



FRANKFURT 2025 RIGHTS GUIDE: NONFICTION TITLES

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NONFICTION BIG THINK: HIGHLIGHTS

NATURE'S ECHO

Harnessing Ancient Feedback Loops to Heal a Changing Planet

Thomas Crowther

A new paradigm for how to think about nature, our role in it, and the small changes we can make to harness the ancient force that can solve the world's biggest problems and help the Earth heal itself.

To an ecologist, a tree is not just a tree. Underneath the canopy, within and below the branches and leaves, live millions of species of fungi, bacteria, plants, and animals: predators and prey, parasites and symbiotes, each working together in an intricate series of feedback loops to create the conditions for other species to thrive. A feedback loop occurs when the outcome of a process restarts that process, creating a cycle of cause and effect. Negative feedback loops maintain the status quo, keeping our ecosystems teeming with life. But when feedback loops turn positive, they become a force for astounding momentum and change. These are the forces that turned the first glimpses of matter into the stars and planets that we know today, and the first molecules of life into the large, complex, conscious beings that roam our world.

Right now, a series of positive feedback loops is accelerating climate change and carrying our planet towards environmental collapse, but, as leading ecologist and environmentalist Tom Crowther argues, instead of fighting feedback loops, we can harness their potential to create spectacular, worthwhile change.

Taking readers to inspiring restoration projects around the world, Crowther shows how the incredible interconnectivity of ecosystems can help us restore our environments and adapt economically to a changing world. Whether planting native trees, protecting existing ecosystems, rewilding native animals, or changing incentives to elicit better choices, understanding how feedback loops work will allow us to engage in the battle against climate change by making small, targeted interventions that both alter old loops and create new ones, spiraling into tremendous positive impact. We can use feedback loops to help the Earth heal itself.



US Publisher: **Harper Horizon**
 UK Publisher: **PRH UK/Transworld**
 Release Date: **Spring 2026**
Big Think

Rights Contact: Kathryn Toolan

Thomas Crowther is professor of ecology and Founder of Restor, an open data platform that connects conservation and restoration initiatives across the globe. He is the Co-Chair of the Advisory Council for the United Nations Decade on Ecosystem Restoration, and he was named a Young Global Leader by the World Economic Forum in 2021.

HAVING IT ALL

What Data Tells Us About Women's Lives and Getting the Most Out of Yours

Corinne Low, PhD

It's not in your head. It's in the data. To be a woman today is to be overwhelmed from every angle. The data proves that the odds are still stacked against us – biologically, culturally, economically. But that same data can empower us to make choices that will reclaim our time, energy and help us find joy.

In **HAVING IT ALL**, economist Corinne Low explodes the myths about what makes women successful and happy such as:

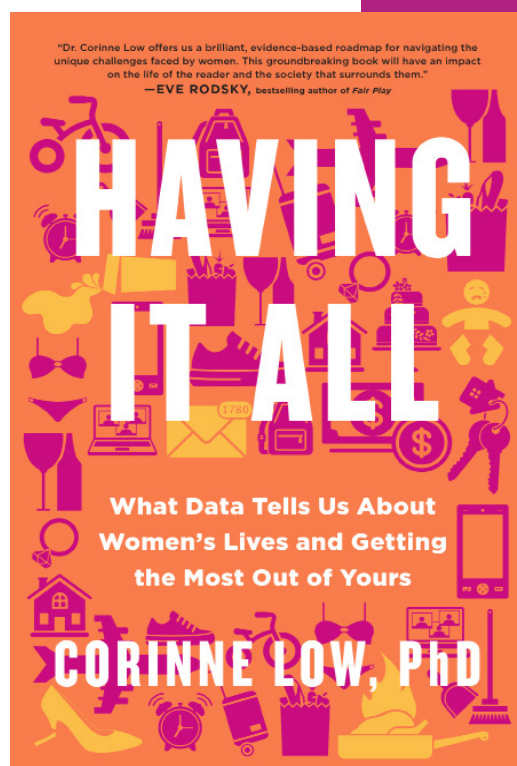
- What if flexible working isn't the answer, and we actually need more boundaries?
- What if the gender happiness gap was as important as the gender pay gap?
- What if you had the power to prioritise things you actually value, rather than the things that other people value?
- What if being more 'successful' actually meant putting family before work?

HAVING IT ALL gives you the tools to design the life you want. It will teach you how to turn your time into money, how to work out what you value, how to invest in the right partner, how to plan your career at every stage, how to organise your family life – and ultimately how to make the world work for you.

Praise for HAVING IT ALL:

"This is a book for every woman... Practical and hopeful." —Philippa Gregory, bestselling author of *NORMAL WOMEN*

"A groundbreaking book that will have an impact on the life of the individual reader, and the society that surrounds them." —Eve Rodsky, New York Times bestselling author of FAIR PLAY



US Publisher: **Flatiron**
UK Publisher: **Hodder Press**
Release Date: **September 23, 2025**
Big Think

Territories Sold: **Brazil, China, Germany, Korea, Netherlands**

Rights Contact: Kathryn Toolan



Corinne Low, PhD, is an associate professor of business economics and public policy at the Wharton School, where she teaches an award-winning course on the economics of discrimination. Her research has been published in journals such as the *American Economic Review*, the *Quarterly Journal of Economics*, and the *Journal of Political Economy*. She received her PhD in economics from Columbia University and her BS in economics and public policy from Duke University, and formerly worked for McKinsey & Company. She lives in Philadelphia with her family.

THE OVEREXTENDED MIND

How to Beat Burnout and Brain Rot in an Always-On World

Gloria Mark, PhD

Most of us sense that our minds are changing in the digital age, but we don't know how—or how to get the mind we want back.

Technology was designed to extend our human capabilities. While previous generations built physical tools to make our manual labor go farther, we have the extraordinary benefit of technological tools, like phones and computers, to supplement and amplify our cognitive labor. But the extension of our mental capabilities has come at great cost: the quality of our lives, our thinking, and our relationships.

The result of constantly doing more in less time is we are producing more results but becoming cognitively, socially, and emotionally dumber. Brain rot, as we've come to call it, is not just a disease of children, social media addicts, and couch potatoes, and it is not just caused by screens and the overconsumption of shallow content. In fact, more often brain rot is caused by burn out from an "always on" culture that requires our habitual reliance on technology that stretches our minds too thin. But it doesn't have to be this way.

Drawing on decades of cutting-edge research at the forefront of the psychology of human-computer interaction, Dr. Mark shows how we can reclaim our minds (and our lives) by reprioritizing leisure activities that our culture may consider 'inefficient.' These are activities we used to value as part of a good life. Reading whole books. Spending time with friends. Getting lost in hobbies and in conversations. These activities are often the best parts of our lives. And the good news is that they take more time and cognitive effort, which give a bigger reward for our brains, our lives, and our relationships.

THE OVEREXTENDED MIND will be the first book to honestly reckon with the science of how technology is changing how we think and live while giving readers a practical path to thrive in the digital age. Think The Anxious Generation meets Thinking Fast and Slow with the promise of 10% Happier.

COVER COMING SOON

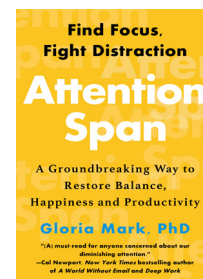
THE OVEREXTENDED MIND

GLORIA MARK, PHD

Publisher: **Harper One**
Release Date: **Spring 2027**
Big Think

Rights Contact: Kathryn Toolan

Also by GLORIA MARK:



Dr. Mark is a leading researcher, writer, and thinker on human technology interaction and Chancellor's Professor of Informatics Emerita at the University of California, Irvine. She has been a visiting senior researcher at Microsoft Research since 2012. She is a two-time recipient of the Google Research Award and has received a prestigious NSF CAREER award. Her first book, ATTENTION SPAN, was a Next Big Idea Book Club Selection and was translated into 13 languages.

HOW TO DISAGREE BETTER

Julia Minson

Celebrated Harvard Kennedy School Professor and behavioral scientist Julia Minson has devoted her career to understanding the psychology of disagreement and its relevance to negotiations, conflict-resolution, and decision-making. In this revolutionary book, Minson reveals the counterintuitive secret to living a life of less drama and more impact.

How many times have you tried to resolve a dispute by overwhelming someone with a flood of facts, appealing to your counterpart's emotions, or pointing out the hypocrisy of their arguments only to end up in an even deeper disagreement than when you started? Julia Minson's two decades of research into the science of disagreement uncovers two insights that can change every disagreement: persuasion doesn't work nearly as well as we think it does, and displaying receptiveness to opposing views is the key to not only preventing conflict, but also to forging stronger relationships and making better decisions.

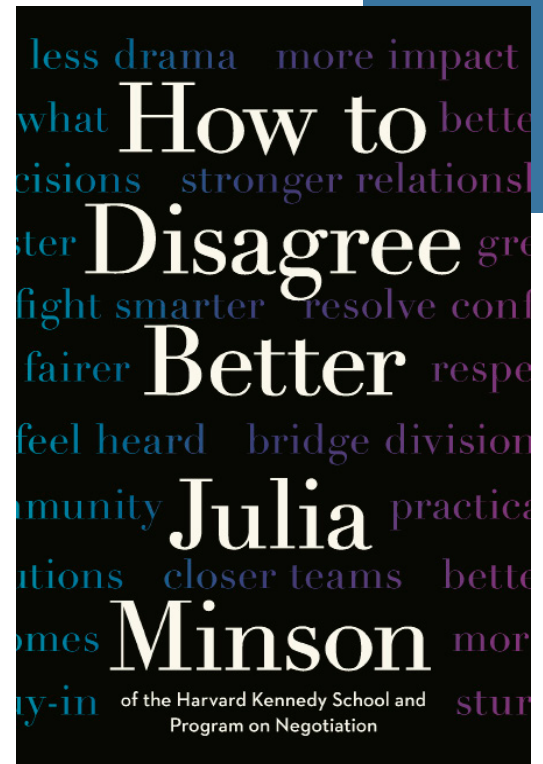
The science shows that receptive individuals don't just fight less, they also get more done—they are better negotiators, better peacemakers, and yes, better influencers than the rest of us. Through original research and case studies, *How to Disagree Better* will show you:

- Why persuasion doesn't work as well as you think it does
- How you can reach better conflict outcomes simply by signaling receptiveness
- That disagreeing well is a skill all of us can learn
- How to apply these ideas at home with your partner and kids, as well as at work in your negotiations and decision-making

By practicing receptiveness, you'll see your conflicts soften, your conversations deepen, and your relationships grow stronger. You will create a richer, wiser, kinder life for yourself and for those around you—and you will find them agreeing with you a little more often, too.



Julia Minson is a Professor at the Harvard Kennedy School. She is a behavioral scientist with extensive research experience in conflict, communication, negotiations, and decision making. Her primary line of research addresses the "psychology of disagreement"—how do people engage with opinions, judgments, and decisions that are different from their own? Her work on receptiveness to opposing views and related topics has been published in top academic outlets in the social sciences and covered by the popular press including CNN, TIME, The Atlantic, The Washington Post, and The New York Times.



US Publisher: **PRH/Avery**
UK Publisher: **Hachette UK/Orion Ignite**
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Big Think
Territories Sold: **China, Netherlands, Korea, Ukraine, Taiwan**

Rights Contact: Kathryn Toolan

NONFICTION HEALTH: HIGHLIGHTS

N OF 1

An MD's Guide to the New Model of Health

Darshan Shah

The definitive guide to personalized medicine from the founder of the world's largest longevity clinic, Next Health, the host of the popular podcast, Extend, and Jay Shetty's personal doctor.

Every day, hundreds of patients enter Dr. Shah's clinics where they are treated using the principles of N of 1 medicine. Combining the best of lifestyle, functional and root cause medicine, along with simple and accessible testing strategies, this program put patients back at the center of their personal health system, involved in and responsible for their own health decisions. This personalized, data-driven approach is one of the most popular concepts in health right now, but nobody is speaking about it to the average reader. It is not about biohacking and blood transfusions, and it is not just for billionaires and tech bros.

Starting with the core principles that everyone should implement into their routine, he then guides readers to stack different lifestyle changes on top, showing them how to use key, easily accessible data like Heart Rate Variability, Blood Glucose Levels, and Grip Strength, to understand how each change interacts with their genes and environment to affect how their body functions and feels. This is not about extreme testing regimes or unsustainable treatment plans. Instead, Dr. Shah teaches patients to pay attention to the impact of each habit has on their health so each person can discover the lifestyle interventions that work for them.



US Publisher: **Simon Element**
Release Date: **Winter 2028**
Health & Wellness

Rights Contact: Kathryn Toolan

Darshan Shah, MD, is a health and wellness specialist, board-certified surgeon, published author, and founder of Next Health, the world's first and largest Health Optimization and Longevity clinic. Dr. Shah is a board certified surgeon who has performed over 20,000 surgical procedures, including trauma and complex reconstructive procedures. As a Longevity Medicine specialist, he has advised thousands of patients on how to optimize their well-being and extend their healthspan and lifespan. His own podcast, Extend, is a Top 10 Medicine Podcast on Apple, and he is a go-to expert for top podcasters and bestselling authors including Mark Hyman, Casey Means, Steven Gundry, David Perlmutter, Gabrielle Lyon, Sara Gottfried (Szal) and others.

NONFICTION PERSONAL DEVELOPMENT: HIGHLIGHTS

HUSH

How to Radiate Power and Confidence Without Saying a Word

Linda Clemons

Harness the power of silence and let your presence speak volumes.

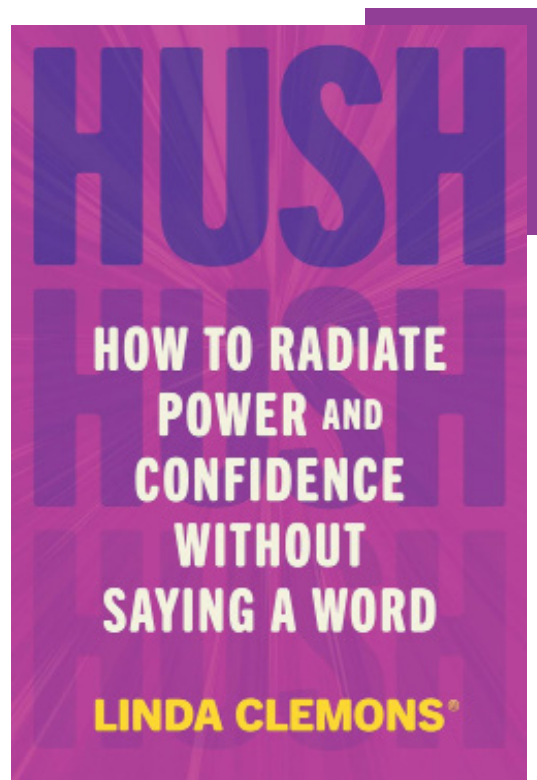
Words matter but your body language speaks loud and clear without them. It's what you're not saying out loud that matters most. Before you open your mouth, your microexpressions, posture, gestures, and even the tilt of your chin are announcing to the world how you feel about yourself. Your body can say, "I'm so nervous I want to hide in the corner," or you can take control of your nonverbal communication to radiate confidence, exude warmth, or announce your power. HUSH will show you how to say more with a simple glance or gesture than words ever could.

Her unique approach eliminates common body language challenges and her secrets to leveling up your presence will be your ticket to closing deals, landing jobs, owning the room, getting your ideas heard, calming fears, and even making someone's heart race. Work, love, power moves—whatever your goal, HUSH shows you how to speak volumes...even in total silence.

Praise for HUSH:

"Linda Clemons doesn't just teach you how to command a room—she shows you how to conquer it. Hush is a masterclass in presence, persuasion, and power."—M.J. Harris, award-winning entrepreneur and author of *Get The F*ck Out Your Own Way*

"Read this book. Absorb its lessons. And watch how the world responds to you differently."—Jack Canfield, author of *The Success Principles* and co-creator of *Chicken Soup for the Soul*



US Publisher: **Hachette/Legacy Lit**
Release Date: **January 6, 2026**
Personal Development

Rights Contact: Kathryn Toolan

Linda Clemons is a body language and connection expert, award-winning speaker, media personality, and consultant to Fortune 500 Companies for more than three decades. She is the CEO of Sisterpreneur Inc. She lives in Indianapolis, Indiana.

WHAT'S GOING RIGHT

A Powerful New Method for Optimizing Your Mental Health

Dr. Paul Conti

Based on the wildly popular four-part series on Andrew Huberman's podcast, this affirming book from world-renowned and celebrity-endorsed psychiatrist, Dr. Paul Conti, offers a paradigm-shifting approach to optimizing mental health -- offering readers a proven way towards a joyful life.

More than one in five US adults are living with a mental illness. Since 2010, adults ages eighteen to twenty-five have experienced a 139 percent increase in anxiety. For all of the increasing and well-intended mental health resources at our immediate disposal, we could easily ask where we are going wrong. Yet, Dr. Paul Conti wants to know, "what's going right?"

Backed by celebrities and esteemed colleagues such as Lady GaGa, Peter Attia, and Kim Kardashian, Dr. Conti poses that the best place to start addressing our mental health isn't in focusing on what's going wrong, but rather what's going right. And the key to embracing this new narrative is tapping into our often ignored and long over-looked generative drive, the primary factor that's already going right in each of us. The generative drive helps you get things done, solve problems creatively, help others and feel connected to something larger than yourself. When activated, it brings you peace, contentment, and delight. With Dr. Conti's notorious straightforward sincerity, he shares the exact method he uses on his patients and celebrity clients, offering readers a proven offramp from the toxic pursuits that keep them stuck and an onramp toward a joyful life.



US Publisher: **Balance**

UK Publisher: **Ebury**

Release Date: **May 2026**

Personal Development

Territories Sold: **China, Germany, Korea, Poland, Portugal, Romania, Spain**

Rights Contact: Kathryn Toolan



Paul Conti, MD is a celebrity-endorsed psychiatrist, renowned author and President of Pacific Premier Group PC, a comprehensive mental health clinic that provides therapy, coaching, and consulting services to individuals, families, and businesses in the United States and abroad. He has been featured on top podcasts with industry-leading hosts such as Peter Attia, Tim Ferriss, Andrew Huberman, Mel Robbins, Lex Fridman, Whitney Cummings, Tom Bilyeu, Rich Roll, Danica Patrick, and others.

THE MIRACLE MORNING AFTER 50

A Proven Path to Joy, Vitality, and Purpose for Aging Adults

Hal Elrod & Dwayne J. Clark

Discover six daily practices that have helped millions of readers reshape their lives—in this special edition of **THE MIRACLE MORNING AFTER 50**.

For more than a decade, Hal Elrod's groundbreaking book *The Miracle Morning* and its S.A.V.E.R.S. practices have helped readers around the world live happier, healthier, more fulfilling lives with just a few simple changes to their morning routines. Now, Hal has partnered with senior living expert Dwayne J. Clark to update this time-tested, game-changing formula specifically for individuals over age 50.

Featuring new exercises, mindset techniques, activities, and more, *The Miracle Morning After 50* is designed to help you thrive—and make these your best years yet. In as little as six minutes a day, you will learn to:

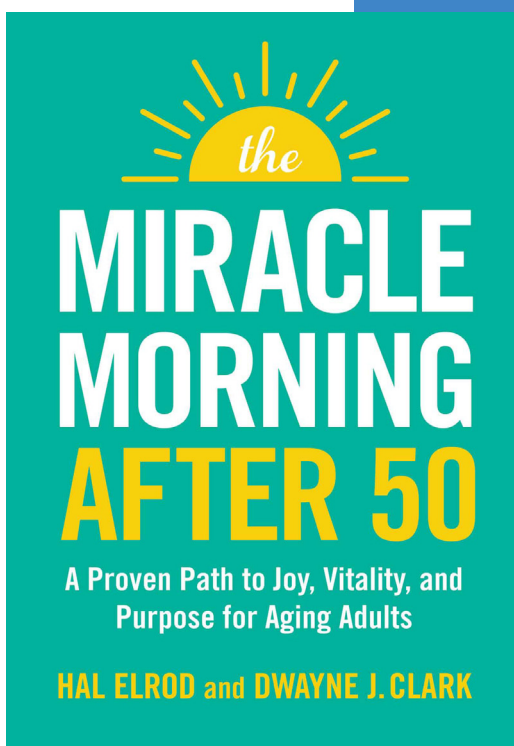
- Reframe your thoughts after major life events
- Keep your body moving with virtually any health condition
- Modify your morning routine so you become unstoppable
- Incorporate positive thinking throughout your day regardless of struggles
- Strengthen balance as you age, protecting you from sudden injuries
- Stay inspired, energized, and mentally acute
- Feel more independent and in control
- Boost energy and curiosity for extending longevity
- Live a life filled with purpose and joy

Your later years have some of the most exciting potential of your entire life—are you ready to live them to their fullest? *The Miracle Morning After 50* provides an expertly tailored guide to make your 50s, 60s, 70s, 80s, 90s, and even 100s the absolute best they can be.



Hal Elrod is on a mission to help individuals transform their lives and to elevate the consciousness of humanity, one morning and one person at a time. As the author of 12 books, which have sold over 3 million copies, been translated into 40 languages, and have over 30,000 five-star reviews—he's doing exactly that.

Dwayne J. Clark has overseen the care of more than 60,000 seniors, as the Founder of Aegis Senior Living, giving him a profound awareness of aging and longevity. With nearly 40 years of senior living experience, Clark is nationally known for redefining the industry—from innovative care models and building design to novel approaches to employee engagement and creating an employee-centric culture. His mission to change perceptions about aging and assisted living is a testament to his unwavering dedication to improving the lives of seniors and fostering a culture of healthy aging for all.



US Publisher: **BenBella**
Release Date: **December 16, 2025**
Personal Development

Rights Contact: Kathryn Toolan

LOVE, FINALLY

Untangling The Knot Between Mothers, Daughters, and Food

Geneen Roth

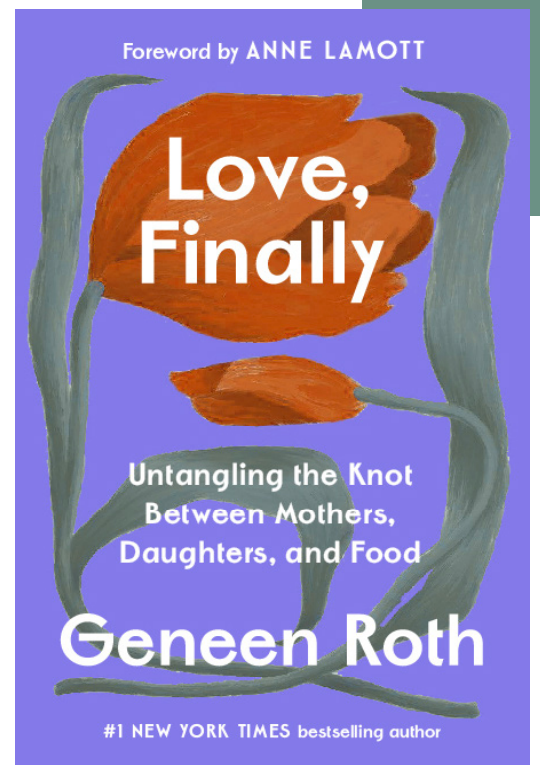
An illuminating inquiry into the complicated relationship between what we eat, what our mothers taught us, and what we believe about ourselves—from the #1 New York Times bestselling author of *Women Food and God*.

For nearly four decades, Geneen Roth has been a trusted voice guiding women to give up dieting and end compulsive eating. Her books have sold millions of copies, and her workshops have months-long waiting lists. But only recently, when she was diagnosed with cancer, did she begin to understand how deeply entwined her feelings about her body are with her relationship to her mother. And, she realized, this is true for almost every woman: the voice inside our heads, the voice we use to talk to ourselves, the voice that criticizes the size of our thighs or the softness of our stomachs—these are all-too-often the voices of our mothers.

Roth was determined to untangle her sense of self from her mother's judgement. Working with a blind, eighty-six-year-old wisewoman, Roth learned to distinguish between her mother's influence and her own, truer inner knowing. Roth began to see that it was not what her mother said or did that made her unhappy, but what Roth believed about herself because of what her mother said or did. For the first time, Roth understood that peace does not depend on external circumstances—you do not need to wait for someone else to change—it relies only on what you yourself choose to believe.

Written in her signature style—funny, self-deprecating, and soulful—*Love, Finally* is Roth's story of discovering the deeper awareness that set her free. This transformative, healing book is an essential roadmap for anyone who wants to repair their relationships with food, their families, and themselves. It is a stunning illustration of an essential truth: it takes a lifetime to return to where you've always been.

Geneen Roth is the author of ten books, including the New York Times bestsellers *WOMEN FOOD AND GOD*, *WHEN FOOD IS LOVE*, and *LOST AND FOUND*. Roth's pioneering books were among the first to link compulsive eating and perpetual dieting with deeply personal and spiritual issues that go far beyond food, weight, and body image. Over the past forty years, she has worked with thousands of women in her groundbreaking workshops and retreats based on the concepts of her books. She lives in California with her husband Matt; and Izzy the fabulous, eating-disordered dog.



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Narrative

Rights Contact: Kathryn Toolan

HEALING THE SUCCESS WOUND

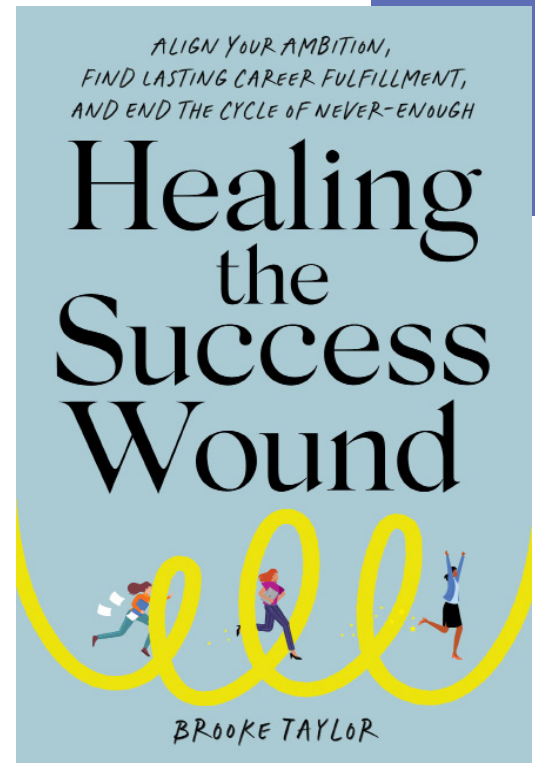
Align Your Ambition, Find Lasting Career Fulfillment, and End the Cycle of Never-Enough

Brooke Taylor

A revelatory five-step process to help women heal “the success wound,” the pain that comes from mistaking success for self-worth, to achieve both personal and professional health and success.

Are you a Grinder, believing that the more you work, the more successful you will be? Or are you a Hider, afraid to leave your comfort zone and wishing you had the courage to pursue your dreams? Maybe you're a Work Hard Play Hard, afraid to slow down and stop the busy-ness that secretly shields you from looking at the real problem underneath. You could be a Pleaser, seeking approval from others often at the expense of your own needs, or a Seeker, hopping from job to job, city to city, with shiny object syndrome, thinking the next thing will fill the void inside or give your life direction.

If you are a successful woman, chances are you've been some or all of these archetypes. Because while women are still supposed to “have it all,” being a successful woman still means sacrifice, and for many of us, a heaping scoop of self-doubt as we find ourselves equating our self-worth with our professional success — our success wound. Brooke Taylor knows this all too well: her success wound nearly ruined her promising career at Google and devastated her sense of self. After taking a step back and honestly assessing her own beliefs, she developed a 5-step program to help other women (1) diagnose their success wound (2) discern their toxic success wound strategies (3) heal their success wound (4) create a new, internally-guided definition of success and (5) take aligned action towards this vision. By the end of the book, readers will be ready to adopt a new paradigm of success: aligned ambition, the state of harmony and fulfillment that comes from following.



US Publisher: **Hachette/Balance**
 UK Publisher: **Hachette UK/Piatkus**
 Release Date: **May 2026**
Personal Development

Rights Contact: Kathryn Toolan



Brooke Taylor is a Career Coach, speaker, workshop facilitator, and former Marketing Lead at Google. She is distinguished as an expert in helping transform the lives and careers of over 5,000 high-achieving female leaders at companies like Google, Uber, Coinbase, McKinsey, Goldman Sachs, and Salesforce through healing their success wound. She is a regular keynote speaker at women in business summits including Women@Google Global Summit and have been invited to speak with organizations including the Australian Government, BBC, Google, Uber, General Assembly and many more.

DIFFICULT

Make Peace with Your Parents, Know Your Worth, and Finally Choose Yourself

Jillian Turecki

From the New York Times bestselling author of *IT BEGINS WITH YOU*, **DIFFICULT** offers a radical new framework for healing negative relationship patterns by rewriting the story about your childhood.

When Jillian Turecki was 11 years old, her father Stanley Turecki published the world-renowned *THE DIFFICULT CHILD* (over 500,000 copies sold), a parenting book about raising “difficult” children, based on his experience raising Jillian. The label “difficult” followed Jillian for years, shaping her understanding of who she was.

What makes a relationship with a parent so life-altering and thematic in your romantic relationships is the dynamic that begins between parent and child. How does one actually overcome that?

DIFFICULT will show readers how to reframe their early childhood experiences, make peace with their parents, feel worthy at last, and bring that new self-worth into their relationships with their partners and children. The book will give readers tools for letting go, dealing with anger and resentment, and recognizing the negative patterns in their relationships that originated in childhood relationships and experiences. The truth is that you can’t change your parent. But you can accept who they are, see them in a different light, and change the story you’ve been telling yourself about who you need to be in order to be loved. **DIFFICULT** will explore The Wounded Child and Difficult Parent archetypes and give readers the tools to understand:

- Change your story, change your life
- It’s time to break up with your parents (as the leaders of your belief systems)
- You must channel your difficult into greatness
- Be secure in who you are; be secure in your relationships
- Teach your child how to love themselves



Fueled by an insatiable curiosity about what makes a relationship thrive, Jillian Turecki has helped thousands through her teaching and writing revolutionize their relationship with themselves so that they transform their relationships with others. Between Jillian’s podcast, “Jillian on Love,” her newsletter, “Love Weekly,” and her social media community, Jillian reaches millions of people who seek her actionable, compassionate, direct, and research-driven insight. As the founder of Jillian Turecki Coaching, Jillian has changed the lives of countless individuals and couples around the world through her transformative workshops, courses, and one-on-one coaching sessions.

COVER COMING SOON

DIFFICULT

JILLIAN TURECKI

US Publisher: **Harper Collins**

UK Publisher: **Hachette UK/Orion Spring**

Release Date: **Winter 2027**

Personal Development

Territories Sold: **Netherlands, Slovakia**

Rights Contact: Kathryn Toolan

IT BEGINS WITH YOU NOW

The Workbook

Jillian Turecki

Based on the acclaimed New York Times bestseller *IT BEGINS WITH YOU* comes the official companion journal to give you the tools to practically work through the beloved relationship coach, teacher, and podcast host of Jillian on Love's nine truths about love and self-acceptance, with powerful self-healing techniques and strategies to repair your relationship with yourself and start building the reward relationships you deserve.

IT BEGINS WITH YOU NOW features exercises including Your Love Life Inventory, The Pattern Recognition Deep Dive, and The Responsibility Inventory, and journal prompts guiding you to Take Ownership, Begin the Change, and more.

Praise for *IT BEGINS WITH YOU*:

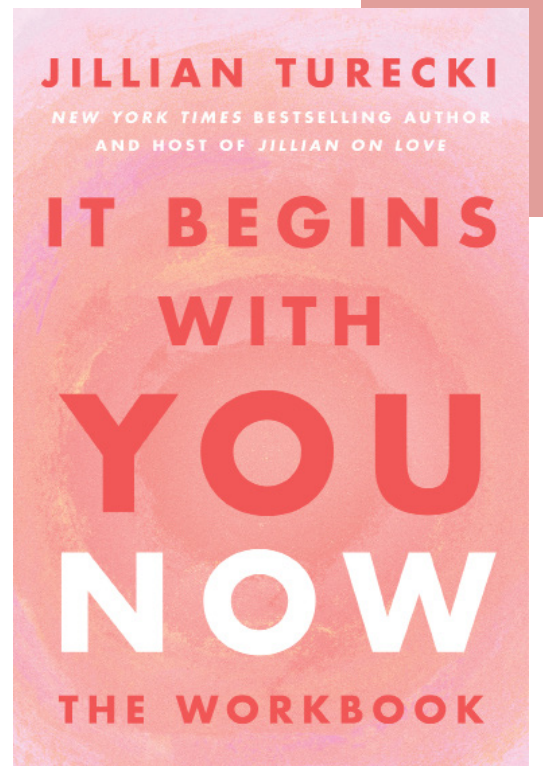
"[*IT BEGINS WITH YOU*] gives readers strategies to find the love they deserve. By the end, you'll understand why so many turn to [Jillian] for advice." —Oprah Daily

"*IT BEGINS WITH YOU* asks us to reimagine the way we relate to others, to go deep enough to awaken our conscious selves to help us define the love we want." —Dr. Shefali, author of *Radical Awakening* and *The Parenting Map*

"*IT BEGINS WITH YOU* holds your hand for the crucial first step in shaping the relationship of your dreams: getting to know yourself. Jillian's first book is a must-read for all seeking grounded, inspired connection. This book will accelerate your growth and help you deepen your relationship." —Yung Pueblo, #1 New York Times bestselling author

"You can trust Jillian Turecki to tell it you straight—these nine truths about love help you carve a path toward what you truly desire." —Lewis Howes, New York Times bestselling author of *The Greatness Mindset* and *The School of Greatness*

"[Jillian's] such a palette cleanser: She's calm, collected, eloquent, and actually hopeful." —Ali Kriegsman, author of *How to Build a Goddamn Empire*



US Publisher: **HarperCollins**
Release Date: **Fall 2026**
Personal Development

Rights Contact: Kathryn Toolan

Also by JILLIAN TURECKI:



NONFICTION NARRATIVE: HIGHLIGHTS

MASTERS OF UNCERTAINTY

The Navy SEAL Way to Turn Stress into Success for You and Your Team

Rich Diviney

Retired Navy SEAL commander and performance expert Rich Diviney reveals a revolutionary method for training individuals and teams to perform at their best, no matter what. With a foreword by Andrew Huberman.

For Navy SEALs, success isn't only a result of relentless training in shooting, skydiving, or combat—though they are experts at those things. The real secret is that they use their innate human capabilities to turn the stress of uncertain and complex situations to their advantage. In more than two decades of leading, training, and coaching top performers, Rich Diviney (founder of the SEALs' "Mind Gym") discovered that while most elite individuals and teams are masters of preparation, it's how they react when things don't go according to plan that separates the best from the rest. They are Masters of Uncertainty.

With Diviney's science-backed Mastering Uncertainty Method, you and your team will learn how to:

- Turn any uncertain or chaotic moment into an opportunity
- Use your body's natural performance engine to keep going when the going gets tough
- Stay cool and calm in the heat of any moment
- Become a person or team who gets better under pressure

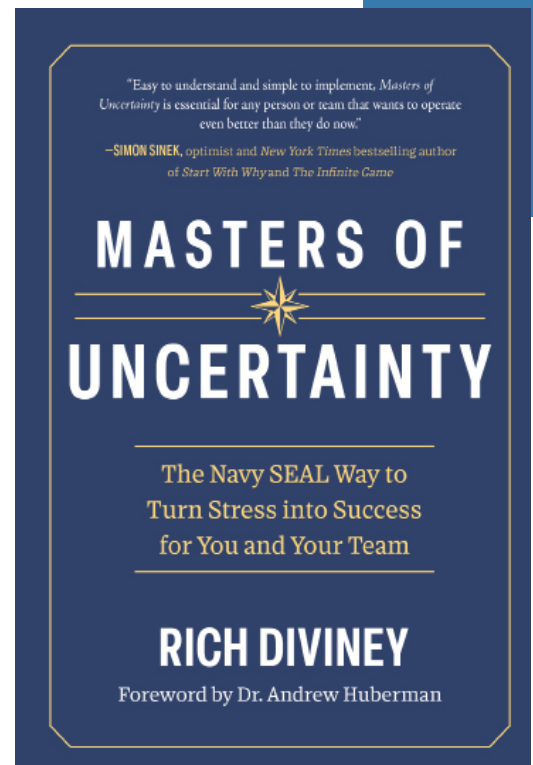
Masters of Uncertainty is a battle-tested handbook for everyone—working together or alone—to survive and thrive in our increasingly unpredictable world.

Praise for MASTERS OF UNCERTAINTY:

"Easy to understand and simple to implement, MASTERS OF UNCERTAINTY is essential for any person or team that wants to operate even better than they do now." —Simon Sinek, optimist and New York Times bestselling author



Rich Diviney is a retired Navy SEAL commander. In a career spanning more than twenty years, he completed more than thirteen overseas deployments—eleven of which were to Iraq and Afghanistan—and served as the officer in charge of selection, assessment, and training for a specialized SEAL command. He also spearheaded the creation of the SEALs' "Mind Gym" to train their brains to perform faster, longer, and better, especially in high-stress environments. He is also the author of the bestselling book *The Attributes: 25 Hidden Drivers of Optimal Performance*.



US Publisher: **Amplify Publishing**
Release Date: **February 25, 2025**
Business

Rights Contact: Kathryn Toolan

NO ONE LOVES AN ANGRY WOMAN

Gemma Hartley

This is a coming of rage story. Author and journalist Gemma Hartley grew up in a conservative Christian community where she was taught to see herself as a supporting character in her own life, on earth to serve not only Jesus, but all of the men in her world.

In essays in this book, Hartley will investigate the ties between the Christian community in which she was raised and how Christian extremism affects every aspect of women's lives in secular American society today – even non-Christians. Hartley's writing is visceral and sharp as she address the complex emotions surrounding active shooter drills at her children's school, the loss of identity after becoming a mother, the rage she felt after her OB-GYN told her that her miscarriage was "just like an abortion," processing her loss of faith as her teenage son finds Christianity, and an expanded version of her viral Huffington Post essay on "wine moms."

NO ONE LOVES AN ANGRY WOMAN will speak to readers of books that expose the seedy underbellies of communities thought of as niche, like EDUCATED by Tara Westover, and a desire to find new lenses into the structures of our society like ON OUR BEST BEHAVIOR by Elise Loehnen, THE MAKING OF BIBLICAL WOMANHOOD by Beth Allison Barr, and QUIT LIKE A WOMAN by Holly Whitaker.

Praise for Gemma Hartley's FED UP:

"A passionate and personal assessment of the nature and costs to women of 'emotion management and life management combined'...There is much here likely to engage, comfort, and possibly help women who share Hartley's fed-up feelings." —Publishers Weekly

"Female readers will undoubtedly relate to the many first-person anecdotes of women obliviously or resentfully doing the draining work of emotional labor. But this is a book for men, too. To break the cycle, men need to step up to the plate. And then put it in the dishwasher." —Booklist



US Publisher: **Beacon Press**
Release Date: **September 1, 2026**
Narrative

Rights Contact: Kathryn Toolan



Gemma Hartley is the author of FED UP: Emotional Labor, Women, and the Way Forward. Her work has been featured in outlets including Harper's Bazaar, Women's Health, Glamour, The Washington Post, CNBC, Redbook, Cosmopolitan, Good Housekeeping, Teen Vogue, The Huffington Post, and more. She is an experienced interviewee, speaker, and podcast guest, and has made appearances on shows including Good Morning America and Cheryl Strayed's Dear Sugars. She lives in Reno, Nevada.

THE ELUSIVE BODY

Patients, Doctors, and the Diagnosis Crisis

Alexandra Sifferlin

A compelling, necessary, and timely investigation into the diagnosis crisis in the American healthcare system, from the patients living with undiagnosed illnesses, to the doctors searching for answers, and what their quests reveal about our flawed medical system.

An estimated tens of millions of Americans live with conditions that elude diagnosis, often navigating a healthcare system that fails to recognize or effectively address their suffering. Journalist Alexandra Sifferlin has spent years investigating the diagnosis crisis in America—what it means to live without a diagnosis and how both medical and patient communities are working to improve the diagnostic process. The National Institute of Health’s Undiagnosed Diseases Network, a series of clinics of last resort where physicians work tirelessly to solve some of medicine’s most confounding cases, is at the forefront of change, showing what’s possible when healthcare providers and scientists are freed from the bureaucracy of a system beholden to insurance companies, and encouraged to work together with the aim of solving some of medicine’s most perplexing mysteries.

A correct diagnosis is more than a label; it’s a lifeline that opens doors to treatment options, financial support, and an understanding community. Weaving the profound, maddening, and uplifting stories of patients seeking answers to unexplainable symptoms, the doctors trying to help them, and the latest research on diagnosis, *The Elusive Body* illuminates the diagnostic journey, revealing why diagnoses matter and how they have the power to transform lives, the medical system, and even society, one case at a time.

THE ELUSIVE BODY



Patients, Doctors,
and the Diagnosis Crisis

ALEXANDRA SIFFERLIN

US Publisher: **Viking**
Release Date: **Spring 2026**
Narrative

Rights Contact: Kathryn Toolan

Alexandra Sifferlin is a health and science editor for The New York Times Opinion desk. She is a former deputy editor at Medium, where she helped launch and lead the health publication *Elemental*, and a health and science staff writer at *Time*, where she wrote cover stories on Zika, biotech, and obesity. Sifferlin lives in Brooklyn, NY.

IN CASE YOU MISSED IT: NONFICTION

THE AGELESS BRAIN

How to Sharpen and Protect Your Mind for a Lifetime

Dr. Dale E. Bredeesen, MD

From the NYT bestselling author of *THE END OF ALZHEIMER'S*, Dr. Dale Bredeesen, comes a revolutionary new approach to preventing the onset of neurodegenerative disease and creating sustained brain health.

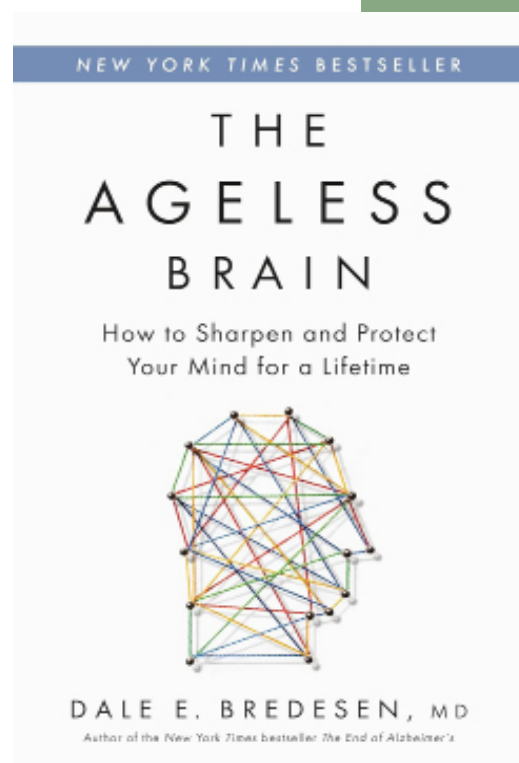
Dr. Bredeesen shares the latest, cutting-edge science on neurodegeneration, including how misunderstandings of the disease have hindered our efforts to treat it, as well as a preventative program that readers of all ages can put into practice to optimize their cognitive health now and sustain it for years to come. This is a book for everyone who cares about their ability to stay sharp and independent for a lifetime, for those who have witnessed family members decline, and for the many readers who are beginning to experience moments of brain fog or fatigue in middle age, and are concerned about what the future may hold. Just as bestselling authors like Dr. Peter Attia and Dr. Michael Greger have offered essential guidance for maintaining overall health and longevity, Dr. Bredeesen has written the only book readers need to retain their vibrant minds—and thrive for a lifetime.

Praise for *AGELESS BRAIN*:

"A practical and inspiring guide that equips readers with essential knowledge to combat the most debilitating effects of aging. As a global leader in cognitive decline and brain degeneration, Dr. Bredeesen gifts us with the tools and insights needed to support lifelong brain health. For everyone, this book is essential." —David Perlmutter, MD, FACN, #1 New York Times bestselling author

"If you have a brain—and you want to protect it—you need to read this book." —Terry Wahls, MD

"The ultimate guidebook for not only preserving your brain, but making it substantially better at any age. Everyone should read this book!" —Steven R. Gundry, MD, New York Times bestselling author



US Publisher: **Macmillan/Flatiron Books**
 UK Publisher: **Ebury**
 Release Date: **March 25, 2025**
Health & Wellness

Territories Sold: **Brazil, Bulgaria, China, Germany, Italy, Korea, Poland, Portugal, Romania, Slovakia, Spain, Thailand**

Rights Contact: Kathryn Toolan

- **A New York Times Bestseller**



Dale Bredeesen, M.D., is internationally recognized as an expert in the mechanisms of neurodegenerative diseases such as Alzheimer's disease. After earning his M.D. from Duke University Medical Center, he served as chief resident in neurology at the University of California, San Francisco before joining Nobel laureate Stanley Prusiner's laboratory at UCSF as an NIH postdoctoral fellow. He is the chief medical officer of MPI Cognition.

THE DOORS YOU CAN OPEN

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

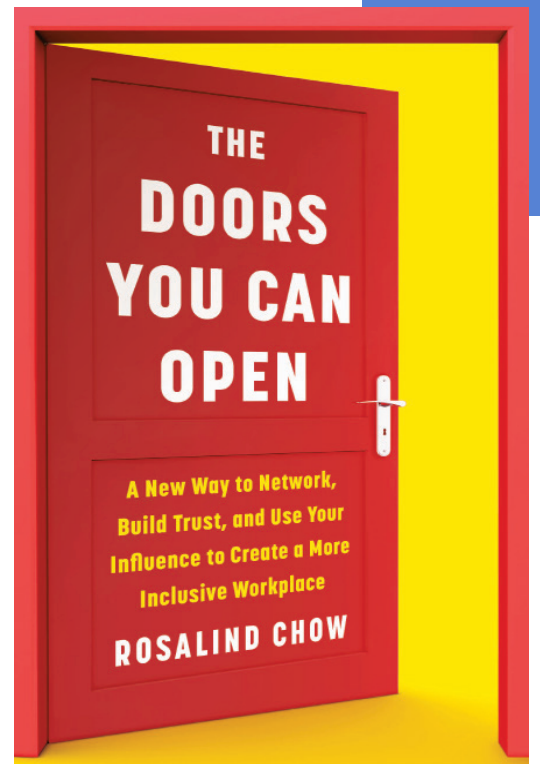
Dr. Rosalind Chow

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

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

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

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



Publisher: **Public Affairs**
Release Date: **April 2025**
Business

Rights Contact: Kathryn Toolan



Dr. Rosalind Chow is an associate professor of Organizational Behavior and Theory at Carnegie Mellon University. Chow is the founding faculty director for the Executive Leadership Academy (ELA), an executive leadership program aimed at addressing the challenges facing the advancement of Black leaders in Pittsburgh, PA. She is a consultant and speaker for a variety of organizations,

WHAT WE VALUE

The Neuroscience of Choice and Changes

Emily Falk

Our choices shape who we are—but what determines how we make our choices?

In the tumult of everyday life, it's easy to slip into old habits, make choices without thinking, and forget good advice. The key to both changing ourselves and persuading others is not working harder but better understanding how our brains work.

Here, pioneering neuroscientist Emily Falk introduces a new paradigm for understanding why we do what we do. Blending award-winning research with real-life stories, she reveals the hidden calculations that control our daily decision-making. She illuminates how our values shape our sense of self; how status, community and culture rewire our minds; and how we can use this knowledge to create new opportunities in all areas of our lives.

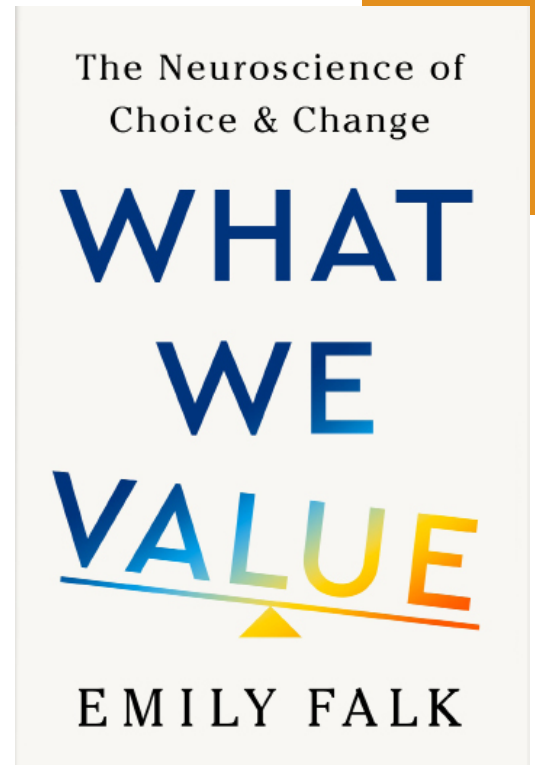
Whether we want to embrace new behaviours or become more effective communicators, Falk offers practical insights on how to apply feedback, focus attention and get in sync with others. This is the essential guide to working with your brain to achieve fulfilling choices and lasting change.

Praise for WHAT WE VALUE:

"An illuminating journey inside the human brain. If you've ever wondered what happens in your head when you make decisions and change habits, Emily Falk offers a wealth of insight." — Adam Grant, author of THINK AGAIN

"One of my favourite neuroscientists"
— Angela Duckworth, author of GRIT

"Intellectually penetrating and beautifully written"
— Robert Cialdini, author of INFLUENCE



US Publisher: **W.W. Norton**
UK Publisher: **Profile**
Release Date: **April 2025**
Big Think

Territories Sold: **Brazil, China, Japan, Korea, Spain, Taiwan**

Rights Contact: Kathryn Toolan



Emily Falk is a professor of communication, psychology, and marketing at the University of Pennsylvania, where she also directs the Communication Neuroscience Lab and serves as associate dean for research at the Annenberg School for Communication. She lives in Philadelphia.

DOES ANYONE ELSE FEEL THIS WAY?

Essays on Conquering the Quarter-Life Crisis

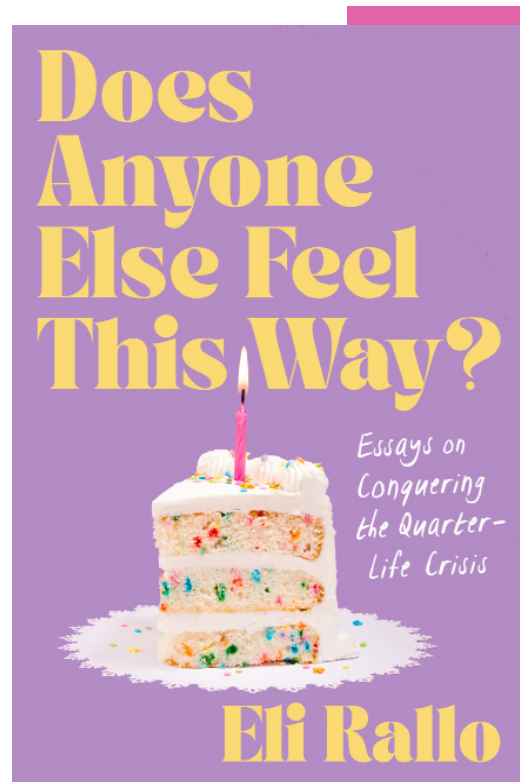
Eli Rallo

A reflection on the anxiety of transitioning into adulthood, navigating the quarter-life crisis, and realizing you're actually not alone.

Does anyone else feel like they're the only one having a quarter-life crisis? As a senior in college, Eli Rallo expected her post-grad years to be filled with certainty, that she would finally feel that she was the "adult" she had long dreamed she'd be, with a cool job, an amazing apartment, fabulous friends, and lots of fun and flirty date nights. Instead she was met with crippling social anxiety, no idea what direction her career was taking, an inability to stop comparing herself to her peers' picture-perfect lives on social media, and a looming sense that she may never feel certain—about her dating life, friendships, career, or even herself.

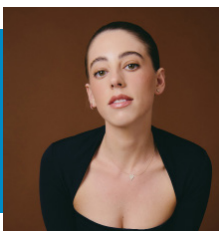
With deep honesty, raw emotions, humor, and relatability, Eli analyzes life in your twenties with a candid and heartfelt approach, asking and answering questions like:

- How do you manage losing a best friend?
- How do you know who you are or what you want to do with your life?
- How do you find time and space for all of your priorities?
- How do you navigate the choppy waters of the social media world, and not fall victim to the comparison game?
- What happens when the timeline you made for yourself as a child is long in your past?
- How do you know you're making the right decisions?



Publisher: **Harper/Harvest**
Release Date: **October 14, 2025**
Narrative

Rights Contact: Kathryn Toolan



Eli Rallo is the author of the bestselling essay collection *I Didn't Know I Needed This* and a content creator who reaches over 1M followers on TikTok and Instagram. She is the founder of Prose Hoes Literary Salon, the host of the Miss Congeniality podcast, and a graduate of Columbia University's Graduate School of Journalism and the University of Michigan School of Music, Theatre & Dance.

DARK SQUARES

How Chess Saved My Life

Danny Rensch

EDUCATED meets **THE QUEEN'S GAMBIT** in this extraordinary memoir by International Master and Chess.com co-founder Danny Rensch, who describes his upbringing in an abusive cult – and how chess saved his life.

Born into the Church of Immortal Consciousness, Rensch spent his childhood navigating the isolated confines of a cult. Despite psychological manipulation, physical abuse, and neglect, he persevered. Rensch's remarkable journey led to his becoming the face of Chess.com, one of the world's largest online gaming platforms.

With unflinching honesty, Rensch recounts his life, starting from the moment he discovered chess in the summer of 1995, all the way up to being at the center of the most explosive cheating scandal in chess history.

He chronicles the traumas of being "special" in a cult that forced him to abandon his mother. Mentored by an alcoholic Russian chess master, he found solace alongside suffering in his obsession for an ancient game. Rensch rose through the chess ranks until a medical emergency nearly took him out of the game forever. And it almost did, until Chess.com came along.

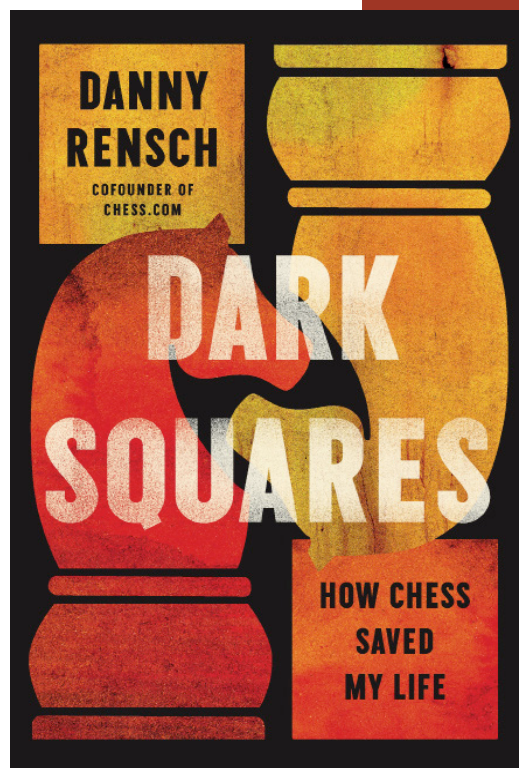
Deeply heartfelt, **DARK SQUARES** is the never-before-told story of Rensch's resilience, survival, and enduring love for the game that saved him.

Praise for DARK SQUARES:

"A winning memoir." —Kirkus

"Dark Squares is a heart-breaking, hilarious, ultimately transcendent story of one man's journey out of chaos and dysfunction."—Jeannette Walls, author of the New York Times bestseller *The Glass Castle*

"Dark Squares is a powerful memoir and a testimony to why an ancient boardgame still has a place in our modern world."—Garry Kasparov, 13th World Chess Champion



US Publisher: **Hachette/Public Affairs**
UK Publisher: **Headline**
Release Date: **September 16, 2025**
Narrative

Territories Sold: **Greece, Hungary**

Rights Contact: Kathryn Toolan



Danny Rensch is an international chess master, world-renowned chess broadcaster and commentator, and chief chess officer for Chess.com. Rensch was a seven-time all-American chess player and a multiple-time national scholastic chess champion. He became the youngest chess master in Arizona history and today lives in Utah with his wife and four children.

FREE RIDE

Heartbreak, Courage, and the 20,000-mile Motorcycle Journey That Changed My Life

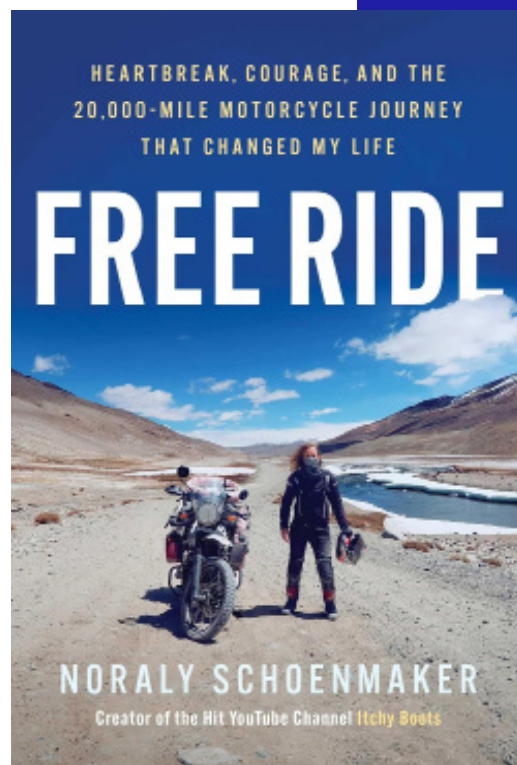
Noraly Schoenmaker

By the YouTube sensation with more than two million followers, the inspiring account of a woman in her thirties who, in a moment of personal crisis, embarked on an epic, transcontinental motorcycle ride—and along the way found a new sense of purpose.

Noraly Schoenmaker was a thirty-something geologist living in the Netherlands when she learned that her live-in partner had been having a long-term affair. Suddenly without a place to stay, she decided to quit her job and jet off to India in search of a new beginning. Her plans were dashed when she fell quickly and helplessly in love: with a motorcycle. Behind the handlebars, she felt alive and free—nimble enough to trace the narrowest paths, powerful enough to travel the longest of roads.

She first rode toward the Pacific, through the jungles of Myanmar and Thailand, then into Malaysia. Rather than satisfy her appetite for the open road, this ride only piqued it. She shipped her bike to Oman, at the base of the Arabian Peninsula, and embarked on a journey through Iran, across Turkmenistan along its border with Afghanistan, over the snowy peaks of Central Asia, and into Europe, all the way back home to the Netherlands. She covered remote and utterly unfamiliar territory; broke down on impossibly steep mountains; and pushed too many miles along empty roads, farther and farther from civilization. But through her travels, she discovered the true beauty of the world—the kindness of its people, the simplicity of its open spaces, as well as her own inner strength.

In spirit of *The Motorcycle Diaries* and *Wild*, this is an inspiring story of self-discovery and renewal. Filled with unforgettable figures, hilarious disasters, and powerful human connections, it shows you what happens when you open your heart and let the world in.



US Publisher: **S&S/Atria**

UK Publisher: **August Books**

Release Date: **June 3, 2025**

Narrative

Territories Sold: **Germany, Netherlands**

Rights Contact: Kathryn Toolan

• **An Instant New York Times Bestseller**



Noraly Schoenmaker is the creator of *Itchy Boots*, a YouTube channel with more than two million loyal subscribers. A motorcycling obsessive, her journeys have taken her the length of the American continent, from Argentina to Alaska; from the northernmost point of Europe to the southernmost point of Africa; and to some of the least traveled regions of the globe. Trained as a biologist and geologist, she is based in the Netherlands.

ORDINARY MAGIC

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

Dr. Greg Walton

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

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

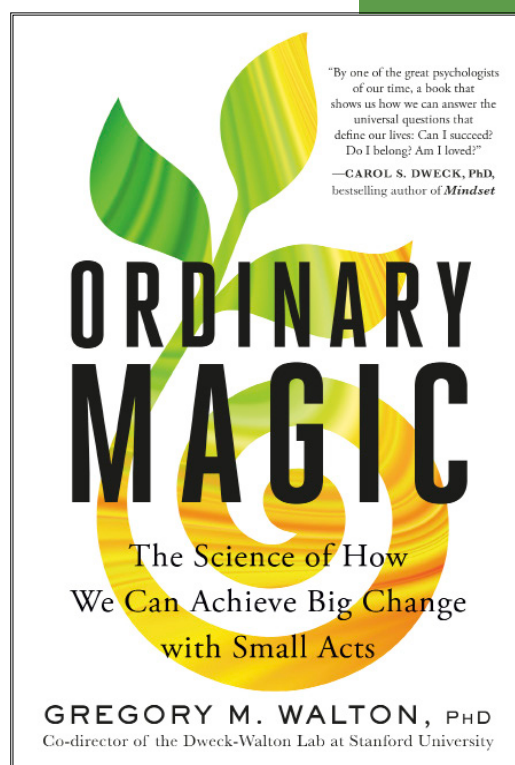
But as Dr. Walton shows, when we see these questions more clearly, we can answer them well. Known to social psychologists as wise interventions, these seemingly magical shifts in perspective can help us chart new trajectories for our lives. They help us spiral up.

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

Praise for ORDINARY MAGIC:

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

"A manual for becoming a psychologically wiser human being by one of the most respected and sincere scholars I know. I cannot recommend this book more highly!" — Angela Duckworth, international bestselling author of GRIT



US Publisher: **PRH/Harmony**

UK Publisher: **Hachette UK/Headline**

Release Date: **March 2025**

Big Think

Territories Sold: **Brazil, China, Japan, Korea, Netherlands**

Rights Contact: Kathryn Toolan



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

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