein of COME AS YOU ARE by Emily Nagoski and SHE COMES FIRST by Ian Kerner.

When Dr. Malik first started her YouTube channel, she envisioned it as a simple (and general) patient resource, not a go-to hub for information about the most taboo and sensitive topics. What quickly became apparent to her was that many people (especially men) were suffering silently with unanswered questions, specifically about their sexual wellbeing.

HARDER, BETTER, STRONGER is the next step in her mission to provide much-needed sexual health resources and education to all who seek it. Dr. Malik will walk readers through the basics of penis anatomy and the science of stronger and healthier erections, offer tips for pleasuring your partner, and provide practical guidance for improving sexual health and performance at any age. In her signature unabashed but informative voice, HARDER, BETTER, STRONGER will fill the much-needed gap in the health space for a go-to resource for all things men's sexual health.

Hay House
2027

Format: Proposal

Rights Sold:

Brazilian Portuguese - Intrinseca

- Sold in a major mid-six-figure deal in the US at action
- Sold in a pre-empt in Brazil
- 2 million subscribers on YouTube, with over 350 million views

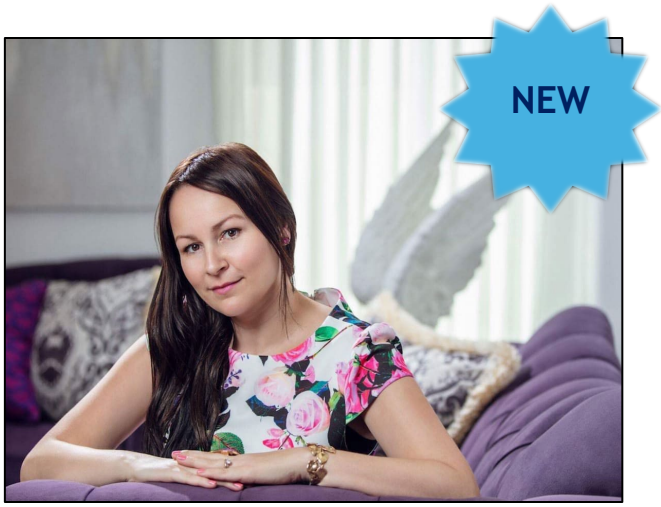
Dr. Rena Malik is a board-certified urologist with a million-strong social media following and a talent for dispelling medical misinformation with wit and charm. After earning her medical degree at the NYU School of Medicine, Dr. Malik completed urologic residency training at the University of Chicago and fellowship at the University of Texas at Southwestern Medical Center. But it was during her fellowship that Dr. Malik truly found her calling using social media to educate the masses on sexual and urologic health. With over 350 million views and 2 million subscribers, her YouTube channel Rena Malik, M.D. has become a go-to destination for frank, evidence-based discussions of taboo

Nonfiction

DEAR UNIVERSE 365

Daily Mini-Meditations to Manifest Your Dreams

By Sarah Prout



From the author of the internationally beloved DEAR UNIVERSE and BE THE LOVE, comes DEAR UNIVERSE 365, offering readers a daily mini-meditative prompt for a more mindful and peace-filled routine.

Structured around twelve key themes (one for each month) the book will take the reader through a year of growth, manifestation, and achievement of their dreams, through personal stories, inspirational quotes, and a "Dear Universe …" mini meditation prompt from Sarah herself for each day.

Building off the success of DEAR UNIVERSE, DEAR UNIVERSE 365 will take the reader on a journey to understand their own hidden, untapped power and will offer a daily guide to embracing emotions and creating a more fulfilled life, regardless of what the day holds.

Harvest
Piatkus
October 2025

Format: proposal

Praise for previous title DEAR UNIVERSE:

"DEAR UNIVERSE is a wonderful resource filled with techniques and wisdom to bring you greater happiness and emotional well-being. Sarah Prout's unique approach is refreshing and inspiring."
- Marci Shimoff, #1 *NYT* bestselling author of CHICKEN SOUP FOR THE WOMAN'S SOUL

"DEAR UNIVERSE is an insightful reminder of the power of emotional responsibility, Sarah Prout reminds readers how to create courage, connection, greatness and compassion in their lives."
– Lewis Howes, *NYT* bestselling author of THE SCHOOL OF GREATNESS and THE MASK OF MASCULINITY

Previous publishers:

Arabic – Al Rewaq Publishing

French - Editions Trédaniel

Portuguese – PRH Portugal

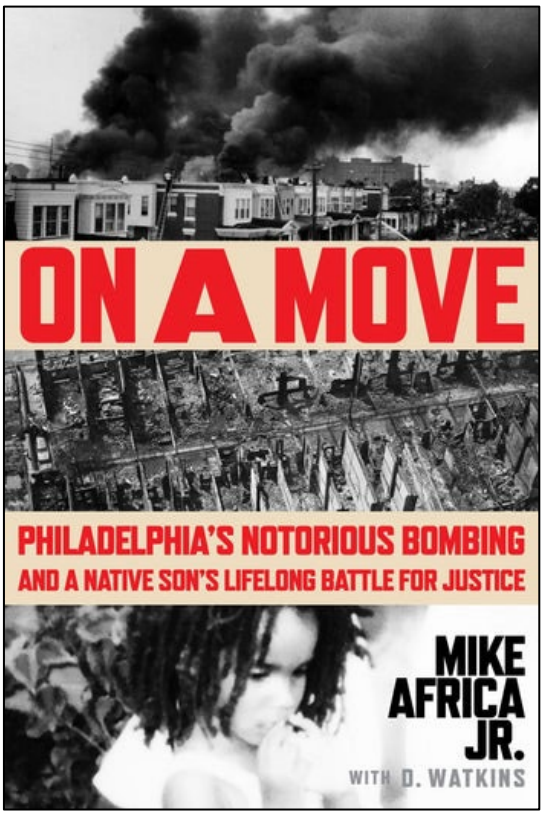
Inspirational speaker and emotional empowerment expert, **Sarah Prout** runs a successful spiritual lifestyle brand alongside her husband. Named a "Manifestation Guru" by Cosmopolitan Magazine, Sarah is an award-winning entrepreneur, podcast host, bestselling author, and mother of four. She is the author of the bestselling book DEAR UNIVERSE: 200 Mini-Meditations for Instant Manifestations.

Nonfiction

ON A MOVE:

Philadelphia's Notorious Bombing and a Native Son's Lifelong Battle for Justice

By Mike Africa Jr.



Mariner Books (NA)
August 2024

The riveting, insider's account of the day Philadelphia police firebombed a black neighborhood, and a portrait of the revolutionary Black civil liberties organization targeted that day - told by the man who grew up in the remnants of the movement.

Before police dropped a bomb on a residential neighborhood on May 13, 1985, few outside Philadelphia knew a Black-led peace organization had taken root there. Founded in 1972, MOVE's mission was to protect all forms of life from systemic oppression.

But in MOVE's lifestyle and in their advocacy for black Philadelphians, city officials saw a threat to the status quo. In 1978, MOVE clashed with police, leading to the unjust imprisonment of nine members, including Mike's parents. Six years later, the city bombed their west Philly headquarters and in the the resulting fire, eleven people were killed, including five children.

ON A MOVE is the first history of MOVE from someone within the organization. But it is not just a tragedy; it is also an unimaginable story of injustice and resilience. It is about coming-of-age as an activist, the strong ties of family, and, against all odds, learning how to take indignities on the chin and to work within the very system that created them. At once a harrowing memoir and an impassioned examination of racism and police violence, ON A MOVE testifies to the power of love and hope, in the face of astonishing wrongdoing.

Praise for ON A MOVE

"Passionate and unflinching… this impactful memoir isn't easily forgotten." - *Publishers Weekly*

"A memorable portrait of a little-understood movement and its founders." - *Kirkus Reviews*

"Well written and moving." - *Library Journal*

Mike Africa Jr. is a sought-after speaker, performer and writer who has been featured in *The New York Times, The Washington Post, NPR, Salon,* and *The Guardian* and he starred in the HBO documentary "40 Years a Prisoner."

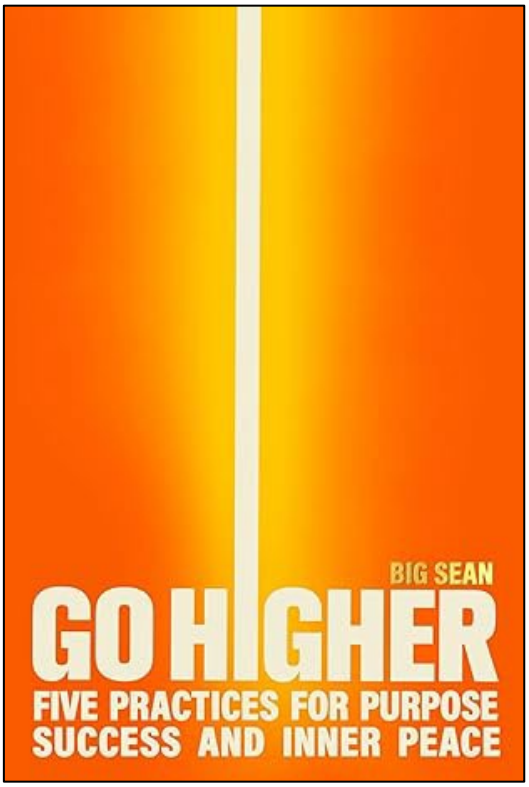
Nonfiction

GO HIGHER

Five Practices for Purpose, Success and Inner Peace

by Sean “Big Sean” Anderson

with a foreword by Jay Shetty



Simon Element (WE)
January 2025

Format: Manuscript

Rights Sold:
Latvian – Zvaigzne ABC

Multi-platinum artist, entrepreneur, and philanthropist, Big Sean shares his five key practices for inner work and self-acceptance in this interactive guidebook to maintaining daily mental wellness.

Sean Anderson, better known as Big Sean, has reached incredible success in his music career. And while, from the outside, his life looks like a collection of enviable achievements, in truth, he has experienced the highest highs and the lowest lows that come with anxiety and depression.

At the age of eighteen, Sean decided to forgo college to sign with Kanye West’s record label. Even though he saw his wildest dreams coming true, he found himself contemplating taking his own life. In his darkest moments, he started applying the spiritual practices he’d witnessed his mother embrace throughout his childhood, beginning a journey of inward reflection, self-acceptance, and continual work to become the best version of himself every day.

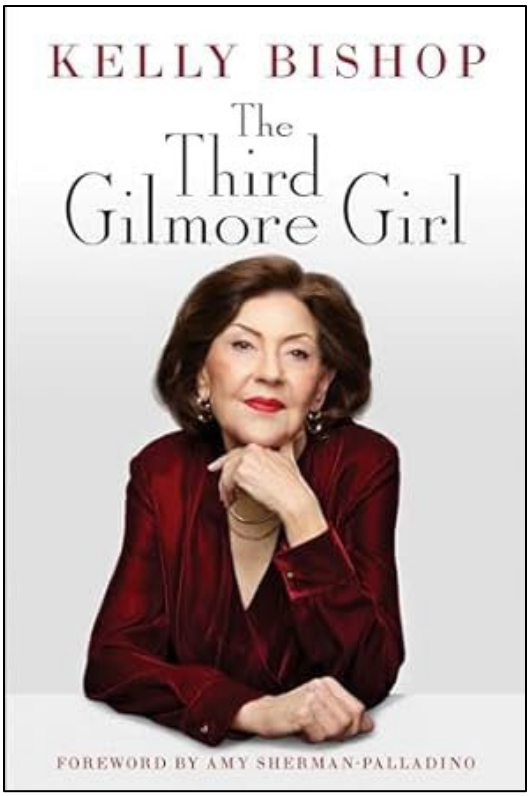
Now, Sean walks readers through the five practices—accepting, strategizing, trying, trusting, and manifesting—that have given him the skills and confidence to become the beloved father, musician, and man that he is today. Filled with step-by-step instructions—journaling, agreements, affirmations, meditations, and prompts to guide you on your own journey of self-reflection—GO HIGHER is a spiritual guidebook for our times, proving that investing in yourself isn’t something that drains your energy, but is something that gives you the energy to reach your fullest potential.

- Sold at auction for seven figures!

Sean Anderson “Big Sean” is a multi-platinum artist, entrepreneur, philanthropist and father. Beyond selling out worldwide tours and starring in films on Netflix, he also runs the Sean Anderson Foundation, which assists in the education, health, safety, and well-being of school-age youth and their families, and works with organizations like *Moguls In The Making* and *Black & Positively Golden* to expand the conversation around self-care. He lives in Los Angeles with his partner, Jhene Aiko, and their newborn son.

Nonfiction

THE THIRD GILMORE GIRL
By Kelly Bishop



Gallery Books (WE)
September 2024

Rights Sold:
German – MVG

A candid and captivating memoir from award-winning and beloved actress Kelly Bishop, spanning her six decades in show business from Broadway to Hollywood with "A Chorus Line", "Dirty Dancing", "Gilmore Girls", and much more.

Kelly Bishop's long, storied career has been defined by landmark achievements, from winning a Tony Award for her turn in the original Broadway cast of "A Chorus Line" to her memorable performance as Jennifer Grey's mother in "Dirty Dancing". But her iconic role as matriarch Emily in the modern classic "Gilmore Girls" cemented her legacy.

Now, Bishop reflects on her remarkable life and looks towards the future with THE THIRD GILMORE GIRL. She shares some of her greatest stories and the life lessons she's learned on her journey. From her early transition from dance to drama, to marrying young to a compulsive gambler, to the losses and achievements she experienced—among them marching for women's rights and losing her second husband to cancer—Bishop offers a rich, genuine celebration of her life.

Full of witty insights and featuring a special collection of personal and professional photographs, THE THIRD GILMORE GIRL is a warm, unapologetic, and spirited memoir from a woman who has left indelible impressions on her audiences for decades and has no plans on slowing down.

- An instant *New York Times, USA Today, Indie, Toronto Star* and *Globe & Mail* bestseller!
- With a foreword by Amy Sherman-Palladino, the creator of "The Gilmore Girls"

Praise for THE THIRD GILMORE GIRL:
"A definitively dishy read, written with warmth and refreshing frankness."
– *Library Journal*

"Kelly Bishop is a remarkable person with remarkable stories to tell. I cherish every long lunch and late work night I've ever had with her... This book feels like one of those special encounters—it's a satisfying conversation with a treasured friend."
- Lauren Graham, *NYT* bestselling author of TALKING AS FAST AS I CAN

"Bold, unapologetic, and inspiring, Kelly tells her story exactly as she lives her life. On her own terms. Gee…I wish I could be like her when I grow up."
- Sutton Foster, Tony Award-winning actress

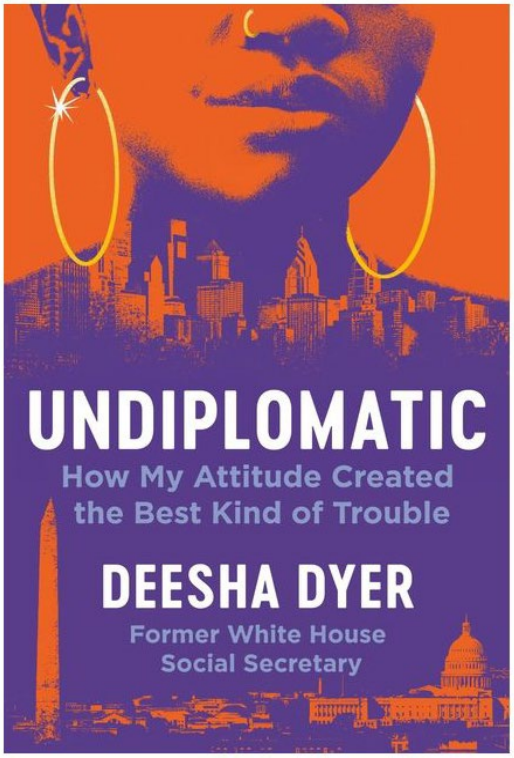
Kelly Bishop is a dancer and actress best known for her roles as matriarch Emily Gilmore in the beloved Emmy Award–winning show "Gilmore Girls" and as Marjorie Houseman in the hit film "Dirty Dancing". Born in Colorado Springs in 1944, Bishop first moved to New York at age eighteen to pursue a career in ballet. Her breakthrough performance originating the role of Sheila Bryant in the iconic musical "A Chorus Line" earned her a Tony as well as a Drama Desk Award. Bishop's onscreen credits include "Six Degrees of Separation", "Law & Order: SVU", "The Good Wife", "The Marvelous Mrs. Maisel", and others. She lives in New Jersey.

Nonfiction

UNDIPLOMATIC

How My Attitude Created the Best Kind of Trouble

By Deesha Dyer



Hachette/Legacy Lit (NA)
April 2024

From the most unlikely person to end up as a senior official to President Barack Obama and First Lady Michelle Obama comes a candid, incredible and inspiring story about combating self-doubt to thrive on top of the world.

Moved by the election of the country's first Black president, Deesha Dyer applied for a White House internship in 2009 as a thirty-one-year-old part-time community college student. There, in spite of the little voice in her head telling her she didn't belong, Deesha thrived and rose to the highly coveted role of White House social secretary, giving her a front row-seat to executing events that communicated defining moments in history while curating some of the flyest parties 1600 Pennsylvania has ever seen.

Now, with humor and realness, she peels back the curtain, revealing how imposter syndrome threatened her self-esteem, proven aptitude, and survival until she realized that it was neither her fault nor her responsibility.

In this vivid portrayal of the personal impact of the Obama presidency, Deesha shares her road map from imposter to impact, inviting readers on a journey of self-discovery, overcoming self-doubt and unearthing self-love. Uplifting, funny and candid, Deesha's story shows you how to embrace your authenticity at all costs, and the joy and freedom that awaits on the other side.

Praise for UNDIPLOMATIC:

"Smart, funny, and endlessly inspirational." – Michelle Obama

"Deesha delivers her captivating story with candor and courage."
– Susan E. Rice, former Ambassador to the United Nations

"UNDIPLOMATIC is powerful, smart, and very funny."
– Senior White House Advisor and *NYT* bestselling author Dan Pfeiffer

Deesha Dyer is an award-winning strategist, community organizer, and executive operations expert. She specializes in transforming ideas into causes that create tangible change. For nearly two decades, she has produced social-impact campaigns across entertainment, politics, philanthropy and business.

@DeeshaDyer **@deedyer267**

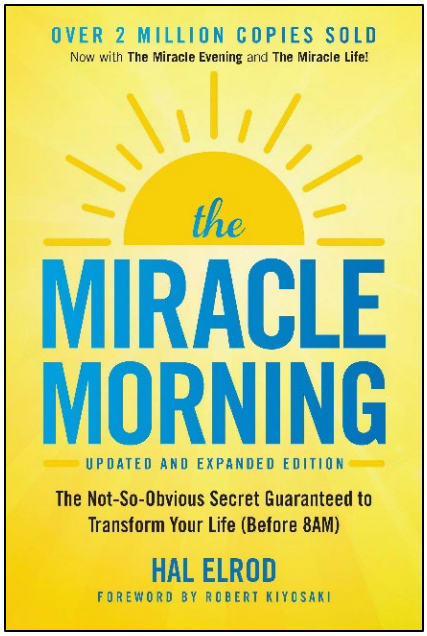
Nonfiction

Updated and Expanded Edition - With a foreword by Robert Kiyosaki

THE MIRACLE MORNING

The Not So Obvious Secret Guaranteed to Transform Your Life (Before 8am)

by Hal Elrod



A brand-new edition of the book that created a global phenomenon and a lifelong community of followers, updated with two never before seen bonus chapters, and success stories from the *Miracle Morning* community themselves.

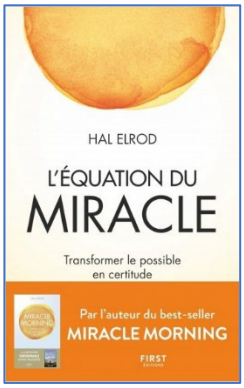
What if you could miraculously wake up tomorrow and any—or every—area of your life was transformed? Which of your problems would you solve? Would you seek to be happier? Healthier? More successful? What would you envision to be different? What if I told you that real people are experiencing tangible change every day simply by adjusting the way they wake up in the morning?

THE MIRACLE MORNING is a morning routine that can take anywhere from 6 minutes before coffee for a busy parent to 60 minutes for the devoted reader who is facing a big challenge. Created ten years ago by Hal Elrod, the MIRACLE MORNING is already practiced by millions of people around the world. In this revised edition, Hal also teaches you how to close out your day following the "Miracle Evening" practice, achieving balance, and resetting for the next day; and teaches you how to live "The Miracle Life" – showing the reader the clear path to achieving true fulfillment by experiencing life exactly as you *choose*. In these crucial new chapters, Hal will help his millions of readers create an internal shift in their minds by choosing acceptance, gratitude, and positivity. "The Miracle Life" is the true end goal state, to finding your own happiness and the culmination of Hal's inspiring mission. It is a state of inner freedom and a determination to live with purpose and intention every single day.

With updates throughout the book and never-before-seen material, this will be *the definitive edition* for *The Miracle Morning's* legions of fans worldwide.

- Over 2 million copies sold
- THE MIRACLE MORNING was a bestseller in the UK, France, Brazil, and Korea!

THE MIRACLE MORNING around the World



Benbella
Simon & Schuster Canada
John Murray
December 2023

Rights Sold:

Bengali - Asharh
Brazilian Portuguese – Bestseller
Dutch – Kosmos
French – Editions First
Finnish – Viisas Elama
German – Irisiana
Gujurati - Manjul
Hindi – Manjul
Indonesian – Berkah Sejahtera
Italian - Macro
Japanese – Daiwa Shobo
Kazakh – Steppe & World
Korean – Hanbit Biz
Lithuanian - Eugrimas
Mongolian - Grandbook
Portuguese – Bertrand
Russian – Mann, Ivanov & Ferber
Spanish – Planeta
Thai – Bee Media
Vietnamese - AlphaBooks

Nonfiction

WHAT WE VALUE:
The Neuroscience of Choice and Change
by Dr. Emily Falk

An award-winning University of Pennsylvania neuroscientist reveals the hidden calculations that shape our daily decisions—and how to make more fulfilling, impactful choices in our work, relationships, and lives.

Why is it so hard to stick with the choices we want to make? We decide to be healthier, but we snack all afternoon. We resolve to prioritize family time, but we end up working late into the evening. Change is hard - even when we really want, or need, to make it.

In this book, award-winning brain researcher Emily Falk explores the cause of this dilemma - and how to overcome it. There is a disconnect between our biggest and most important goals and what our brains often prioritize in our daily decision-making. Learning to bridge this gap allows us to make different choices, and inspire others to do the same. Combining cutting-edge science with practical insight, this book shows how we can work more strategically *with* the value calculations in our brains to embrace new activities and behaviors, connect more meaningfully with others, and become more effective and innovative leaders.

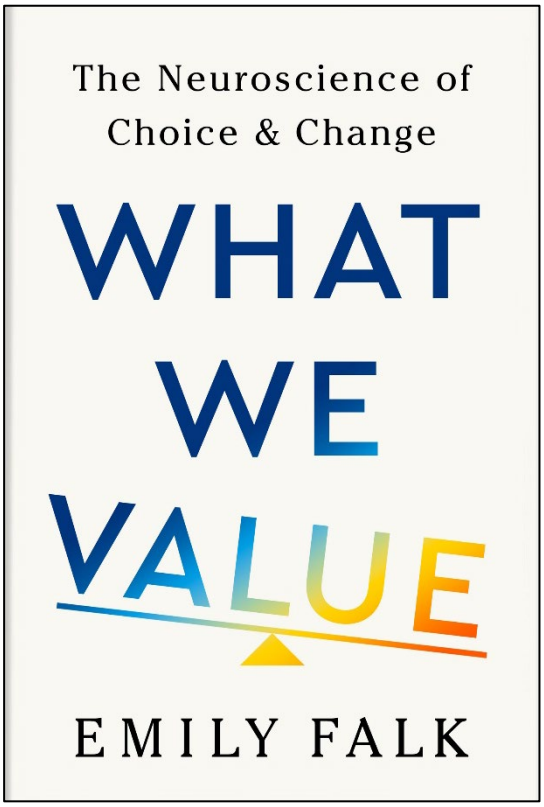
This is a groundbreaking guide to finding new possibilities in our daily choices - and the lives we ultimately make with them.

Early Praise for WHAT WE VALUE:
"It is the best blending I have seen of important behavioral and neuroscience evidence."
—Robert Cialdini, bestselling author of INFLUENCE

"Filled with cutting edge science and riveting stories, WHAT WE VALUE will help you better understand how you make decisions, and equip you to make them more wisely."
—Jamil Zaki, author of HOPE FOR CYNICS

"A captivating must-read for anyone who aspires to learn and grow."
—Katy Milkman, bestselling author of HOW TO CHANGE

Emily Falk is a professor of communication, psychology, and marketing at the University of Pennsylvania, where she also directs the Communication Neuroscience Lab and serves as associate dean for research at the Annenberg School for Communication. Her work on the science of attitude and behavior change has been widely covered in the popular press and recognized with numerous awards, including early career awards from the Social & Affective Neuroscience Society and the Association for Psychological Science, the National Institute of Health Director's New Innovator Award, and more. She lives in Philadelphia.



W.W. Norton
Profile
April 2025

Format: 1st Pass Pages

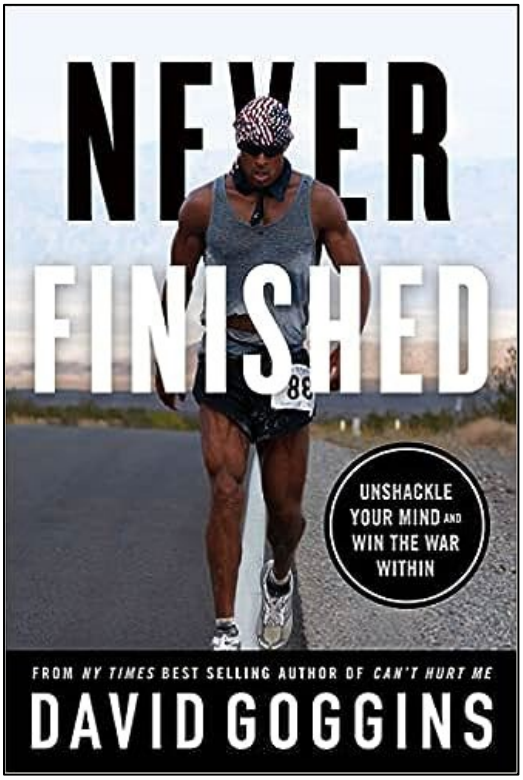
Rights Sold:
Chinese (Simplified) – CPTH
Japanese - Hayakawa
Korean – Influential
Br. Portuguese – Globo

Nonfiction

NEVER FINISHED

Unshackle Your Mind and Win the War Within

by David Goggins



The inspirational story of overcoming adversity, pushing past pain, and reaching your full potential continues from international icon and *New York Times* bestselling author David Goggins. Having sold over 1 million copies, NEVER FINISHED is the breathtaking follow-up to CAN'T HURT ME.

This is not a self-help book. It's a wake-up call!

CAN'T HURT ME, David Goggins' smash hit memoir, demonstrated how much untapped ability lives within every individual. But it was merely the introduction to the power of the mind. In NEVER FINISHED, Goggins takes you inside his "Mental Lab", where he developed the philosophy, psychology, and strategies that enabled him to learn that what he thought was his limit was only his beginning and that the quest for greatness is unending.

The stories and lessons in this raw, unflinching memoir offer the reader a blueprint they can use to climb from the bottom of the barrel into a whole new stratosphere that once seemed unattainable. Whether you feel off-course in life, are looking to maximize your potential to break through your so-called glass ceiling, this is the only book you will ever need.

- Instant *New York Times* bestseller
- CAN'T HURT ME has sold over five million copies; NEVER FINISHED has sold one million copies
- CAN'T HURT ME was a bestseller in Brazil, Italy, Germany, Korea, Poland, Portugal and The Netherlands

David Goggins is a retired Navy SEAL and the only member of the U.S. Armed Forces ever to complete SEAL training, U.S. Army Ranger School, and Air Force Tactical Air Controller training. Goggins is the author of the *NYT* bestselling CAN'T HURT ME and NEVER FINISHED. Goggins has competed in more than sixty ultra-marathons, triathlons, and ultra-triathlons, setting new course records and regularly placing in the top five. He is a much-sought-after public speaker who's shared his story with the staffs of *Fortune* 500 companies, professional sports teams, and hundreds of thousands of students across the country.

Lioncrest Publishing
December 2022

Rights Sold:

Brazilian Portuguese – Sextante
Croatian - Budilnik
Danish - Memoris
Dutch – Kosmos
French – Robert Laffont
German – MVG
Hungarian - HVG
Italian – Vallardi
Polish – Galatyka
Portuguese – Lua de Papel
Romanian - Litera
Slovak – Motyl
Ukrainian – Nash Format

Nonfiction

BREAKING BIAS

Where Stereotypes & Prejudices Come From—and the Science-Backed Method to Unravel Them

By Anu Gupta

For readers of CASTE and HOW TO BE AN ANTIRACIST, a page-turning deep-dive into how bias is learned—and a strikingly original and highly effective set of tools to un-learn it.

Drawing on two decades of original research and experience training thousands of students, scientist, educator, and lawyer Anu Gupta, has written a comprehensive and compelling guide to understanding and unlearning conscious and unconscious biases.

Blending ancient Buddhist wisdom with modern scientific evidence, Anu takes us on a deep-time journey to explore human identities and identity-based biases and to recognize that breaking bias is the key to unlocking multiple crises in our world—from racism, sexism, and classism to burnout, loneliness, and climate change.

But BREAKING BIAS goes beyond the history of bias to offer actual training in how to reduce bias, offering his signature PRISM (Perspective-taking, Prosocial-behavior, Individuation, Stereotype Replacement and Mindfulness) toolkit—a science-backed, somatically informed set of contemplative tools—to help us dismantle learned bias within ourselves and in the world around us, with probing questions and writing prompts that invite us to put these tools to use right from the start.

This book will train you to become more aware of and transform you're your daily life – it has the power the potential to transform the way we think and the way we live.

- With a Foreword by His Holiness the Dalai Lama

Early Praise for BREAKING BIAS:

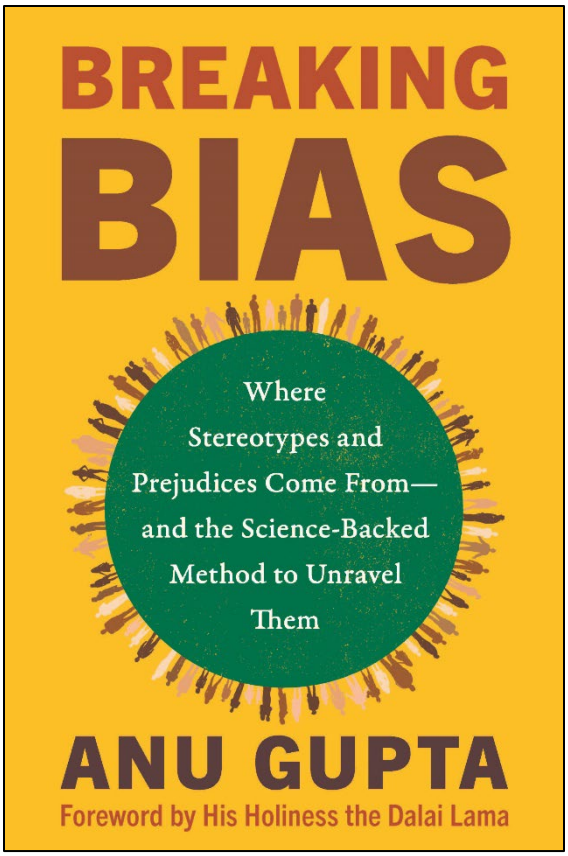
"Anu is the perfect guide to transform all biases in the modern world."
- Dan Harris, *NYT* bestselling author of 10% HAPPIER and host of the "Ten Percent Happier" podcast

"This timely book is a beacon of hope in our precious, hurting world."
- Tara Brach, Ph.D., bestselling author of RADICAL ACCEPTANCE

"A valuable and illuminating curriculum that will help not only with understanding bias but also ending it."
- Jack Kornfield, international bestselling author of A PATH WITH HEART and AFTER THE ECTASTY, THE LAUNDRY

"Weaving together insights from science, history, and awe-inspiring personal reflections, Anu Gupta gives us a powerful handbook for how to break bias from the inside out."
- Valarie Kaur, bestselling author of SEE NO STRANGER

Anu Gupta is a scientist, educator, lawyer, and the founder & CEO of BE MORE with Anu. He has appeared on the TED stage, and the Oprah Conversation, and his writing has been featured in *Newsweek*, *Fast Company*, *Harvard Business Review* and more.

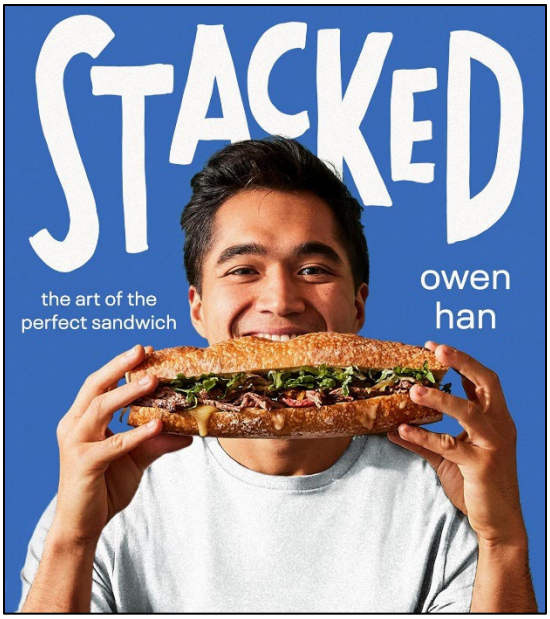


Hay House
Hay House UK
September 2024

Format: Manuscript

Nonfiction

STACKED
The Art of the Perfect Sandwich
By Owen Han



Harvest (NA)
October 2024

Format: Final PDF

Take your sandwich game to the next level with mouthwatering out-of-the-ordinary recipes from TikTok's reigning "Sandwich King" Owen Han.

Everyone loves a good sandwich, but when was the last time you had a GREAT one? Isn't it about time your turkey club got an upgrade?

Enter Owen Han, whose epic creations between bread have earned him millions of followers on social media. He's renowned for dreaming up modern twists to classic recipes (as with his Chipotle Chicken Philly) and working with global flavors inspired by his Italian and Chinese heritage. And in Owen's book, anything that can be stacked and held in your hand counts as a sandwich—from a taco to a bao to a wrap.

From Breakfast to Dessert Sandwiches, this collection showcases every type of sandwich under the sun (and then some). With easy-to-follow instructions and mouthwatering photos, Stacked is perfect for anyone looking to elevate their sandwich game. Get ready to experience sandwiches like never before with these one-of-a-kind, delicious recipes.

Early Praise for STACKED*:*

"Owen is a food star for a new generation. Getting to watch his growth on social media and see him cooking the most incredible sandwiches in person, has been amazing. He has a bright future, and I can't wait to try more of his creations from this book!"

- Gordon Ramsay

"Not unlike the perfect sandwich, STACKED layers complex flavors, experiments with tempting textures, and makes for mouthwatering photography. Stack up one of these recipes yourself to find out why Owen's illustrious reign as 'Sandwich King' is undisputed."

- Andrew Rea, author of *NYT* bestseller BASICS WITH BABISH

"Owen and I had an instant connection because of our Italian mothers and our love of great Italian food. He has quickly become a friend and I am so impressed with this debut cookbook. His Croque Madame makes me feel like I'm 22 in France again, the dream!"

- Giada De Laurentiis

"… the go-to cookbook that has everything you need to make your own mouthwatering creations."

— Nick DiGiovanni, Chef and *NYT* bestselling author of KNIFE DROP

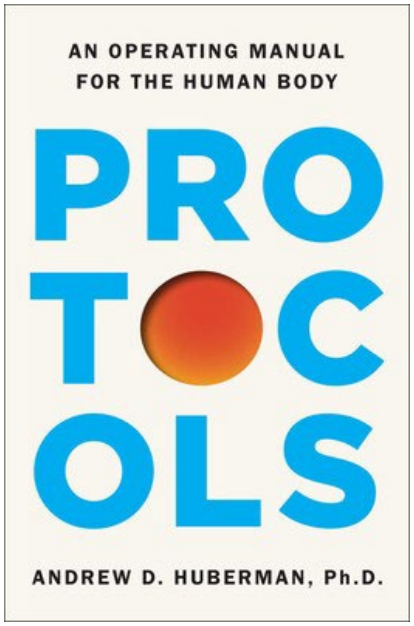
Owen Han is a culinary content producer, social media celebrity, and self-proclaimed professional eater based in Los Angeles. Owen has accumulated millions of followers and close to a billion views and impressions across his library of online sandwich-making content. He draws his inspiration for recipes from his Italian and Chinese heritage in conjunction with tireless research on what hungry people all over the world are craving.

First book from internationally renowned neuroscientist and host of the chart-topping podcast *Huberman Lab*

Nonfiction

PROTOCOLS

An Operating Manual for the Human Body
by Dr. Andrew Huberman



Dr. Andrew Huberman, host of the world's leading health podcast, *Huberman Lab*, and neuroscientist and tenured professor at Stanford School of Medicine, introduces PROTOCOLS, an essential guide to improving brain function, enhancing mood and energy, optimizing bodily health and physical performance, and rewiring your nervous system to learn new skills and behaviors that can transform your life.

PROTOCOLS provides simple, powerful, and evidence-based solutions to life's most common challenges. We can't always recover from extreme stress, fatigue, or depression by changing our mindset alone. The mind is just one part of the body, connected to everything else by the most complex and powerful technology in the universe; the nervous system. And recent scientific studies have revealed that we have much more control over the mind through physical inputs than previously thought. Just as the brain influences the body, the body can influence the brain.

Using cutting edge research in the biology of mindset and grit, and real stories from the top athletes, scientists and executives, Dr. Huberman will illustrate the life-changing power of hundreds of science-based tools and protocols, from breathing to visual exercises to food choices. Designed to improve your mental health, physical health, and performance, these guidelines are customizable, allowing you to adapt them to your specific needs.

With his clear and engaging style, Dr. Huberman explains the scientific principles behind each protocol and how they can deliver immediate, effective results. PROTOCOLS is your essential road map for achieving optimal health.

- The *Huberman Lab* is one of the most listened to podcasts in the world, reaching 1.25 million to 2 million listeners an episode. His social media following is massive, with 7 million followers on Instagram and 6 million subscribers on YouTube.
- Sold to Simon Element in a major deal!
- Immediately #1 on Amazon in All Books upon announcement!

Andrew Huberman, PhD, is a neuroscientist and tenured professor in the department of neurobiology, ophthalmology, and, by courtesy, psychiatry and behavioral sciences at Stanford School of Medicine. He has made numerous significant contributions to the fields of brain development, brain function, and neural plasticity. His laboratory at Stanford School of Medicine has published work in top journals such as *Nature*, *Science*, and *Cell* and in top media outlets like the BBC, *Time*, *Scientific American*, and *Discover*. In 2021, Dr. Huberman launched the *Huberman Lab* podcast. The podcast is often ranked in the global top ten and regularly ranks #1 in the categories of Science, Education, and Health and Fitness.

Simon Element (WE)
March 2025
Format: Proposal

Rights Sold:
Bulgarian - Ciela
Catalan - Columna
C. Chinese - CWM
S. Chinese - Citic
Croatian - Stilus
Czech - Host
Danish - Memoris
Dutch - Kosmos
Estonian - Rahva Raamat
French - Leduc
French (Canada) - Edito
German - Droemer Knaur
Greek - Athens Bookstore
Hebrew - Kinneret
Hungarian - Libri
Italian - Vallardi
Japanese - Soshisha
Korean - Maven
Latvian - Zvaigzne ABC
Lithuanian - Baltos Lankos
Norwegian - Kagge
Polish - Filia
Portuguese (Brazilian) - Intrinseca
Portuguese - Leya
Romanian - Litera
Slovak - Aurora
Slovenian - Primus
Spanish - Planeta
Swedish - Mondial
Turkish - Domingo
Ukrainian - Nash Format

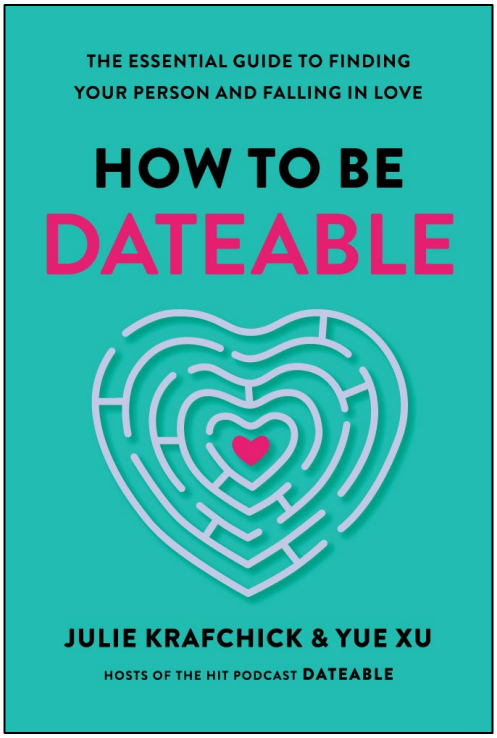
www.hubermanlab.com @hubermanlab @hubermanlab

Nonfiction

HOW TO BE DATEABLE

The Essential Guide to Finding Your Person and Falling in Love

by Julie Krafchick and Yue Xu



Simon Element (WE)
January 2025

Format: Manuscript

Break free from the traps of modern dating and learn how to take control of your love life in this practical, compassionate guide that will help you find your person and become your most dateable self.

Creators and hosts of the hit podcast "Dateable", Julie Krafchick and Yue Xu have made breaking down the nuances of the ever-evolving dating world, and empowering the people within it, their purpose and passion. Drawing on a decade of research, they've come to realize that everyone is dateable—it's just modern dating norms that keep us from falling in love.

Unlike other dating books, HOW TO BE DATEABLE isn't a playbook of rules to follow or methods to hack your love life. Rather, Julie and Yue have developed a dating archetype quiz that sorts you into different dating types: Achiever, Dreamer, Energizer, Maverick, and Thinker. Then, they'll teach you how to break free from the traps that so often get in your way of finding love.

Written with the knowledge of experts and the warmth of wise best friends, HOW TO BE DATEABLE will help you create a dating life filled with joy, fulfillment, extraordinary connections, and love.

Early Praise for HOW TO BE DATEABLE:
"An empowering read to help you find your person."
— Logan Ury, author of HOW TO NOT DIE ALONE

"HOW TO BE DATEABLE demonstrates clearly that you already have all the tools that you need to date successfully. This book will simply help you unlock them. A must-read for anyone hoping to find their person."
- Mark Groves, Human Connection Specialist, Author, Speaker, Coach, Podcast Host and Founder of "Create The Love"

"Given the complexities and challenges of today's modern dating landscape, confidence in dating skills is a must. With concrete tips and real-world examples, How To Be Dateable delivers on their promise to "stop falling for the traps" and "start falling in love."
- Alexandra H. Solomon, PhD, bestselling author of LOVE EVERY DAY, and host of the podcast, "Reimagining Love"

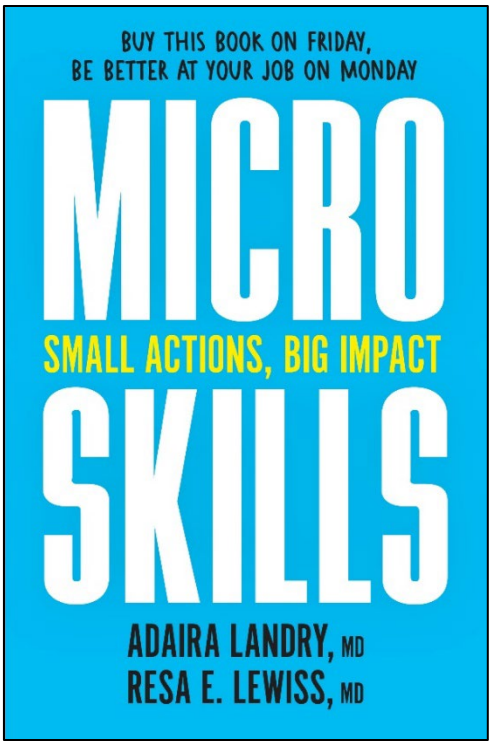
Julie Krafchick and Yue Xu are experts on dating, relationships, and connection in the digital world. They're the cohosts and creators of Dateable, which has been named one of the top podcasts about modern dating and relationships by The New York Times, HuffPost, Oprah Daily, and more. They are also the hosts and executive producers of the dating experiment show Exit Interview, an iHeartRadio limited series. Prior to Dateable, Julie worked in the Silicon Valley tech scene for over a decade, as a qualitative researcher and app designer with an emphasis on human-centered design. Yue shares her experience as a dating coach, working with clients all over the world, and her background as a TV host and producer.

Nonfiction

MICROSKILLS:

Small Actions, Big Impact

By Adaira Landry, MD MEd and Resa E Lewiss, MD



The promise of this book is simple: if you buy this book on Friday, you will be better at your job by Monday.

MICROSKILLS is built on one core, easy-to-learn principle: every big goal, complicated task, healthy habit, and, yes, even what we think of as character traits, can be broken down into small, learnable, skills that can be practiced, and incorporated in real-time. We call these "MicroSkills".

As award winning physicians, educators, and mentors Adaira and Resa have heard the gamut of challenges with navigating the workplace and both noted that once they'd learned a lesson, their main regret was not learning it sooner. MICROSKILLS is packed with the privileged information that you want delivered to you as efficiently as possible.

In MICROSKILLS you will learn:

- How to build your career without breaking yourself
- How to manage your task list to get work done
- How to build and maintain your professional reputation
- How to become a subject matter expert
- How to grow and nurture your network
- How to become a better communicator

Praise for MICROSKILLS:

"A friendly, practical guide filled with excellent advice, this book makes the ups and downs in professional life seem manageable. An excellent addition to career self-help collections." - *Library Journal*

"MICROSKILLS is more than just a book, it's a practical, evidence-based road map intertwined with real-life stories of leaders' journeys to being more productive and successful in the modern workplace."
- David G. Smith, PhD, and W. Brad Johnson, PhD, coauthors of GOOD GUYS: HOW MEN CAN BE BETTER ALLIES FOR WOMEN IN THE WORKPLACE

"A remarkably practical book, MICROSKILLS offers dozens of simple practices that will help anyone be more effective at work. It's a how-to-guide that spans the realms from verbal communication and compelling writing to relationship building, logistics simplification, and even self-care."
— Amy C. Edmondson, author of RIGHT KIND OF WRONG: THE SCIENCE OF FAILING WELL

Dr. Lewiss and Dr. Landry have spoken on stages like TEDmed, appeared as guests on popular business and education podcasts, and written for *Forbes*, *Fast Company*, *Nature*, *Science*, and *The Harvard Business Review*. Their work has also been featured in *The New York Times*, *Slate*, *USA Today*, and more. Dr. Lewiss is a Harvard, UPenn, and Brown University trained ER Physician and Professor at Thomas Jefferson University Hospital, and Dr. Landry is an ER Physician and Assistant Professor at Harvard Medical School. Both award-winning mentors who have taught hundreds of students and physicians how to work effectively and efficiently when the stakes are high and the odds are unfavorable.

Hanover Square (NA)
April 2024

Rights Sold:

Brazilian Portuguese – Globo

Complex Chinese – Business Weekly

Simplified Chinese – CTPH

Korean – Prunsoop

Polish – Kobiece

Thai – B2S

Nonfiction

HOW TO DISAGREE BETTER

By Dr. Julia Minson

An exploration of the practice and power of receptiveness to soften disagreement and help us live kinder, richer, and more impactful lives from the Harvard psychologist who has pioneered the field. Think DIFFICULT CONVERSATIONS meets QUIET.

Few human endeavors are accomplished alone. To achieve anything of value or importance – in our families, our careers, or our communities – we must rely on (and put up with) other people. And in this wonderfully diverse world full of people with different experiences, personalities, and desires, disagreement is inevitable. Disagreeing comes naturally to us, but most of us only have vague notions about how disagreement should work. Disagreeing *well* by practicing receptiveness is a skill we all can learn — and one that is more rewarding than most readers can even begin to imagine.

Drawing on two decades of original research in the psychology of disagreement, Dr. Minson will share the power of signaling openness and arguing receptively to prevent disagreement from becoming conflict, and in the process, shatter the misconception that being receptive towards others means silencing ourselves. She will show readers the forces that make disagreement so painful, and how to avoid and counteract them. And she will teach readers how to leverage the decision-making and creativity-enhancing benefits of disagreement, helping us live a life of less conflict, but not less influence.

Avery
Orion Spring
Spring 2026

Format: Proposal

- Sold to Jacob Surpin and Tracy Behar at Avery at auction for seven figures!

Rights Sold:

Complex Chinese – Locus

Simplified Chinese – Booky

Dutch – Alfabet

Korean – Bookie

Ukrainian – Family Leisure Club

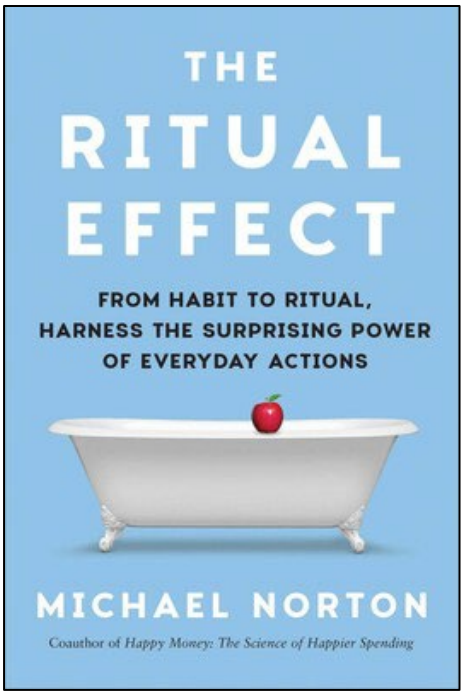
Julia Minson is an Associate Professor of Public Policy at the Harvard Kennedy School of Government, where she teaches popular courses on negotiations, conflict, and decision-making. She is a decision scientist whose primary line of research addresses the "psychology of disagreement." Prior to coming to the Kennedy School, Julia served as an Adjunct Lecturer at the Wharton School, University of Pennsylvania, where she taught Negotiations at both the MBA and the undergraduate levels. She received her PhD in Social Psychology from Stanford University and her BA in Psychology from Harvard University.

Nonfiction

THE RITUAL EFFECT

From Habit to Ritual, Harness the Surprising Power of Everyday Actions

by Michael Norton



Scribner
Viking UK
April 2024

In the tradition of bestsellers like THE POWER OF HABIT and GRIT, a renowned Harvard social psychologist demonstrates the power of small acts—and how turning habits into rituals can add joy and meaning to life.

Our lives are filled with repetitive tasks meant to boost productivity—what we know as habits. Over time, we do these activities automatically. But when we perform these habits mindfully—when we focus on the precise way an act is performed—we create a ritual. And as author and Harvard professor Michael Norton explains here, it's these rituals that make life worth living.

From fostering deeper relationships to comforting a speaker before a presentation, from savoring a meal to coping with grief, rituals produce an incredible array of psychological and emotional responses that are specific to whatever challenge we face. Countless successful entrepreneurs, politicians, athletes, and artists make effective use of rituals. Now, drawing on decades of original research, author Michal Norton reveals how shifting from a "habitual" mindset to a "ritual" mindset can both enhance performance and add meaning to your life.

Compelling, inspiring, and practical, THE RITUAL EFFECT takes us on a fascinating tour of the intention-filled acts that drive human behavior and shows us how to create simple rituals to imbue everyday life with a sense of purpose and joy.

- *SELF Magazine's* April Book of the Month

Praise for THE RITUAL EFFECT:

"A good-humored, gentle exhortation to transform the ordinary into the extraordinary and add a little magic to our lives." - *Kirkus Reviews*

"Brilliant… A really great guide to bringing meaning into the everyday."
– Philippa Perry, bestselling author of THE BOOK YOU WISH YOUR PARENTS HAD READ

"If you are looking for purpose, better family dynamics, or simply a happier life, Michael Norton just might be the answer."
—Arthur Brooks, bestselling author of FROM STRENGTH TO STRENGTH

"A masterclass… THE RITUAL EFFECT opens our eyes to the rituals we perform—and the ones we choose to create—which have the remarkable power to infuse the mundane with meaning and emotion."
—Angela Duckworth, bestselling author of GRIT

Michael Norton is the Harold M. Brierley Professor of Business Administration at the Harvard Business School. He has studied human behavior as it relates to love and inequality, time and money, and happiness and grief. His TEDx talk, *How to Buy Happiness*, has been viewed nearly 4.5 million times. He is a frequent contributor to such publications as *The Wall Street Journal*, *The New York Times*, and *Scientific American*, and has made numerous television, radio, and podcast appearances.

Rights Sold:
Arabic – Jarir Bookstore
Complex Chinese – BWP
Simplified Chinese – Guomai
Dutch – A.W. Bruna
German – HarperGermany
Hungarian – Bioenergetic
Italian – DeAgostini
Japanese – Hayakawa
Korean – Bookie
Polish – Publicat
Portuguese (Brazilian) – Bestseller
Portuguese – Porto Lisboa
Romanian – Litera
Russian – AST
Slovak – Citadella
Spanish – Paidos
Turkish – Altin
Ukrainian – Family Leisure Club

www.michaelnorton.com

Nonfiction

THE PROBLEM WITH PRETTY

Beauty, Bias, and the Surprising Science that Shapes Perception

By Allycin Powell-Hicks, Ph.D.

A ground-breaking examination of beauty, bias, and the science of how perception shapes our lived experience, especially for Black and brown women, from renowned life coach and body image expert. With actionable advice for taking back control and hacking perception, Dr. Ally will teach readers to reap the advantages of being perceived as more beautiful without changing who you are.

In her research and her direct coaching work with clients, Dr. Ally has seen just how possible it is to be treated as more beautiful, and even feel more beautiful, without changing our physical attributes. Perceptions of beauty are only partially informed by physical appearance. We have a lazy perceptual system that looks for patterns, and those patterns are often informed by a small visual cue and a lot of socially constructed assumptions. Knowing this, and the dominant assumptions, it's relatively easy to be perceived as pretty using simple visual cues that trigger "pretty" perception patterns (as detailed in this book).

Perhaps more important than hacking the perception of others, Dr. Ally outlines how to cultivate positive self-perception—which also has little to do with changes to your outward appearance. Her research has shown that when women felt more in control of their appearance, they felt more confident and rated themselves as more attractive, regardless of physical changes. In a separate study, she found that Black women who rated higher on feelings of closeness to their ethnic identity and culture also reported feeling more control over their appearance, resulting in higher confidence and less dependence on validation from mainstream beauty norms.

This is not a book about "how to be prettier." That's the last thing women need. As a Black woman who grew up in an affluent white neighborhood, and who has made her career in media, Dr. Ally knows too well the emotional costs of trying to fit into the dominant (white) narrative of what is considered pretty. She wants to help women escape that, for good.

THE PROBLEM WITH PRETTY is about bias, control, how perception shapes the experience of our lives, and what we can do about it.

Dr. Allycin Powell-Hicks is a Mental Health/Relationship Expert, television personality, and founder of the DOUX Consulting Group. Helping clients, couples, and corporations authentically align with themselves and their brands by using a blend of neuroscience and creativity is her true passion. Her research on minority women, cosmetic surgery, and the impact of media on body image has been presented at conferences around the world. Using this research, she directly impacts and improves the lives of others through workshops, radio, television articles, and hands-on coaching. She is a Lecturer at California State University Los Angeles, where she teaches gender psychology and the psychology of personality

Legacy Lit (WE)
2025

Format: Proposal

LOVE FINALLY
by Geneen Roth

From the *New York Times* bestselling author of WOMEN FOOD AND GOD comes an unparalleled look at eating disorders and generational trauma, for readers of Gabor Mate's THE MYTH OF NORMAL and Bessel van der Kolk's THE BODY KEEPS THE SCORE.

For decades, Geneen Roth has been a trusted voice on how women's emotional lives play out on their plates. Her unique approach to storytelling and decades of experience teaching women have helped countless women heal from emotional trauma to transform their relationship with food. Geneen is poised to speak to a new generation of readers who've been socialized by their mothers to struggle with their relationship to food and their own bodies, sometimes to the point of being traumatized.

In LOVE FINALLY, Geneen confronts her own outdated thinking on intuitive eating and examines how adverse childhood experiences (ACE) manifest themselves in how we eat. Drawing from her relationship with her mother and 40+ years leading workshops and retreats, her new "Conclusion Process" connects the dots between the beliefs we form from childhood trauma and the challenges with food, our relationships, and ourselves we face today.

Praise for Geneen Roth:

"Geneen Roth's early work pulled my sister out of the abyss of eating disorders. My gratitude and admiration for Geneen has deepened still… Geneen shows us how our individual body and food obsessions are directly linked to our collective oppression as women—and how getting free from our personal prisons is crucial to seeking liberation at every level." — Glennon Doyle, #1 *NYT* bestselling author of UNTAMED

"I've long admired Geneen Roth's approach to food and its place in our lives…she goes beyond food and shows the complex interconnection between our minds and the bodies we have the power to heal. Her insights and simple practices will help readers rediscover the power to live their most vibrant lives."
— Mark Hyman, MD, *NYT* bestselling author of EAT FAT, GET THIN

"Geneen's work will blow you away. It is beautiful and funny and deep, and most of all, she speaks the truth."
— Anne Lamott, author of GRACE (EVENTUALLY): THOUGHTS ON FAITH

Geneen Roth is the author of ten books, including the *New York Times* bestsellers WHEN FOOD IS LOVE, LOST AND FOUND, and WOMEN FOOD AND GOD, as well as THE CRAGGY HOLE IN MY HEART AND THE CAT WHO FIXED IT. She has been speaking, teaching groundbreaking workshops, and offering retreats for over thirty years.

The Dial Press (NA)
June 2026

Format: Proposal

Previous Publishers:

Dutch – Prometheus
French – Un Monde Different
German – Goldmann
Italian – DeAgostini
Lithuanian – Vaga
Polish – Swiat Ksiazki
Portuguese – Livros d'Hoje
Romanian – Adevar Divin
Spanish – Urano
Turkish – April

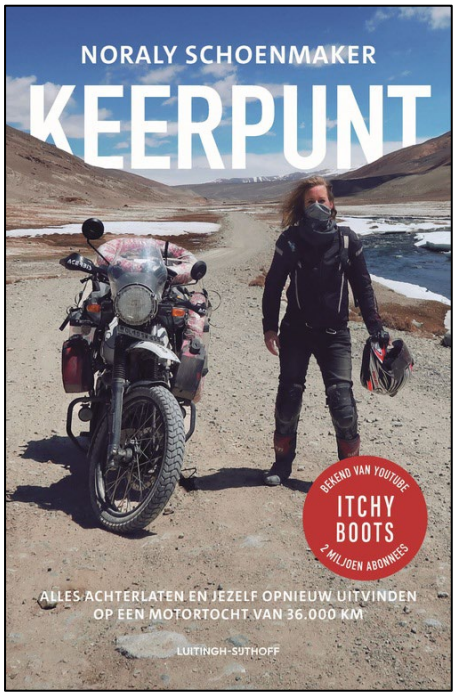
www.geneenroth.com **@geneenroth**

The bestselling memoir by the creator of the hit YouTube channel *Itchy Boots*

Nonfiction

FREE RIDE

Heartbreak, Courage, and the 20,000-Mile Motorcycle Journey That Changed My Life by Noraly Schoenmaker



Luitingh-Sijthoff (Dutch)
Atria (NA English)
2024

Format: Final Manuscript + Sample Translation

The debut memoir by the massively popular female adventure travelers and the creator behind the 2 Million follower YouTube account, *Itchy Boots*, taking readers behind the scenes of her first 20,000 mile motorcycle journey through the world's most remarkable and remote places.

In 2018, Noraly Schoenmaker quit her job, sold her house, and flew to India, planning to spend a year exploring before returning home. But an excursion on a rented motorcycle through the Himalayas changed her life forever—she had found a new obsession. Soon, she decided to purchase a motorcycle and a GoPro, and set off on more unconventional adventures.

When she first left Delhi, climbing mountain passes and crossing rickety wooden bridges into Myanmar, she had no idea that her journeys would come to surpass one-hundred-sixty-thousand kilometers (and counting) through sixty countries on five continents. All she knew was that on the back of her motorcycle, she felt instantly and profoundly free while riding.

FREE RIDE recounts Noraly's first twenty thousand miles from India to Southeast Asia, then the Middle East, Central Asia, and finally back through Russia and Europe to the Netherlands. More Bruce Chatwin, Cheryl Strayed, and *The Motorcycle Diaries* than Elizabeth Gilbert, TURNING POINT is a travel memoir like no other because Noraly is a traveler like no other.

- Noraly has **2.3 Million followers** on YouTube, 800,000 followers on Facebook, 600,000 followers on Instagram, and 300,000 followers on TikTok.
- The original Dutch edition debuted at #4 on the Dutch DeBestseller60 list!
- North American rights sold to Yaniv Soha at Atria in the first global collaboration between Simon & Schuster and VBK for Spring 2025 publication!

Noraly Schoenmaker, better known as Itchy Boots, is a world-famous traveler, known for her adventurous motorcycle travel vlogs. She has made more than 650 episodes, which have been viewed half a billion times worldwide. Since completing her first journey, she's traveled through the Americas and across Africa. In total, she has ridden over 100,0000 miles across six journeys. She is not finished yet.

Nonfiction

THE NATURAL LAW

The Ancient Wisdom of Ayurveda for Modern Healing, Happiness, and Connection

By Amish Shah

Based on the author's award-winning documentary, endorsed by Deepak Chopra, THE NATURAL LAW is a transformative guide to Ayurveda for healing, happiness, and connection, sharing the author's personal health journey and the advice of renowned experts, and offering simple practices for readers to incorporate the power of Ayurveda into their daily lives.

Despite being a tech millionaire with access to every specialist under the sun, Amish Shah was brought seemingly to death's doorstep by a series of mystery symptoms that no Western diagnosis could solve. He credits Ayurveda and a return to his Indian roots with saving his life—the documentary shared his journey, including his interviewing 72+ of the world's leading experts, and this book offers a deeper dive into the Ayurvedic practices that changed his life, with practical guidance for readers to experience similarly transformative results.

Ayurveda offers a transformative framework for thinking about your health. Its healing modalities include herbal medicine, yoga, dietary changes, acupuncture, fasting, massage therapy, and more, all based on understanding your dominant dosha—Vata (air), Pitta (fire), or Kapha (earth/water)—and how to rebalance it for better energy, vitality, and joy, as well as improved relationships, sleep, focus, and presence.

Readers today don't want another diet. They are looking for profound practices to feel better in their bodies and their lives. Ayurveda has provided that for centuries, and people are finding it through a new lens, en masse, with THE NATURAL LAW.

Amish Shah is a 3 times *Inc. 500*-listed entrepreneur and philanthropist with a 20-year career in the fields of health, wellness, and spirituality. He has generated over $120 million in online sales across his group of companies, and he reaches more than 2 million subscribers across his email lists and social followings. Amish has launched various prominent businesses and projects in the wellness space, including Project:Yourself, Ancient Explorers, and Dwarka:Atlantis of the East: a documentary film featured on Discovery's Travel Channel Expedition Unknown. Dwarka, his debut documentary film, has over 6 million online views, and his latest documentary project, "The Natural Law", has already won nine International Film Festival Awards. Amish's dedication to holistic wellness extends beyond his work as an entrepreneur and filmmaker, as demonstrated by his 200-hour yoga certification + numerous meditation certification.

Union Square (NA)
2026

Format: Proposal

Nonfiction

IT'S NOT HYSTERIA

Everything You Need to Know About Your Reproductive Health (But Were Never Told)

By Karen Tang, MD, MPH

An inclusive and essential new resource for reproductive health—including period problems, pelvic pain, menopause, fertility, sexual health, vaginal and urinary conditions, and overall wellbeing—from leading expert and fierce advocate Dr. Karen Tang

Did you know that up to 90% of women experience menstrual abnormalities or pelvic issues in their lifetime? Yet these conditions are overwhelmingly misunderstood, misdiagnosed, or dismissed. The root causes for these issues, such as PCOS, endometriosis, fibroids, ovarian cysts, PMDD, or pelvic floor dysfunction, don't receive the stream of funding for research and new treatments that other conditions do, despite affecting up to half the population.

Dr. Karen Tang is on a mission to transform how we engage with our bodies and our healthcare. IT'S NOT HYSTERIA is a comprehensive guide to common conditions and potential treatment options, with practical tools such as symptom prompts and sample questions for your provider, to equip readers to take control of their gynecologic health.

Reproductive healthcare, from abortion to gender-affirming care, is under siege. The onus continues to fall on patients to find and advocate for the care they need. In the face of uncertainty and misinformation, IT'S NOT HYSTERIA is destined to become a new classic that educates and empowers women and those assigned female at birth.

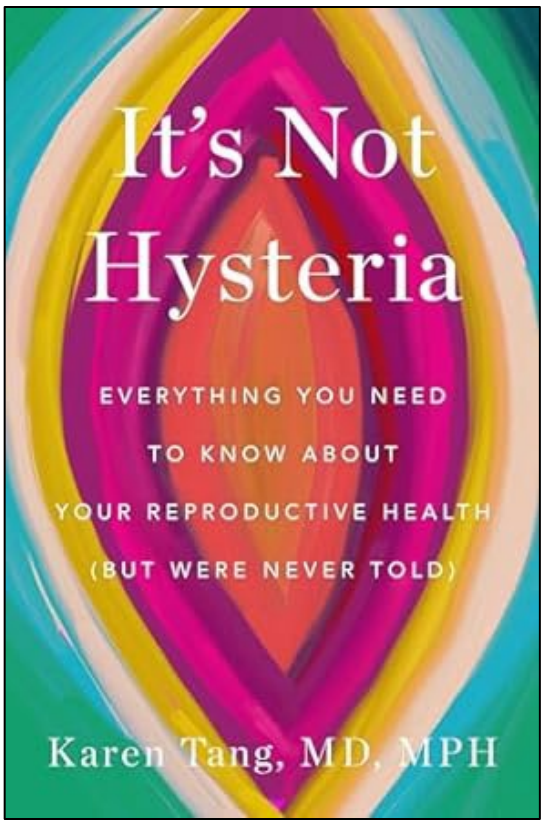
Praise for IT'S NOT HYSTERIA:

"When it comes to reproductive health… This book is a must-read and destined to become a new classic."
—Dr. William Li, *NYT* bestselling author of EAT TO BEAT DISEASE

"A literal godsend to women."
—Sharon Stone, actress and *NYT* bestselling author

"The medical book everyone needs to read."
—Abby Jimenez, *NYT* bestselling author of YOURS TRULY

Dr. Karen Tang is a nationally recognized leader in women's health and minimally invasive gynecologic surgery (MIGS). She has trained medical students and residents at Harvard, Oregon Health and Sciences University, University of Miami and UPenn, and has given lectures across the U.S. on topics of women's health and minimally invasive surgery. Dr. Tang has extensive social media followings, with more than 440,000 followers on TikTok and 136,000 followers on Instagram, all growing at a rapid rate.



Flatiron Books
Penguin Life
May 2024

Rights Sold:

Polish – Copernicus Center Press

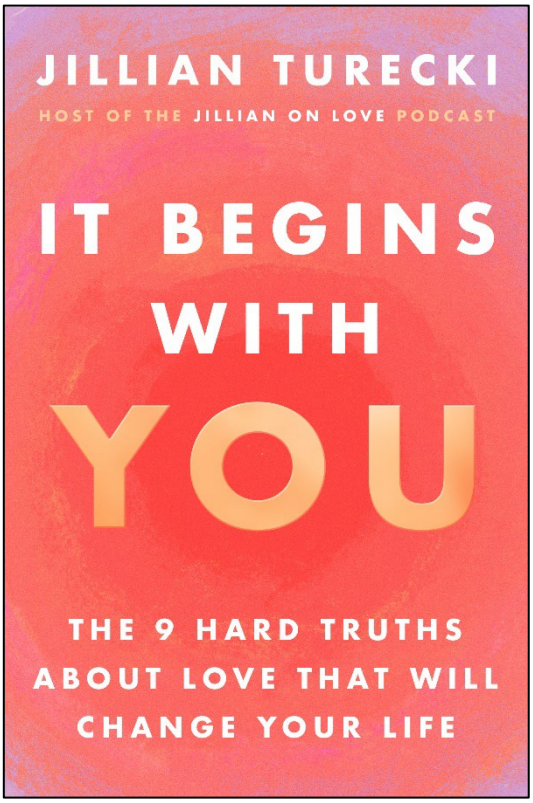
Romanian - Bookzone

Spanish – Planeta

Nonfiction

IT BEGINS WITH YOU

The 9 Hard Truths About Love That Will Change Your Life
by Jillian Turecki



The beloved relationship coach, teacher, and host of the hugely popular relationship podcast "Jillian on Love" reveals nine core truths about love and self-acceptance and provides powerful self-healing techniques and strategies to help us repair our relationship with ourselves and start building the rewarding relationships we deserve.

In IT BEGINS WITH YOU, Jillian will share hard-won lessons from her own life experience and from her years of coaching thousands of people on their love lives. She will share personal anecdotes, alongside her best advice and practical tools, tips, and questions, to help readers examine their own lives and relationships. Each chapter will focus solely on one of her 9 Hard Truths, such as: "No One is Coming To Save You" – which looks at inner strength, accountability, and dependences – in the relationships we keep, and in ourselves. Jillian holds nothing back as she weaves her own experiences into her lessons; imperfections and failures are a part of all relationships and acknowledging this truth is a core principle of her teaching.

IT BEGINS WITH YOU will provide the tools to recognize the fulfilling relationships that serve the reader. In her own words: "There may be some truths that sting a little more than others, but if you open your mind and heart to each one's message, it will illuminate your path towards healthy love and ultimately, self-love."

- Sold in a six-figure North American auction, and in an impressive pre-empt for UK/Commonwealth rights
- Her podcast "Jillian on Love" has over 1 million downloads
- Jillian has over 2.2 million followers on Instagram
- Her self-published workbook, GRIT & GRACE: 7 STEPS TO SURVIVE HEARTBREAK, has sold over 12,000 copies

Jillian Turecki is a certified relationship coach, teacher and writer who for 20 years has taught others how to transform their relationships with themselves. Under the tutelage of Tony Robbins and world-renowned family therapist Cloe Madanes, Jillian is certified by the Robbins Madanes Center for Strategic Intervention, a renowned coaching program known for its innovative strategic solutions to the most difficult relationship problems. Fueled by an insatiable curiosity about what makes a relationship thrive, Jillian has helped thousands through her teaching and writing revolutionize their relationship with themselves so that they transform their relationships with others.

HarperOne
Orion Spring
January 2025

Rights Sold:
Portuguese Brazilian – VR Editora
Dutch – Spectrum Life
French - Tredaniel
German – S. Fischer
Greek – Patakis
Portuguese – Porto Editora
Romanian - Editura Trei
Serbian – STET
Slovenian - Ucila
Spanish – V&R Editora

Nonfiction

WITCH DOCTOR:

Reclaiming Magic and Intuition as a Path to Healing

By Ellen Vora, MD

From acclaimed psychiatrist and author of the international bestseller THE ANATOMY OF ANXIETY, Dr. Ellen Vora, comes an engaging, research-driven explanation for all the ways our culture has reinforced our self-alienation, leaving women lost, overwhelmed, and paralyzed in the face of decisions.

Vora reveals how our intuition is the wisest guide to healing and offers practical advice for how we can tap into our innate "magic," showing how we can learn to listen to the voice inside to find greater peace and wellbeing.

Through personal anecdotes, client case studies and wider cultural examples, she breaks down the main causes of why we've lost touch with our intuition: modern medicine, food and drugs, the wellness industrial complex, the feminine need to be liked, and more. And she provides examples of how we can get back in touch with our intuition so that we can begin to heal.

Dial Press (WE)
2026

Format: Proposal

Praise for THE ANATOMY OF ANXIETY:

"This book is a must-have for anyone looking to heal."
- Dr. Nicole LePera, founder of "The Holistic Psychologist" and author of HOW TO DO THE WORK

"The most comprehensive book in print on anxiety: what it is, it's myriad causes, the ways in which it affects us, and how we can practically use, manage and transcend it… Everyone needs this book."
- Holly Whitaker, *NYT* bestselling author, QUIT LIKE A WOMAN

"A thought-provoking debut...Vora's sensible, easy-to-implement advice is backed up with solid medical rationales. Readers struggling with anxiety would do well to seek out this first-rate primer."
– *Publishers Weekly*

Ellen Vora, MD is a board-certified psychiatrist, acupuncturist, and yoga teacher. She graduated from Columbia University Medical School and received her B.A. from Yale University in English.

Previous Publishers:

Arabic – Al Rewaq
Brazilian Portuguese – Globo Alt
Chinese (Complex) - Delight Press
Chinese Simplified—Beijing Science and Technology
Estonian—UHINENUD
German-VAK
Greek - Dioptra
Korean – Wisdom House
Latvian - Helios
Lithuanian – Balto Leidybos
Polish – Muza
Russian – Eksmo
Slovenian – Mladinska Knjiga
Spanish – Paidos
Thai – B2S

Nonfiction

ORDINARY MAGIC

The Science of How We Can Achieve Big Things with Small Acts

By Dr. Greg Walton

Discover simple psychological shifts that build trust, belonging, and confidence—from the co-director of the Dweck-Walton Lab at Stanford University. For readers of Adam Grant and Carol Dweck.

Who am I? Do I belong? Am I loved? The emotional questions we face can define our lives. When we approach these questions from a negative perspective, each new experience confirms our suspicions about ourselves. When we expect an interaction to go wrong, that expectation can make it so. That's spiraling down.

But as Dr. Walton shows, when we see these questions more clearly, we can answer them well. Known to social psychologists as *wise interventions*, these seemingly magical shifts in perspective can help us chart new trajectories for our lives. They help us spiral up.

Through vivid storytelling and insightful analysis of fascinating research, Dr. Walton explains the common anatomy of these tools and shows how we can use them to solve problems in every aspect of our lives.

Early Praise for ORDINARY MAGIC:

"By one of the great psychologists of our time, a book that shows us how we can answer the universal questions that define our lives: Can I succeed? Do I belong? Am I loved?"

—Carol Dweck, international bestselling author of MINDSET

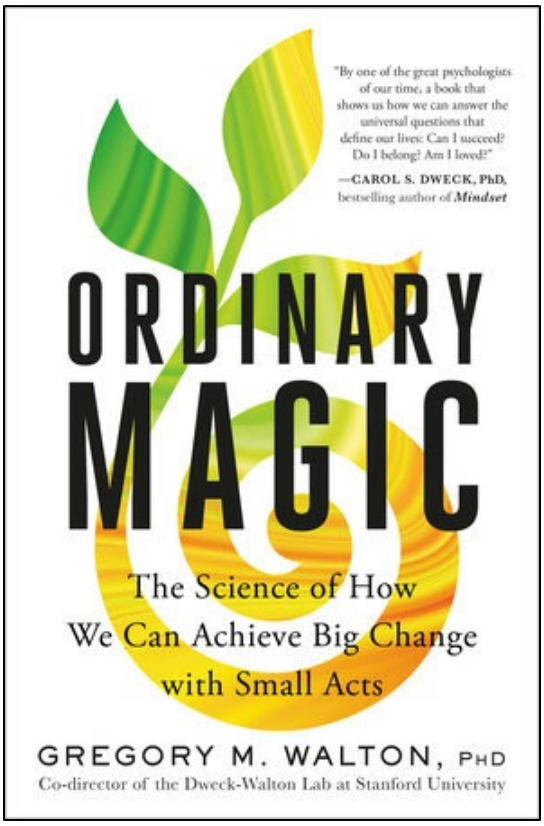
"A manual for becoming a psychologically wiser human being by one of the most respected and sincere scholars I know. I cannot recommend this book more highly!"

—Angela Duckworth, international bestselling author of GRIT

"The most important popular psychology book of the year, from one of the most important psychologists in a generation."

—Kelly McGongical, author of THE UPSIDE OF STRESS

Greg Walton, PhD, is the co-director of the Dweck-Walton Lab and a professor of psychology at Stanford University. Dr. Walton's research is supported by many foundations, including Character Lab, the Bill and Melinda Gates Foundation, and the William and Flora Hewlett Foundation. He has been covered in major media outlets including *The New York Times, Harvard Business Review, The Wall Street Journal*, NPR, *The Chronicle of Higher Education, The Washington Post, San Francisco Chronicle,* and *Los Angeles Times*.



PRH/Harmony Headline
March 2025

Format: 1st Pass Pages

Rights Sold:
Dutch – HarperHolland
S. Chinese – Cheers Publishing
Japanese – Nikkei
Korean – Gilbut Publishing

Future Publications

FEMONOMICS
by Corinne Low

Flatiron
Hodder Press
Fall 2025

A radical framework for understanding and improving the lives of women, using a data-driven approach to overcoming the structural, economic, and biological factors that force and constrain women's choices and limit their potential for wellbeing. Wharton School of Economics Professor Corinne Low uses economic principles to help women move beyond the work-life binary to help women enjoy a better deal at work, in life, and at home.

Rights Sold:
S. Chinese – Citic
Dutch – Alfabet
German – Piper
Brazil Portuguese – VR Editora

THE WIM HOF METHOD FOR WOMEN
By Laura and Isa Hof

Harper Wave
Ebury
Summer 2025

From the daughters of Wim Hof (international bestselling author of THE WIM HOF METHOD), and co-founders of the "Icewomen Community" a rapidly growing movement within the wider WHM® community, comes an in-depth look the practical applications of the WHM for women, and growing up with "The Iceman".

Rights Sold:
Czech – Prah
Dutch – Kosmos
French – Tredaniel
German – Integral
Italian – Mondadori
Slovak – Ikar
Slovenian – Primus
Spanish – Alfaomega

DARK SQUARES
by Danny Rensch

Public Affairs
Headline
2025

Danny Rensch is the face of Chess.com and a household name in the chess world. In his debut memoir, he reveals for the first time that he grew up in an abusive cult known as the Church of Immortal Consciousness. But Danny had something special: Steven Kamp, the leader of the Collective, was obsessed with chess. And Danny was a child prodigy.

HOW TO HEAL THE SUCCESS WOUND
by Brooke Taylor

Hachette Books
Piatkus
Winter 2026

From renowned career coach Brooke Taylor, a guidebook for high-achieving women to break the link between success and self-worth, helping them to achieve success in their careers and improve their relationships with themselves. Brooke's proven five-step plan will help women separate self-worth from success, without having to sacrifice.

Future Publications

OVERSHARING
by Dr. Leslie John
Riverhead (WE)
Winter 2026

How and why do we share what we feel, what we think, and who we are? And what are the consequences of those choices? An inquiry into the science behind how we reveal information – and how much – with surprising answers about the psychological and social benefits we all can gain by being open with those around us.

Rights Sold:
S. Chinese - Dook
Jap. – Kanki
Korean - Gimm Young

HOW TO GET ADDICTED TO APPRECIATION
by Timm Chiusano

DK
John Murray One
2025

The handbook for re-framing your life to appreciate the mundane moments, and going a step further – to crave them. By viewing them as opportunities for reflection and contentment, they can become the foundation for finding true happiness. For fans of *The Miracle Morning* and *Atomic Habits*.

Rights Sold:
Spanish - Planeta

RESTORE
by Thomas Crowther

HarperSelect
Torva
Fall 2025

An exploration of the interconnectivity of ecosystems and how we can use nature to help Earth heal itself, written by the scientist and thought leader at the forefront of the restoration movement. RESTORE will provide readers with a renewed sense of awe in the power and beauty of nature, and a new paradigm for how to engage with our environment and our society to create transformative change.