

# 2024 FRANKFURT RIGHTS GUIDE **BACKLIST HIGHLIGHTS**



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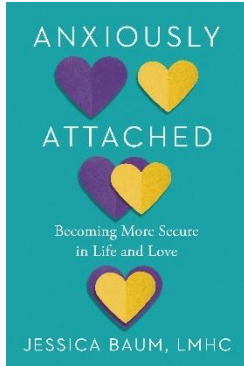
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## **PSYCHOLOGY, SELF-HELP**



**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, LMHC** is the founder of the [Relationship Institute of Palm Beach](https://www.relationshipinstituteofpalmbeach.com/), 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](https://www.instagram.com/Jessicabaumlhmc)

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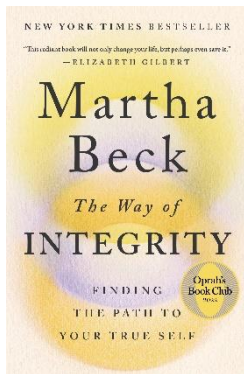
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**Beck, Martha**

**THE WAY OF INTEGRITY: Finding the Path to Your True Self**

Self-Help | The Open Field | Published in 2021

***\*Instant New York Times Bestseller\****

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

In THE WAY OF INTEGRITY, Martha Beck presents a four-stage process that anyone can use to find integrity, and with it, a sense of purpose, emotional healing, and a life free of mental suffering.

Inspired by *The Divine Comedy*, Beck uses Dante's classic hero's journey as a framework to break down the process of attaining personal integrity into small, manageable steps. She shows how to read our internal signals that leads us towards our true path, and to recognize what we actually

yearn for versus what our culture sells us. The result is a spiritual journey that not only changes the direction of our lives, but also brings us to a place of genuine happiness.

**Martha Beck** is a bestselling author, life coach, and speaker who specializes in helping individuals and groups achieve greater levels of personal and professional success. She is the author of nine nonfiction books and one novel, and has been a longtime contributor to *O, The Oprah Magazine*. She holds a PhD in sociology from Harvard.

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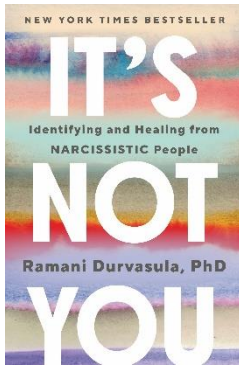
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**Durvasula, PhD, Ramani**

**IT'S NOT YOU: Identifying and Healing from Narcissistic People**

Self-Help/Self-Esteem | **The Open Field** | Published in 2024

**\*Instant New York Times Bestseller\***

**\*Almost 200,000 copies sold domestically\***

It's not always easy to tell when you're dealing with a narcissistic person, and unfortunately, no matter how much you try to appease them, they will not stop manipulating and invalidating you. The first step toward healing from their toxic influence—and to protect yourself from future harm—is to accept that you are not to blame for their behavior. Drawing on more than two decades of studying the landscape of narcissism and working with survivors, Dr. Ramani Durvasula

explores how narcissists hijack our well-being and offers a healing path forward. Thriving after, or even during, a narcissistic relationship can be challenging, but IT'S NOT YOU shows you that it is possible.

[Dr. Ramani Durvasula](#) is a licensed clinical psychologist, Professor Emerita of Psychology at California State University Los Angeles, and the Founder and CEO of LUNA Education, Training & Consulting. She discusses narcissism on her popular [YouTube channel](#), on social media as [@DoctorRamani](#), her popular online program on healing from narcissistic abuse, and as the host of the podcast *Navigating Narcissism with Dr. Ramani*.

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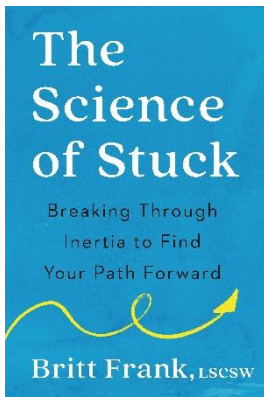
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**Frank, Britt**

**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, unable to take the leap to move forward, 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 and 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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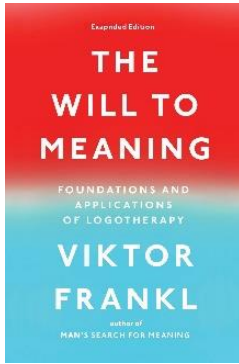
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**Frankl, Viktor E.**

**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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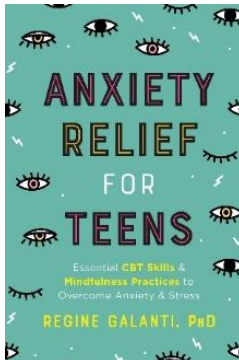
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**Galanti, PhD, Regine**

**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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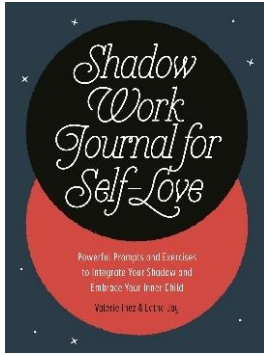
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**Jay, Latha and Valerie Inez**

**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.

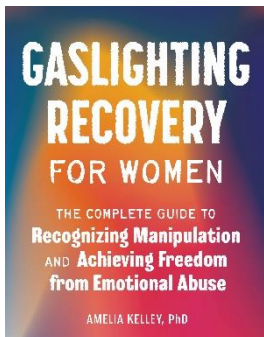
[Valerie Inez](#) is a writer, intuitive, healer, and shadow work guide. Comfortable diving deep into the shadows and bringing the darkness into the light, she helps her clients rise from the ashes, find their inner magic, and step into their divine power.

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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.

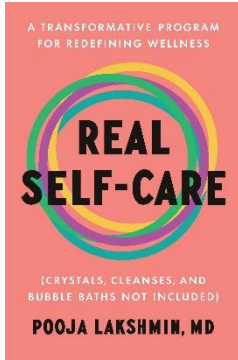
[Amelia Kelley, PhD](#), is an integrative, trauma-informed therapist focusing on motivation, women's issues, empowering survivors of abuse and relationship trauma, Highly Sensitive Persons, healthy living, and adult ADHD. Dr. Kelley is an adjunct professor in counseling at Yorkville University and a 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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Simp. Chinese – Citic  
Vietnamese – Alpha Books



**Lakshmin, MD, Pooja**

**REAL SELF-CARE: A Transformative Program for Redefining Wellness (Crystals, Cleanses, and Bubble Baths Not Included)**

Self-Help | Penguin Life | Published in 2023

***\*Almost 50,000 copies sold domestically\****

From women's mental health specialist and *New York Times* contributor Pooja Lakshmin, MD, comes a long-overdue reckoning with the contradictions of the wellness industry and a paradigm-shifting program for practicing real self-care that will empower, uplift, and maybe even start a revolution. The term *self-care* is everywhere, but the truth is that it's incomplete at best and manipulative at worst.

*Real* self-care is an internal, self-reflective process that involves making difficult decisions in line with our values, and, when we practice it, we shift our relationships, our workplaces, and even our broken systems. A step-by-step program for real and sustainable change and solace, REAL SELF-CARE is a complete roadmap for women to set boundaries and move past guilt, treat themselves with compassion, get closer to themselves, and assert their own power.

**Pooja Lakshmin, MD**, is a board-certified psychiatrist, *New York Times* contributor, and leading voice at the intersection of mental health and gender, focused on helping women and people from marginalized communities escape the tyranny of self-care. In 2020, Lakshmin founded Gemma, a physician-led women's mental health education platform centering impact and equity. She maintains an active private practice, where she treats women struggling with burnout, perfectionism, and disillusionment, as well as clinical conditions like depression and anxiety. Having gone down the rabbit hole of extreme wellness herself, REAL SELF-CARE is Lakshmin's answer to the juice cleanses, the gratitude lists, and the bubble baths—not only to care for ourselves *for real* but, in turn, to transform our broken culture.

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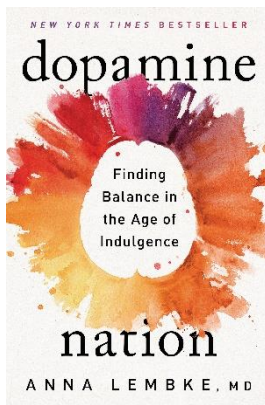
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Spanish – Planeta  
Vietnamese – First News





**Lembke, MD, Anna**

**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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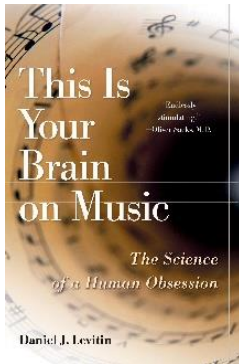
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**Levitin, Daniel J.**

**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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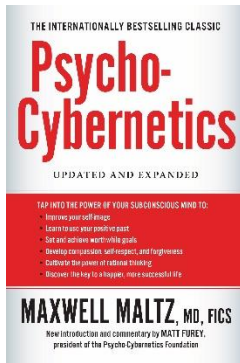
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**Maltz, Maxwell**

**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.

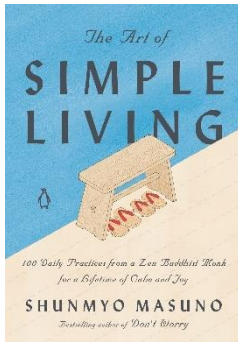
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**Masuno, Shunmyo**

**THE ART OF SIMPLE LIVING: 100 Daily Practices from a Zen Buddhist Monk for a Lifetime of Calm and Joy**

Self-Help/Mindfulness | **Penguin Life** | Published in 2019

**"Does for mental clutter what Marie Kondo has done for household clutter."**

—*Publishers Weekly*

In clear, practical, easily adopted lessons—one a day for 100 days—renowned Buddhist monk Shunmyo Masuno draws on centuries of wisdom to teach you to Zen your life. With each daily practice, you will learn to find happiness not by seeking out extraordinary experiences, but by making small changes to your life, opening yourself up to a renewed sense of peace and inner calm.

**Shunmyo Masuno** is the head priest of a 450-year-old Zen Buddhist temple in Japan, an award-winning Zen garden designer for clients all over the world, and a professor of environmental design at one of Japan's leading art school.

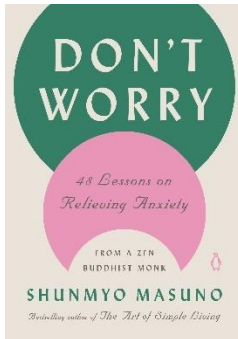
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Vietnamese – ThaiHa



**Masuno, Shunmyo**

**DON'T WORRY: 48 Lessons on Relieving Anxiety from a Zen Buddhist Monk**

Self-Help/Mindfulness | **Penguin Life** | Published in 2022

Discover why 90% of your worries won't come true in this highly practical, internationally bestselling guide by the renowned Zen Buddhist Shunmyo Masuno. By focusing on the here and now, you free yourself from unnecessary anxiety and your mind can be at peace. Taking to heart the nearly 30 zengo, or Zen sayings, quoted throughout this book's 48 simple lessons, you'll enjoy a calmer, more relaxed, more positive version of yourself.

**Shunmyo Masuno** is the head priest of a 450-year-old Zen Buddhist temple in Japan, an award-winning Zen garden designer for clients all over the world, and a professor of environmental design at one of Japan's leading art school.

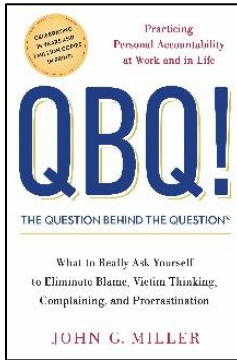
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Hungarian – XXI  
Indonesian – Pustaka Utama  
Malayalam – Manjul  
Marathi – Manjul  
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Polish – Foksal  
Portuguese in Brazil – Sextante

Portuguese in Portugal – ASA  
Romanian – Litera  
Russian – Eksmo  
Serbian – Vulkan  
Spanish – Urano  
Swedish – Volante  
Tamil – Manjul  
Telugu – Manjul  
Thai – Biblio  
Vietnamese – ThaiHa



**Miller, John G.**

**QBQ! The Question Behind the Question: Practicing Personal Accountability at Work and in Life**  
Self-Help/Business Development | 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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\*Hungarian – Bagolyvar

\*Indonesian – Bhuama Ilmu Populer

\*Italian – Corbaccio

Korean – Haneon Publishing

Polish – Helion

Russian – Eksmo

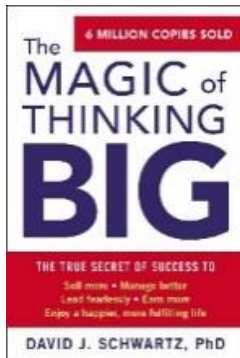
Simp. Chin. – Pub House of Electronics

\*Swedish – Svenska Forlaget

Thai – WeLearn Co

Uzbek – Asaxiybooks

Vietnamese – First News Co



**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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\*Croatian – V.B.Z.

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Finnish – Viisas Elama

French – Editions Un Monde

German – PRH Germany

Gujarati – Manjul

Hindi – Manjul

\*Hungarian – Bagolyvar Kiado

\*Indonesian – PT Menuhu Insan

Italian – NTS SRL

Japanese – Pan Rolling

Kannada – Manjul

Kazakh – Marfu Publishing

Korean – Nara Publishers

Latvian – Zvaigzne

Malayalam – Manjul

Malaysian – PTS Professional Pub.

Marathi – Mehta Publishing

Nepali – Panchpokhari

Odia – Manjul

Polish – MT Biznes

Portuguese in Brazil – Bestseller

Portuguese in Portugal – Lua de Papel

Punjabi – Manjul

Romanian – Curtea Veche

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\*Serbian – Vulkan

Simp. Chinese – China Youth Book

\*Slovene – V.B.Z.

Spanish – Taller de Exito

Tamil – Manjul

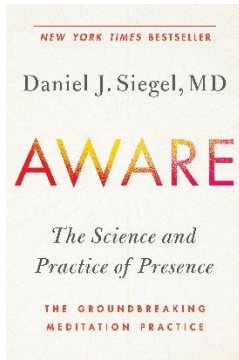
Telugu – Manjul

Thai – Se-Education

Turkish – Kreatif

Ukrainian – Punkt

Vietnamese – First News



**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](#).

**UK rights sold to Scribe.**

**Translation rights sold to:**

Arabic – Jarir

\*Bulgarian – Kibea

Complex Chinese – China Times

\*Croatian – Harfa

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\*Korean – Bulkwang

Polish – Relacja

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Romanian – V & I Herald

\*Russian – MIF

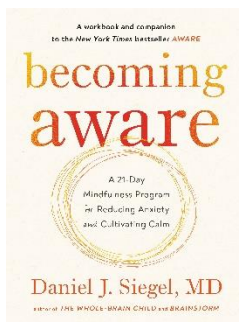
\*Serbian – Harfa

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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**Translation rights sold to:**

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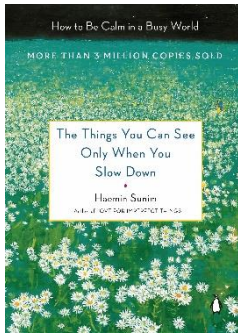
Korean – Haruhun

Polish – Relacja

Port. in Brazil – Citadel

Romanian – Editora For You

Turkish – Diyojen



**Sunim, Haemin**

**THE THINGS YOU CAN SEE ONLY WHEN YOU SLOW DOWN: How to be Calm in a Busy World**  
Self-Help/Mindfulness | Penguin Life | Published in 2017

***\*Forbes' "Greatest Self-Help Books of All Time"***

The world moves fast, but that doesn't mean we have to. This bestselling mindfulness guide by Haemin Sunim, a renowned Buddhist meditation teacher, illuminates a path to inner peace and balance amid the overwhelming demands of everyday life. By offering guideposts to well-being and happiness in eight areas—including relationships, love, and spirituality, Sunim emphasizes the importance of forging a deeper connection with others and being compassionate and forgiving

toward ourselves.

[Haemin Sunim](#) is one of the most influential Zen Buddhist teachers and writers in the world. He is one of *Spirituality & Health's* Top 10 Spiritual Leaders of the Next 20 Years and one of *Greatist's* 100 Most Influential People in Health and Fitness. Wildly popular on [social media](#), his books are popular as guides not only to meditation but also to overcoming the challenges of everyday life.

#### **UK rights sold to Penguin Life.**

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Gujarati – WOW Publishings

\*Hebrew – Matar

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\*Hungarian – Edesviz Kiado

Italian – Mondadori Retail

Japanese – Amarin

\*Lithuanian – Lith. Writer's Union

Macedonian – Feniks

Malaysian – PTS Publishing House

Marathi – Madhushree

\*Norwegian – Gyldendal Norsk

\*Polish – Znak

\*Portuguese in Brazil – Sextante

Portuguese in Portugal – 20/20 Editora

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\*Slovene – Učila

\*Span. in Lat. Amer. – Oceano de Mex.

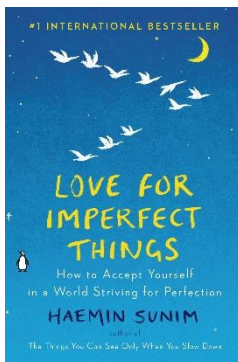
\*Spanish in Spain – Planeta

\*Swedish – Bokforlaget Forum

\*Turkish – Pegasus

\*Ukrainian – Snowdrop

Vietnamese – Nha Nam



**Sunim, Haemin**

**LOVE FOR IMPERFECT THINGS: How to Accept Yourself in a World Striving for Perfection**  
Self-Help/Mindfulness | Penguin Life | Published in 2018

Zen Buddhist monk Haemin Sunim turns his trademark wisdom to the art of self-care, arguing that only by accepting yourself—and the flaws that make you who you are—can you have compassionate and fulfilling relationships with your partner, your family, and your friends. LOVE FOR IMPERFECT THINGS will appeal to both your eyes and your heart, and help you learn to love yourself, your life, and everyone in it.

[Haemin Sunim](#) is one of the most influential Zen Buddhist teachers and writers in the world. He is one of *Spirituality & Health's* Top 10 Spiritual Leaders of the Next 20 Years and one of *Greatist's* 100

Most Influential People in Health and Fitness. Wildly popular on [social media](#), his books are popular as guides not only to meditation but also to overcoming the challenges of everyday life.

#### **UK rights sold to Penguin Life.**

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\*Hungarian – Edesviz Kiado

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Japanese – Anonima Studio

Polish – Dressler Dublin

Portuguese in Brazil – Sextante

\*Romanian – Lifestyle

\*Russian – Alpina

\*Serbian – Vulkan

\*Slovene – Zalozba

Spanish – Planeta

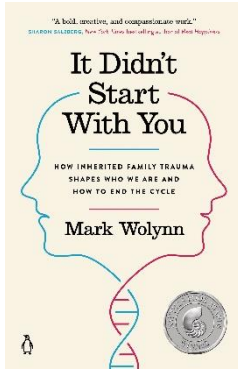
Swedish – Tukan Forlag

Turkish – Pegasus

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Uzbek – OOO Zukko Kitobxon





**Wolynn, Mark**

**IT DIDN'T START WITH YOU: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle**

Psychology/Mental Health | **Penguin Life** | Published in 2016

**\*International Bestseller\***

**\*Over 800,000 copies sold domestically\***

*Depression. Anxiety. Chronic Pain. Phobias. Obsessive thoughts.* The evidence is compelling: the roots of these difficulties may not reside in our immediate life experience or in chemical imbalances in our brains—but in the lives of our parents, grandparents, and even great-grandparents. IT DIDN'T START WITH YOU builds on the work of leading experts in post-traumatic stress to show that even if

the person who suffered the original trauma has died, memory and feelings can live on, often hidden, encoded in everything from gene expression to everyday language, and they play a far greater role in our emotional and physical health than has ever before been understood. As a pioneer in the field of inherited family trauma, Mark Wolynn offers a pragmatic and prescriptive guide to his method, the Core Language Approach to resolve longstanding difficulties that in many cases, traditional therapy, drugs, or other interventions have not had the capacity to touch.

**Mark Wolynn** is a leading expert on inherited family trauma. He is the winner of the 2016 Silver Nautilus Award in Psychology. As the director of The Family Constellation Institute in San Francisco, he has trained thousands of clinicians and treated thousands more patients struggling with depression, anxiety, panic disorder, obsessive thoughts, self-injury, chronic pain, and illness. A sought-after lecturer, he leads workshops at hospitals, clinics, conferences, and teaching centers around the world.

**UK rights sold to Penguin UK.**

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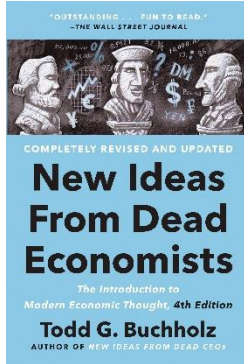
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Czech – Triton  
\*Danish – Wibolts  
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Slovene – Eastone  
Spanish – Alfaomega  
Thai – Arrow  
Turkish – Sola Klcluk  
Ukrainian – Vivat  
Vietnamese – First News



## **BUSINESS**



**Buchholz, Todd**

**NEW IDEAS FROM DEAD ECONOMISTS: The Introduction to Modern Economic Thought, 4<sup>th</sup> 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 Malthus, 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.

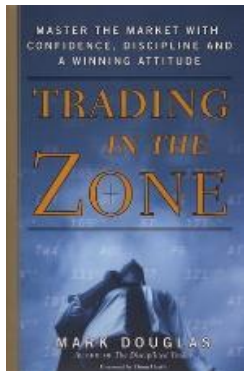
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\*Albanian – Inst. for Political Studies  
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\*Port. in Brazil – Record  
\*Romanian – Andreco

Simp. Chinese – China Science & Tech  
\*Turkish – Liberte Yayinlari  
\*Vietnamese – Alpha Books



**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.

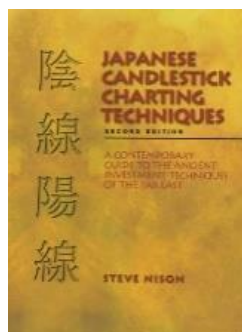
**Mark Douglas** is also author of *The Disciplined Trader™: Developing Winning Attitudes* published in 1990 and considered an industry classic—and one of the first books to introduce the investment industry to the concept of trading psychology. Douglas began coaching traders in 1982, and continued to 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.

**Translation rights sold to:**

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\*Czech – Impossible  
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French – Valor  
German – Verlag Franz Vahlen  
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Hindi – Goel Prakashan  
Italian – Trading Library

Japanese – Pan Rolling  
Kannadan – Goel Prakashan  
Korean – Gilbut  
Marathi – Goel Prakashan  
Mongolian – Nomax  
Polish – Helion  
Portuguese in Brazil – Companhia  
Portuguese in Portugal – Bookout

Romanian – Cartify  
Simp. Chinese – Beijing Brace Mgmt  
Spanish – Valor  
Thai – NSIX Pub.  
Turkish – Nobel Akademik  
Vietnamese – Finfin Company



**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.

**UK rights are available.**

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French – Valor

German – Redline/Munchner

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Hindi – Manjul

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Korean – Ire Media

Marathi – Manjul

Polish – Epilog

Portuguese in Brazil – Novatec

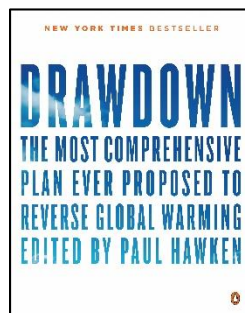
\*Russian – Alpina

\*Simp. Chinese – China South Booky

\*Spanish – Valor

Vietnamese – Happy Live Limited

**HEALTH, 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, and bestselling author who is one of the leading voices calling for the regeneration of nature and humanity. He has authored and edited eight books published in 30 languages over 50 countries that have sold over two million copies. He is a renowned lecturer who has keynoted conferences and led workshops on the impact of commerce on the environment and consults with NGOs, governments, and corporations worldwide.

**UK rights sold to Penguin Press UK.**

**Translation rights sold to:**

Arabic – Kuwait Found. for Adv. of Sci.

Complex Chinese – Linking Publishing

\*Dutch – MGMC

French – Actes Sud

German – Gutersloher

Greek – Fantastikos Kosmos

Hungarian – HVG

Italian – Viaggi nel Tempo

Japanese – Yama-Kei

Korean – Geulhangari

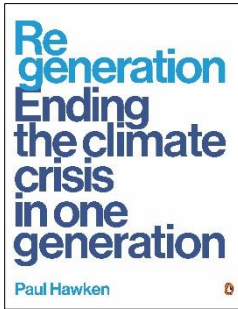
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Portuguese in Brazil – Manole

\*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, and bestselling author who is one of the leading voices calling for the regeneration of nature and humanity. He has authored and edited eight books published in 30 languages over 50 countries that have sold over two million copies. He is a renowned lecturer who has keynoted conferences and led workshops on the impact of commerce on the environment and consults with NGOs, governments, and corporations worldwide.

**UK rights sold to Penguin Press UK.**

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Dutch – Lemniscaat

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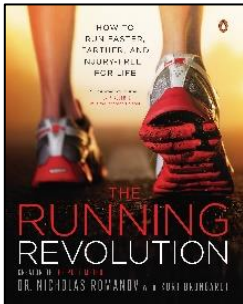
Hebrew – Radical

Hungarian – HVG

Japanese – Yama-Kei

Korean – Geulhangari

Simp. Chinese – China Science & Tech.



**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.

**UK rights are available.**

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\*Complex Chinese – Faces

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Italian – Sperling

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\*Korean – ShinHeung

\*Polish – Helion

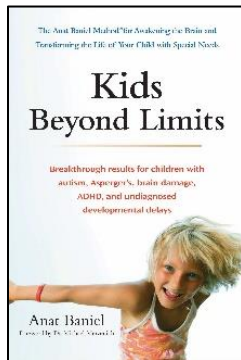
Portuguese in Brazil – Edipro Edicoes

\*Russian – MIF

Simp. Chinese – Cheers Publishing

\*Vietnamese – Panda

## **PARENTING**



**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.

**UK rights are available.**

**Translation rights sold to:**

Bulgarian – Teach for Bulgaria

\*French – Editions De L’Homme

German – Verein IDA

Japanese – Tarojiro-Sha

Korean – Sensio

Polish – Harmonia Jozef Czesik

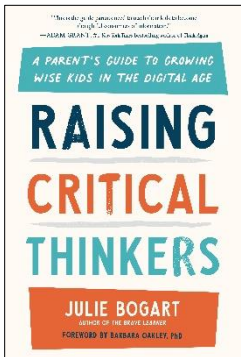
Port. in Brazil – Universo dos Livros

\*Russian – OOO Alpina

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.**

**Translation rights sold to:**

Arabic – Afaq for Publishing

Estonian – Helios

German – Munchner

Japanese – Discover 21

Lithuanian – Vaga Publishers

Polish – Inspiruje

Portuguese in Brazil – Alta Books

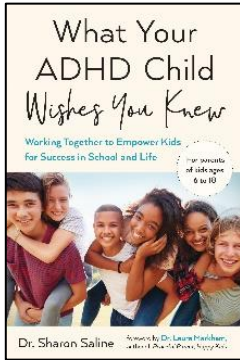
Russian – Popuri

Simplified Chinese – Cheers

Thai – Nalikasai

Turkish – TEAS

Vietnamese – Vietnam Women’s Pub.



**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 sold to Swift Press.**

**Translation rights sold to:**

\*Czech – Portal

Estonian – Aripaev

Finnish – Viisas Elama

French – Editions Complicites

Japanese – Toyokan

Korean – Hana Medical

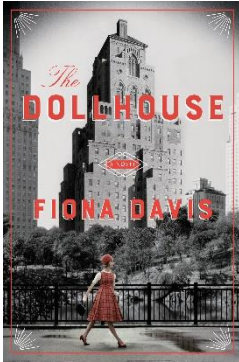
Port. in Brazil – Buzz Editora

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.

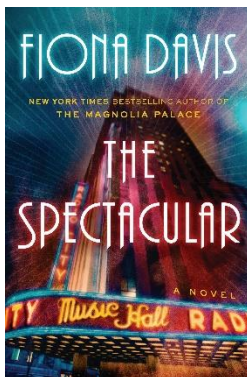
**UK rights are available.**

**Translation rights sold to:**

\*Bulgarian – Kragozor  
\*Czech – Tarsago Ceska  
\*Dutch – Ambo Anthos  
German – Goldmann

Greek – Dioptra  
\*Hungarian – Tarsago Magyarorszag  
Italian – HarperCollins Italia  
Norwegian – Pantagruel

\*Port. in Brazil – Reader's Digest  
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.

**UK rights are available.**

**Translation rights sold to:**

Romanian – Humanitas

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