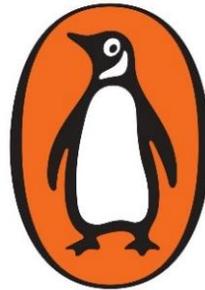


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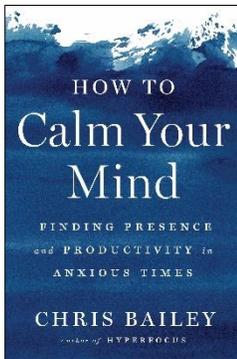
Jillian Fata
Senior Manager
Phone: 212-366-2449
JFata@PenguinRandomHouse.com



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BUSINESS, EDUCATION, PERSONAL DEVELOPMENT, SELF-HELP



Bailey, Chris
HOW TO CALM YOUR MIND: Finding Presence and Productivity in Anxious Times
Self-Help/Stress | Penguin Life | Published in 2022

“In *How to Calm Your Mind*, Bailey discusses how finding calm and reducing our mental load can lead to a more fulfilled life, and for those looking to become more engaged and focused, Bailey’s teachings can help.”
—Reader’s Digest

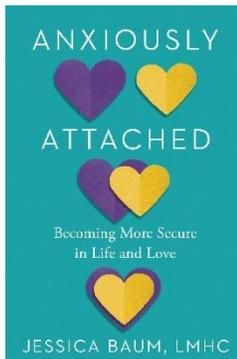
When productivity expert Chris Bailey realized that he had become stressed and burnt out because he was pushing himself too hard, he knew that he had no right to be giving advice on productivity without learning when and how to rein things in and take a break. Productivity advice works, but it’s just as important that we also develop our capacity for calm. HOW TO CALM YOUR MIND is a toolkit of accessible, science-backed strategies that reveal that the path to a less anxious life, and even greater productivity, runs directly through calm.

Chris Bailey has been intensively researching and experimenting with productivity since he was a young teenager, in an effort to discover how to become as productive as humanly possible. He has written hundreds of articles on the subject and has garnered coverage in media as diverse as [The New York Times](#), [Harvard Business Review](#), [TED](#), [Fast Company](#), and [Lifehacker](#). The author of [The Productivity Project](#) (Crown, 2016) and [Hyperfocus](#) (Viking, 2018), he lives in Kingston, Canada.

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Baum, LMHC, Jessica
ANXIOUSLY ATTACHED: Becoming More Secure in Life and Love
Self-Help/Love | TarcherPerigee | Published in 2022

****Almost 70,000 copies sold domestically****

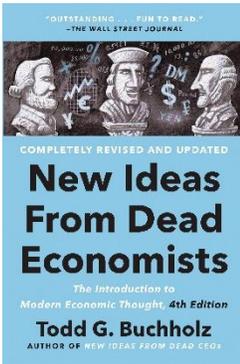
An estimated 47 million Americans identify as having an anxious attachment style that can make being in relationships turbulent and emotionally taxing for them. According to groundbreaking research in the field of attachment, anxious types are more prone to insecurity, jealousy, codependency, and other behaviors that get in the way of finding and sustaining love. In ANXIOUSLY ATTACHED, seasoned psychotherapist and couples’ counselor Jessica Baum guides readers through understanding their attachment style at its core and building the inner strength and self-love that will lead them to more secure and satisfying relationships.

Jessica Baum, LMCH is the founder of the [Relationship Institute of Palm Beach](#), which provides couples therapy, family counseling, and addiction therapy in south Florida. As a therapist for over 10 years, Baum has helped thousands of clients with her unique approach to healing, the Self-Full® Method. You can see her Instagram at [@Jessicabaumlhmc](#)

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Buchholz, Todd
NEW IDEAS FROM DEAD ECONOMISTS: The Introduction to Modern Economic Thought, 4th Edition

Business/Economic History | **Dutton** | First published in 1989; revised in 2007 and 2021

“If you read only one economics book this year, read this one.”

—Larry Summers, Secretary of the Treasury under President Clinton, Director of the National Economic Council under President Obama

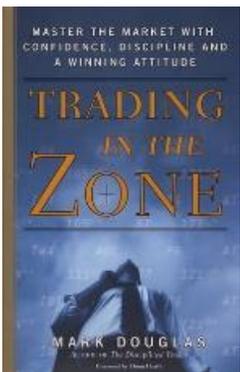
Now in its 4th edition, this entertaining and widely praised introduction to great economic thinkers throughout history includes updates and commentary on the 2020 “great cessation,” Trump and Obama economic policies, the dominance of Amazon, and many other timely topics. Through the teaching of Adam Smith, Thomas Mathus, Karl Marx, John Maynard Keynes, Milton Friedman, and more, renowned economist Todd Buchholz shows how age-old ideas still apply to our modern world. With fascinating insights on the most relevant issues of 2021—climate change, free trade debates, the refugee crisis, game theory, and behavioral economics—this is a riveting guide to understanding both the evolution of economic theory and our complex contemporary economy.

[Todd Buchholz](#) is an internationally acclaimed economist and author. He has served as director of economic policy at the White House and managing director of the legendary Tiger investment fund. He taught economics at Harvard University, where he was awarded the Allyn Young Teaching Prize by the Department of Economics; served as a Fellow at Cambridge University; and holds advanced degrees in economics and law from Cambridge and Harvard universities. The inventor of the Math Arrow matrix, his writing has appeared in the *Wall Street Journal*, *The New York Times*, and *Forbes*, among others.

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Douglas, Mark
TRADING IN THE ZONE: Master the Market with Confidence, Discipline, and a Winning Attitude
Business/Personal Finance | **TarcherPerigee** | Published 2001

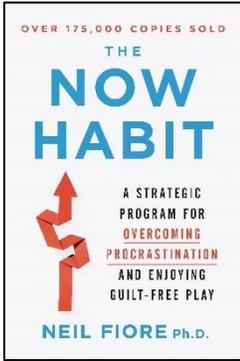
In TRADING IN THE ZONE, Mark Douglas takes on the myths of the market and exposes them one by one, teaching traders to look beyond random outcomes, to understand the true realities of risk, and to be comfortable with the “probabilities” of market movement that governs all market speculation.

[Mark Douglas](#) is also author of *The Disciplined Trader™: Developing Winning Attitudes* published in 1990 and considered an industry classic—and one of the first books to introduce the investment industry to the concept of trading psychology. Douglas began coaching traders in 1982, and continued to develop seminar and training programs on trading psychology for the investment industry, as well as individual traders. He was a frequent speaker at seminars across the world, as well as in the U.S., teaching traders how to become consistently successful.

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Fiore, Neil

THE NOW HABIT: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play

Self-Help/Time Management | TarcherPerigee | Published in 1988; revised in 2007

Almost 200,000 copies sold domestically

Learn how to overcome procrastination and enjoy guilt-free play! One of the most effective programs to combat procrastination, THE NOW HABIT offers a comprehensive plan to help readers lower their stress and increase their time to enjoy play. Dr. Neil Fiore’s techniques will help any busy person start tasks sooner and accomplish them more quickly, without the anxiety brought on by the negative habits of procrastination and perfectionism.

[Neil Fiore, PhD](#), guides managers, executives, and their employees to new levels of peak performance. Drawing from his experience as a lieutenant with the 101st Airborne Division, a manager with Johnson & Johnson, a statistical analyst for Shell Oil, and a psychologist and career counselor at the University of California, Berkeley, Fiore brings practical tools for life and work to his seminar participants. He holds a doctorate in psychology and a B.S. in economics.

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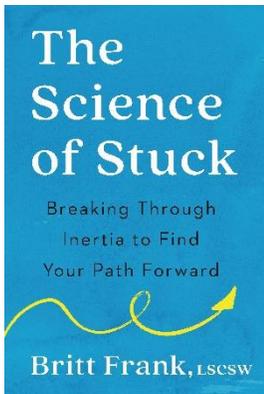
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Frank, Britt

THE SCIENCE OF STUCK: Breaking Through Inertia to Find Your Path Forward

Self-Help | TarcherPerigee | Published in 2022

“With down-to-earth language, enlivening inner-exercises, vivid humanness and humor, Britt Frank invites you to explore the gap between your own inertia and momentum. *The Science of Stuck* provides the precise compass you need to navigate your way to freedom.”

—Nancy Levin, author, *Setting Boundaries Will Set You Free*

We all get stuck in our lives. We feel stuck in relationships, career paths, body struggles, addiction issues, and more. Many of us know what we need to do to move forward but find ourselves unable to take the leap to make it happen, leading us to blame and shame ourselves, and stay in a loop of self-doubt that goes nowhere. In this empowering and action-oriented guide, you'll discover why you can't think your way forward—and how to break through what's holding you back. Bringing together research-backed solutions that range from shadow work, reparenting, embodied healing, and other clinical practices, along with empowering personal stories, this book is a roadmap for moving forward with purpose, confidence, and the freedom to become who you're truly meant to be.

[Britt Frank, MSW, LCSW, SEP](#), is a clinician, educator, and trauma specialist. She received her BA from Duke University and her MSW from the University of Kansas, where she is an award-winning adjunct professor. Frank speaks and writes widely about emotional wellness and healing.

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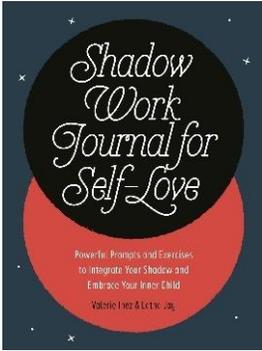
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Spanish – Planeta Mexico

Turkish – Serenad



Jay, Latha and Valerie Inez

SHADOW WORK JOURNAL FOR SELF-LOVE: Powerful Prompts and Exercises to Integrate Your Shadow and Embrace Your Inner Child

Self-Help/Body, Mind, & Spirit | **Zeitgeist Trade Paperback** | May 2023

Shadow work is the process of uncovering the parts of you that you subconsciously hide or reject, such as unwanted traits or characteristics suppressed during childhood, and bringing them into your awareness. It allows you identify, heal, and accept all parts of yourself so you're no longer held back by emotional triggers, self-sabotaging behaviors, and self-limiting beliefs. With SHADOW WORK JOURNAL FOR SELF-LOVE, you'll connect with your inner child, release shame, guilt, and fear, and face the world anew as your whole, authentic self.

[Latha Jay](#) is a spiritual manifestation coach and Ayurvedic practitioner who blends modern knowledge with traditional wisdom. She integrates what she has learned through life experiences to teach people to shift perceptions, manifest, and live happier lives. She is passionate about guiding clients through lifestyle and mindset modifications to transform their lives to a new experience of happiness, freedom, and love.

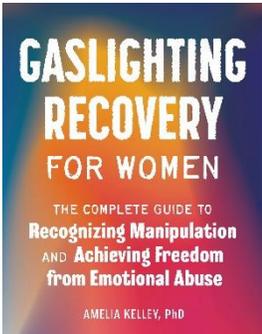
[Valerie Inez](#) is a writer, intuitive, healer, and shadow work guide. Comfortable diving deep into the shadows and bringing the darkness into the light, she helps her clients rise from the ashes, find their inner magic, and step into their divine power.

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Kelley, PhD, Amelia

GASLIGHTING RECOVERY FOR WOMEN: The Complete Guide to Recognizing Manipulation and Achieving Freedom from Emotional Abuse

Self-Help | **Zeitgeist Trade Paperback** | August 2023

Gaslighting is one of the most destructive forms of emotional abuse that women can experience, causing them to distrust their own realities and perceptions and even believe they have a mental illness. In GASLIGHTING RECOVERY FOR WOMEN, trauma-informed therapist Amelia Kelley, PhD, offers evidence-based therapy and tools to help women detect and protect themselves from manipulation that can occur in all key areas of life—family, intimate relationships, work, academia, and healthcare. Her guided approach to healing from abuse helps survivors establish a greater sense of self-worth, self-esteem, and empowerment.

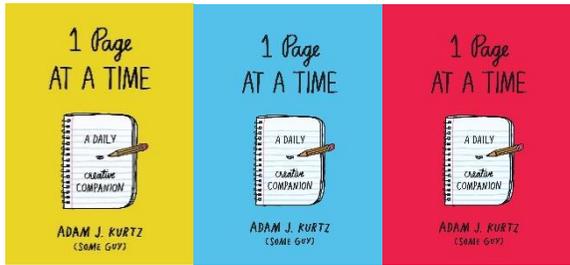
[Amelia Kelley, PhD](#), is an integrative, trauma-informed therapist focusing on motivation, women's issues, empowering survivors of abuse and relationship trauma, Highly Sensitive Persons, healthy living, and adult ADHD. Dr. Kelley is an adjunct professor in counseling at Yorkville University and a relationship expert featured on SiriusXM's Doctor Radio program "The Psychiatry Show," exploring the impact of gaslighting on our society. She is a co-author of *What I Wish I Knew: Surviving and Thriving After an Abusive Relationship* and a regular contributing writer for the world's largest blog for HSPs, [The Highly Sensitive Refuge](#). Her work has been featured in *Teen Vogue*, *Scary Mommy*, Yahoo! News, Well+Good, and Insider.

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Kurtz, Adam J.
1 PAGE AT A TIME: A Daily Creative Companion
Self-Help/Creativity | TarcherPerigee | Published in 2014

****Over 200,000 copies sold domestically****

Every day is a chance to create something new, and the perfect place to start is just one page. Put down your phone, pick up your pencil, and give yourself some space. Each of the 365 prompts in 1 PAGE AT A TIME will encourage readers to draw, write, list, reflect, and share.

[Adam J. Kurtz](#) is a designer, artist, and speaker. His books have been published in more than a dozen languages, and his offbeat creative work has been featured in [Nylon](#), [Adweek](#), [Vice](#), [The New Yorker](#), and more.

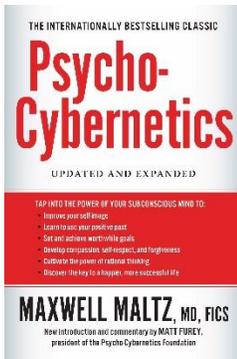
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- Spanish – PRH Spain
- Turkish – Pegasus
- *Ukrainian – MIF



Maltz, Maxwell
PSYCHO-CYBERNETICS: Updated and Expanded

Self-Help/Happiness | TarcherPerigee | First published in 1960; revised in 1972, 1983, 1992, 1996, 2002, and 2015

****Over 30 million copies sold domestically****

In the latest edition of the perennial bestseller, the original text has been annotated and amplified to make Dr. Maxwell Maltz’s message even more relevant for the contemporary reader. Maltz was the first researcher and author to explain how the self-image has complete control over an individual’s ability to achieve any goal. He developed techniques for improving and managing self-image, which have informed and inspired countless motivational gurus, sports psychologists, and self-help practitioners for decades. The teachings of PSYCHO-CYBERNETICS are timeless because they are based on solid science and provide a prescription for thinking and acting that lead to quantifiable results.

Dr. Maxwell Maltz received his doctorate in medicine from the College of Physicians and Surgeons of Columbia University in 1923. After a successful career in plastic surgery in Europe, he became increasingly fascinated by the number of patients who came to him requesting surgery only to find that their unhappiness and insecurities remained even after surgery. In 1920, after nearly a decade of counseling hundreds of patients, extensive research, and testing his theory of “success conditioning,” he published his findings in the first edition of PSYCHO-CYBERNETICS.

Matt Furey, president of the [Psycho-Cybernetics Foundation](#), has committed himself to preserving and extending the legacy of Maltz’s work. Furey headlines sold-out seminars and coaches hundreds of men and women in his highly successful MasterMind/Joint Venture Connection, as well as the Psycho-Cybernetics Coaching Program.

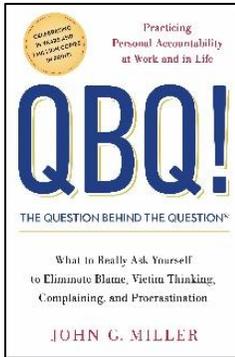
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Miller, John G.

QBQ! The Question Behind the Question: Practicing Personal Accountability at Work and in Life
Business Development/Self-Help | TarcherPerigee | First published in 2001; revised in 2004 and 2015

****Over 1 million copies sold domestically****

This remarkable and perpetually useful book provides a practical method for putting personal accountability into daily actions, with astonishing results. QBQ! is an invaluable resource for anyone seeking to learn, grow, and change.

[John G. Miller](#) is the founder of QBQ, Inc., a development company that has worked with hundreds of Fortune 500 and other companies and government and nongovernment organizations internationally.

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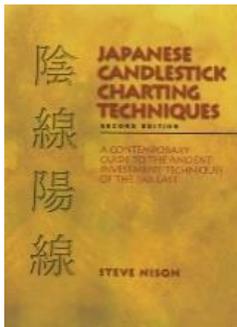
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Nison, Steve

JAPANESE CANDLESTICK CHARTING TECHNIQUES: A Contemporary Guide to the Ancient Investment Techniques of the Far East, Second Edition

Business/Asian World History | TarcherPerigee | First published in 1991; revised in 2001

In easy-to-understand language, Steve Nison delivers to readers his years of study, research, and practical experience with Japanese candlestick charting—a form of technical analysis and a versatile tool that can be used for speculation, hedging, futures, equities, or anywhere technical analysis is applied.

[Steve Nison](#) is the foremost leader of the art of using candlestick charting as an analysis tool in studying market trends and making investment decisions. He owns and runs Nison Research International, a firm that provides technical advisory and on-site seminar services to major financial firms. He is a highly sought-after speaker who has presented his techniques to thousands, including members of the World Bank and the Federal Reserve.

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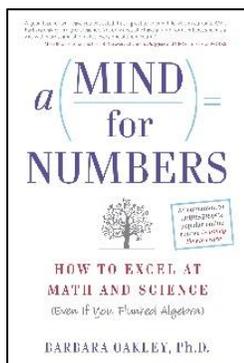
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Oakley, PhD, Barbara
A MIND FOR NUMBERS: How to Excel at Math and Science (Even If You Flunked Algebra)
 Self-Help/Success | TarcherPerigee | Published in 2014

Over 230,000 copies sold domestically

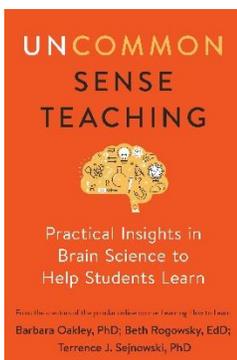
Whether you are a student struggling to fulfill a math or science requirement, or you are embarking on a career change that requires a new skill set, A MIND FOR NUMBERS offers the tools you need to get a better grasp of that intimidating material. Engineering professor Barbara Oakley lets you in on the secrets to learning effectively and master the very subjects that have given you trouble. You have what it takes to excel in areas that don't seem to come naturally at first, and learning them does not have to be as painful as you might think.

[Barbara Oakley](#) is a professor of engineering at Oakland University and Ramon y Cajal Distinguished Scholar of Global Digital Learning at McMaster University. Her research involves bioengineering with an emphasis on neuroscience and cognitive psychology. Dr. Oakley teaches the massive open online courses (MOOCs) "Learning How to Learn" and "Mindshift". She has received many awards for her teaching, including the American Society of Engineering Education's Chester F. Carlson Award for technical innovation and the National Science Foundation New Century Scholar Award.

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Oakley, PhD, Barbara, Beth Rogowsky, EdD, and Terrence Sejnowski, PhD
UNCOMMON SENSE TEACHING: Practical Insights in Brain Science to Help Students Learn
 Education | TarcherPerigee | Published in 2021

“This book is an absolute must for anyone who cares about education.”

—Mayim Bialik, PhD, *New York Times* bestselling author of *Girling Up* and *Boying Up*

Neuroscientists and cognitive scientists have made enormous strides in understanding the brain and how we learn, but little of that insight has filtered down to the way teachers teach. UNCOMMON SENSE TEACHING applies this research to the classroom for teachers, parents, and anyone interested in improving education to equip readers with the tools to enhance their teaching and offer extra support for children's education.

[Barbara Oakley](#) is a professor of engineering at Oakland University and Ramon y Cajal Distinguished Scholar of Global Digital Learning at McMaster University. Her research involves bioengineering with an emphasis on neuroscience and cognitive psychology. Dr. Oakley teaches the massive open online courses (MOOCs) "Learning How to Learn" and "Mindshift". She has received many awards for her teaching, including the American Society of Engineering Education's Chester F. Carlson Award for technical innovation and the National Science Foundation New Century Scholar Award.

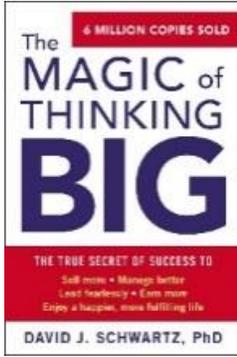
Beth Rogowsky, EdD, is a professor of education at Bloomsburg University of Pennsylvania. She completed postdoctoral training in neuroscience and has fourteen years of experience teaching English language arts to middle-schoolers.

[Terrence Sejnowski](#) is the Francis Crick Professor at The Salk Institute for Biological Studies, where he also directs the Computational Neurobiology Laboratory. He is among only twelve living scientists who have been elected to the Institute of Medicine, the National Academy of Sciences, and the National Academy of Engineering.

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Schwartz, David J.

THE MAGIC OF THINKING BIG: The True Secret of Success

Self-Help/Success | TarcherPerigee | Published in 1959

****Over 6 million copies sold worldwide****

Whether your goal is to earn more, lead better, or simply find more confidence and satisfaction in life, this inspiring and actionable guide will show you the way. Motivational expert Dr. David J. Schwartz presents a carefully designed program for getting the most out of your job, your relationships and family life, and your community. He demonstrates that you don't need to be born into great wealth and intellectual acumen to attain great success and happiness—but you do need to learn and understand the habit of thinking and behaving in ways that will get you there.

Dr. David J. Schwartz was a professor at Georgia State University and the president of Creative Educational Services, Inc., a consulting firm specializing in leadership development. THE MAGIC OF THINKING BIG is his master work, embraced by several generations of top achievers.

UK rights sold to Ebury.

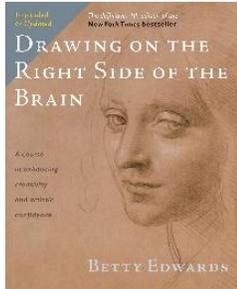
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Hindi – Manjul
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*Indonesian – PT Menuhu Insan
Italian – NTS SRL
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*Slovene – V.B.Z.
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Telugu – Manjul
Thai – Se-Education
Turkish – Kreatif
Vietnamese – First News

CREATIVITY



Edwards, Betty

DRAWING ON THE RIGHT SIDE OF THE BRAIN: The Definitive 4th Edition

Drawing/Creativity | TarcherPerigee | First published in 1979; revised in 1999 and 2012

****Over 1.7 million copies sold domestically****

DRAWING ON THE RIGHT SIDE OF THE BRAIN is the world’s most widely used instructional drawing book. Whether you are drawing as a professional artist, as an artist in training, or as a hobby, this book will give you greater confidence in your ability and deepen your artistic perception.

[Betty Edwards](#) speaks regularly at universities, art schools, and corporations. She received her doctorate from UCLA in art, education, and the psychology of perception and has been profiled on the *Today* show and in *Time*.

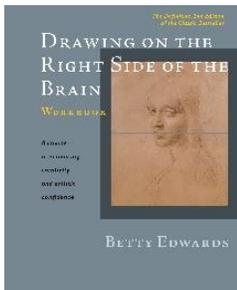
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*Swedish – Bokforlaget Forum
*Thai – Kwan Kao '94
*Turkish – Inkilap Kitavevi



Edwards, Betty

DRAWING ON THE RIGHT SIDE OF THE BRAIN WORKBOOK: The Definitive, Updated 2nd Edition

Drawing/Study & Teaching | TarcherPerigee | First published in 2002; revised in 2012

In this workbook, the essential companion to Betty Edwards’ international bestseller *Drawing on the Right Side of the Brain*, Edwards offers readers the key to truly mastering the art of drawing.

[Betty Edwards](#) speaks regularly at universities, art schools, and corporations. She received her doctorate from UCLA in art, education, and the psychology of perception and has been profiled on the *Today* show and in *Time*.

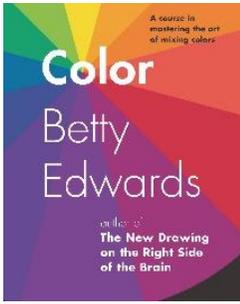
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*Port. in Brazil – Ediouro Publicacoes

Russian – Popurri
Simplified Chinese – Beijing Lightbooks
Spanish – Urano



Edwards, Betty
COLOR

Color Theory | TarcherPerigee | Published in 2004

Much as artists progress from drawing to painting, Betty Edwards moves from black-and-white into color. This guide distills the enormous existing knowledge about color theory into a practical method of working with color to produce harmonious combinations.

[Betty Edwards](#) speaks regularly at universities, art schools, and corporations. She received her doctorate from UCLA in art, education, and the psychology of perception and has been profiled on the *Today* show and in *Time*.

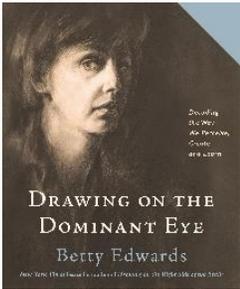
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Port. in Brazil – NVersos

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Simplified Chinese – Beijing Lightbooks
Spanish – Urano
*Swedish – Bokforlaget Forum



Edwards, Betty

DRAWING ON THE DOMINANT EYE: Decoding the Way We Perceive, Create, and Learn

Drawing/Creativity | TarcherPerigee | Published in 2020

In this fascinating follow-up to the beloved *Drawing on the Right Side of the Brain*, Betty Edwards illuminates another piece of the creativity puzzle, revealing the role our dominant eye plays in how we perceive, create, and are seen by those around us. Generously illustrated with examples, this is a must-read for anyone looking for a richer understanding of our art, our minds, and ourselves.

[Betty Edwards](#) speaks regularly at universities, art schools, and corporations. She received her doctorate from UCLA in art, education, and the psychology of perception and has been profiled on the *Today* show and in *Time*.

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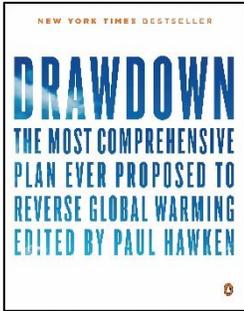
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Romanian – Litera

Russian – Popuri
Simp. Chinese – Beijing Lightbooks
Spanish – Urano

HEALTH, SCIENCE, SOCIAL SCIENCE



Hawken, Paul, Editor

DRAWDOWN: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming

Science/Climate Change | Penguin | Published in 2017

Almost 200,000 copies sold domestically

In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and practices—ranging from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air—are described here. These measures, which are economically viable, represent a credible path forward and promise cascading benefits to human health, security, prosperity, and well-being—giving us every reason to see this planetary crisis as an opportunity to create a just and livable world.

[Paul Hawken](#) is an environmentalist, entrepreneur, author, and activist who has dedicated his life to environmental sustainability and changing the relationship between business and the environment. He is one of the environmental movement's leading voices, and a pioneering architect of corporate reform with respect to ecological practices. He is the bestselling author of 8 books that have been published in 30 languages in more than 50 countries and have sold more than 2 million copies, as well as dozens of articles, op-eds, and other papers concerning the environment, the ethical responsibility of business and social justice.

UK rights sold to Penguin Press UK.

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*Complex Chinese – Linking Publishing

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Italian – Viaggi nel Tempo

Japanese – Yama-Kei

Korean – Geulhangari

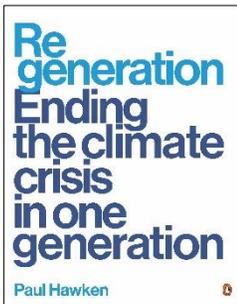
Lithuanian – UAB Baltos Lankos

Portuguese in Brazil – Manole

*Simp. Chin. – Phoenix Science Press

Turkish – Tohum Yayincilik

*Vietnamese – 1980 Books



Hawken, Paul

REGENERATION: Ending the Climate Crisis in One Generation

Science/Climate Change | Penguin | Published in 2021

“Regeneration is honest and informative, a rebuttal to doomsayers who believe it is too late.”

—Jane Goodall

From the creator of the *New York Times* bestseller *Drawdown* comes a radically new understanding of climate change. REGENERATION offers a visionary new approach that weaves justice, climate, biodiversity, equity, and human dignity into a seamless tapestry of action, policy, and transformation that can end the climate crisis in one generation.

[Paul Hawken](#) is an environmentalist, entrepreneur, author, and activist who has dedicated his life to environmental sustainability and changing the relationship between business and the environment. He is one of the environmental movement's leading voices, and a pioneering architect of corporate reform with respect to ecological practices. He is the bestselling author of 8 books that have been published in 30 languages in more than 50 countries and have sold more than 2 million copies, as well as dozens of articles, op-eds, and other papers concerning the environment, the ethical responsibility of business and social justice.

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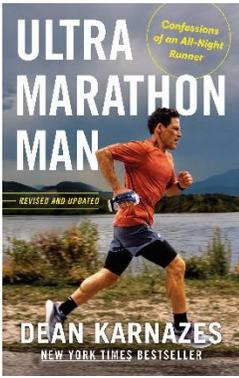
Hebrew – Radical

Hungarian – HVG

Japanese – Yama-Kei

Korean – Geulhangari

Simp. Chinese – China Science & Tech.



Karnazes, Dean

ULTRAMARATHON MAN: Confessions of an All-Night Runner

Sports/Running | TarcherPerigee | Published in 2005, Revised Edition published in June 2023

****Over 230,000 copies sold domestically****

“An exhibition of unadulterated courage and mental and physical stamina [for] anyone who likes to read about ordinary people doing extraordinary things.”

—*Boston Globe*

ULTRAMARATHON MAN is the mind-boggling adventure of Dean Karnazes’s nonstop treks through deserts, mountains, canyons, the South Pole, and beyond. Karnazes captures the euphoria and out-of-body high of these adventures, and inspires tens of thousands of people—nonrunners and runners alike—to push themselves beyond their comfort zones.

[Dean Karnazes](#) is an ultramarathoner who has run 262 miles—the equivalent of ten marathons—without rest. He’s been named one of the Top 10 Ultimate Athletes by *Outdoor* magazine, among other titles and awards.

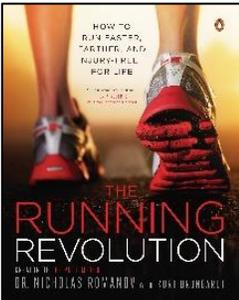
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- French – City Editions
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- *Italian – Piemme
- *Japanese – Discover 21
- *Korean – Hainaim Publishing
- *Polish – Galaktyka
- *Portuguese in Brazil – Reader’s Digest
- *Portuguese in Portugal – EDLP

- *Romanian – Preda
- *Russian – MIF
- *Slovene – Zalozba
- *Spanish – Paidotribo
- Vietnamese – Panda Book



Romanov, Nicholas and Kurt Brungardt

THE RUNNING REVOLUTION: How to Run Faster, Farther, and Injury-Free—For Life

Sports/Running | Penguin | Published in 2014

“The material and insights detailed in *The Running Revolution* are scientifically, physically, and emotionally profound...if you are a runner looking for a resource to reduce injury risk, improve performance, and building your training program, look no further.”

—Tom Whipple, Physical Therapist, Penn State Sports Medicine and author of *The Endurance Paradox*

THE RUNNING REVOLUTION provides both beginning and experienced runners with everything they need to know in order to safely and efficiently transition to and master a safer and more biomechanically efficient way of running that is guaranteed to improve performance and minimize wear and tear on the body.

[Nicholas Romanov](#) is a two-time Olympic coach and world-renowned sports scientist known for creating the [Pose Method](#). He consults with elite athletes and professional teams around the globe.

Kurt Brungardt is one of America’s top personal trainers and fitness writers.

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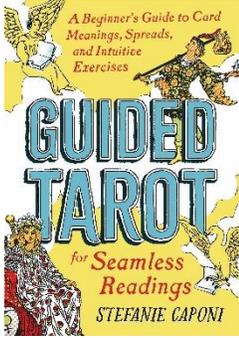
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- *Korean – ShinHeung
- *Polish – Helion

- Portuguese in Brazil – Edipro Edicoes
- *Russian – MIF
- Simp. Chinese – Cheers Publishing
- *Vietnamese – Panda

PROPHECY, PSYCHOLOGY, RELIGION



Caponi, Stefani
GUIDED TAROT: A Beginner’s Guide to Card Meanings, Spreads, and Intuitive Exercises for Seamless Readings

Prophecy/Tarot | Zeitgeist | Published in 2020

“Guided Tarot is a thorough, interesting and fun read for beginners as well as seasoned professionals.”

—Malorine Mathurin, Hellenistic Astrologer & Intuitive Tarot Reader

Each of us holds gifts deep within, and, with tarot, we have the power to unlock those gifts and make transformative discoveries. GUIDED TAROT offers easy exercises to nurture and grow your intuition, not only to understand the cards’ universal meanings, but to channel your own meanings. This companion to your deck will teach you more about yourself, give divine guidance for life decisions, and help you overcome obstacles in your relationships—all while celebrating your unique gifts and honoring your higher self.

[Stefani Caponi](#) is a professional tarot reader with more than twenty years’ experience. She established her business after creating her tarot deck, [The Moon Void Tarot](#). Her work is centered on exploring shadow work, healing, and creativity using tarot as a vehicle to access the hidden realms of the self.

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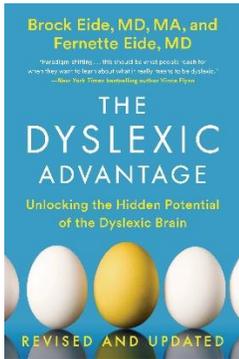
Russian – MIF

Spanish – Alfaomega

Turkish – Butik Yayincilik

Ukrainian – Bookchef Publishing

Viet. (BOX SET) – Viet Nam AZ Comm.



Eide M.D., M.A., Brock L and Fernette F. Eide M.D.
THE DYSLExIC ADVANTAGE (REVISED AND UPDATED): Unlocking the Hidden Potential of the Dyslexic Brain

Psychology/Cognitive Neuroscience | Plume | First published in 2011; Revised Edition publishing in February 2023

What if we viewed dyslexia as a learning and processing *style*, rather than a learning *disorder*? Drs. Brock and Fernette Eide use their impressive background in neurology and education to eschew the typical deficit-based approach to dyslexia. When they hear the word “dyslexic,” many people typically think of children struggling to read and write, but many of those children grow up to be incredibly successful in a variety of careers due to their entirely different pattern of brain organization and information processing that prioritizes divergent thinking. This revised edition, with twenty rich new profiles of individuals who have dyslexia, updated research that provides valuable new insights, and personal stories blended with hard science, provides empowering advice on how parents and individuals with dyslexia can capitalize on the strengths of the dyslexic learning style.

Drs. Brock and Fernette Eide are leading experts in the fields of dyslexia and co-founders of the nonprofit [Dyslexic Advantage](#) and the social purpose corporation [Neurolearning.com](#). They have worked as consultants to the President’s Council on Bioethics and as visiting lecturers at the Stanford Graduate School of Education. The first edition of their book, *The Dyslexic Advantage*, was an international bestseller.

UK rights sold to Hay House.

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Simp. Chinese – Sichuan People’s Pub.

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Dutch – Maven

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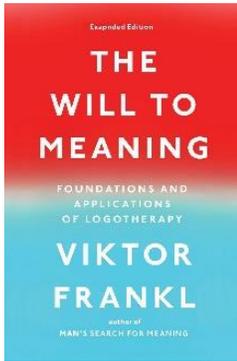
*Korean – Sigma

*Polish – Jozef Czescik

*Simp. Chin. – Sichuan People’s Pub.

Spanish – Obelisco

Turkish – Iletisim



Frankl, Viktor E.

THE WILL TO MEANING: The Foundations and Applications of Logotherapy

Psychology | **Dutton** | First published in 1969; reissued in 1988, 2002, and 2014

“Perhaps the most significant thinking since Freud and Adler.”

—*The American Journal of Psychiatry*

Holocaust survivor Viktor E. Frankl is known as the founder of logotherapy, a mode of psychotherapy based on man’s motivation to search for meaning in his life. A backlist classic originally published in 1969 and compiling Frankl’s speeches on logotherapy, THE WILL TO MEANING is regarded as a seminal work of meaning-centered therapy.

[Viktor E. Frankl](#) was Professor of Neurology and Psychiatry at the University of Vienna. During World War II, he spent three years in Auschwitz, Dachau, and other concentration camps. He was the founder of the Third Viennese School of Psychotherapy—the school of logotherapy—and President of the Austrian Medical Society of Psychotherapy.

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Portuguese in Brazil – Paulus Ediotra

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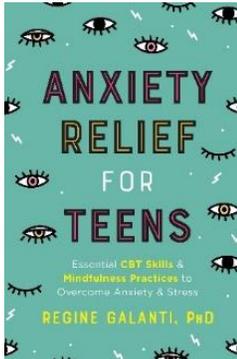
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Slovene – Drustvo

Turkish – Totem

Ukrainian – Ukra Assoc. of Logotherapy

Vietnamese – 1980 Books



Galanti, PhD, Regine

ANXIETY RELIEF FOR TEENS: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress

Psychology | **Zeitgeist** | Published in 2020

“[This book] is an invaluable resource for teens, young adults, parents, and clinicians.”

—Yael Muskat, PsyD, Director, Counseling Center, Yeshiva University

Getting good grades, keeping up with social media, maintaining friendships...teens have a lot on their plates, and it’s only more difficult when you add anxiety to the mix. With ANXIETY RELIEF FOR TEENS, Dr. Regine Galanti teaches teens how cognitive behavioral therapy (CBT)-based skills and mindfulness techniques can help them manage their anxiety and reverse negative patterns.

Through simple and effective exercises that help change thoughts, behaviors, and physical reactions, this helpful guide gives the tools teens need to navigate all of life’s challenges.

[Regine Galanti, PhD](#), is a licensed clinical psychologist and the founder of Long Island Behavioral Psychology, where she brings warmth, sensitivity, and a tailored problem-solving approach to her practice. She specializes in CBT and has expertise in obsessive-compulsive disorder, anxiety, parenting, and behavior problems.

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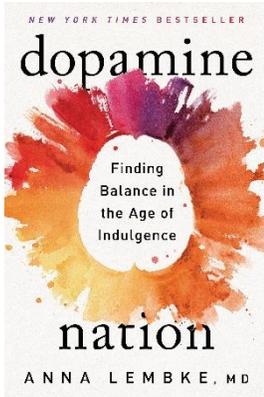
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Turkish – TEAS



Lembke, Anna MD
DOPAMINE NATION: Finding Balance in the Age of Indulgence
Psychology | Dutton Hardcover | Published in 2021

****Instant New York Times and Los Angeles Times Bestseller****

****Almost 400,000 copies sold domestically****

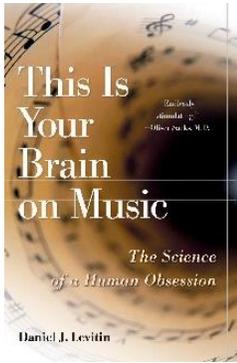
In DOPAMINE NATION, psychiatrist and Stanford University professor Dr. Anna Lembke, MD, reveals how the world we live in now has hijacked a fundamental mechanism in our brains—the desire for pleasure—and rendered everyone in danger of addiction to food, sex, texting, vaping, drinking, narcotics, gaming, and so many more immediately available dopamine-triggering goods. Too much pleasure has inevitably led to too much pain. We need to re-balance, and with fascinating case histories of men and women, young and old, this book shows us how.

[Dr. Anna Lembke](#) is the Medical Director of Stanford University’s Addiction Medicine, Program Director for the Stanford Addiction Medicine Fellowship and Chief of the Stanford Addiction Medicine Dual Diagnosis Clinic. She is the recipient of numerous awards for outstanding research in mental illness, for excellence in teaching and for clinical innovation in treatment. A clinician scholar, she has published over 100 peer-reviewed papers, book chapters, and commentaries in prestigious outlets such as *The New England Journal of Medicine* and *JAMA*. She sits on the board of several state and national addiction-focused organizations, has testified before various committees in the United States House of Representatives and Senate, keeps an active speaking calendar, and maintains a thriving clinical practice.

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French – SAS Editions Eyrolles	Marathi – Manjul	Turkish – Terapikitap
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Greek – Patakis	Polish – Zysk	Vietnamese – Saigon Books
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Levitin, Daniel J.

THIS IS YOUR BRAIN ON MUSIC: The Science of a Human Obsession

Psychology/Music Philosophy | **Dutton** | Published in 2006

“Endlessly stimulating, a marvelous overview, and one which only a deeply musical neuroscientist could give.... An important book.”

—Oliver Sacks, M.D.

In this *New York Times*-bestselling groundbreaking union of art and science, rocker-turned-neuroscientist Daniel J. Levitin explores the connection between music—its performance, its composition, how we listen to it, and why we enjoy it—and the human brain. Drawing on research and musical examples ranging from Mozart to Duke Ellington to Van Halen, Levitin poses that music is fundamental to our species, perhaps even more so than language.

[Daniel J. Levitin, Ph.D.](#), is a neuroscientist, cognitive psychologist, and *New York Times* bestselling author. He is Founding Dean of Arts & Humanities at the Minerva Schools at KGI in San Francisco, and Professor Emeritus of psychology and neuroscience at McGill University.

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*German – Springer

Italian – Codice Edizioni

Japanese – Yamaha Music

Korean – Mirae N

*Macedonian – Kosta Abras

Polish – Uniwersytet Jagiellonski

Portuguese in Brazil – Objetiva

*Portuguese in Portugal – Bizancio

Romanian – Grup Media Litera

Russian – Alpina

*Serbian – Psihopolis

Simp. Chinese – Ginkgo (Shanghai)

Spanish – RBA Libros

Turkish – Can Sanat Yayinlari

Publishers of Successful Aging:

UK & C – Viking UK

Czech – Dybbuk

Dutch – Pluim

Estonian – Tanapaev

Italian – Codice Edizioni

Japanese – ALC Press

Korean – Mirae N

Latvian – SIA

Lithuanian – Alma Litera

Portuguese in Brazil – Objetiva

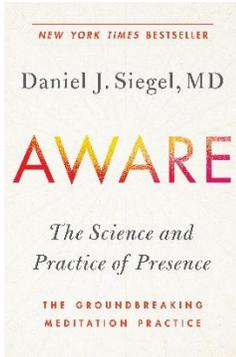
*Portuguese in Portugal – Bizancio

Romanian – Grup Media Litera

Russian – MIF

Turkish – Can Sanat Yayinlari

Vietnamese – Nha Nam



Siegel, Daniel J.
AWARE: The Science and Practice of Presence—The Groundbreaking Meditation Practice
Psychology/Mindfulness | TarcherPerigee | Published in 2018

Almost 90,000 copies sold domestically

“Dan Siegel, who gave us a succinct and clear definition of mind, now explores the awareness that knows that mind.”

—Deepak Chopra, MD

AWARE provides practical instruction for mastering the Wheel of Awareness, a life-changing tool for cultivating more focus, presence, and peace in one’s day-to-day life. Whether you have no experience with a reflective practice or are an experienced practitioner, this is a hands-on guide that will enable you to become more focused and present, as well as more energized and emotionally resilient in the face of stress and everyday challenges.

[Daniel J. Siegel, M.D.](#), is a clinical professor of psychiatry at the UCLA School of Medicine, founding co-director of the UCLA Mindful Awareness Research Center, and executive director of the [Mindsight Institute](#).

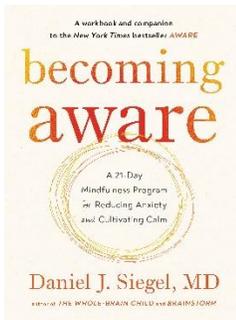
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*Croatian – Harfa
German – Arbor
Greek – Patakis

Italian – Raffaello Cortina
*Korean – Bulkwang
Polish – Relacja
Port. in Brazil – Planeta do Brasil
*Romanian – V & I Herald
*Russian – MIF

*Serbian – Harfa
Simp. Chinese – China Machine Press
Spanish – Planeta
Turkish – Koridor
*Vietnamese – 1980 Books



Siegel, M.D., Daniel
BECOMING AWARE: A 21-Day Mindfulness Program for Reducing Anxiety and Cultivating Calm
Psychology/Mindfulness | TarcherPerigee | Published in 2021

In today’s increasingly fast-paced world it can be difficult to find moments to catch your breath, regain inner balance, and just...be. This simple yet profound guide shows readers how to strengthen their minds by learning to focus attention, open awareness, and develop a positive state of mind—the three pillars of mindfulness practice that research shows lead to greater physical and mental well-being.

[Daniel J. Siegel, M.D.](#), is a clinical professor of psychiatry at the UCLA School of Medicine, founding co-director of the UCLA Mindful Awareness Research Center, and executive director of the [Mindsight Institute](#).

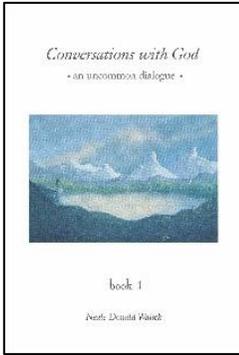
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Turkish – Diyojen



Walsch, Neale Donald
CONVERSATIONS WITH GOD: An Uncommon Dialogue, Book 1
Religion | TarcherPerigee | Published in 1996

****Over 2,000,000 copies sold domestically****

New York Times bestseller CONVERSATIONS WITH GOD BOOK 1 began a series that has been changing millions of lives for more than twenty years.

[Neale Donald Walsch](#) is a *New York Times* bestselling author. He lectures and hosts workshops throughout the country, in addition to running his own foundation, [ReCreation](#). His books have been translated into more than 40 languages.

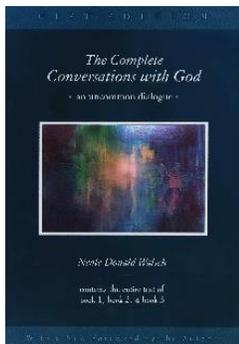
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Walsch, Neale Donald
THE COMPLETE CONVERSATIONS WITH GOD: An Uncommon Dialogue
Religion | TarcherPerigee | Published in 2005

****Over 135,000 copies sold domestically****

THE COMPLETE CONVERSATIONS WITH GOD contains the most essential truths and lessons for spiritual seekers. With a new foreword from the author and a beautiful package, this remarkable book is a gift to treasure.

[Neale Donald Walsch](#) is a *New York Times* bestselling author. He lectures and hosts workshops throughout the country, in addition to running his own foundation, [ReCreation](#). His books have been translated into more than 40 languages.

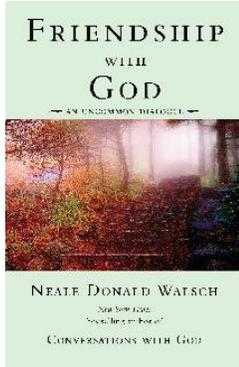
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Walsch, Neale Donald
FRIENDSHIP WITH GOD: An Uncommon Dialogue
Religion | TarcherPerigee | Published in 1999

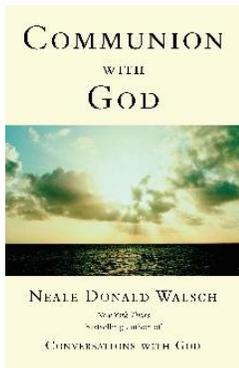
In FRIENDSHIP WITH GOD, Neale Donald Walsch shares more of his faith journey. He leads readers to deepen and strengthen their own bonds with God and to honor the heart's desire: a closer connection, richer and fuller, a friendship with God.

[Neale Donald Walsch](#) is a *New York Times* bestselling author. He lectures and hosts workshops throughout the country, in addition to running his own foundation, [ReCreation](#). His books have been translated into more than 40 languages.

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Walsch, Neale Donald
COMMUNION WITH GOD: An Uncommon Dialogue
Religion | TarcherPerigee | Published in 2000

In COMMUNION WITH GOD, Neale Donald Walsch discovers how to elevate friendship with God to a state of communion. He reveals The Ten Illusions of Man—the misconceptions we hold about ourselves, our world, and our God and describes with striking clarity how we can heal the divide that has arisen from these illusions.

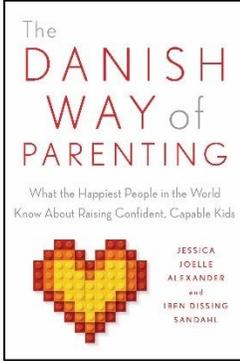
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PARENTING



Alexander, Jessica Joelle and Iben Dissing Sandahl
THE DANISH WAY OF PARENTING: What the Happiest People in the World Know About Raising Confident, Capable Kids
Parenting | TarcherPerigee | Published in 2016

****An international bestseller****

With illuminating examples and powerful advice, this upbeat and practical book presents six essential principles to raise happy, confident, successful kids. These principles, including play, authenticity, empathy, togetherness, and beyond, will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

[Jessica Joelle Alexander](#) is an American columnist and mom living in Europe with her Danish husband and kids. [Iben Dissing Sandahl](#) is a licensed psychotherapist and family counselor working for many years in her private practice outside Copenhagen, Denmark.

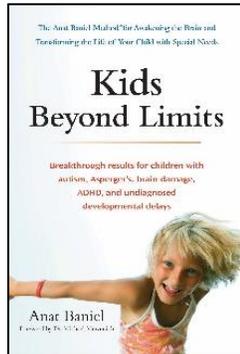
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*Vietnamese – Phuong Nam



Baniel, Anat
KIDS BEYOND LIMITS: The Anat Baniel Method for Awakening the Brain and Transforming the Life of Your Child With Special Needs
Parenting/Children with Special Needs | TarcherPerigee | Published in 2012

“Kids Beyond Limits gives parents and others who care for special children new hope and a new sense of possibilities.”

—Arianna Huffington

In this supportive and hands-on book, Anat Baniel guides parents of children who have been diagnosed with autism, Asperger’s Syndrome, ADHD, Cerebral Palsy, or other developmental disorders. By shifting the focus to connecting rather than “fixing,” this powerful yet simple method helps both children and parents to de-stress, focus, and grow, and allows children to maximize their potential, no matter what their diagnosis.

[Anat Baniel](#) has established an international reputation for her work with special-needs children. She runs the Anat Baniel Center, a treatment facility in California that draws students and clients from all over the world.

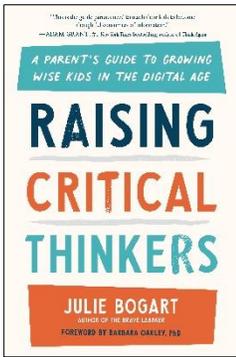
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Simp. Chin. – Pub. House of Electronics
*Slovak – APPA
Turkish – Dogan Egmont Yayincilik



Bogart, Julie
RAISING CRITICAL THINKERS: A Parent's Guide to Growing Wise Kids in the Digital Age
Parenting/Education | TarcherPerigee | Published in 2022

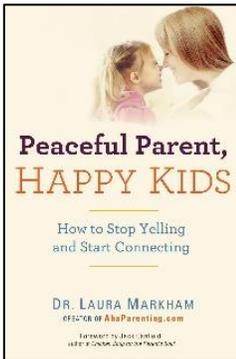
Education is not solely about acquiring information and skills across subject areas, but also about understanding how and why we believe what we do. At a time when online media has created a virtual firehose of information and opinions, parents and teachers worry how students will interpret what they read and see. In **RAISING CRITICAL THINKERS**, Julie Bogart draws on more than twenty years' experience homeschooling and developing curricula to offer practical tools to help children at every stage of development to grow in their ability to explore the world around them, examine how their loyalties and biases affect their beliefs, and generate fresh insight rather than simply recycling what they've been taught.

[Julie Bogart](#) is the creator of the award-winning, innovative [Brave Writer](#) program, teaching writing and language arts to thousands of families every year. She homeschooled her five now-grown children for seventeen years and is the founder of [Brave Learner Home](#), which supports homeschooling parents through coaching and teaching. She has taught as an adjunct professor of theology at Xavier University and is also the author of *The Brave Learner*.

UK rights are available.

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| Arabic – Afaq for Publishing | Lithuanian – Vaga Publishers | Simplified Chinese – Cheers |
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| Japanese – Discover 21 | Russian – Popuri | Vietnamese – Vietnam Women's Pub. |



Markham, Laura
PEACEFUL PARENT, HAPPY KIDS: How to Stop Yelling and Start Connecting
Parenting | TarcherPerigee | Published in 2012

Over 270,000 copies sold domestically

“Dr. Laura is always tuned in to what kids need so they can thrive, and what moms and dads need so they can parent well. If you want to feel more confident and peaceful as a parent, this is the book.”

—Elizabeth Pantley, author of twelve parenting books, including *The No Cry Sleep Solution*

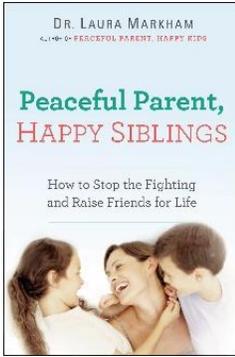
Based on both brain development research and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. **PEACEFUL PARENT, HAPPY KIDS** will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child.

[Dr. Laura Markham](#) is a clinical psychologist specializing in child development and parenting. She earned her Ph.D. in Clinical Psychology at Columbia University, and her clinical practice is entirely devoted to coaching parents, with clients around the world. The founder of [AhaParenting.com](#), she supports parents every day in her private coaching practice and daily email inspirations.

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Markham, Laura

PEACEFUL PARENT, HAPPY SIBLINGS: How to Stop the Fighting and Raise Friends for Life
Parenting/Siblings | TarcherPerigee | Published in 2015

“Finally, a book that answers your questions around sibling rivalry!”

—Dr. Shefali Tsabary, bestselling author of *The Awakened Family* and *The Conscious Parent*

As any parent of more than one child knows, it’s challenging for even the most engaged parent to maintain harmony and a strong connection when competition, tempers, and irritation run high. In PEACEFUL PARENT, HAPPY SIBLINGS, Dr. Laura Markham presents simple yet powerful ways to cut through the squabbling and foster a loving, supportive bond between siblings, while giving each child the vital connection that he or she needs.

[Dr. Laura Markham](#) is a clinical psychologist specializing in child development and parenting. She earned her Ph.D. in Clinical Psychology at Columbia University, and her clinical practice is entirely devoted to coaching parents, with clients around the world. The founder of [AhaParenting.com](#), she supports parents every day in her private coaching practice and daily email inspirations.

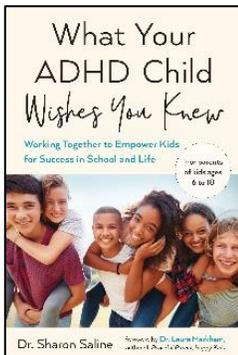
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Polish – Relacja
Romanian – DVG
Russian – Eksmo

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Saline, Dr. Sharon; Foreword by Laura Markham

WHAT YOUR ADHD CHILD WISHES YOU KNEW: Working Together to Empower Kids for Success in School and Life

Parenting | TarcherPerigee | Published in 2018

“Short enough for a busy parent to actually read and use; utterly reliable and authoritative but never pedantic; wise, kind, and teeming with the chirping voices of children who have ADHD; this cornucopia of a book will feed you over and over again.”

—Edward Hallowell, MD, bestselling author of *Delivered from Distraction*

In this insightful and practical book, veteran psychologist Sharon Saline shares the words and inner struggles of children and teens living with ADHD—and a blueprint for achieving lasting success by working together. Based on more than 25 years of experience counseling young people and their families, Dr. Saline’s advice and real-world examples reveal how parents can shift the dynamic and truly help kids succeed.

[Sharon Saline, Psy.D.](#), maintains a busy psychotherapy practice working with children, teens, families, and adults with ADHD and other mental health issues. She has spoken at and conducted workshops nationally and internationally on ADHD and the adolescent brain.

UK rights are available.

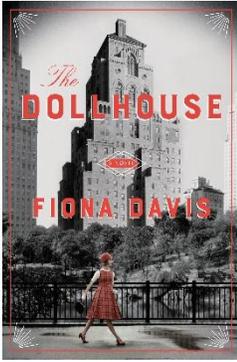
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Korean – Hana Medical

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Simp. Chinese – China Machine Press
Spanish – Akadia

FICTION



Davis, Fiona
THE DOLLHOUSE: A Novel
Fiction | **Dutton** | Published in 2016

Over 175,000 copies sold

“Rich both in twists and period detail, this tale of big-city ambition is impossible to put down.”
—*People*

When she arrives at the famed Barbizon Hotel in 1952, Darby is everything her modeling agency hall mates aren't: plain, self-conscious, homesick, and utterly convinced she doesn't belong. Yet when Darby befriends Esme, a Barbizon maid, she's introduced to an entirely new side of New York City. Over half a century later, the Barbizon's a condo and most of its long-ago guests are forgotten, but rumors of Darby's involvement in a deadly skirmish with a hotel maid back in 1952 haunt the halls of the building. Darby's upstairs neighbor, a journalist named Rose, just can't resist looking into it, but as her obsession deepens, the ethics of Rose's investigation become increasingly murky, and neither woman will remain unchanged when the shocking truth is finally revealed.

Fiona Davis is the *New York Times* bestselling author of [several novels, all published by Dutton](#): *The Dollhouse*, *The Address*, *The Masterpiece*, *The Chelsea Girls*, *The Lions of Fifth Avenue*, and *The Magnolia Palace*. She is a graduate of the College of William & Mary in Virginia and the Columbia Journalism School.

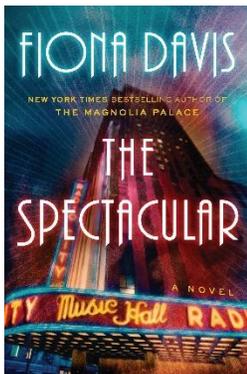
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Norwegian – Pantagruel

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Port. in Portugal – Reader's Digest



Davis, Fiona
THE SPECTACULAR: A Novel
Historical Fiction | **Dutton** | Published in 2023



Over 40,000 copies sold in 3 months

“Weaving together love, revenge, ambition, and heartbreak, Davis brings her two story lines to satisfying—and surprising—conclusions.”
—Shelf Awareness

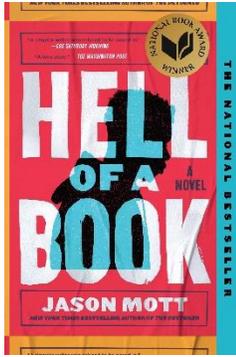
It's 1956, and Marion is thrilled to have been selected to be one of the Rockettes, Radio City Music Hall's glamorous precision-dancing troupe. But with four shows a day and grueling rehearsals, she quickly realizes that the life of a Rockette has both extraordinary highs and devastating lows. When a bomb explodes in the theater—the latest in a string of explosions around the city orchestrated by a person the press nicknamed the "Big Apple Bomber"—the police have no leads. At Marion's urging, they turn in desperation to a radical new technique: psychological profiling. As Marion finds herself pulled deeper into the investigation, she realizes that while she's been training herself to blend in to perform in perfect Rockette-unison, she'll need to stand out and take a terrifying risk if she hopes to catch the bomber. But she may be forced to sacrifice everything she's worked for, as well as the people she loves the most.

Fiona Davis is the *New York Times* bestselling author of [several novels, all published by Dutton](#): *The Dollhouse* (2016), *The Address* (2017), *The Masterpiece* (2018), *The Chelsea Girls* (2019), *The Lions of Fifth Avenue* (2020), and *The Magnolia Palace* (2022). She is a graduate of the College of William & Mary in Virginia and the Columbia Journalism School.

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Mott, Jason
HELL OF A BOOK: A Novel
Fiction | **Dutton** | Published in 2021

2021 National Book Award Winner

What is this book about? It's about an African-American author who sets out on a cross-country book tour to promote his bestselling novel. But that story is just the scaffolding of something much larger and more urgent; this is also the story of Soot, a young Black boy living in a rural town in the recent past, and The Kid, a possibly imaginary child that appears to the author on his tour.

Throughout, the tragic story of a police shooting plays over and over on the news. As the book works toward its conclusion and its storylines converge, gut punch after gut punch, it makes bold statements about racism and violence in America as readers come to know better one of the most memorable characters in recent fiction.

[Jason Mott](#) has published three previous novels, including the *New York Times* bestseller *The Returned* (MIRA, 2013), which was turned into a TV series. He has a BFA in Fiction and an MFA in Poetry, and his writing has appeared in various literary journals.

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