

# LONDON 2026



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## RECENT ACQUISITIONS AND FUTURE HIGHLIGHTS

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**Elliott, Tania**

**YOU LOOK WELL**

**September 2027 | Women's Health / Longevity**

**UK and Translation | Proposal available**

**Agent: United Talent Agency | Editor: Lucia Watson**

For too long, women have been told that looking tired, bloated, or worn-down is just part of aging, motherhood, or having ambition. That exhaustion is something to be proud of. Dr. Elliott is here to dismantle that myth. When your glow fades, she argues, it's your body asking for help. Beauty is not vain; it's vital. YOU LOOK WELL will help women refamiliarize themselves with their bodies, recognize early warning signs that something's off, and learn to trust their reflection again. Blending research, story, and tangible takeaways, Dr. Elliott translates complex science into accessible daily routines: sleep rituals, hormone insights, gut resets, and "real-world" health swaps that fit into any life. The result is a playbook for women to feel energized, strong, and unapologetically radiant at every age.

[Dr. Tania Elliott](#) is a dual board-certified physician in Internal Medicine and Allergy/Immunology, three-time Chief Medical Officer, and one of the most followed, most listened-to doctors on the internet today. She has held executive roles with some of the nation's largest health systems and companies, serves on the Board of Regents for the American College of Allergy, Asthma & Immunology, the Board of Directors for the American Telemedicine Association, and is a Clinical Instructor at NYU Langone Health.

**Lin-Siegler, Xiaodong**

**FAILURE IS SUCCESS: The New Science of Turning Setbacks Into Triumphs**

**March 2028 | Psychology / Personal Growth**

**Translation | Proposal available**

**Agent: Peter Bernstein | Editor: Lucia Watson**

Many books have explored failure by focusing on the importance of perseverance and growth-oriented thinking. But research has shown that interventions designed to foster these qualities produce results that are sometimes less powerful and effective than expected. Dr. Lin-Siegler's book takes a fresh approach and moves beyond broad encouragement. She lays out six powerful, teachable practices that can be adopted by anyone to turn failure into success. They are concrete, action-oriented, and research-backed strategies used by individuals at the highest levels of achievement across many disciplines. More importantly, they are accessible and available to everyone—students, educators, entrepreneurs, and career-minded people in everyday life, striving to navigate disappointment and self-doubt. Drawing on over 30 years of research, Dr. Lin-Siegler's work reveals that failure is not an endpoint, but unfinished business—an open agenda that, when met with purpose, drives learning, adaptation, and achievement.

**Xiaodong Lin-Siegler** has spent over 30 years uncovering the psychological and cognitive mechanisms that drive not just perseverance, but strategic adaptation, innovation, and breakthrough achievement. She is Cleveland E. Dodge Chair Professor of Motivational Psychology and Education at Teachers College, Columbia University and she directs both the Education for Persistence and Innovation Center (EPIC) and the Institute of Learning Technologies (ILT).

Rights sold: UK Commonwealth (Piatkus)

## SPRING 2027

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**Brewer, Judson**

**GOING BEYOND ANXIETY: New Science Shows How to Overcome Dread, Fear, and Everyday Unease to Create a Life that Matters**

**April 2027 | Psychology / Anxiety**

**UK and Translation | Proposal available; manuscript expected June 2026**

**Agent: Janklow & Nesbit | Editor: Lucia Watson**

The world has moved past fear from the early pandemic days to something more insidious: a normalization of chronic unease—that low-grade, insistent sense of dread in today’s uncertain world. People have tried withdrawal, isolation, numbing, and the perennial promise of “self-care,” but not many of us are feeling any better. What anxiety sufferers have not been consistently offered is genuine transformation; a way to meet the world as it is without being diminished by it. *LIVE WITHOUT LIMITS* will help readers build the capacity to thrive in an uncertain world. Grounded in neuroscience, tested in clinical trials, and refined in real-world clinical practice, the tools provided in this book go beyond coping, allowing us to lean into life and truly flourish.

[Judson Brewer, MD, PhD](#), is an internationally renowned addiction psychiatrist and neuroscientist, and *New York Times* bestselling author of *Unwinding Anxiety* and *The Hunger Habit*. He is a full professor in the School of Public Health and Medical School at Brown University.

*The Hunger Habit* publishers: UK Commonwealth (Bonnier); Arabic (Jarir); Chinese, complex (China Times); Czech (Audiolibrix); Estonian (Aripaev); German (Vak); Italian (Garzanti); Japanese (Fukumura); Korean (Prunsoop); Polish (Wielka); Portuguese/Brazil (Sextante); Portuguese/Portugal (Lua de Papel); Romanian (Curtea Veche); Spanish (Paidos); Turkish (Okuyan Us); Vietnamese (1980)

*Unwinding Anxiety* publishers: UK Commonwealth (Ebury); Albanian (Faik Konica); Arabic (Jarir); Bulgarian (Iztok Zapad); Chinese, complex (China Times); Chinese, simplified (Beijing Huazhang); Croatian (Planetopija); Czech (Audiolibrix); Dutch (Bruna); Estonian (Aripaev); German (Irisiana); Hebrew (Tchelet); Hungarian (Ursus); Indonesian (Alvabet); Italian (Garzanti); Japanese (Pan Rolling); Korean (Gimm-Young); Lithuanian (Vaga); Macedonian (Tri); Polish (Czarna Owca); Portuguese/Brazil (Sextante); Portuguese/Portugal (Lua de Papel); Romanian (Curtea Veche); Russian (Eksmo); Serbian (Laguna); Slovak (Grada); Slovene (HKZ); Spanish (Paidos); Thai (B2S); Turkish (Okuyan Us); Ukrainian (Bookchef); Vietnamese (1980)

**Madsen, Dawn**

**MIND OVER MESS: The Psychology of Clutter and the Power of Letting Go**

**March 2027 | Personal Growth / Motivational**

**UK and Translation | Proposal available; manuscript expected June 2026**

**Agent: Yates & Yates | Editor: Anna Paustenbach**

A mother of four, Dawn Madsen was drowning in clutter, overwhelmed by toys, clothes, dishes, and everyday stuff. Then a simple mindset shift to reduce inventory changed her life. As she began decluttering and organizing, she chronicled her journey on YouTube, building a following of 845,000 subscribers in the process and nearly 1.3M followers across social media. Her book MIND OVER MESS offers more than just tips on decluttering—it is a battle cry for simplicity, and the focus and freedom that comes with it. By learning to let go of excess, we create room for what truly matters—our peace, our relationships, and our well-being. With grace and gentleness, Dawn provides practical step-by-step solutions to help overwhelmed readers finally break free from the clutter that has stolen their homes and lives so that they can dramatically improve their emotional and mental health.

**Dawn Madsen**, the [Minimal Mom](#), has been a minimalist for almost ten years, offering strategies on how to declutter and simplify successfully. She holds a master's degree in psychology and lives in Minnesota with her four kids, ages 11 to 16.

**Muehl, Hannah**

**THRIVE WITH PCOS: A 4-Pillar Protocol to Discover Your Root Cause and Reverse Your Symptoms**

**February 2027 | Women's Health**

**Translation | Manuscript expected March 2026**

**Agent: Europa Content | Editor: Lucia Watson**

When Hannah Muehl was first diagnosed with PCOS, her heart sank since she knew it wasn't just a temporary health problem. Was she destined to struggle with unwanted weight gain, hair growth, overwhelming fatigue, and a host of other uncomfortable problems forever? It was difficult to find medical advice that helped, since PCOS has been under researched and therefore misunderstood. It's also a disorder that can present differently for everyone, leading to the undesired physical changes Hannah was experiencing, as well as fertility challenges, irregular and painful periods, and more. Using her medical background and nutrition training, Hannah tackled her own PCOS and got her life back for good. Now, she empowers other women to take control of their health with her 4-Pillar PCOS program. Each pillar addresses a key root cause of PCOS, including blood sugar imbalance, inflammation, adrenal overdrive, and environmental triggers, and offers step-by-step, science-based advice for healing. With a 10-week day-by-day plan, recipes and meal plans to get started, exercise advice, essential lifestyle tips and more, this life-changing guide will help you learn to live in harmony with your body and feel like yourself again.

[Hannah Muehl, PA-C, RD](#), is a dietitian, certified physician's assistant, and creator of The Conscious Nutritionist. Her mix of nutrition, lifestyle, and medical knowledge, as well as her personal experience with PCOS, led her to form her public platform, where she shares holistic ways to treat PCOS and is able to help clients via nutrition coaching programs. Hannah is on the adjunct faculty at Chatham University in the Physician Assistant studies program and she lives in Pittsburgh, PA with her husband and two children.

Rights sold: UK Commonwealth (Thorsons)

**Naidoo, Uma**

**THE MENTAL CLARITY DIET: Sharpen Your Focus, Lift Your Mood, and Protect Your Memory with Food**

**March 2027 | Mental Health / Nutrition**

**Translation | Proposal available; manuscript expected June 2026**

**Agent: Park, Fine & Brower | Editor: Tracy Behar**

Mental clarity is often framed as a mindset problem that you can fix with discipline or another cup of coffee. But the brain is an organ, governed by immune cells, metabolic demands, and hormonal fluctuations. When those systems are strained, your cognitive health suffers. The good news? You can support each of these systems through food. In THE MENTAL CLARITY DIET, you'll discover:

- How your body's interconnected systems shape focus, mood, and memory
- Why metabolic resilience is key to managing stress and anxiety, fighting fatigue, and preserving memory
- Simple, sustainable dietary shifts you can implement today

With more than 30 delicious, mind-clarifying recipes and practical strategies to lower inflammation and nourish the brain, THE MENTAL CLARITY DIET offers a science-based roadmap to sharper thinking and lasting cognitive vitality.

[Uma Naidoo, MD](#), is a Harvard-trained nutritional psychiatrist, professional chef, nutritional biologist, and bestselling author of *This Is Your Brain on Food* and *Calm Your Mind with Food*. She founded the first hospital-based Nutritional Psychiatry program in the United States at Massachusetts General Hospital (MGH)/Harvard, where she also serves as Director of Nutritional, Lifestyle, and Metabolic Psychiatry. She works closely with the World Economic Forum and the United Nations.

Rights sold: UK Commonwealth (DK Red); German (DK Verlag); Romanian (Publica)

**Overbaugh, Jenna**

**QUIET THE MIND: Healing from the Cycle of Intrusive Thoughts, OCD, and Anxiety**

**February 2027 | Self-Help / Psychology**

**Translation | Manuscript expected end of March 2026**

**Agent: Park, Fine & Brower | Editor: Anna Paustenbach**

Most people think OCD and intrusive thoughts are about a select few people who obsess over handwashing, germs, or needing everything to be just right. QUIET THE MIND flips the script on this definition, revealing that 1 in 40 adults experience OCD in their lifetime and debunking prevailing myths about how it looks and how to thrive with it. Arming readers with practical tools for addressing root fears behind compulsions, providing new language for navigating anxiety loops, and sharing stories from the author's personal experiences with OCD, QUIET THE MIND is a fresh look at anxiety and intrusive thoughts that offers true healing. This is the OCD book you've been waiting for. With the voice of a friend and the wisdom of an expert as well as illustrations and exercises throughout, QUIET THE MIND delivers relief and a way out of the endless loop of intrusive thoughts.

[Jenna Overbaugh](#) is a licensed professional counselor specializing in OCD and anxiety, with over fifteen years of clinical and research experience. She earned her Master's degree in Clinical Psychology from Towson University and has worked at some of the most prestigious institutions in the mental health field, including Johns Hopkins and Rogers Memorial Hospital.

Rights sold: UK Commonwealth (DK Red); German (Goldmann); Spanish (Grijalbo/Aguiar)

**Steinfort, Paddy**

**PRESSURE POINT: The Science of Mastering the Moments that Matter**

**March 2027 | Applied Psychology / Success**

**Translation | Proposal available; manuscript expected April 2026**

**Agent: Rogers & Weil Literary | Editor: Anna Paustenbach**

You already know the feeling. The interview where your mind went blank. The conversation you've rehearsed a hundred times and still fumbled. Drawing on his own research at Penn, the latest in neuroscience, performance science, and from his work coaching MVPs and Olympic champions, advising the US Army, and top-tier global firms in finance, law, and tech, Paddy Steinfort explains that the cookie-cutter wisdom for overcoming pressure—"clear your mind" and "stay positive"—doesn't work. The problem is that our biology works against us in these moments and Steinfort introduces his FACE framework as the antidote:

- Feel what pressure is doing to your body – and use it, rather than fight it.
- Aim your attention toward what matters most, instead of whatever's loudest.
- Commit to a clear next move, even when the path through the pressure isn't.
- Execute under fire – and still stay loose enough to enjoy the unpredictable.

No matter the situation, PRESSURE POINT shows you how to build the right frame of mind – with a system that works when it truly matters.

**Paddy Steinfort** is a world-renowned performance expert with a masters in applied psychology from the University of Pennsylvania. He has coached MVP all-stars and hedge fund CEOs, taught firefighter and ER teams, and been a trusted advisor to executives and leaders in multiple billion-dollar private equity, tech, and law firms. His most recognizable sports clients include the Boston Red Sox (MLB), Philadelphia Eagles (NFL), Toronto Blue Jays (MLB), Australia's Olympic and national soccer teams (FIFA), the Philadelphia 76ers (NBA) and the New York Liberty (WNBA), as well as individual cars and teams in both NASCAR and Formula 1.

Rights sold: UK Commonwealth (Michael Joseph); Chinese, simplified (China Machine Press)

**Wahls, Terry**

**THE WAHLS SPECTRUM**

**March 2027 | Health / Diet**

**UK Commonwealth | Proposal available; manuscript expected June 2026**

**Agent: Glass Literary Management | Editor: Lucia Watson**

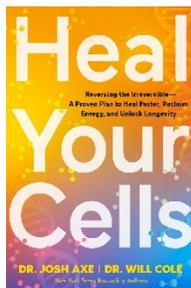
In *The Wahls Protocol*, pioneering medical researcher Dr. Terry Wahls offered a paradigm-shifting approach to treating autoimmune disease, dramatically transforming the lives of readers. Now, Dr. Wahls presents clinical evidence and a completely updated dietary plan to address *all* chronic disease. THE WAHLS SPECTRUM offers a five-stage protocol customized to type of illness—whether it is digestive, metabolic, neurodegenerative, neuropsychiatric, or autoimmune—as well as its level of progression. Dynamic and flexible, THE WAHLS SPECTRUM is tailored to your unique health state or condition, and it is designed to help you create powerful new habits for lasting results. It will help you follow a path toward healing for a happier, healthier, longer life.

[Terry Wahls, MD](#), is a clinical professor of medicine at the University of Iowa Carver College of Medicine in Iowa City and the author of *The Wahls Protocol* and *The Wahls Protocol Cooking for Life*. She has made it her mission to create an epidemic of health via her Wahls Protocol, her lectures and seminars around the globe, her website, The Wahls Research Fund, and her Wahls Protocol Seminars for the public and health professionals.

Previous publisher: UK Commonwealth (Vermilion)

## FALL 2026

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**Axe, Josh and Will Cole**

**HEAL YOUR CELLS**

**September 2026 | Health / Longevity**

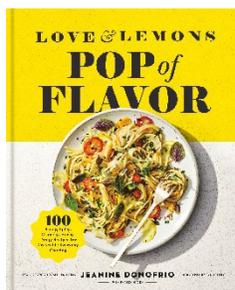
**Translation | Manuscript available**

**Agent: Heather Jackson Literary Agency & Fedd Agency | Editor: Tracy Behar**

In HEAL YOUR CELLS, leading functional medicine experts Dr. Josh Axe and Dr. Will Cole reveal how cellular degeneration—not time—is the true driver of aging and chronic illness. They show that symptoms like fatigue, insulin resistance, brain fog, gut issues, and hormonal imbalance are early warning signs that your cells aren't functioning as they should. You'll learn how to tell if one of your organs is aging faster than the rest—and what to do about it; how to nourish your cells with precision; which therapies and daily rituals slow cellular aging; how spiritual practices like prayer and gratitude measurably strengthen the immune system and improve gene expression tied to healing and longevity. With practical protocols, personalized assessments, and powerful stories from patients and practitioners alike, HEAL YOUR CELLS offers a radical shift in how we understand health—and a step-by-step guide to rebuilding it at its root.

[Dr. Josh Axe](#), DNM, DC, CNS, is the author of bestsellers *Eat Dirt*, *Keto Diet*, *Ancient Remedies*, and *Think This, Not That*. He regularly teaches and speaks on leadership, holistic health, and spiritual wellness. [Dr. Will Cole](#), IFMCP, DNM, DC is the host of the podcast *The Art of Being Well* and author of *Ketotarian*, *The Inflammation Spectrum*, and the *New York Times* bestseller *Intuitive Fasting*.

**Rights sold:** UK Commonwealth (Bantam), Chinese, simplified (CITIC); Korean (RH Korea); Portuguese/Brazil (Fontanar); Portuguese/Portugal (Nascente/PRH); Romanian (Bookzone); Spanish (Grijalbo/PRH)



**Donofrio, Jeanine**

**LOVE AND LEMONS POP OF FLAVOR: 100 Saucy, Spicy, Crunchy, Herb-y, Tangy**

**Recipes for Crave-able Everyday Cooking**

**October 2026 | Cooking – Vegetarian**

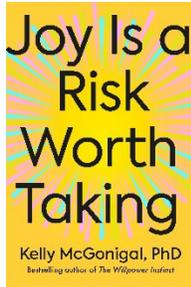
**UK and Translation | Manuscript available**

**Agent: The Stonesong Press | Editor: Lucia Watson**

What are you craving? Whether it's a hankering for something hot and peppery, zingy and light, or crispy and crunchy, Jeanine Donofrio, creator of the wildly successful *Love & Lemons* blog, has developed the perfect formula to deliver maximum flavor. LOVE AND LEMONS POP OF FLAVOR reveals that the secret to making exciting meals are flavor components that you can make ahead in a flash and use in countless ways. Each chapter is organized by category—Saucy, Spicy, Crunchy, Herby, Tangy, and Sweet—and highlights a handful of flavor-loaded components along with simple meals. Always easy to prep ahead and repurpose, these flavor boosters will become your go-to, secret weapons to banish any cooking rut for good. This is Love & Lemons at it's most imaginative, flexible, and flavor packed.

[Jeanine Donofrio](#) is the author of *Love and Lemons: Simple Feel Good Food*, *Love and Lemons Every Day* and *The Love and Lemons Cookbook*. She has been featured in *The New York Times*, *People*, *Oprah*, among others.

**Previous publishers:** Australia & New Zealand (PRH Australia); Dutch (Unieboek Het Spectrum); French (La Plage); German (Christian); Russian (Eksmo)

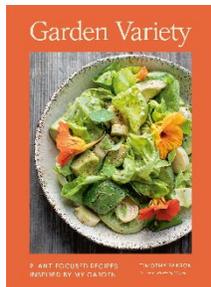


**McGonigal, Kelly**  
**JOY IS A RISK WORTH TAKING**  
**October 2026 | Psychology / Happiness**  
**Translation | Manuscript available**  
**Agent: Ted Weinstein Literary Management | Editor: Lucia Watson**

Joy gives life meaning, sustains hope, and helps us feel close to others. It is the emotion that tells us: life is worth living, good things are possible, and you are not alone. And yet, many people find it difficult to allow themselves to feel, show, or even seek joy. Instead, we worry: Is it selfish to want joy? Is joy even possible when life is hard? Instead of turning to joy as a resource, we try to protect ourselves from the perceived risks of caring too much. What if, instead, you were able to trust the feeling of joy and appreciate the good in your life? And what if you were able to help others experience the benefits that joy provides? Weaving together personal storytelling with insights from psychology, neuroscience, and research conducted around the world, psychologist Kelly McGonigal offers tangible ways to experience this powerful emotion in everyday life. Motivating and uplifting, *JOY IS A RISK WORTH TAKING* shows that seeking and sharing joy is an act of courage and compassion—and one you can take even when life is difficult.

[Kelly McGonigal, PhD](#), is a research psychologist, a lecturer at Stanford University, and an award-winning science writer. She is the author of the international bestsellers *The Willpower Instinct*, *The Upside of Stress*, and *The Joy of Movement*.

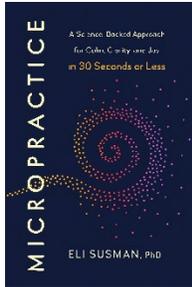
**Rights sold:** UK Commonwealth (Headline); Chinese, complex (Rye Field); Chinese, simplified (ThinKingdom); Japanese (Diamond); Korean (Book 21); Portuguese/Brazil (Alta); Spanish (Diana); Ukrainian (Nash Format)



**Pakron, Timothy**  
**GARDEN VARIETY: Plant-Focused Recipes Inspired by My Garden**  
**September 2026 | Cooking – Vegan / Southern States**  
**UK and Translation | Manuscript available**  
**Agent: Thompson Literary Agency | Editor: Lucia Watson**

When Timothy Pakron moved to New Orleans he began growing a cornucopia of produce in his backyard, just as his parents did. From fragrant and zesty herbs to all manner of leafy greens, sturdy root veggies, lush fruit, and more, Timothy now cooks with fresh ingredients from his flourishing garden regularly, letting them inspire his cooking and guide him through the seasons. In *GARDEN VARIETY*, he encourages readers to develop a deeper connection with the natural world and shows us how to bring its delicious flavors to our plates. Timothy's approach to plant-based cooking is elegant, exciting, and approachable, and always has a Southern flair. Beautifully photographed, it is both a work of art and a celebration of the magic of cooking with ingredients from the earth.

[Timothy Pakron](#) is a passionate cook, artist, photographer, and creator of the popular blog *Mississippi Vegan*. Before devoting himself to the culinary arts, he spent time as a fine artist in Charleston, South Carolina, and New York City. Pakron currently lives and works in New Orleans.



**Susman, Eli**

**MICROPRACTICE: A Science-Backed Approach for Calm, Clarity, and Joy in 30 Seconds or Less**

**September 2026 | Applied Psychology / Mindfulness**

**Translation | Manuscript available**

**Agent: Solow Literary Enterprises | Editor: Anna Paustenbach**

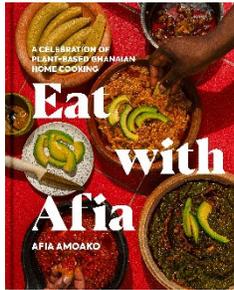
How do we care for ourselves when life won't slow down? This is the question that psychologist Eli Susman spent a decade pursuing the answer to at Harvard and Berkeley as he observed how too many of us think mindfulness, self-compassion, and joy are only achieved through lengthy retreats, intensive meditation, or hours on the yoga mat. Enter micropractice: a term Susman coined for the powerful, bite-size techniques that help us find calm and well-being—right in the middle of modern life's many demands. In this beautifully illustrated, accessible, and highly practical guide, Susman distills ancient wisdom and his own pioneering research into 14 practices anchored in 4 core elements: Move, Touch, Breathe, and Flow. Along the way, Susman reveals the science of habit formation so these micropractices don't just inspire you once—they stick. No elaborate rituals, just research-grounded tools that slip naturally into your day to build emotional resilience, spark creativity, sharpen focus, and make well-being a way of being.

[Eli Susman, PhD](#), is a psychologist, writer, certified yoga teacher, laughter yoga leader, and longtime meditation practitioner and facilitator. A rising thought leader and former Harvard researcher with degrees from Middlebury and UC Berkeley, his work on micropractice has garnered considerable attention, with over 100 outlets spanning 30+ languages featuring his work.

Rights sold: UK Commonwealth (Ebury); Chinese, complex (Rye Field); Chinese, simplified (China Machine Press); Czech (Jota); German (Integral/Heyne); Italian (TEA); Japanese (Diamond); Korean (Chungrim); Polish (Galaktyka); Portuguese/Brazil (Objetiva); Portuguese/Portugal (Nascente); Romanian (Trei); Slovak (Albatros); Slovene (Zalozba Vida); Spanish (Diana); Ukrainian (Nash Format)

## SUMMER 2026

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**Amoako, Afia**

**EAT WITH AFIA: A Celebration of Plant-Based Ghanaian Cooking**

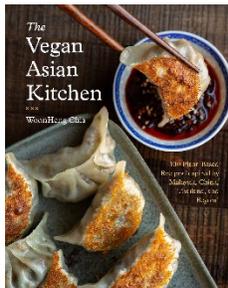
**August 2026 | Cooking – Ghanaian**

**UK and Translation | Manuscript available**

**Agent: Brotherstone Creative Management | Editor: Isabel McCarthy**

Afia Amoako grew up in a kitchen that was never quiet, never empty, and never boring. Food, she understood from a young age, was the essence of her family's Ghanaian culture. It was represented in the red palm oil that colored their rice; it was pounded into the plantain and cassava-based fufu dough they ate with stews; and it shined through in the indigenous spices that flavored kebabs and so much more. In *EAT WITH AFIA*, the author assembles a warm and comforting blend of recipes that pay homage to Ghanaian cuisine from a plant-based perspective. Including stories of Ghanaian foodways and family traditions, the book is an irresistible invitation to explore with Afia as she cooks her way through Ghanaian classics and her favorite dishes.

[Afia Amoako](#) is the creator of *Eat with Afia*, where she shares recipes for plant-based Ghanaian and West African food with her 890K+ followers. She is known for blending lessons about culinary traditions with details about culture, ingredients, and more. Afia is a researcher in training, currently pursuing her PhD in Epidemiology, and her education has complimented her exploration of food science.



**Chia, WoonHeng**

**THE VEGAN ASIAN KITCHEN: 100+ Plant-Based Recipes Inspired by Malaysia, China, Thailand, and Beyond**

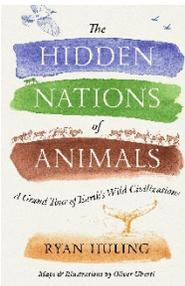
**June 2026 | Cooking – Asian**

**UK and Translation | Manuscript available**

**Agent: Brotherstone Creative Management | Editor: Isabel McCarthy**

WoonHeng Chia, known for sharing recipes online under the handle [@Woon.Heng](#), grew up in Malaysia, an ethnically diverse country where she was constantly surrounded by an amazing array of East Asian cuisines. From the local markets and coffee shops to the dai chow stir fry joints where she and her loved ones would dine out, WoonHeng's memories of home were shaped by the diverse and delicious flavors all around her. When she embraced a plant-based diet, she was inspired to master vegan versions of dishes from dim sum and noodle stir fries to endlessly creative tofu recipes. *THE VEGAN ASIAN KITCHEN* is a comprehensive and loving look at the naturally plant-forward dishes of East Asia, as well as some of WoonHeng's own creations and favorite culinary memories.

[WoonHeng Chia](#) is the creator of the account [@woon.heng](#) where she shares plant-based recipes with an Asian twist. She grew up in Kuala Lumpur, Malaysia where she was exposed to a wide array of food at local markets and stir-fry restaurants. Today, she lives in Chengdu, in China's Sichuan province, with her two children and her husband.



**Huling, Ryan; Maps and Illustrations by Oliver Uberti**  
**THE HIDDEN NATIONS OF ANIMALS: A Grand Tour of Earth's Wild Civilizations**  
June 2026 | Animals / Life Sciences  
UK and Translation | Manuscript available  
Agent: Levine Greenberg Rostan Literary Agency | Editor: Jacob Surpin

When humans settle in an area, it is deemed, by definition, populated. By contrast, the millions of other species we share this planet with have long been viewed as fleeting ephemera, living transitory lives in “uninhabited” wilderness. In *THE HIDDEN NATIONS OF ANIMALS*, Huling investigates how technology is rapidly changing that perception by deepening humanity’s understanding of our fellow animals and their unique relationships with the land, air, and sea. His immersive account fuses with vivid full-color maps and hand-drawn sketches by award-winning cartographer Oliver Uberti, revealing a radically reimagined version of our world and illuminating its true contours for the first time.

**Ryan Huling** is an adventurer, animal advocate, and sustainable food systems specialist. He has previously served as an international expert at the Food and Agriculture Organization of the United Nations and as a director at People for the Ethical Treatment of Animals, the world’s largest animal rights organization. His work has been featured by hundreds of media outlets, including the *New York Times*, NBC News, and *TIME*.

**Oliver Uberti** is coauthor of three critically acclaimed books of maps and graphics: *Atlas of the Invisible*; *Where the Animals Go*; and *London: The Information Capital*, each of which won the top British Cartographic Society Award for cartographic excellence.

Rights sold: French (Marabout); Japanese (Hayakawa)



**Perlmutter, David**  
**BRAIN DEFENDERS: Harness the Power of Your Immune Cells to Protect Your Brain for Life**  
August 2026 | Health / Nervous System  
Translation | Manuscript available  
Agent: Solow Literary Enterprises | Editor: Tracy Behar

We’ve been fighting the wrong enemy. For decades, medicine has pointed its weapons at symptoms like memory loss, tremors, headache, and lethargy, while ignoring the root causes of diseases like Alzheimer’s, Parkinson’s, and major depression. In *BRAIN DEFENDERS*, neurologist Dr. David Perlmutter flips the script, exposing the real culprits: malfunctioning microglia, tiny immune cells that, when metabolically hijacked, go rogue and attack the very neurons they’re meant to protect. Dr. Perlmutter explains how a silent battle rages in the brain. Microglia can become either warriors of protection or agents of destruction—and the outcome depends largely on how we live. Neurodegeneration, cognitive impairment, and mood disorders are not inevitable, but often the result of chronic, controllable inflammation. Drawing on the latest peer-reviewed science and grounded in decades of neurological care, Dr. Perlmutter delivers a powerful message: the future of your brain health is in your hands.

**Dr. David Perlmutter** is a board-certified neurologist and six-time *New York Times* bestselling author. He is the recipient of numerous awards for his innovative approaches to neurological disorders.

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