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LONDON 2025 RIGHTS GUIDE: NONFICTION TITLES

CONTACT INFO

Kimberly Brower, Founding Partner & CEO
Abigail Koons, Partner, International Rights
Kathryn Toolan, Literary Agent, International Rights
Anna Atoria, International Rights Manager
rights@parkfinebrower.com

PARK, FINE & BROWER LITERARY MANAGEMENT

55 Broadway, Suite 1601, New York, NY 10006

www.parkfinebrower.com

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THE NATURAL LAW

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

Amish Shah

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

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

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

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



US Publisher: **Union Square**
Release Date: **March 2026**
Wellness

Contact: Kathryn Toolan



Amish Shah is a three time "Inc. 500"-listed entrepreneur and philanthropist with a twenty-year career in the fields of health, wellness, and spirituality. His latest documentary project, "The Natural Law", has already won nine International Film Festival Awards. Amish's dedication to holistic wellness extends beyond his work as an entrepreneur and filmmaker, as demonstrated by his two hundred-hour yoga certification and numerous meditation certifications.

PROTOCOLS

An Operating Manual for the Human Body

Andrew D. Huberman

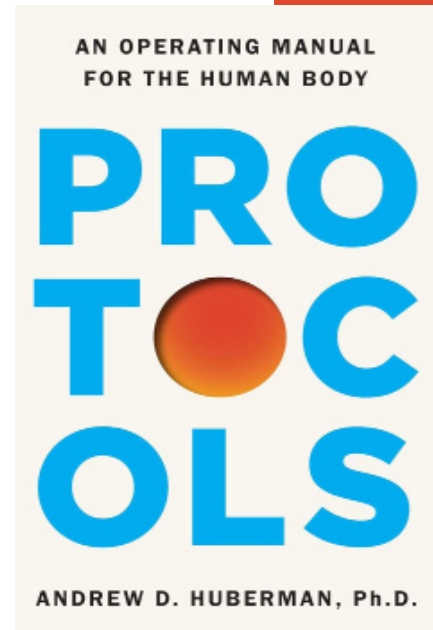
Dr. Andrew Huberman, host of the world's leading health podcast, Huberman Lab, and neuroscientist and tenured professor at Stanford School of Medicine, introduces **PROTOCOLS** an essential guide to improving brain function, enhancing mood and energy, optimizing bodily health and physical performance,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

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

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

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

The Huberman Lab is one of the most listened to podcasts in the world, reaching 1.25 million to 2 million listeners an episode. His social media following is massive, with 7 million followers on Instagram and 6 million subscribers on YouTube.



US Publisher: **Simon Element**
 UK Publisher: **Cornerstone**
 Release Date: **September 9, 2025**
Big Think

Territories Sold: **Brazil, Bulgaria, Catalan, China, Croatia, Czech Republic, Denmark, Estonia, France, Germany, Greece, Hungary, Israel, Italy, Japan, Korea, Latvia, Lithuania, Netherlands, Norway, Poland, Portugal, Romania, Serbia, Slovakia, Slovenia, Spain, Sweden, Taiwan, Thailand, Turkey, Ukraine**

Contact: Abigail Koons

Andrew Huberman, PhD, is a neuroscientist and tenured professor in the department of neurobiology, ophthalmology, and, by courtesy, psychiatry and behavioral sciences at Stanford School of Medicine. He has made numerous significant contributions to the fields of brain development, brain function, and neural plasticity. His laboratory at Stanford School of Medicine has published work in top journals such as Nature, Science, and Cell and in top media outlets like the BBC, Time, Scientific American, and Discover.

THE WHISPER WAY

The Secret Formula for Women Entrepreneurs to Scale and Sell for Life Changing Money

Carrie Kerpen

NEW BOOK ANNOUNCEMENT

A game-changing guide for women to turn their lifestyle businesses into sellable life-altering assets, closing the exit gap, and ensuring they earn as much as their male counterparts—if not more

On average, companies controlled by men still earn twice the amount that female-owned businesses do. Despite growing opportunities for women-owned businesses to thrive, they still deliver consistently less revenue and profit compared to their male-owned counterparts.

Carrie Kerpen aims to change this with her simple yet revolutionary process of starting, scaling, and selling for success. THE WHISPER WAY brings her proven method to life in a relatable fable following seven women as they transform their businesses into impactful assets, with actionable advice from Carrie's own eight-figure exit, leadership lessons from women who have sold their businesses for substantial profits, effective evaluations to assess your own company and implementation guidelines for using Carrie's methodology in your own business

Whether you are beginning your business, finally creating capital, or approaching a time where you are considering cashing in, THE WHISPER WAY will provide you with a practical and profitable path from starting to scale, right through success and sale.

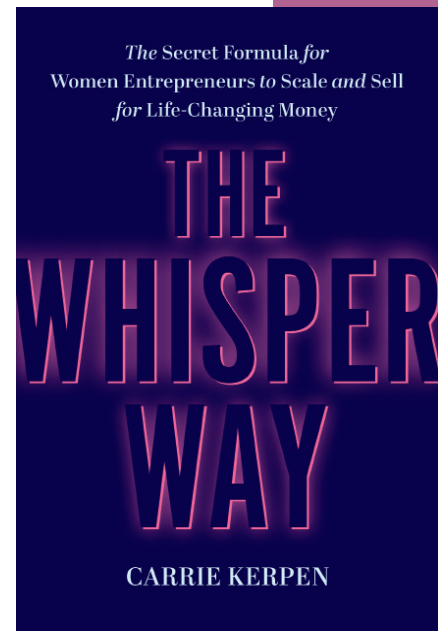
Advance Praise for THE WHISPER WAY:

"THE WHISPER WAY is a practical, tactical guide for building a business, combined with delightful storytelling."
— Sheryl Sandberg, founder of Lean In

"Carrie Kerpen truly is the Exit Whisperer – and this book is your secret to cashing in on the business you've poured your heart and soul into." — Rebecca Minkoff, designer, cofounder of Female Founder Collective and author of FEARLESS



Carrie Kerpen is an award-winning entrepreneur, author, investor, and keynote speaker. Carrie and her husband Dave Kerpen cofounded Likeable Media, one of the very first social media agencies in existence. Her 2023 Ted Talk "How to Change the Whispers in Your Head" speaks to how to overcome self-doubt to achieve your deepest desires. Recently, Carrie co-launched Kerpen Ventures with Dave, investing in early-stage women and BIPOC-owned early-stage startups.



Publisher: **Benbella**
Release Date: **May 7, 2025**
Business

Contact: Kathryn Toolan

HAVING IT ALL

The Hidden Forces Exhausting Women, and How to Thrive Anyway

Corinne Low

A Wharton economist's radical framework for empowering women to design a life that goes beyond the work-life binary to create true joy, balance, and fulfillment.

To be a woman today is to be chronically tired. We face unsustainable demands on our time and efforts in every sphere. Traditional advice urges us work harder, optimize better, and, when all else fails, “self-care.” Implicitly, the message is that we must be doing something wrong.

This, says economist and professor Corinne Low, couldn't be further from reality. Low studies the decisions that shape women's lives and the economic and societal constraints they face when making them. Time and again, her research demonstrates that unseen economic forces have created an environment that is openly hostile to the needs of women. Because of a few biological realities, and a lot of imbalanced cultural and institutional norms, women face a unique level of complexity and potential repercussions when making decisions about their education, their careers, their families and even the place they live.

Now, in *HAVING IT ALL*, Low poses a radical new framework for navigating these decisions. This book asks the question: What would it look like if we stopped assuming the problems in women's lives are caused by women's choices, and started looking the system that constrains these choices instead? And what if, in doing so, we could learn to negotiate new deals that don't leave us feeling so depleted? The result is a book that offers readers a guide to getting the best deal for their lives and careers in a world full of constraints.



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

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

Contact: Abigail Koons



Corinne Low is an Associate Professor of Business Economics and Public Policy at the Wharton School of the University of Pennsylvania, where she teaches Economics of Diversity and Discrimination, one of Wharton's highest rated classes. She received her Ph.D. in Economics from Columbia University, her B.S. in Economics and Public Policy from Duke University, and formerly worked for McKinsey and Company. She lives in West Philadelphia with her son, au pair, and cat.

THE AGELESS BRAIN

How to Sharpen and Protect Your Mind for a Lifetime

Dr. Dale Bredeesen

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

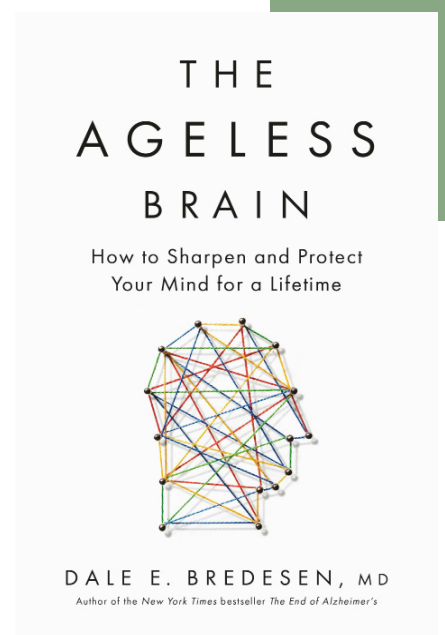
One in ten people over the age of sixty-five have dementia, and twenty-two percent of older adults live with some form of cognitive impairment. But it isn't just the elderly who are afflicted; diagnosis rates are rising in younger adults, with women at a higher risk than men. For many—especially those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

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

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

Advance Praise for *AGELESS BRAIN*:

"*THE AGELESS BRAIN* is 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 NYT bestselling author of *GRAIN BRAIN* and *DROP ACID*



US Publisher: **Flatiron**
 UK Publisher: **Ebury**
 Release Date: **March 25, 2025**
Wellness
 Territories Sold: **China, Italy, Korea, Romania**

Contact: Kathryn Toolan



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.

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 ended up saving his life

Born into the Church of Immortal Consciousness, Danny Rensch spent his childhood navigating the isolated confines of a cult. Despite psychological manipulation, physical abuse, and neglect, he persevered. An International Chess Master and world-class commentator, Rensch's remarkable journey led him to being the face of Chess.com, one of the largest online gaming platforms in the world.

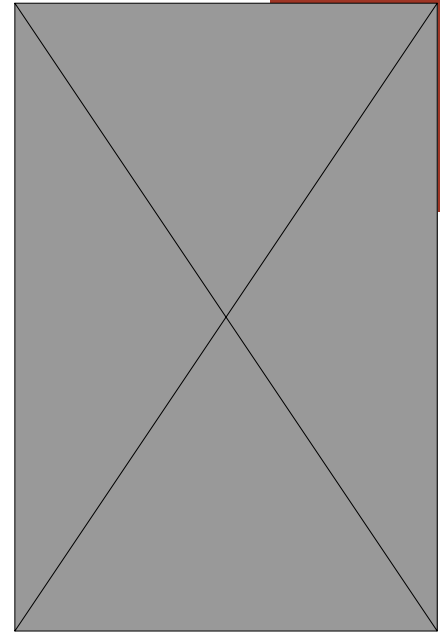
With unflinching honesty, Rensch recounts his life, starting from the moment he discovered chess in the summer of 1995, all the way up to being at the center of the most explosive cheating scandal in chess history.

He chronicles the traumas of being “special” in a cult that forced separation from his mother. Mentored by an alcoholic, Russian chess master, he found solace alongside suffering in his obsession for an ancient game, and chess became his only escape. 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, keenly reflective, and haunting, **DARK SQUARES** is the never-before-told story of Danny Rensch's resilience, survival, and his enduring love for the game that saved him.



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.



US Publisher: **Public Affairs**

UK Publisher: **Headline**

Release Date: **September 16, 2025**

Narrative

Contact: Kathryn Toolan

OF MY OWN MAKING: A MEMOIR

Dr. Daria Burke

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

Daria Burke’s childhood growing up under the shadow of an absent father and a mother debilitated by drug addiction was marked by neglect and poverty. Despite these fractured beginnings, she forges a triumphant path out of Detroit and into fashion’s C-Suite. After ten years of therapy, she believes her healing journey is complete. When she discovers a photograph of the car accident that she believes altered the course of her early life, Burke is forced to confront the parts of her childhood she had avoided. This discovery sparks a four-year immersion into neuroplasticity, epigenetics, the impact of adverse childhood experiences on early brain development and ultimately, why some of us remain stuck in past trauma while others experience Post Traumatic Growth.

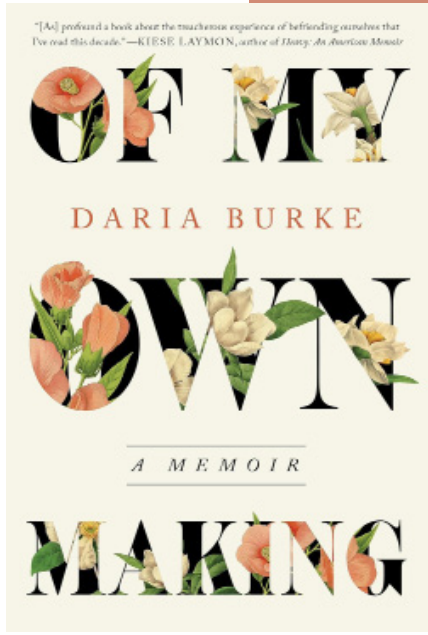
More than a story of personal triumph, OF MY OWN MAKING is a soulful and scientific exploration of the power to shape one’s destiny. In facing the stark reality of her past, Burke reminds us that every moment demands a choice, and that we owe it to ourselves to reparent our inner child and reclaim the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

Part memoir, part methodology, it is a fearless rallying cry inspiring us to excavate and examine the stories that define our lives.

Advance Praise for OF MY OWN MAKING:

“Daria Burke is as adept at creating prose that floats and dips as she is diving unflinchingly into the root of harm, addiction and hurt. OF MY OWN MAKING is as profound a book about the treacherous experience of befriending ourselves that I’ve read this decade.”— Kiese Laymon, author of HEAVY: AN AMERICAN MEMOIR

“OF MY OWN MAKING is a timely reminder that no matter where we are in life, the past manages to find its way in. It’s how we handle it that shapes who we really are.” — Ellen Vora, MD, psychiatrist and author of THE ANATOMY OF ANXIETY



US Publisher: **Legacy Lit**
 Release Date: **April 22, 2025**
Narrative

Contact: Kathryn Toolan



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

DOES ANYONE ELSE FEEL THIS WAY?

Essays on Conquering the Quarter-Life Crisis

Eli Rallo

NEW BOOK ANNOUNCEMENT

From TikTok star and the author of *I DIDN'T KNOW I NEEDED THIS* Eli Rallo, a reflection on the anxiety of transitioning into adulthood, navigating the quarter-life crisis, and realizing you're actually not alone.

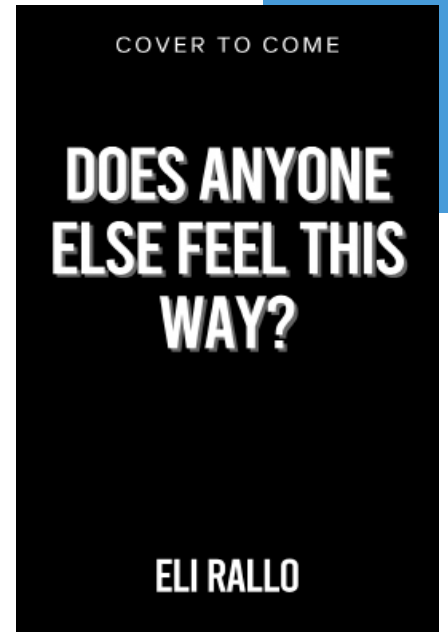
Does anyone else feel like they're the only one having a quarter-life crisis? As a senior in college, Eli Rallo expected her post-grad years to be filled with certainty, that she would finally feel that she was the "adult" she had long dreamed she'd be, with a cool job, an amazing apartment, fabulous 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?

Even though early adulthood doesn't look just like "Sex and the City" or "Thirteen Going on Thirty" the way Eli thought it would, with *DOES ANYONE ELSE FEEL THIS WAY?* Eli shows you that you're not the only one who misses the days when they could swing by the dining hall or just wants to call their mom to make it all go away. With a look at her own misadventures and hard-won life lessons, Eli shares the journey she's been on to find herself as an adult, and the twists and turns she's taken while navigating her own quarter-life crisis.



*Eli Rallo is the author of *I DIDN'T KNOW I NEEDED THIS* and an internet creator with massive followings on TikTok and Instagram. She is the founder of Prose Hoes Literary Salon, the previous 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. When she isn't writing or TikTok-ing, you can find her at piano bars in the Village belting out show tunes.*



Publisher: **Harvest Publications**
Release Date: **October 14, 2025**
Personal Development

Contact: Kathryn Toolan

WHAT WE VALUE

The Neuroscience of Choice and Changes

Dr. 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:

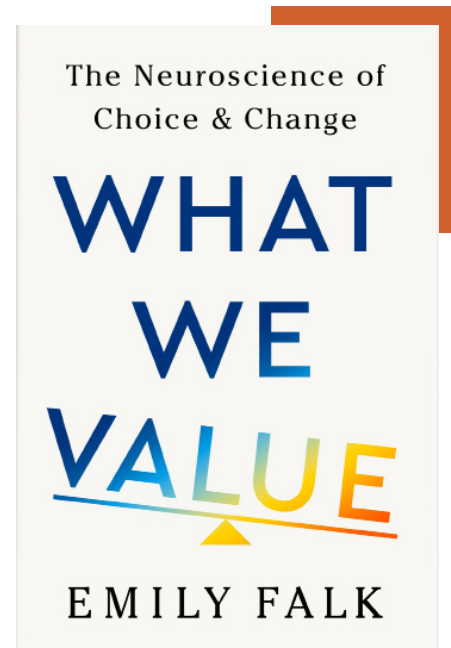
“An illuminating journey inside the human brain. If you've ever wondered what happens in your head when you make decisions and change habits, Emily Falk offers a wealth of insight.” — Adam Grant, author of THINK AGAIN

“One of my favourite neuroscientists”
— Angela Duckworth, author of GRIT

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



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.



US Publisher: **W.W. Norton**

UK Publisher: **Profile**

Release Date: **April 2025**

Big Think

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

Contact: Kathryn Toolan

ORDINARY MAGIC

The Science of How We Can Achieve Big Things 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.

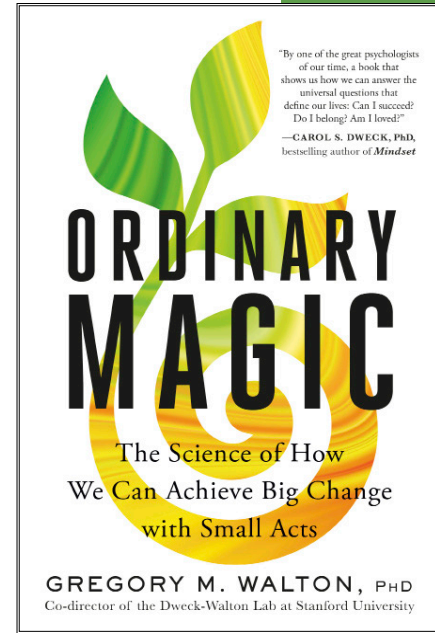
But as Dr. Walton shows, when we see these questions more clearly, we can answer them well. Known to social psychologists as wise interventions, these seemingly magical shifts in perspective can help us chart new trajectories for our lives. They help us spiral up.

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.

Advance 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: **Harmony**
 UK Publisher: **Headline**
 Release Date: **March 2025**
Big Think
 Territories Sold: **China, Japan, Korea, Netherlands**

Contact: Abigail Koons



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.

SECRETS OF THE ICEWOMEN

The Power of Cold and Breathwork to Balance Hormones, Bolster Health, and Unlock Inner Potential

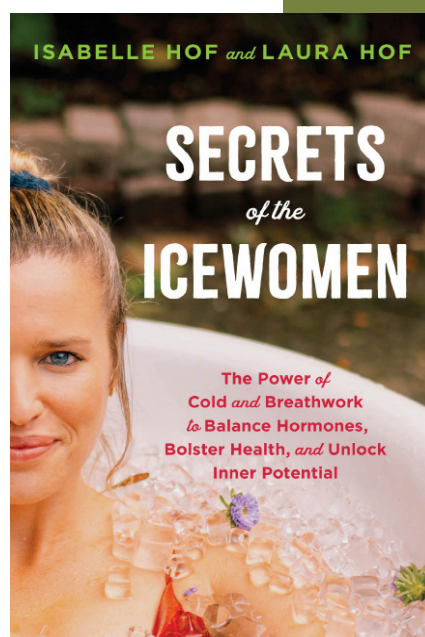
Isabelle Hof & Laura Hof

Become happier, healthier, and stronger with this essential guide that explores the unique benefits that cold water therapy, along with breathing and mindset exercises, can afford women.

Sisters Isabelle and Laura Hof have been practicing and teaching THE WIM HOF METHOD for most of their lives. Science-backed and potentially life-changing, the method focuses on three pillars—breathing, cold therapy, and mindset—which can result in increased energy, better sleep, a strengthened immune system, and more. While the method works for everyone, it has unique physical and mental health benefits for women.

Inspired by the potential of the method, Isabelle and Laura started the Icewomen community, devoted to unlocking the power of these practices. In this empowering book they invite all women to join the community, and share the groundbreaking research behind the benefits, from improving mental health, boosting confidence, and balancing hormones to enhancing hair and skin health and having a positive impact on pregnancy, breastfeeding, menopause, and more. SECRETS OF THE ICEWOMEN also offers detailed advice specifically tailored for women and their needs, including how to: plan your WHM practice around your cycle, work on setting strong intentions, adjust and rest if dealing with serious conditions or hormonal imbalances, and learn to understand the (very normal!) range of emotions people have when undergoing cold therapy.

With this book, Isabelle and Laura make the practices more accessible than ever. Their hope is to convince those who may not have thought this lifestyle was for them, to knock down gender barriers, and to offer an invitation: Come on in, the water is very cold—and just the cure to reinvigorate and restore you in body, mind, and spirit.



US Publisher: **Harper**
 UK Publisher: **Ebury**
 Release Date: **April 29, 2025**
Wellness

Territories Sold: **Czech Republic, Estonia, France, Germany, Hungary, Italy, Netherlands, Slovakia, Slovenia, Spain**

Contact: Kathryn Toolan



Isabelle Hof, MSc, built and now advises the Wim Hof Method (WHM) Academy, is cofounder of the Icewomen community, and is a WHM instructor. Laura Hof, MA, is a holistic therapist, speaker, facilitator, cofounder of the Icewomen community, and a very active WHM instructor.

FREE RIDE

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

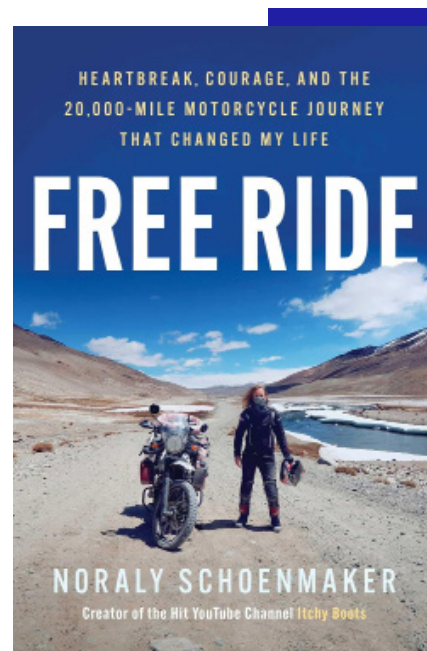
Noraly Schoenmaker

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: **Atria**

UK Publisher: **August Books**

Dutch Publisher: **Luitingh-Sijthoff**

Release Date: **June 5, 2025**

Narrative

Territories Sold: **France, Germany**

Contact: Abigail Koons



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.

NEVER DATE A BROKE DUDE

The Financial Freedom Playbook

Pattie Ehsaei

From the creator behind “The Duchess of Decorum” TikTok, comes an essential guide to managing finances, dating advice, careers, and everything in between.

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

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

The lessons you’ll find in this book are born out of some of the most common questions Pattie has answered for her audience, such as “should I merge my bank accounts with my partner?” and “should I invest solo?” and of course, “should I date this broke dude?”

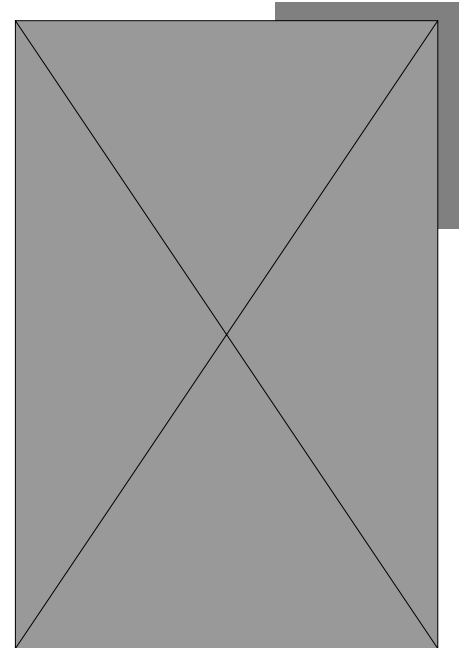
Advance Praise for NEVER DATE A BROKE DUDE:

“It should be a required right-of-passage reading for every woman in your life.” — Egypt Sherrod, entrepreneur and host of HGTV’s “Married to Real Estate”

“This book empowers women to set higher standards, make smarter relationship choices, and take control of their future.” — Dr. Jenn Mann, psychotherapist, bestselling author of SUPERBABY and THE RELATIONSHIP FIX, and host of “Couple’s Therapy with Dr. Jenn”



Best known on TikTok as the “Duchess of Decorum,” Pattie Ehsaei uses her platform to teach financial literacy and female empowerment. A lawyer by trade, she has spent the last 20 years in a multi-faceted career focused on finance. Her no-nonsense approach peppered with levity and real takeaways has garnered a following of nearly 1 million, and she’s currently based in Los Angeles, California.



US Publisher: **GCP Balance**
Release Date: **May 6, 2025**
Personal Development

Contact: Kathryn Toolan

WHAT'S GOING RIGHT

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

Dr. Paul Conti

NEW BOOK ANNOUNCEMENT

A paradigm-shifting optimistic take on mental health by leading psychiatrist and author Dr. Paul Conti, based on his four-part series on the Huberman Lab podcast.

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

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

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

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



US Publisher: **GCP Balance**

UK Publisher: **Ebury**

Release Date: **May 2026**

Big Think

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

Contact: Kathryn Toolan



Paul Conti, MD is a psychiatrist, renowned author and President of Pacific Premier Group PC. Dr. Conti graduated from The University of Pennsylvania and Stanford University School of Medicine. He completed his residency at Stanford and Harvard, where he served at the latter as Chief Resident.

HARDER, BETTER, STRONGER

The Ultimate Guide to Optimizing Men's Sexual Health

Dr. Rena Malik

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

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

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

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



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



US Publisher: **Hay House**
UK Publisher: **Hay House UK**
Release Date: **Fall 2026**
Wellness

Territories Sold: **Brazil**

Contact: **Kathryn Toolan**

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

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, such as BNY Mellon Bank, Genentech, Intel, PNC Bank, the WNBA, and others.

HOW TO GET ADDICTED TO APPRECIATION

Timm Chiusano

Get addicted to appreciation and set your best life free with Emmy award-winning creative and social media star Timm Chiusano

Timm Chiusano is about to change your life. Timm has become known for his “day in a life” videos, where he shares how he gets it all done, starting with waking up at 4:02am, working a corporate job, being a present husband and father, training for marathons, and finding time to enjoy every day.

In HOW TO GET ADDICTED TO APPRECIATION, Timm is here to help you wake up (at your version of 4:02am) feeling excited about getting things done. He'll give you advice that builds off of some of his most popular online content, like:

- Why finding appreciation in life is like baking a cake
- How getting addicted to appreciation can change your life
- How to build the routine of your dreams even when routine sounds like a nightmare
- How to become your happiest self
- How to do it all without doing yourself in

Whether you feel like you lack purpose, lack motivation, lack rigor, or have everything figured out, there will be something in this book for you that will change your mindset, giving you the building blocks to find happiness in every aspect of your life.



US Publisher: **DK**
UK Publisher: **John Murray One**
Release Date: **September 30, 2025**
Personal Development

Territories Sold: **Spain**

Contact: Kathryn Toolan



Timm Chiusano is an Emmy award-winning creative with a decade of executive experience in marketing, production and creative services. In his corporate career, he has been at the forefront of leading large departmental transitions and building award-winning integrated marketing initiatives. Over the past decade, he has built a 240-person internal creative agency from the ground up for a Fortune 100 company's Ad Sales division. Timm, his wife Kelly, and their daughter Evelyn reside in Brooklyn.

NEVER FINISHED

Unshackle Your Mind and Win the War Within

David Goggins

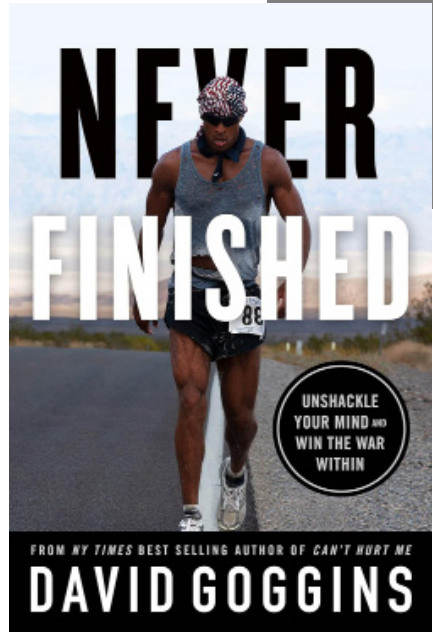
The inspirational story of overcoming adversity, pushing past pain, and reaching your full potential continues from international icon and New York Times bestselling author David Goggins. Having sold over 1 million copies, NEVER FINISHED is the breathtaking follow-up to CAN'T HURT ME.

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

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

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

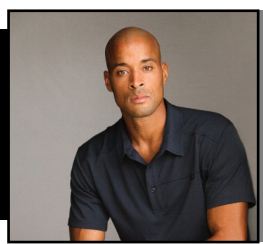
- **Instant New York Times bestseller**
- **CAN'T HURT ME has sold over five million copies; NEVER FINISHED has sold one million copies**
- **CAN'T HURT ME was a bestseller in Brazil, Italy, Germany, Korea, Poland, Portugal and The Netherlands**



Publisher: **Lioncrest Publishing**
 Release Date: **December 2022**
 Genre: **Personal Development**

Territories Sold: **Brazil, Croatia, Denmark, Finland, France, Germany, Hungary, Italy, Netherlands, Poland, Portugal, Romania, Slovakia, Sweden, Taiwan, Ukraine**

Contact: Kathryn Toolan



David Goggins is a retired Navy SEAL and the only member of the U.S. Armed Forces ever to complete SEAL training, U.S. Army Ranger School, and Air Force Tactical Air Controller training. Goggins has competed in more than sixty ultra-marathons, triathlons, and ultra-triathlons, setting new course records and regularly placing in the top five. He is a much-sought-after public speaker who's shared his story with the staffs of Fortune 500 companies, professional sports teams, and hundreds of thousands of students across the country.

THE MIRACLE MORNING

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

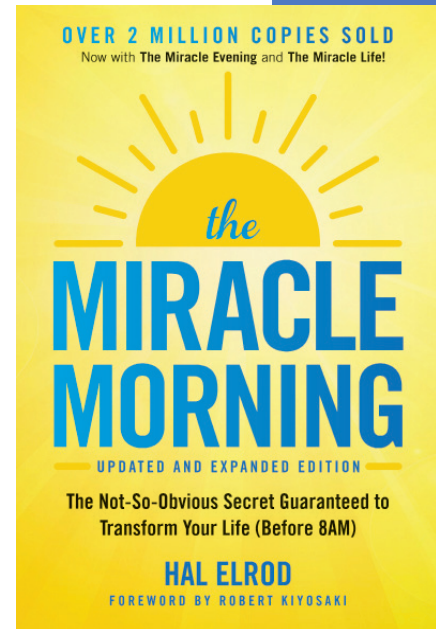
Hal Elrod

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

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

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

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



US Publisher: **Benbella**
Canadian Publisher: **S&S Canada**
UK Publisher: **John Murray**
Release Date: **December 2023**
Personal Development

Territories Sold: **Bangladesh, Brazil, Bulgaria, Taiwan, Netherlands, France, Finland, Germany, India, Indonesia, Italy, Japan, Korea, Lithuania, Mongolia, Portugal, Russia, Spain, Thailand, Vietnam**

Contact: Kathryn Toolan



An international keynote speaker and host of the popular Achieve Your Goals podcast, Hal Elrod created the acclaimed morning routine featured in The Miracle Morning. The bestselling franchise has sold over 3 million copies, has been translated into 30+ languages, has been the basis of a series of dozens of co-authored books, and was the basis of a documentary available on Amazon.

IT BEGINS WITH YOU

The 9 Hard Truths About Love That Will Change Your Life

Jillian Turecki

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

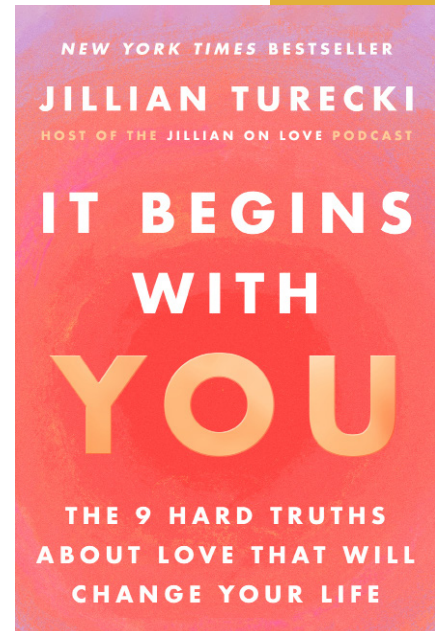
In IT BEGINS WITH YOU, Jillian will share hard-won lessons from her own life experience and from her years of coaching thousands of people on their love lives. She will share personal anecdotes, alongside her best advice and practical tools, tips, and questions, to help readers examine their own lives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

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

Praise for IT BEGINS WITH YOU

“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 NYT bestselling author of HOW TO LOVE BETTER



US Publisher: **Harper One**
 UK Publisher: **Orion Spring**
 Release Date: **January 14, 2025**
Personal Development

Territories Sold: **Brazil, France, Germany, Greece, Italy, Netherlands, Poland, Portugal, Romania, Serbia, Slovenia, Spain**

Contact: Kathryn Toolan

- **An instant NYT bestseller**
- **USA Today bestseller**



Jillian Turecki is a NYT bestselling author, certified relationship coach, and teacher who for 20 years has taught others how to transform their relationships with themselves. Fueled by an insatiable curiosity about what makes a relationship thrive, Jillian has helped thousands through her teaching and writing revolutionize their relationship with themselves so that they transform their relationships with others.

HOW TO BE DATEABLE

The Essential Guide to Finding Your Person and Falling In Love

Julie Krafchick & Yue Xu

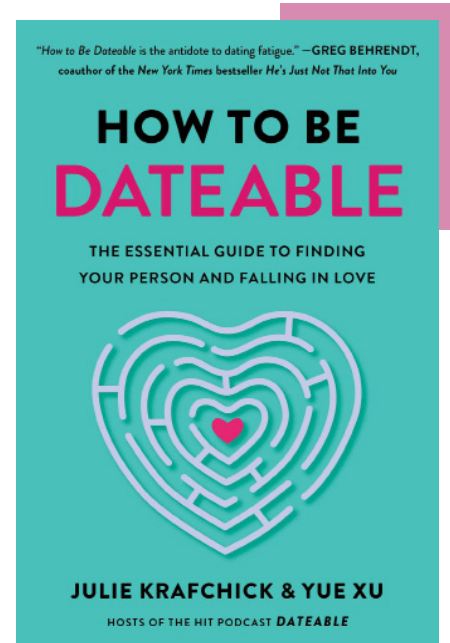
Find your person with this actionable, compassionate guide that will help you break free from the traps of modern dating and change your approach to love.

As creators and hosts of the hit dating podcast “Dateable”, Julie Krafchick and Yue Xu have made breaking down the nuances of the ever-evolving dating world and empowering the people within it their purpose and passion. Drawing on a decade’s worth of research from speaking to thousands of daters and world-renowned experts, Julie and Yue have learned what it takes to find love in today’s dating world. In **HOW TO BE DATEABLE**, they’ll show you how to take control of your love life and focus on the levers that actually get you results.

Starting with a personalized dating archetypes quiz, this book will give you a richer understanding of your core dating strengths and how to turn around the obstacles that are keeping you from meeting the right people. You will discover how to:

- Feel more optimistic about finding love
- Choose partners who are aligned with your values
- Prioritize what’s in your control and release what’s not
- Date your way to find the right relationship for you

Written with the knowledge of experts and the warmth of a wise best friend, **HOW TO BE DATEABLE** will give you a dating life that can ultimately help you find the I-can’t-believe-this-was-possible type of relationship you deserve.



US Publisher: **Simon Element**
Release Date: **January 28, 2025**
Personal Development

Contact: Kathryn Toolan

Praise for HOW TO BE DATEABLE:

“An empowering read to help you find your person.” — Logan Ury, author of **HOW TO NOT DIE ALONE**



Julie Krafchick and Yue Xu are experts on dating, relationships, and connection in the digital world. They're the cohosts and creators of Dateable, which has been named one of the top podcasts about modern dating and relationships by The New York Times, HuffPost, Oprah Daily, and more. They are also the hosts and executive producers of the dating experiment show Exit Interview, an iHeartRadio limited series.

NONFICTION: IN CASE YOU MISSED IT

THE THIRD GILMORE GIRL

Kelly Bishop

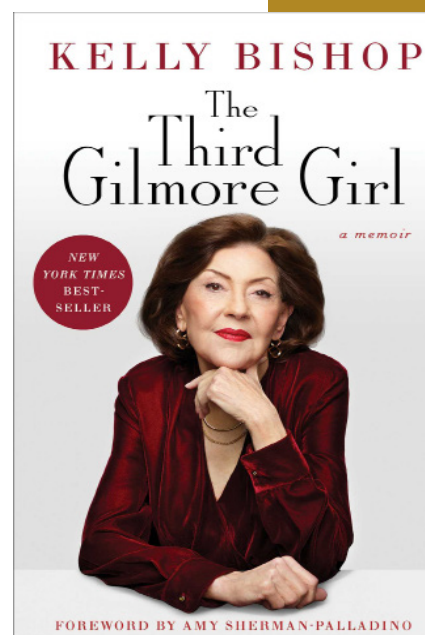
A candid and captivating memoir from award-winning and beloved actress Kelly Bishop, spanning her six decades in show business from Broadway to Hollywood with “A Chorus Line”, “Dirty Dancing”, “Gilmore Girls”, and much more.

Kelly Bishop’s long, storied career has been defined by landmark achievements, from winning a Tony Award for her turn in the original Broadway cast of “A Chorus Line” to her memorable performance as Jennifer Grey’s mother in “Dirty Dancing”. But her iconic role as matriarch Emily in the modern classic “Gilmore Girls” cemented her legacy. Now, Bishop reflects on her remarkable life and looks towards the future with THE THIRD GILMORE GIRL. She shares some of her greatest stories and the life lessons she’s learned on her journey. THE THIRD GILMORE GIRL is a warm, unapologetic, and spirited memoir from a woman who has left indelible impressions on her audiences for decades and has no plans on slowing down.

- **An instant NYT, USA Today, Indie, Toronto Star and Globe & Mail bestseller!**
- **5 weeks on the NYT bestseller list!**
- **Includes a foreword by Amy Sherman-Palladino, the creator of “The Gilmore Girls”**

Praise for THE THIRD GILMORE GIRL:

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



Publisher: **Gallery Books**
Release Date: **September 17, 2024**
Narrative

Territories Sold: **Czech Republic, Germany, Portugal**

Contact: Kathryn Toolan



Kelly Bishop is a dancer and actress best known for her roles as matriarch Emily Gilmore in the beloved Emmy Award-winning show “Gilmore Girls” and as Marjorie Houseman in the hit film “Dirty Dancing”. Her breakthrough performance originating the role of Sheila Bryant in the iconic musical “A Chorus Line” earned her a Tony as well as a Drama Desk Award. Bishop’s onscreen credits include “Six Degrees of Separation”, “Law & Order: SVU”, “The Good Wife”, “The Marvelous Mrs. Maisel”, and others. She lives in New Jersey.

GO HIGHER

Five Practices for Purpose, Success and Inner Peace

Sean “Big Sean” Anderson

GO HIGHER dares to ask the question: If we worked on our self-care regularly, instead of only when we were in crisis, how much higher could we go? Filled with step-by-step instructions for the tools Sean has been using on a daily basis for the last decade—journaling, agreements, affirmations, and meditation, as well as prompts to guide you on your own journey of self-reflection, **GO HIGHER** is a spiritual guidebook for our times, proving that investing in yourself isn't something that drains your energy, but is something that gives you the energy to reach your fullest potential.

- **Sold at auction in the US for seven figures!**

Praise for GO HIGHER:

“In **GO HIGHER**, Sean ‘Big Sean’ Anderson explores the essential elements of personal growth and fulfillment. Each chapter provides valuable insights and practical steps for those looking to deepen their self-awareness and elevate their lives. This book serves as a compelling resource for readers committed to enhancing their personal and spiritual development.” —Deepak Chopra, MD, NYT bestselling author and founder of the Chopra Foundation

“Big Sean’s manual on mental health, **GO HIGHER**, reminds us to experience our thoughts with absolute compassion and intent, to envision our lives with courage and acceptance, and that the necessary journey toward mental and spiritual strength can start at any time.” —Will Smith, actor, producer, musician, and NYT bestselling author



Publisher: **Simon Element**
Release Date: **January 21, 2025**
Personal Development
Territories Sold: **Latvia**

Contact: Kathryn Toolan



Sean Anderson, a.k.a. Big Sean, is a multi-platinum artist, entrepreneur, and philanthropist. He grew up in Detroit, Michigan.

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