

LONDON 2023



Penguin
Random
House

Penguin Publishing Group
1745 Broadway, New York, NY 10019 USA
Tom Dussel, Subsidiary Rights Director: tdussel@penguinrandomhouse.com
Emilie Mills, Subsidiary Rights Senior Associate: emills@penguinrandomhouse.com

NEW ACQUISITIONS AND FUTURE HIGHLIGHTS

Fletcher, Angus

Summer 2025

PRIMAL INTELLIGENCE: The Neuroscience of Innovation, Creativity, and Curiosity

Primal Intelligence focuses on a key source of human intelligence: the non-logical, noncomputational brain processes responsible for future thinking and imagination. This “low-data intelligence” is a core driver of leadership, innovation, and resilience. It helps us solve complex and open-ended problems, anticipate the future faster, experience less anxiety and anger, and rebound quicker from failure. The book presents story exercises for training the low-data regions of your brain, improving your leadership, your powers of innovation, and your overall resilience. These are big claims—but they have been validated by independent research trials run by the US Army and have been published in leading academic journals, from *Annals of the New York Academy of Sciences* to the *Harvard Business Review*. They have been embraced by executives at some of the world’s biggest and most creative companies, and they have been validated on scientific trials with students as young as eight. [Angus Fletcher](#) is a professor of story science at The Ohio State University’s Project Narrative, the world’s leading academic think tank for the study of how stories work. He is the author of *Wonderworks* and *Storythinking*.

UK, Translation: Avery (editor Megan Newman)

Agent: Kneerim & Williams

McGonigal, Kelly, Ph.D.

Spring 2025

THE JOY INSTINCT

People rank joy as the emotion least under their control—and the feeling they most want. What if joy isn’t something you have to wait for, but something you can choose? What if you could experience more joy every day, and capitalize on the energy, hope, and meaning it provides? What if the decision to choose joy could also strengthen your relationships and create the closeness and community you long for? Based on the latest research and insights from psychology and neuroscience, *The Joy Instinct* shows readers step-by-step how to expand their capacity for joy. Readers will discover their signature joys—the most effective ways to find their ideal balance of exhilaration, renewal, and connection. They’ll develop the ability to help others experience more joy. And they’ll learn how to put joy in service of what matters most—as a resource in hard times, and as fuel for pursuing their most meaningful goals. You can choose how you respond to life’s challenges, and you can harness the best in human nature. Joy is a fundamental human strength, and it is possible to experience joy even when life is difficult. *The Joy Instinct* is more than a book about happiness. It is a revolutionary reminder that joy is within reach, and a detailed, usable roadmap to the joy we all seek. [Kelly McGonigal](#) is the internationally bestselling author of *The Joy of Movement*, *The Upside of Stress*, and *The Willpower Instinct*, among others. Her [TED Talk](#) “How to Make Stress Your Friend” is one of the most viewed of all time, with over 30 million views. Her popular audio program *40 Days to Positive Change* shows how to harness positive emotions to fuel personal growth. She co-created the Stanford Compassion Cultivation Training, a program now taught worldwide to deepen people’s experience of empathy, self-compassion, and social connection.

UK, Translation: Avery (editor Megan Newman)

Agent: Ted Weinstein Literary Management

SPRING 2024

Brungardt, Kurt; Brett Brungardt; and Mike Brungardt

April 2024

THE COMPLETE BOOK OF PICKLEBALL: The Ultimate Guide for Passionate Players of All Levels

Pickleball is easy to learn, fun to play, and competitive. With a rewarding social component as well, it's no wonder that it is the fastest growing sport in America. This book provides an elite training camp experience in a fun, easy-to-follow, interactive guide. It also fills a crucial gap by providing a holistic workout program to dominate on the court, improve general fitness, and increase athleticism in all areas of life while playing your new favorite sport. The authors, who are brothers and superstar trainers, will equip you for pickleball success with a proprietary program they've developed for their pro athlete clients. *The Complete Book of Pickleball* matches the game's spirit, with a training process that is unintimidating and accessible for enthusiasts of all levels, helping every player—every reader—reach their potential and stay injury-free. Like the game, the book is fun, motivational, and non-intimidating, assisting readers in setting goals that match their evolving needs—on the court and in life. [Kurt Brungardt](#) is a certified personal trainer and the bestselling author of *The Complete Book of Abs*, *The Complete Book of Core Training*, and *The Running Revolution*. Mike Brungardt was head strength and conditioning coach for the San Antonio Spurs for 17 years and is currently the CEO for PROOF Athletic Training. Brett Brungardt is co-founder of Basic Athletic Measurement, the leader in standardized testing and data acquisition for pro, college, and youth sports. He has been the strength and conditioning coach for the Dallas Mavericks, University of Washington, Beijing Ducks, University of Kentucky, University of Wyoming, and University of Houston.

UK, Translation: Avery (editor Hannah Steigmeyer)

Agent: Trident Media Group

Fleck, Caroline

April 2024

VALIDATION: The New Approach to Change That Will Transform How You Love, Lead, and Live

With their emphasis on acceptance and change, the validation skills from Dialectical Behavior Therapy (DBT) have revolutionized psychology. Now a prominent psychiatrist brings these skills out of the therapy room and into real life to help anyone decrease conflict, strengthen relationships, and change behaviors—in themselves and in others. Validation has profound effects because it has both a means and an end: It affirms a person's experience and unlocks potential for growth. [Dr. Caroline Fleck](#) explains both the why and the how, showing that validation is the essential catalyst for transformation and taking us step-by-step up the three parts of the Validation Ladder: Presence, Understanding, and Caring. She shows how to use these skills to drive very specific behavioral changes in ourselves and others, including the practice of self-validation which can foster healing and promote a path to self-love. With practice, these skills become a way of life focusing on the possibilities that unfold when we see ourselves and others for who we really are. Fleck is a licensed psychologist, Adjunct Clinical Instructor at Stanford University, and consultant. She is renowned for her ability to help people make critical but challenging changes and is one of Silicon Valley's most sought-after psychotherapists.

Translation: Avery (editor Caroline Sutton)

Agent: Anderson Literary

UK: Orion Spring; Korean: Sejong; Portuguese (B): Sextante

Hauser, Marc

March 2024

VULNERABLE MINDS: The Impact of Childhood Trauma and the Path to Resilience and Recovery

At least a billion children around the world are the victims of ACEs—adverse childhood experiences—each year that range from physical abuse to racial discrimination to neglect and food deprivation. The plasticity of the brains of our most vulnerable only makes the adverse effects of trauma that much more damaging to mental and physical development. Those dealt a hand of ACEs are more likely to drop out of school, have a shorter life, abuse substances, and suffer from myriad mental health and behavioral issues. The crucial question is, how do we intervene to offer these children a more hopeful future? Neurobiologist and educator Marc Hauser provides a novel, research-based framework to understand a child’s unique response to ACEs. Using this lens, adults can start to help children build resilience and recover—and even benefit—from their adversity through targeted community and school interventions, emotional regulation tools, as well as a new frontier of therapies focused on direct brain stimulation, including neurofeedback and psychedelics. While human suffering experienced by children is the most devastating, it also presents the most promise for recovery; the plasticity of young people’s minds makes them vulnerable, but it also makes them apt to take back the joy, wonder, innocence, and curiosity of childhood when given the right support. *Vulnerable Minds* is a call to action for parents, policy makers, educators, and doctors to reclaim what’s been lost and commit ourselves to our collective responsibility to all children. Hauser is an educator, neuroscientist, and the founder of Risk Eraser, a program helping at-risk kids lead healthier lives. He is a former professor of evolutionary biology and psychology at Harvard University.

UK: Avery (editor Lucia Watson)

Agent controls translation rights: UTA

Middleberg, Stephanie

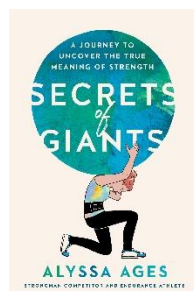
April 2024

THE BIG BOOK OF PREGNANCY NUTRITION: Everything Expectant Moms Need to Know for a Happy, Healthy Nine Months and Beyond

When you found out you were pregnant, you were probably given a long list of things that you were no longer “supposed” to do. But what you really need is a practical guide to all the things you *can* do to feel as empowered and strong as possible. *The Big Book of Pregnancy Nutrition* is the comprehensive handbook to everything a mama-to-be needs to feel healthy and supported for her entire pregnancy—and beyond—from licensed nutritionist, registered dietitian, and mom of two [Stephanie Middleberg](#). This one-of-a-kind resource covers everything from prenatal vitamins and supplements, to foods that alleviate constipation and heartburn, to preparing for your glucose test and what to cook and freeze before the baby comes. Learn which foods may help your baby’s developing microbiome, decrease nausea, ease labor pains, and build your milk supply. Pregnancy is hard, but with Middleberg’s expert guidance, you will find that fueling yourself and your growing baby doesn’t have to be. Middleberg is a registered dietitian, founder of Middleberg Nutrition, and bestselling author of *The Big Book of Organic Baby Food* and *The Big Book of Organic Toddler Food*.

UK, Translation: Avery (editor Nina Shield)

Agent: Ultra Literary



Ages, Alyssa

September 2023

SECRETS OF GIANTS: A Journey to Uncover the True Meaning of Strength

On the verge of turning forty, mom of two [Alyssa Ages](#) has one item left on her fitness bucket list: to pull an eighteen-wheel truck with her bare hands. To understand why she's so compelled by this goal and what it might mean to finally achieve it, Ages goes on an immersive journey into the world of strongman. She hoists kegs and lifts boulders alongside these superhuman athletes, and she meets with sports psychologists, coaches, and scientists to understand how the pursuit and possession of strength can permeate every aspect of our lives, from building resilience and confidence, to finding joy in pain, to teaching us to handle adversity. Everyone wants to know they can do the impossible; few of us will ever try. Part personal narrative, part research mission, part chronicle of a midlife crisis, *Secrets of Giants* uncovers why physical strength matters, and how it teaches us that we're capable of more than we think. Ages is a journalist whose work has appeared in *The Globe and Mail*, *Wired*, *Men's Journal*, *Publisher's Weekly*, *Parents*, *MTV News*, *Spin*, and *Vibe*.

UK, Translation: Avery (editor Hannah Steigmeyer)

Agent: Levine, Greenberg, Rostan

Brewer, Judson

January 2024

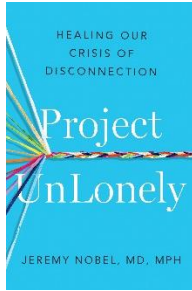
THE HUNGER HABIT: Why We Eat When We're Not Hungry and How to Stop

People who struggle with eating want to understand their behaviors, and they want a clear set of actions to take. They don't want to be hungry. And they don't want to go on another diet. *The Hunger Habit* walks readers through a 3-step process to help them change their relationship to eating (stress/emotional eating, overeating, unhealthy eating). Each step taps into our inherent capacities of awareness and curiosity to help people identify eating patterns, recalibrate the reward value of eating behaviors, and ultimately find a "bigger, better offer" that helps them change their eating patterns for good. The book provides an accessible and pragmatic guide for readers to follow this 3-step process, and along the way, they will learn how to work with their minds and bodies instead of fighting against them. [Dr. Judson Brewer](#) is the bestselling author of *Unwinding Anxiety* and *The Craving Mind*. An addiction psychiatrist and internationally known expert in mindfulness training for treating addictions, he is an associate professor in the School of Public Health and Medical School at Brown University.

UK, Translation: Avery (editor Caroline Sutton)

Agent: Janklow & Nesbit

Chinese (cc): China Times; Italian: Corbaccio; Portuguese (B): Sextante; Spanish: Paidos



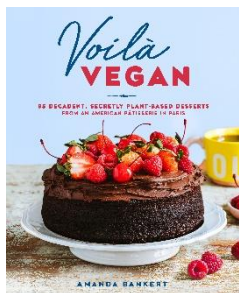
Nobel, Jeremy
PROJECT UNLONELY: Healing Our Crisis of Disconnection

October 2023

Chronic loneliness is a private experience of profound anguish. It has also become a public health crisis. *Project UnLonely* will not just sound an alarm about the significant, growing negative impact of loneliness on nearly every sector of society, but also offer solace, hope, and solutions. While we can't cure loneliness the way we can cure strep throat or even cancer, there are concrete, actionable, and effective things we can do to manage it and keep it from becoming chronic. For an individual lonely reader, or for anyone who loves, serves, treats, or employs people vulnerable to loneliness in community, work, or educational settings, this book clarifies how meaningful reconnection between self and others begins, and how it can be nourished and sustained. [Jeremy Nobel](#), MD, MPH, is a primary care physician and founder of the [Foundation for Art & Healing](#).

Translation: Avery (editor Caroline Sutton)
Agent: Aevitas Creative Management
UK: Headline Home; Korean: Wisdom House

SUMMER 2023



Bankert, Amanda

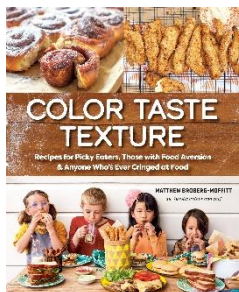
August 2023

VOILÀ VEGAN: 85 Decadent, Secretly Plant-Based Desserts from an American Pâtisserie in Paris

For years, [Amanda Bankert](#) has been the surreptitious purveyor of vegan treats in the world’s most butter-obsessed city: Paris. It started with donuts; Bankert, an American expat, brought some of the first artisanal versions of the stateside delicacy to France with her Boneshaker Bakery in the 2nd arrondissement. Unbeknownst to the Parisians who devoured her wares, which expanded from donuts to brownies to French desserts like macarons and profiteroles, everything at Boneshaker was made without dairy or eggs—and people didn’t even notice. Now, with 85 entirely plant-based but still decadent treats, Bankert shares the recipes that fooled and enthralled Parisians, as well as delightful stories from her kitchen and travels. Bankert is a Le Cordon Bleu-trained pâtissier. An American expat, she spent a decade working as a pastry chef in Dublin at the Michelin-starred Mint Restaurant, then worked as the head pastry chef at Comptoir de la Gastronomie in Paris. She opened Boneshaker Bakery, an entirely plant-based establishment, in Paris in 2016.

UK, Translation: Avery (editor Suzy Swartz)

Agent: Folio Literary Management



Broberg-Moffitt, Matthew

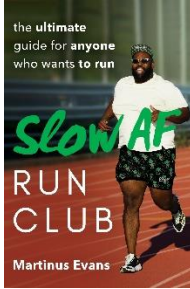
August 2023

COLOR TASTE TEXTURE: Recipes for Picky Eaters, Those with Food Aversion, and Anyone Who’s Ever Cringed at Food

This much-needed cookbook combines tips and techniques with a dash of understanding about food aversion and how to help your kids—and yourself—cook beautiful meals in an empowering way. It is a groundbreaking resource for anyone who has ever been called “picky” or “discerning.” Learn how to alter the texture or taste profile of a dish, or even fit it within a specific palette with a unique color-coded guide. The advice is broken down by category (The Five Tastes, Texture, Color, Aroma, Presentation, and Plating) to address every aspect of food aversion. Instead of leading to mistrust by disguising or slipping in foods your kids don’t want to eat, this cookbook supports caretakers in a way that maintains a healthy relationship with food, and a joyful, less stressful experience around the table. [Matthew Broberg-Moffitt](#) is a classically trained chef, member of the Society of Children’s Book Writers and Illustrators, former substance abuse counselor, erstwhile computer repair tech, and one-time Buddhist monk.

UK, Translation: Avery (editor Nina Shield)

Agent: Storm Literary



Evans, Martinus

June 2023

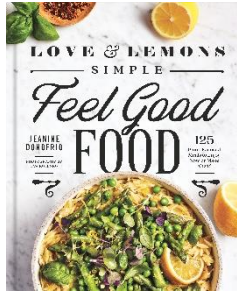
THE SLOW AF RUN CLUB: The Ultimate Guide for Anyone Who Wants to Run

Ten years ago, [Martinus Evans](#) got some stern advice from his doctor: “Lose weight or die.” First defensive, but then defiant, he vowed that day to run a marathon. Since then, he has run eight marathons and hundreds of other distances in his 300-pound body, created his own devoted running community, and has been featured on the cover of *Runner’s World*. This book is a blueprint for those who may not fit the image of a traditional runner to feel empowered to lace up their shoes and embrace the body they have right now. It contains specialized advice to make getting started less intimidating, covering gear and nutrition, training schedules, recovery tips, races (it’s ok to come in last!), and finding a running group. Full of essential advice and humor from a former newbie who fell off a treadmill on his first run (literally), *The Slow AF Run Club* is for anyone who wants to pick up running for the sheer joy of it. Evans has coached hundreds of runners and been featured in the *New York Times*, *Men’s Health*, *Wall Street Journal*, *Runner’s World*, the *New York Post*, and others.

UK, Translation: Avery (editor Lucia Watson)

Agent: Folio Literary Management

SPRING 2023 HIGHLIGHTS



Donofrio, Jeanine

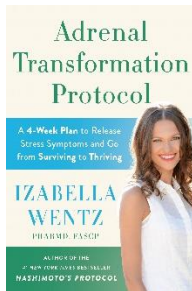
April 2023

LOVE AND LEMONS SIMPLE FEEL GOOD FOOD: 125 Plant-Focused Meals to Enjoy Now or Make Ahead

Jeanine Donofrio’s popular recipes and bestselling books have become the gold standard for simple, flavorful, and nourishing vegetarian meals. Her fans all love fast, approachable recipes. But they also fall into two camps of home cooks: those who keep go-to recipes to make right now, and those who like to plan ahead. *Love and Lemons Simple Feel Good Food* caters to both. Each chapter is divided into two parts: one for recipes you can make with minimal prep and ingredients, and the second for food you can prepare ahead. With recipes for Eat-the-Rainbow Blender Soups, a Mix and Match Tahini Cookies section, charts for satisfying grain bowls, and “3-in-1” recipes (3 dinner dishes to make with 1 whole vegetable), *Love and Lemons Simple Feel Good Food* is a treasure trove of inspiring and easy ways to get delicious food on the table. Donofrio is the founder of the [Love and Lemons](https://www.loveandlemons.com) site and author of *The Love and Lemons Cookbook* and *Love and Lemons Every Day*.

UK, Translation: Avery (editor Lucia Watson)

Agent: Stonesong Press



Wentz, Izabella

April 2023

ADRENAL TRANSFORMATION PROTOCOL: A 4-Week Plan to Release Stress Symptoms and Go from Surviving to Thriving

Since her own diagnosis of Hashimoto’s Thyroiditis at the age of 27 and her subsequent bestselling books, [Dr. Izabella Wentz](https://www.drizabella.com) has become known for her passion to translate emerging research to help patients eliminate symptoms that conventional medicine has failed to address or even acknowledge. Here she tackles adrenal dysfunction, or the body’s inability to produce essential hormones when the body mismanages stress. While adrenal dysfunction produces a constellation of ailments, turning these around does not have to be complicated. When we start supporting the adrenals—making a few small dietary changes and taking the right supplements—we can produce profound improvements within weeks or even days. With a simple 4-week program to identify your adrenal triggers, balance your stress response, and gradually build up your resilience to prevent excess stress from overwhelming your adrenals in the future, *Adrenal Transformation Protocol* will set you up with a strong foundation to return to and stay in homeostasis through turbulence. Wentz is an internationally acclaimed thyroid specialist and licensed pharmacist and the author of *Hashimoto’s Thyroiditis* and *Hashimoto’s Protocol*.

Translation: Avery (editor Lucia Watson)

Agent: Park & Fine

UK: Vermilion; Bulgarian: Vdahnoveniya; Chinese (sc): Beijing Science & Technology; German: Vak

EVERY CO-AGENTS

THE BALTIC STATES

Andrew Nurnberg Associates: Tatjana Zoldnere
zoldnere@anab.apollo.lv

BRAZIL

Agencia Riff: Joao Paulo Riff
joapaulo@agenciariff.com.br

BULGARIA

Anthea Agency: Katalina Sabeva
katalina@antheairights.com

CHINA

Andrew Nurnberg Associates: Jackie Huang
jhuang@nurnberg.com.cn

CZECH REPUBLIC & SLOVAKIA

Kristin Olson Literary Agency: Kristin Olson
kristin.olson@litag.cz

FRANCE

La Nouvelle Agence: Vanessa Kling
vanessa@lanouvelleagence.fr

GERMANY

Mohrbooks: Sebastian Ritscher
sales@mohrbooks.com

GREECE

JLM Literary Agency: John Moukakos
jlm@jlm.gr

HUNGARY & THE BALKAN STATES

Katai & Bolza Literary Agency: Petra Olah
petra@kataibolza.hu

ISRAEL

Deborah Harris Agency: Efrat Lev
efrat@dhliterary.com

ITALY

Berla & Griffini: Erica Berla
berla@bgagency.it

JAPAN

Tuttle-Mori Agency: Manami Tamaoki
manami@tuttlemori.com

KOREA

Alex Lee Agency: Alex Lee
alex@alexleeagency.com

THE NETHERLANDS

Schonbach Literary Agency: Marianne Schonbach
m.schonbach@schonbach.nl

POLAND

Graal: Lukasz Wrobel
lukasz.wrobel@graal.com.pl

SCANDINAVIA

Ulf Toregard Agency: Ulf Toregard
ulf@toregardagency.se

SPAIN, PORTUGAL & LATIN AMERICA

The Foreign Office: Teresa Vilarrubla
teresa@theforeignoffice.net

ROMANIA

Simona Kessler Agency: Simona Kessler
simona@kessler-agency.ro

RUSSIA

Anna Jarota Agency: Beata Glinska
beata@ajapl.com

TAIWAN

Andrew Nurnberg Associates: Whitney Hsu
whsu@nurnberg.com.tw

TURKEY

Akcali Copyright Agency: Atilla Izgi Turgut
atilla@akcalicopyright.com

SUBSIDIARY RIGHTS CONTACTS

Tom Dussel, Subsidiary Rights Director
tdussel@penguinrandomhouse.com
Emilie Mills, Subsidiary Rights Senior Associate
emills@penguinrandomhouse.com