

# WRITE VIEW

Fall 2023 Rights Guide



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# Table of Contents

5	Cory Allen, BRAVE NEW YOU
7	Jessica Maguire, THE NERVOUS SYSTEM RESET
8	Leslie Martino, THE JOY OF SLOW
9	Jennifer Sodini and Yoshino, THE ARTIST DECODED TAROT
10	Cristina Moon, THREE YEARS ON THE GREAT MOUNTAIN
11	Casey Zabala, A CONFLUENCES OF WITCHES
12	Coming soon

Cory Allen

# BRAVE NEW YOU

The extraordinarily engaging host of the podcast *And Then It Hit Me* offers a bracingly fresh, intensively research-based tool kit for taking charge of your life.

Do you feel that you aren't living up to your full potential—or, even worse, know that you aren't? Do you sense you're drifting—and still believe your life could be bigger and better?

Cory Allen, host of the podcast *And Then It Hit Me*, knows his listeners are asking themselves these questions—because they tell him so every day. To write *Brave New You*, he has mined a rich vein of insight from his online community to discover what readers most desire to learn, where they most want support, and the best way to give them what they need. The result is a roadmap to a simple yet radical mindset shift that will change your definition of what's possible for your life.

With Cory as your guide, you'll follow a highly intentional, vividly engaging path of proven teachings to make your goals into reality. Your toolbox will include:

- The importance and power of mindset
- How to release habits of negative thinking
- Ways to look at your life with fresh eyes and reassess what you thought was possible
- Smart strategies to infuse your life with meaning and purpose

Along the way, you'll develop a deep trust in your own intuition, find unshakable confidence to face whatever comes your way, and discover how extraordinary your life—and you—can be.

**Cory Allen is an author, podcast host, meditation teacher, and music producer from Austin, Texas. Allen writes daily thoughts on mindfulness and mental clarity for his large Instagram following, reaching over a million people a week. On his podcast, *And Then It Hit Me*, he shares thoughts on personal growth and speaks with leaders in self-development. He has been featured in *The New York Times*.**



COVER FORTHCOMING

Hay House, June 2024 (World English)

Edited ms available December 2023

# PRAISE FOR CORY ALLEN AND NOW IS THE WAY

"An insightful debut...Anyone looking for a practical, no-frills introduction to meditation and its potential benefits will readily benefit from Allen's affable and upbeat style, and his practical tips for getting comfortable on the mat."

—PUBLISHERS WEEKLY  
(STARRED REVIEW)

"Cory Allen is one of the best writers on Instagram right now. No doubt that his new book will help many people who are ready to grow."

—YUNG PUEBLO, NEW YORK  
TIMES BESTSELLING AUTHOR  
OF LIGHTER

"Cory Allen is a unique voice in the wellness space. His work offers grace while also pushing people towards intentional action."

—NEDRA GLOVER TAWWAB,  
NEW YORK TIMES  
BESTSELLING AUTHOR OF  
SET BOUNDARIES, FIND  
PEACE

"Cory has a remarkable skill of distilling wisdom from our collective experiences, and bringing clarity, grace and sincerity to his uplifting messages."

—VEX KING, #1 SUNDAY  
TIMES BESTSELLING AUTHOR  
OF GOOD VIBES, GOOD LIFE,  
WITH OVER 1 MILLION  
COPIES SOLD

"We live in a world driven by ego, distraction, and endless anxiety. Learning to untangle ourselves from it is the work of a lifetime, but Cory Allen gives us a surprisingly simple way to begin that process."

—DAMIEN ECHOLS, NEW YORK  
TIMES BESTSELLING AUTHOR OF  
LIFE AFTER DEATH

"This honest, hilarious, kind, wise, and extremely readable guide to presence, to NOW, is priceless and may well be the most important book you own. It has been a daily companion, guiding me back to reality, to what's actually happening, reeling me back to my breath, reminding me to relax, and making me laugh along the way."

—DEVENDRA BANHART

Jessica Maguire

# THE NERVOUS SYSTEM RESET

Heal Trauma, Resolve Chronic Stress  
and Pain, and Regulate Your Emotions  
With the Power of the Vagus Nerve

Most of us have heard of the mind-body connection, but did you know that there is a physical structure that connects the mind and body? That connection is the vagus nerve, and it's singularly responsible for maintaining balance in our mental and physical health.

In *The Nervous System Reset*, Jessica Maguire shares the wisdom of her popular Nervous System School masterclasses and shows readers how to unlock the power of their vagus nerve.

Drawing on the science of polyvagal theory and drawing on decades of her own study and coaching experience, Jessica teaches readers neural exercises, breathwork, and somatic practices to widen their window of tolerance in order to:

- Regulate their emotions
- Resolve trauma and PTSD symptoms
- Overcome mental health challenges like anxiety, depression, or burnout
- Improve symptoms of chronic pain, fatigue, and autoimmune conditions
- Heal digestive disorders like IBS and SIBO

Smart, accessible, and revolutionary, *The Nervous System Reset* is a practical, science-backed program to heal your nervous system for good.

**Jessica Maguire is an expert in nervous system repair, TEDx speaker, and the voice of popular account @repairing\_the\_nervous\_system (215k followers). She holds a Bachelor of Health Science degree and a Master of Physiotherapy. Her post-graduate study includes the fields of neuroscience, neuroplasticity, brain-heart biofeedback, brain-body medicine, and transcutaneous vagus nerve stimulation. She is the founder of Nervous System School, where she teaches a long-term, sustainable, transformative methodology of nervous system repair. Learn more at [www.jessicamaguire.com](http://www.jessicamaguire.com)**



COVER FORTHCOMING

US - Grand Central Balance (Hachette),  
June 2024

UK. -Bluebird (Macmillan), June 2024

AUS - Pan Macmillan, June 2024

Germany - Arkana

Edited ms available January 2024

# Leslie Martino

# THE JOY OF SLOW

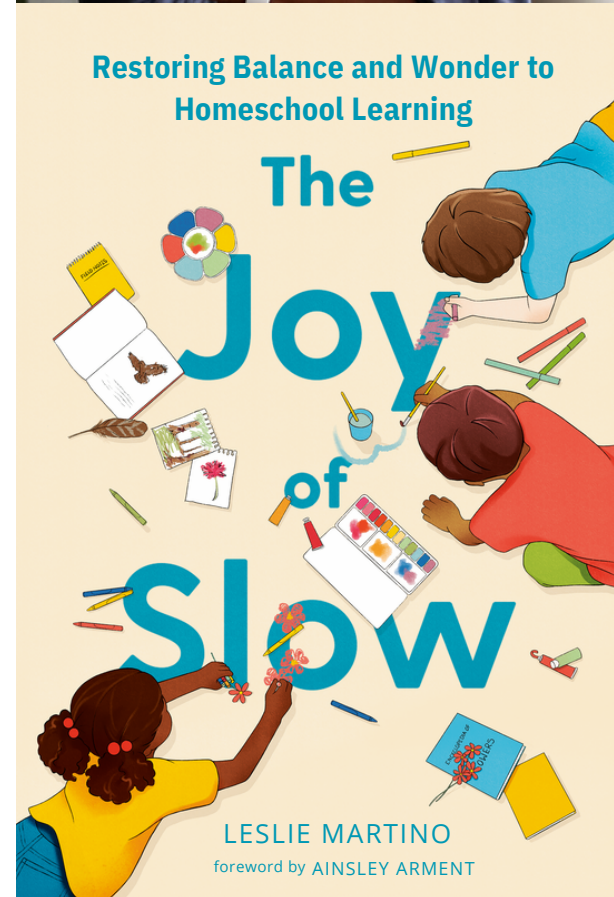
## Restoring Balance and Wonder to Homeschool Learning

In the wake of a global pandemic that saw families reevaluating the aims of learning, as well as the merits of the relentless hustle culture we're increasingly subjected to, home education has found itself in the spotlight. But when homeschooling becomes yet another box to tick, more activities to schedule, one more outlet to showcase productivity, families can lose the joy, magic, and freedom that attracted them to homeschooling in the first place.

Through her coaching program, Thrive at Home, Leslie Martino has helped countless families find "slow school joy," reminding them that time is a gift, and that doing fewer things better allows deep educational roots to take hold and lifelong learners to bloom.

Slow school joy welcomes patient pursuits that replenish the soul and finds beauty in the ordinary of everyday rhythms. It seeks to simplify relationship building and maximizes simplicity for magnificent gain. Undergirding all of these efforts is joy, and a resolve to measure our best days not by what we have accomplished but by the joy we have experienced because, in the end, that's what everyone will remember.

**Leslie Martino has over twenty years of experience teaching—as an elementary school teacher, a home educator, and an adjunct lecturer for graduate courses focused on the role of the teacher in supporting children's individual work preferences. She homeschools her four children and works as an educational consultant, writing curricula and training parents and teachers to approach learning in an interest-based and child-directed way. She is also a contributing writer for the Wild + Free homeschooling community. She lives in Florida with her husband and their four children.**



TarcherPerigee / PRH, August 2024  
(World English)

Edited ms available November 2023



Jennifer Sodini and Yoshino

# THE ARTIST DECODED TAROT

A Deck and Guidebook



Explore the intersection of tarot, artistic creativity, and technical innovation in *The Artist Decoded Tarot*, a first-of-its-kind deluxe deck and guidebook set from author of *Amenti Oracle* Jennifer Sodini and artist Yoshino.

Art, myth, and storytelling have guided spiritual exploration throughout history, and the intersection of technology and spirituality unveils captivating connections between ancient wisdom and contemporary innovation.

These thoughtfully designed cards and accessibly written guidebook have been designed to tap into that conversational reservoir and reveal the artist within each of us, while creating a bridge toward higher worlds, by fusing the symbolic language of the Tarot and the artistic medium of synthography—or generative AI prompting—paired with digital collage.

Tarot practitioners and novices alike will find a new approach to the cards—one that explores the codes of texts from mystical traditions like Kabbalah, alongside individual artistic prompts tailored to the message of each of the Major and Minor Arcana.

**JENNIFER SODINI** is the author of *Amenti Oracle Feather Heart Deck and Guidebook* and *Everyday Amenti*, and the co-creator of the *Modern Nirvana Oracle*. Her work has been featured in *Cosmopolitan*, *Oprah Daily*, *Rolling Stone*, *Vice*, *Sounds True*, and *Maxim*. She splits her time between Los Angeles and Mexico.

**YOSHINO** uses photography as a medium to capture poetry within an image, and attempts to create a confluence between his internal and external observations. In 2015, he created *Artist Decoded*, a podcast that explores the practices, lifestyles, and psychology of artists from various mediums. He is also the cofounder of the artist collective *Noh/Wave* and *Noh/Wave Academy*.



Running Press, June 2024  
(World English)

78 cards plus guidebook available

Cristina Moon

# THREE YEARS ON THE GREAT MOUNTAIN

A Memoir of Zen and Fearlessness

Through stories of all-night meditation sessions, strenuous martial arts training, rigorous honing of traditional Japanese arts, and more, Zen priest Cristina Moon shows that whoever you are, it's possible to cultivate and share fearlessness.

Offering a bracing account of three years of mind-body-spirit training at Daihonzan Chozen-ji, a Rinzai Zen temple and martial arts dojo, Moon powerfully captures the rigors and realizations that finally shaped her into a Zen priest whose highest directive is to give fearlessness.

Told with immersive detail and an unique Asian American female perspective, *Three Years on the Great Mountain* chronicles Moon's straight-up-the-mountain training regimen at Chozen-ji, conducted every day and often through the nights. Through the spiritual forging of daily Zen meditation, manual labor, swordsmanship, and Japanese tea ceremony, she discovers a newfound conviction that self mastery and spiritual growth can take fierce form. Embraced by local Hawai'i and Japanese culture, and a community of discipline, respect, and discovery, she discovers a profound sense of home.

**Cristina Moon is a Buddhist priest, writer, and strategist who lives at Daihonzan Chozen-ji Zen center, a monastery in Honolulu, Hawaii, known for its rigorous training in zazen (meditation), Kendo (Way of the Sword), Chado (Way of Tea), and ceramics. After a career in human rights and social change organizing, she graduated from the Stanford University Graduate School of Business and now works with individuals and organizations to develop the sensitivity and spiritual strength needed to lead in today's challenging world.**



COVER FORTHCOMING

Shambhala, June 2024 (World English)  
Edited ms available

Casey Zabala

# A CONFLUENCE OF WITCHES

Celebrating Our Lunar Roots, Decolonizing  
Our Craft, and Reenchanting Our World

Featuring a diverse array of voices from the contemporary witchcraft community, this anthology is an invitation to practicing witches, and those newly drawn to the craft, to explore the authentic intersections of magic, social justice, spirituality, and personal development.

The anthology aims to highlight how witchcraft has always been a diverse, constantly evolving, culturally specific practice with many lineages and rich traditions. It features essays, spells, and reflections from witches, traditional healers, herbalists, and artists on themes of magical activism, animism, and merging ancient practices with modern technologies, among other mystical subjects. The diverse representation of contributors will honor and celebrate the multicultural and multivalent ways the witch operates within our society.

Contributors who have already agreed to provide material include Amanda Yates Garcia, Kimberly Rodriguez, Yumi Sakugawa, Rachel Howe, Michael Cardenas, Aja Daashuur (The Spirit Guide Coach), and Jessie Susannah Karnatz (the Money Witch).

**Casey Zabala is an artist, tarot reader, practicing witch, intuitive mystic, and the founder of Modern Witches Confluence. Casey holds a master's degree in philosophy, cosmology, and consciousness from the California Institute of Integral Studies, and is the author and illustrator of both *Wanderer's Tarot*, a feminist tarot deck for modern witches, and the companion *Wanderer's Tarot Guidebook* (Weiser, 2023). She is also the author and illustrator of the forthcoming *Wyrd Sisters* deck (Weiser, 2024). She lives in Mount Shasta, California.**



COVER FORTHCOMING

Weiser, October 2024 (World English)

Edited ms available January 2024

# COMING SOON

## **COMING DOWN by Jennifer Sodini**

When Petra Russo, a jaded young wellness reporter at Popcycle, starts getting targeted Instagram ads for a psychedelic retreat center in Sayulita, Mexico, she pitches a press trip, mostly as an excuse to get an all-expenses-paid vacation from her dead-end existence in her parents' basement in New Jersey.

Arriving at the idyllic luxury resort Milagrow, she's joined by an eclectic mix of guests ranging from a famous rapper to a crypto bro and his beauty-mogul girlfriend, from a Mormon veteran suffering from PTSD to an overzealous repeat customer whose vibe is more Tony Soprano than Tony Robbins. All are fascinated by Milagrow's quixotic founder, Agnee, a celebrity shaman of elusive origins who appropriates indigenous wisdom traditions with abandon and touts sweat lodges and toad poison as the secret to transcendence. So why can't any of them remember what happened the night of the ceremony meant to expand their consciousness?

When Agnee makes Petra an offer she can't refuse, she's drawn into the retreat center's inner workings, discovering shadowy dealings and unsettling secrets. As Agnee sets an increasingly dangerous trap, Petra must form unlikely alliances to determine whom she can trust and who's out for profit... or worse.

In a darkly comic debut that's equal parts *Nine Perfect Strangers* and *Black Mirror*, *COMING DOWN* is an addictive sendup of an unregulated industry high on its own supply.

Currently on submission