



2024 London Rights Guide

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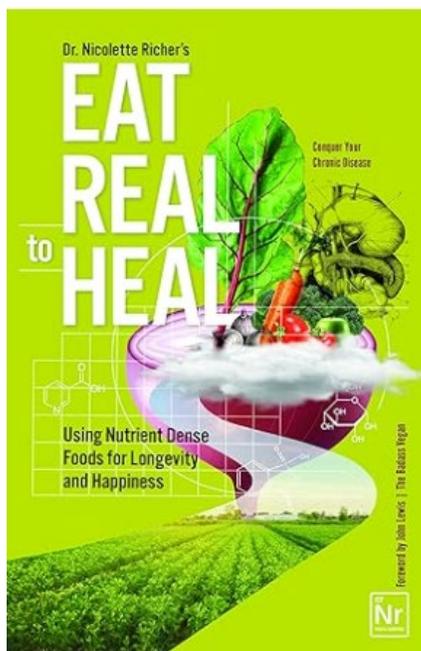
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Praise for Eat Real to Heal:

"Keep this book in your kitchen and it will serve as a daily reminder to take excellent care of your body—after all, it's the only one you've got!" —Alexandra Franzen, author of *You're Going to Survive*

"... describes in detail the specific protocols for implementing the Gerson Therapy, but she also offers us a plethora of tools in setting ourselves up for optimum health success." —Nancy Kremer, Writer/Producer, Dr. Max Gerson: Healing the Hopeless feature film

Rights sold:

Vietnamese (1980 Books) exp 2025

Audio (Tantor) exp 2026

Final pages: Now

Word Count:



Eat Real to Heal

Use Food as Medicine to Reverse Chronic Disease from Diabetes, Arthritis, to Cancer and More

Nicolette Richer

Selling points:

- **New edition of Eat Real to Heal (2018) which sold over 10,000 copies.**
- **30% new material.**
- **Fortify your Immune System with a vegan diet.**
- **Food is the Best Medicine.**
- **Based on the popular Gerson Diet.**
-

"Richer shares her passion for wellness through simple, pure, organic, plant-based nutrition and a back-to-basics lifestyle." —Katherine Fawcett, author of *The Swan Suit*

This is a revolutionary approach that posits that food is the best medicine. The right diet can be the ultimate antidote to chronic disease.

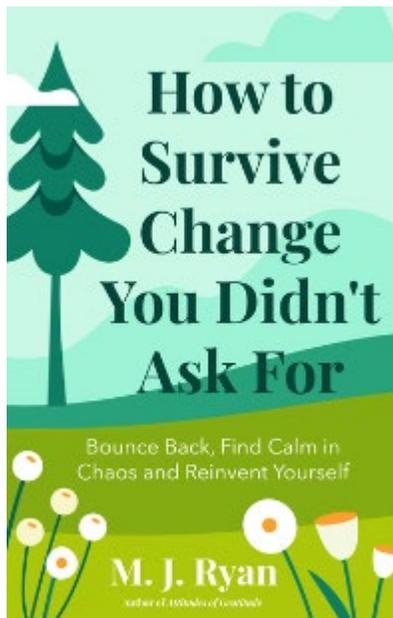
If you want to feel active, clear-minded, and strong enough to fight off disease, it all starts with the food you put into your body. *Eat Real to Heal* shows you the organic, plant-based foods you should be eating. Focusing on diet, nutrition, and meditation, this book teaches you how to power up your immune system and give yourself the best possible chance at beating chronic diseases like diabetes, arthritis, acne, psoriasis, fibromyalgia, and even cancer.

Eat Real to Heal shows you how to create and follow a meal plan that utilizes nutritious, vegan recipes, made with pure and organic ingredients, that are quick, easy, and delicious! Also, learn about juicing, managing stress, detoxifying your home, breathing exercises and yoga that connect you with your body, and the Gerson Therapy.

Eat Real to Heal will teach you how to:

- Upgrade your eating habits and your lifestyle.
- Flood your body with nutrients and detoxify your system.
- Boost your immune system and turn your body into a disease-fighting machine.

About the author: Nicolette Richer is an Orthomolecular Health Educator and Gerson Therapy Home Set Up Trainer.. Her education includes a doctorate and masters degree from Royal Roads University in British Columbia..



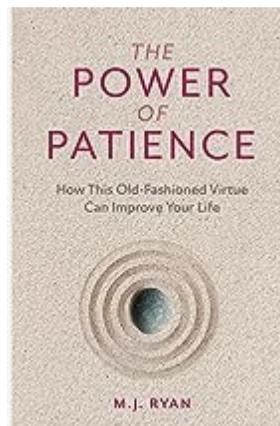
Rights sold:

Audio: Tantor (expires 2028)

Spanish: Taller de Exito (exp 2024)

Indonesian: PT Serangai (exp 2020)

Also Available:



Over 15,000 sold

India: Manjul, exp 2021

Vietnam: First News, exp 2024



How to Survive Change You Didn't Ask For Bounce Back, Find Calm in Chaos, and Reinvent Yourself

M. J. Ryan

Selling points:

- **Ryan is the author of the bestselling Attitudes of Gratitude.**
- **The ultimate guide for embracing the one thing you can't change.**
- **Previous edition sold over 7500 copies.**

"... get through the pain more quickly and extract greater meaning from the nonnegotiable events of life." —**Ellyn Spragins**, author of *What I Know Now: Letters to My Younger Self*

Overwhelmed by life's challenges? Exhausted by crisis after crisis in the world? Here is the solution; a book filled with advice and tips to help you cope, change your mindset, and thrive.

Change your mindset to change for the better. These are challenging times. Chances are, you're confronting some change you never asked for—perhaps a life crisis, like a loss of job or the failure of a dream. Here are the support and practices you need to successfully ride the wave of this change.

Discover tools for coping with life changes. Change is always hard. But with every change, there is also opportunity. Ryan provides strategies to retrain your brain and optimize your response to life change, step-by-step. Best of all, as your adaptability increases, so does your confidence. Here is the guide to help you survive and thrive no matter what life throws your way.

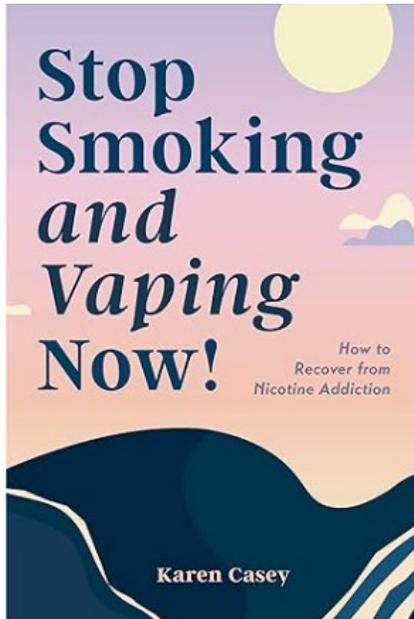
Find new opportunities for success. With both detailed chapters explaining how to embrace change and twenty quick tips for adapting to change you didn't ask for, Ryan's advice can be used in any evolving situation.

This book teaches you how to:

- Accept change.
- Expand your options.
- Strengthen your adaptability.
- Take action.

If you liked *Switch* or books by Gretchen Rubin like *Better than Before* or *The Four Tendencies*, you'll love *How to Survive Change . . . You Didn't Ask For*.

About the author: **M.J. Ryan** works as an executive coach to senior executives and entrepreneurs around the world. A highly successful author, Ryan is known for co-creating the *Random Acts of Kindness* series, as well as writing best-sellers such as *A Grateful Heart*, *Attitudes of Gratitude*, *The Power of Patience*, and her AdaptAbility book *How to Survive Change . . . You Didn't Ask For*. She lives in the San Francisco Bay area with her family.



Word count:

Audio: Recorded Books

1s pages ready no

Stop Smoking Now How to Recover from Nicotine Addiction

Karen Casey

Selling points:

- New edition of *If only I Could Quit* (50K sold)
- The guide for the 28 million cigarette smokers and 8 million vapers.
- Karen Casey is the author of *Each Day a New Beginning* 4 million sold)

This complete resource brings together personal stories of recovery, Twelve Step guidance, and 90 daily meditations to help us become nicotine-free. *If Only I Could Quit* is written by one of Hazelden's most popular meditation authors and a recovering nicotine addict.

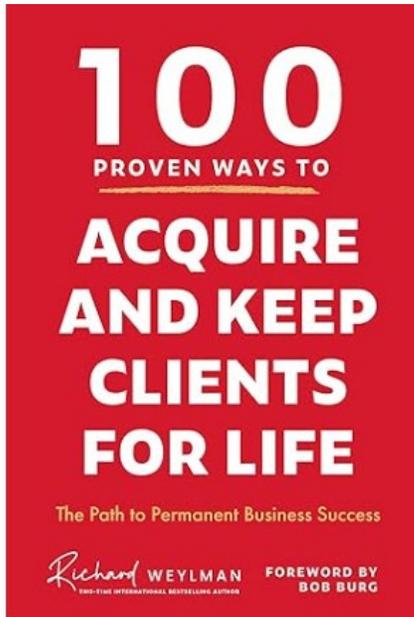
This powerful guide brings together real stories of people struggling and overcoming nicotine and vaping additions. Men and women, as well as Karen herself, share their experience and inspire the readers to embark on their personal path to overcoming additions.

Key benefits:

- Find support and comfort from others life experiences recovering from nicotine addiction.
- Discover wonderful meditations you can revisit anytime for courage, inspiration, and strength.
- Learn that you are not alone on your own personal journey to healing, growth, and fulfillment.
- 24 Stories about quitting and living as a non-smoker.
- 90 daily practices for quitting one-step-at-a-time.
 - 90 daily practices for quitting addiction one step at a time
 - Healing quotes and questions to remember during difficult times

If you liked *Stop Overthinking*, *Allen Carr's Easy Way to Quit Vaping*, or *Making Every Move a Meditation*, you'll love *Stop Smoking (and Vaping) Now!*

About the author: Karen Casey is the best-selling author of more than forty inspirational books, including *52 Ways to Live the Course in Miracles*, *Let Go Now*, *In God's Care*, and *A Woman's Spirit*. She started her addiction recovery journey in 1974 and in 1982, she published her first book, *Each Day a New Beginning*, which instantly became a bestseller. Visit her at www.womens-spirituality.com.



100 Proven Ways to Acquire and Keep Clients for Life The Path to Permanent Business Success

Foreword by Bob Burg

C. Richard Weylman

Selling points:

- Author has a stellar career with solid social media.
- His previous book, *The Power of Why* has sold over 13K copies.
- Grapples with one of the key issues facing every business.
- “Richard says, ‘Relationships drive revenue. Build them and you will soar.’ If one has any doubts about the truth of this statement, I’d ask them to read this magnificent book..”—Bob Burg, coauthor of the international bestseller, *The Go-Giver*. and author of the sales classic, *Endless Referrals*

How to influence people in ways that build a loyal client base is one of the key issues that face all business owners, executives, and salespeople. This is the book that tells business people both **what and how** they can transform their client experiences to capture lasting loyalty. Unlike other books the focus on customer loyalty, this book is a step-by-step guide for implementing and elevating the customer experience..

Richard Weylman has spent years researching and engaging with the clients of companies in a wide variety of industries, including luxury goods, finance, insurance, travel, professional sports teams, fast casual dining, automotive, hospitality, direct sales, and many more. As the Chair of a consulting firm, Richard’s ongoing years of research and direct experience with consumers demonstrates that at least **20-30% of a company’s “satisfied” clients are actually “loyalty neutral” at any given time.**

Throughout this lifetime of engaging with thousands of people, he has captured specific tactics that have elevated their experience, strengthened their relationship, and moved them from being a merely satisfied client to a truly delighted advocate for their provider. His professional accomplishments include:

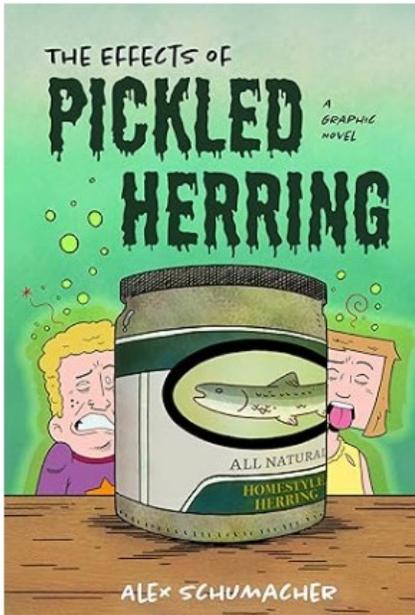
- Forbes Media calls Richard’s content & presentations “brilliant.”
- The Council of Peers Award of Excellence (CPAE)
- Induction into the Professional Speakers Hall Of Fame
- Direct Selling Association Partnership Award for measurable impact on member companies
- Nominee for the Horatio Alger Award

About the author: Orphaned at age 6, C. Richard Weylman overcame that obstacle and has developed several successful businesses. He is passionate about helping others understand today's marketplace. Considered one of the leading authorities on marketing innovation and understanding the customer perspective, Chris Forbes vice chairman of Forbes Media refers to his work as “brilliant”. Learn more at www.richardweylman.com.

Final pages: March

Word count: 40K

Audio: Recorded Books



The Effects of Pickled Herring

A Graphic Novel

Alex Schumacher

Advance praise:

A warm and funny coming-of age story, but one that also packs an emotional wallop!"
—Derf Backderf, Eisner Award-winning author of *Kent State: Four Dead in Ohio*

"A wonderful story of all the directions we are pulled in our adolescence, and a reminder of the one thing that can ground us—the ones we love."

—Jonathan Hill, author of *Tales of a Seventh-Grade Lizard Boy*

"... is filled with humor and heart and some heartbreak too, but ultimately it's about family and friendship and how these relationships help us navigate change. ...?"—Erica Lyons, National Jewish Book Awards Finalist

"*The Effects of Pickled Herring* is a heart-warming hoot that is full of laughs, heart and not the least bit fishy."

—Judd Winick, author of the bestselling *Hilo* series

"A funny, moving story that I highly recommend!"
—Mark Reznicek, drummer of Toadies

This is a coming-of-age graphic novel that offers poignant reflections on growing up, sibling relationships, and the enduring bonds of family, Essential reading for age ages 16-19.

As 12-year-old Micah Gadsby and his spirited sister Alana prepare for their dual bar and bat mitzvah, they grapple with a family secret that unravels their understanding of faith and identity. Micah's introspective nature and Alana's outgoing spirit collide, leading them to confront the complexities of growing up, and ultimately, the enduring power of familial bonds.

The author's mix of humor and heart makes this coming of age tale relatable for all young adult readers. If you are looking for books about family dynamics, brother and sister relationships, books about growing up, or one's introspection on faith, pick up a copy of *The Effects of Pickled Herring*!

Inside find:

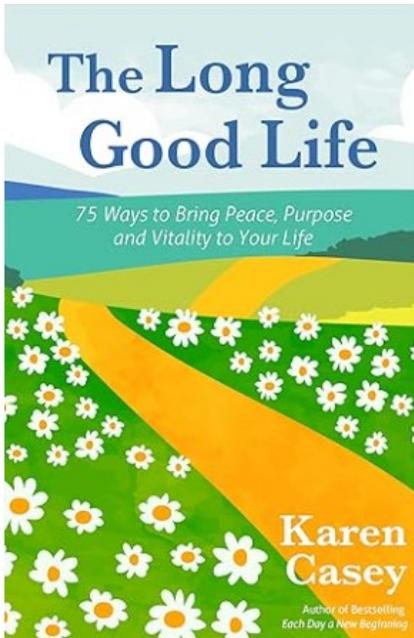
- A compelling exploration of self-worth, identity, and anti-Semitism
- A heartrending portrayal of the effects of Alzheimer's on a family unit
- Engaging illustrations that vividly bring the narrative to life
- Relatable themes for young adult readers navigating the challenges of growing up.
-

Looking for the best teen graphic novels for ages 16-19? This is for you! If you liked *Calling My Name* or *A First Time for Everything*, you will love *The Effects of Pickled Herring*.

Alex Schumacher is an author/illustrator whose list of work includes *The Unemployment Adventures of Aqualung* graphic novel for Arcana Studios (2013), *The World's Crummiest Umbrella* picture book for Wandering in the Words Press (2014), articles for *Comicon.com*, and storyboards for *DreamWorks TV*. Alex lives in the San Francisco Bay Area.



Ready Now



Rights sold:

Audio: Audible (expires 2026)

French: Beliveau Editeur (exp. 2021)

Final Pages: Ready now

The Long Good Life

75 Ways to Bring Peace, Purpose, and Vitality to Your Life

Karen Casey

Selling points:

- A new edition of *Living Long, Living Passionately*.
- Over 20% of the population is over 65 years of age.
- The essential companion for embracing aging with joy, serenity, and grace.
- Karen Casey is the author of *Each Day a New Beginning* 4 million sold)
- "Casey's voice is thoughtful and accessible. Readers with a belief in the power of God will be most amenable to her recommendations for a simpler, more rewarding life." —*Publishers Weekly*

This accessible, self-help handbook by internationally renowned bestselling author Karen Casey teaches the importance of daily meditation and contemplation for leading a life of harmony and contentment.

Bring peace into your daily life one step at a time. *The Long Good Life* is a guide that readers will return to again and again. Composed of 75 personal essays, each of which illuminates a facet of existence that propels one toward a life steeped in significance, joy, and serenity. Karen Casey deftly encourages readers to shift their perspective, to treasure the present, and to embrace the boundless beauty of living.

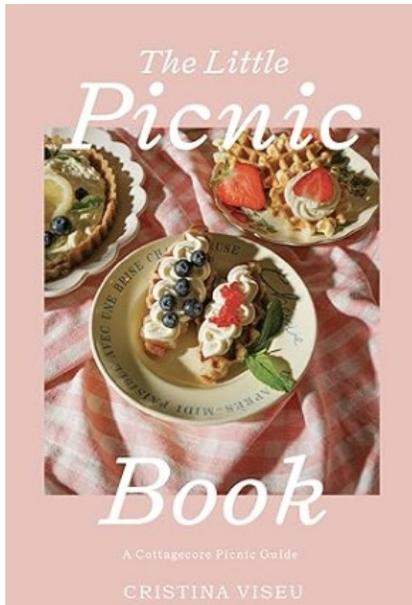
Not just a book but a catalyst for transformation. With Karen Casey as a sage companion, delve into profound explorations of fear and love, resistance and acceptance, willpower, and discernment. Each essay concludes with thought-provoking questions and prompts, designed to awaken the depths of the journey. Savor every practice and embrace the powerful lessons that will enrich your soul..

Inside, you'll find:

- Daily meditation and prayer practices for cultivating inner peace.
- A transformative 12-Step "Course in Miracles" to guide your journey.
- Insights on fear, love, and discernment for empowered decision-making.
- Actionable guidance to embrace the present and shape a purpose-driven life.

If you enjoyed books like *Make Your Bed*, *A Course in Miracles Made Easy*, or *The Gifts of Imperfection*, then you'll want to own a copy of Karen Casey's *The Long Good Life*.

About the author: Karen Casey is the best-selling author of more than forty inspirational books, including *52 Ways to Live the Course in Miracles*, *Let Go Now*, *In God's Care*, and *A Woman's Spirit*. She started her addiction recovery journey in 1974 and in 1982, she published her first book, *Each Day a New Beginning*, which instantly became a bestseller. Visit her at www.womens-spirituality.com.



Word count: 30,000

1st pages: March 10, 2024

The Little Picnic Book

A Cottagecore Picnic Guide

Cristina Viseu

Selling points:

- Cristina Viseu has over 400k followers on social media.
- All things cottagecore are hot.
- The ultimate companion to cozy picnics
- Author has brand collaborations with companies like Target, Monster Energy, Starbucks, Jo Malone Fragrance, Lenovo, and Alaska Air
- On TikTok her videos have over 1.4 million views and over a 90 day period her Instagram content reaches of over 300k accounts

Master picnic essentials, delve into delicious easy Asian food recipes for foods to eat outside, and immerse yourself in Studio Ghibli aesthetics with every outdoor feast.

Experience slow living with *The Little Picnic Book*. Open up a realm of serene, unhurried living through the simple pleasure of picnics. Explore the charm of the Studio Ghibli aesthetic and the creativity of cooking, transforming your outdoor meals into a Pinterest aesthetic any cozy gamer, nerd, or dreamy artist would envy.

Cozy cottagecore aesthetics you can eat. Delve into the world of artistic Asian food with this enriching picnic cookbook. Each dish is a journey toward the slow living aesthetic, enhancing every gathering with the quaint charm of a Pinterest aesthetic picnic.

In this picnic book, find:

- Expert guidance on the cottagecore aesthetic in your picnics.
- Food to eat outside, transporting you to the world of artistic Asian food.
- Strategies for planning and executing perfect cottagecore aesthetic.
- Embracing slow living through the art of outdoor feasts.

If you liked *The Unofficial Studio Ghibli Cookbook*, *The Anime Chef Cookbook*, or *The Cottage Fairy Companion*, you'll love *The Little Picnic Book*.

About the author: Based in San Francisco, CA, **Cristina Viseu** is an award-winning video director and art director who has crafted a unique niche as a beloved cottagecore picnic creator. Cristina has harnessed her passion for food and entertainment to curate and host exquisite picnics. Ahe has launched a popular TikTok account, @cristinaviseu, where she shares aesthetic recipes, childhood-inspired bentos, and breath-taking picnic scenes.



Find Your Hidden Strengths

Unlock the Power of the Four Archetypes for Success and Personal Growth

Matthew Poll

Selling points:

- Explore the four key archetypes that can change your life.
- Over 30 followers on Instagram.
- Connected to various influencers including Tan France and Tony Robbins

Word count: 61,000 words

1st pages: March 15, 2024

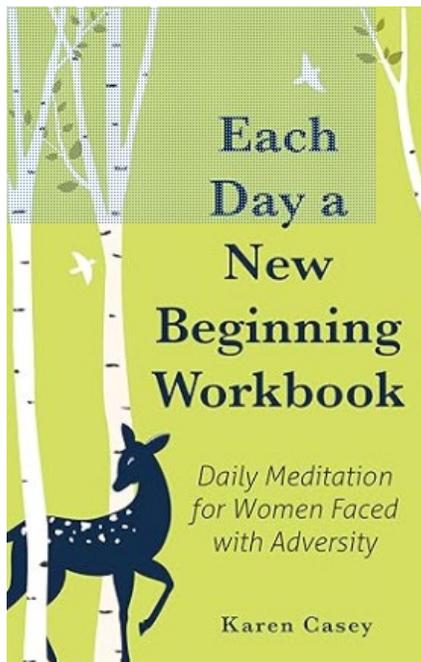
This guide encourages you to unlock your potential by exploring the four archetypes that affect both your behavior and interior life. These archetypes represent different facets of human nature, and by understanding them, you can become a stronger, wiser and more successful person.

These four archetypes are:

- **Wanderer:** The person who is always searching for new experiences, knowledge, and growth.
- **Beggar:** The beggar archetype is a person who strongly needs validation, support, or resources from others.
- **Dreamer:** The dreamer is deeply imaginative, creative, and visionary. They are often drawn to grand ideas and can envision a better future for themselves or others.
- **Author:** The author archetype embodies a person who is self-aware, reflective, and able to take control of their narrative.

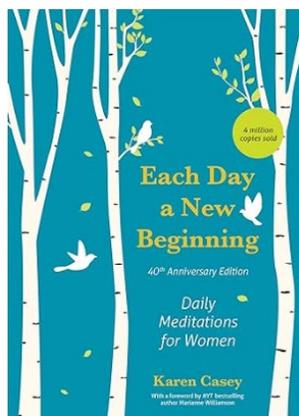
Understand these archetypes and can insight into your behavior, capitalize on your strengths, address weaknesses, and ultimately unlock your full potential growth., *Blinded By Your Strengths* helps readers move past obstacles and achieve success in every aspect of their lives, contributing to lasting positive change in the world

About the author Matthew Poll is an entrepreneur and CEO of General Trader Fulfillment, a multimillion-dollar financial coaching business. With over a decade of experience in personal development coaching and a passion for helping others achieve wealth. Visit him at www.matthewpoll.com



1st pages: March 1

Also available:



Russian: Eksmo



Each Day a New Beginning Workbook

Daily Meditations for Women Faced with Adversity

Karen Casey

Selling points:

- A daily companion to the bestselling book with over 4 million sold.
- Workbook/guided meditation journal for daily use.
- Embrace acceptance, spiritual growth, and self-discovery.

***Each Day a New Beginning* has empowered women for over forty years.** Now embark on a life-changing journey of self-discovery and recovery with *Each Day a New Beginning Workbook*. This workbook is a guided meditation journal designed specifically for women in alcoholism recovery and those seeking spiritual growth and self-discovery. This invaluable resource empowers you to personalize your path, offering daily meditations that address common challenges like loneliness, shame, and the quest for hope. Benefit from recording your triumphs and setbacks as you reflect on the invaluable lessons each new day brings.

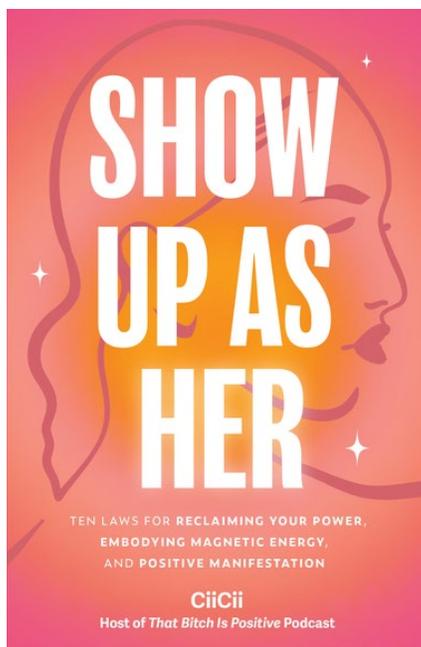
Your daily companion to healing and growth. In *Each Day a New Beginning Workbook*, Karen Casey invites you to embrace the power of daily spiritual meditations. Peppered throughout the book, exercises foster compassion, acceptance, and creativity, supporting your healing journey one day at a time. Discover the promise of a new beginning each day. Celebrate your personal strength and dedication towards recovery while practicing mindfulness through these transformative daily exercises.

Inside find:

- Personalized daily meditations for women in alcoholism recovery
- Spiritual meditation exercises promoting compassion, acceptance, and creativity
- Inspirational quotes and insights from extraordinary female role models
- A collective space for spiritual reflection, learning, and connection in recovery

If you enjoyed Karen Casey's bestselling *Each Day a Renewed Beginning* or *A Woman's Spirit*, and books like *Daily Reflections* or *Keep It Simple*, you'll love *Each Day a New Beginning Workbook*.

Karen Casey is the best-selling author of more than forty inspirational books, including *52 Ways to Live the Course in Miracles*, *Let Go Now*, *In God's Care*, and *A Woman's Spirit*. She started her addiction recovery journey in 1974 and in 1982, she published her first book, *Each Day a New Beginning*, which instantly became a bestseller. Visit her at www.womens-spirituality.com.



60,000 words

1st pages: February 27, 2024

Audio rights: Recorded Books



Show Up As Her

The Laws of Reclaiming Your Power, Embodying Magnetic Energy, and Positive Manifestation

CiiCii

Selling points

- The author has 415K followers on TikTok and 62K on Instagram
- A self-love Bible that everyone needs.
- Hip, sassy, and fun—the guide for every young woman.

About the book: This book is the red carpet leading you back home to yourself. With intros to habit tracking, journaling, and affirmations, *That Bitch is Positive* gives you all the self-love rituals and mantras you need to glow up and be that girl. This must-have guide empowers unshakable self-esteem through creating positive habits and thoughts.

Confidence culture—made easy. Is it time to shake up your life? Sick of feeling unfulfilled? Looking at “it” girls and wondering how? *Show Up as Her* is all about healing negative patterns through radical self-realization, self-love, and growth—all with that positive energy that only a big sister can bring.

A self-love bible by the big sister you wish you had. Business owner, life coach, and host of the transformative podcast *That Bitch is Positive*, CiiCii brings the energy and experience you need for true self-realization and transformation into a total B.I.T.C.H. (Babe In Total Connection With Herself/Human Self).

In *Show Up as Her*

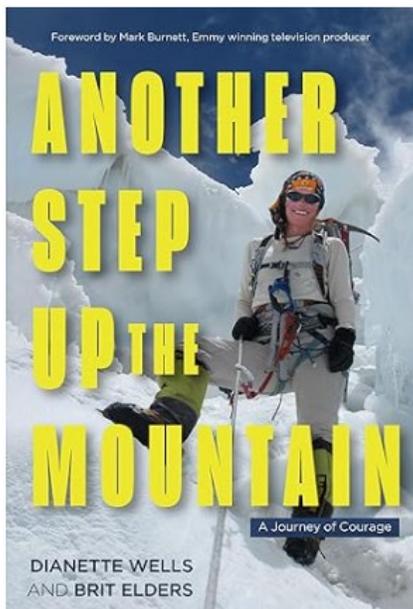
- Find out who you are vs. who you think you are for real self-love and growth to begin.
- Unearth concrete, buildable steps to take back your power and build your dream life.
- Learn skills like journaling, positive affirmations, and manifestation for beginners.

If you enjoy self-confidence books for women such as *After the Rain* or *Be That Unicorn*, you'll love *Show Up As Her*.

About the author: CiiCii, is a multi-hyphenate creative, who first became a content creator by sharing her mental breakdown: BREAKTHROUGH, spiritual awakening insights, and life coaching tips on TikTok, growing a following of over 400,00 people. She lives in LA.

Pub date: **April 2024** Trim size **5.5 x8.5** Page count: **256** binding **pb** ISBN: **9781684811953** Price: **\$18.99** Illustrations: **none**

Author residence: **USA** Publisher/Imprint: **Mango** Rights/Market: **World**



Word count: 65,00

Ms available now



Another Step Up the Mountain Lessons From a Life of Watching Women in Movies

Dianette Wells with Britt Elders

Selling Points:

- Featured in documentary American Daredevil - Peacock
- Featured in Discovery Channel World Championship
- Featured in 48 Hours Eco-Challenge Borneo
- Instagram 6.8k - @strangeworld01 ;YouTube Channel - 1.9k subscribers.
- “ ... a shining example of how fearlessly living life on the edge connects us with the world ...leads to healing.”—Marshall Ulrich, author of *Running on Empty* and *Both Feet on the Ground*

A gripping teaching memoir, the true story of how mountaineering and extreme sports enthusiast Dianette Wells endured the loss of her son and learned to balance motherhood, loss, and a life of extreme adventure.

Climbing over adversity. Dianette tells of her unique experiences climbing the Seven Summits, participating in adventure races (including four Eco-Challenges and ultra marathons around the world), as she raised three wonderful children. Trying to survive a tumultuous marriage, Dianette felt empty and unhappy. However, everything changed when she discovered adventure racing. Full of beautiful and uplifting moments, Dianette’s story will inspire you to discover the meaning of joy in your own healing journey.

Grief recovery and restoration with every step of the way. In 2015, Dianette lost her son Johnny to a wing suiting accident, driving her into severe depression. However, with the support of those around her, Dianette’s desire to compete in endurance sports and her love of mountain climbing helped her find an inner strength to begin healing. As she had in the past, she faced adversity and found her inner power by embracing her devotion to sports and family. Full of beautiful and uplifting moments, Dianette’s story will inspire you to rediscover what joy means to you and how we must cherish our intrinsic abilities.

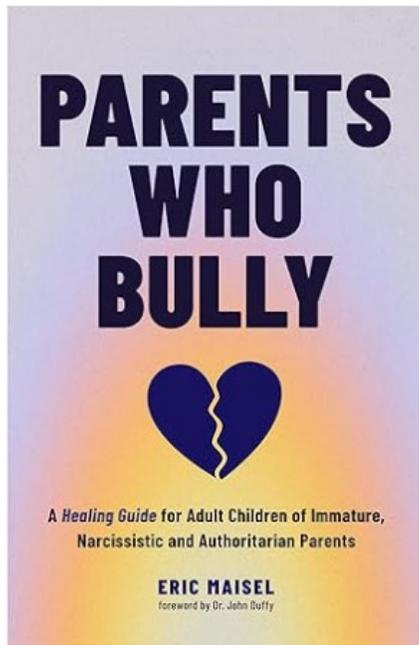
Life lessons from Another Step Up the Mountain :

- Discover inner strength amidst adversity
- Find balance between family and career
- Finding resilience
- How to live with overwhelming loss.

If you liked books such as *No Summit Out of Sight*; *Climbing High*; *Into Thin Air*; or *Mother, Nature*, you’ll love *Another Step Up the Mountain*.

About the author: **Dianette Wells** is one of fewer than four hundred people who have climbed each of the Seven Summits, including: Kilimanjaro, Vinson, Elbrus, Denali, Everest, Aconcagua, and the Carstensz Pyramid. She has participated in four Eco-Challenges, raced one hundred fifty plus miles across various deserts, biked across America and adventure raced around the globe. She is the proud mother of three and continues to climb and race. Visit her at <https://dianetwells.com>.

Britt Elders is an author, editor, ghost-writer, filmmaker, digital content provider & CEO ShirleyMacLaine.com



- **Word Count: 40,000**
- **Pages due March 15, 2024**



When Parents Bully

A Healing Guide for Recovering from Childhood Trauma

Eric Maisel, PhD

Selling points:

- Author track: *Why Smart People Hurt* has sold over 20,000 copies.
- The author is a columnist for *Psychology Today*.
- Authoritarian parents—who they are and how to get over them.
- Strong category: recovering from parental abuse and neglect.
- Makes the connection between a bullying parental style and the rise of authoritarianism.
- "... a godsend to those who have suffered at the hands of authoritarian, narcissistic parents..."—Jay S. Efran, Ph.D., Professor Emeritus Professor of Psychology, Temple University

The essential guide for breaking free and recovering from toxic parenting.

Uncover the truth about authoritarian parenting. Through real-life accounts and authoritative research, you'll gain invaluable insights into the signs of emotionally abusive parents. Understand the lasting impact of authoritarian parenting styles and discover the path to healing.

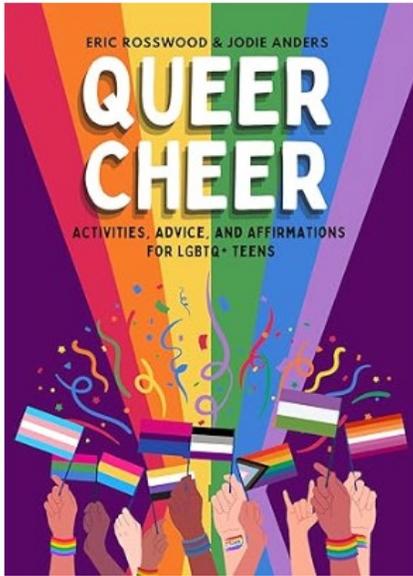
Are you ready to break free from the chains of the authoritarian personality? *Parents Who Bully* equips you with the tools to recognize and overcome the toxic dynamics of your family. With expert guidance, you'll learn how to deal with emotionally abusive parents, heal your emotional wounds, and ultimately find relief and empowerment.

Inside, you'll find:

- In-depth insights into emotionally abusive parents and their impact.
- Practical strategies to break free from bad parents and heal.
- A comprehensive roadmap for understanding, recovery, and personal growth.

If you learned from reading *Recovering from Emotionally Immature Parents*; *Adult Survivors of Toxic Family Members*; or *Difficult Mothers, Adult Daughters*; you'll love *Parents Who Bully*.

About the author: **Eric Maisel, Ph.D.**, is a psychotherapist and the author of more than 50 books in the areas of creativity, psychology, coaching, mental health, and cultural trends. He regularly contributes to *Mad in America*, writes a monthly print column for *Professional Artist Magazine*, and writes the "Rethinking Mental Health" blog for *Psychology Today*. Visit him at www.ericmaisel.com.



1st pages: March 15, 2024

Word count: 20,000



Queer Cheer

Activities, Advice, and Affirmations for LGBTQ Teens

Eric Rosswood & Jodie Anders

Selling points:

- Affirmations & advice for teens at risk.
- Proof that life gets better.
- Mental health toolkit for gay teens.

A positive affirmations book with invaluable information for all queer teens

Inspirational and motivational quotes and information. *Queer Cheer* provides advice and words of wisdom encouraging teens to find—and keep—their inner rainbow. Covering topics relevant to lgbt+ teens today, this instructional book includes everything ranging from bullies and discrimination to acceptance and advocating change.

Illustrated words of encouragement from a friend. Authors Eric Rosswood and Jodie Anders know what it's like to be a teen struggling with identity and societal norms. That's why they're fighting to counter the negativity facing queer teens now and in the future. *Queer Cheer* includes many teen voices offering tips, advice, related firsthand experiences, and other valuable knowledge.

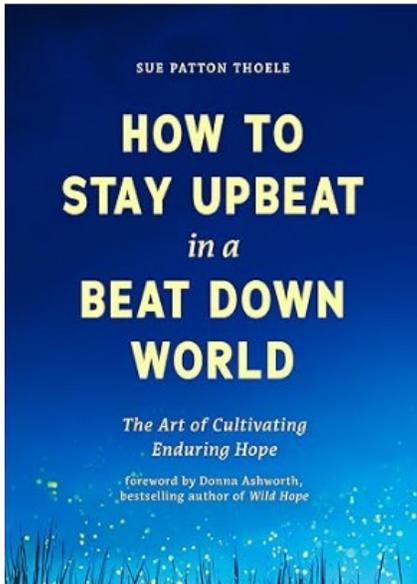
Inside *Queer Cheer*, find:

- Affirmations and words of wisdom focusing on areas specific to LGBTQ+ teens.
- Thought-provoking questions that lead to self-acceptance and encourage positive change.
- Illustrations and doodles that inspire, empower, and strengthen the hearts and minds of queer teens.
-

Readers of LGBTQIA+ books for young adults such as *This Book Is Gay*, *All Boys Aren't Blue*, or *The ABC's of LGBTQ+* will love *Queer Cheer*.

About the authors: **Eric Rosswood** is a multi-award-winning author. He is a commentator on LGBTQ+ issues including civil rights, parenting, marriage, and politics, and has led panels on LGBTQ+ parenting issues. His previous books include *The Ultimate Guide for Gay Dads*, *Journey to Same-Sex Parenthood*, and *We Make It Better*.

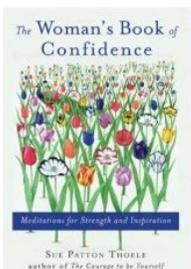
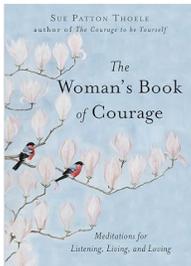
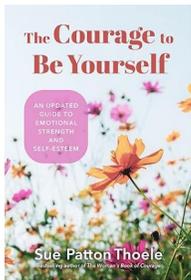
Jodie Anders is a writer specializing in dystopian, fantasy, paranormal, sci-fi, and true-life stories. She earned an MFA from City College of New York and completed the UCLA Professionals Program in TV Writing.



1st pages: March 15, 2024

Word Count: 50,00 word

Also available:



How to Stay Upbeat in a Beat Down World

The Art of Cultivating Enduring Hope

Sue Paton Theole

Selling points:

- Transform pain into hope.
- Theole's books have sold over 500,000 copies.
- Foreword by bestselling author Donna Ashworth.

Warm, accessible, and filled with simple practices, this new book from Sue Paton Theole teaches readers how to cultivate hope and happiness; how to stay upbeat and positive.

“This book is the medicine we need! If you want to reconnect with authentic positivity as you find your way in this uncertain world, this book is for you.”—Harmony Kwiker, MA, LPC, author of *Align*

The two main take=aways for readers are:

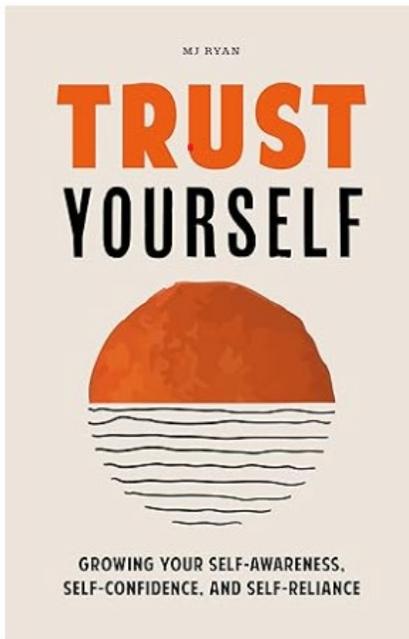
1. **Don't let self-doubt keep you down.** Recovering from negativity can require a lot of effort. But it's not that hard. Finding and practicing happiness and positive change are within your grasp.
2. **Find balance again with transformative thinking.** By exploring the importance of love and acceptance in your life through a new, logical perspective, you can combat those strong negative feelings no matter what. That way, you can get back to enjoying life and the beautiful moments that come with it.

Inside *How to Stay Upbeat in a Beat Down World*, you'll find:

- The power of transforming pain into enduring hope.
- Tools for trusting yourself.
- Self-care affirmations for refueling positivity.
- Practices for creating an empowering journey.

If you liked *Build the Life You Want*, *Donna Ashworth's Wild Hope*, or *The Mindful Woman*, then you will love *How to Stay Upbeat in a Beat Down World*.

About the author: Sue Patton Theole is a bestselling author a psychotherapist specializing in practical self-help strategies. She has an M.A. in counseling psychology from Santa Clara University.. She lives in Colorado.



Available now

Word count: 40,000



Trust Yourself

Growing Your Self-Awareness, Self-Confidence, and Self-Reliance

M. J. Ryan

Selling points:

- Ryan is the author of the bestselling *Attitudes of Gratitude*.
- The ultimate guide embracing your inner wisdom.
- Let go of self-doubt, listen to yourself, and find happiness.
- “Read this book if you want to stop feeling overwhelmed and replace that with a decisiveness that leads to peace and prosperity.”
—Michael Tougias, *New York Times* bestselling author of *No Will Set You Free*.

We are living in an age of constant media messages and so-called expert advice telling us to be richer, thinner, smarter, and faster. You do not have to fall victim to what others say. International expert on change and executive coach M.J. Ryan guides encourages readers to look at their lives from a different perspective; to imagine what they would be like if they practiced an attitude of self-trust. The goal here is to teach readers how to tap into their own wisdom by cultivating self-awareness, self-confidence, and self-reliance.

Ryan teaches readers to

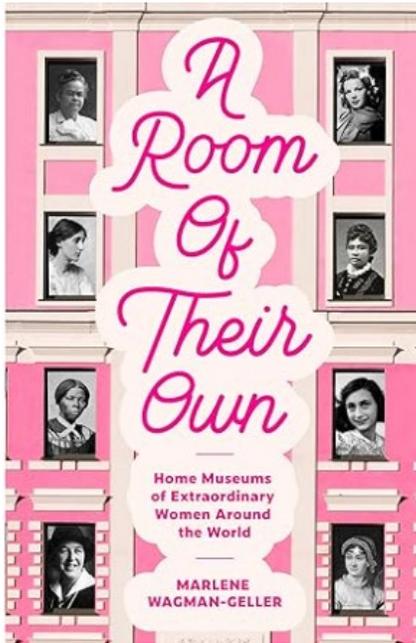
- Learn how to quiet the critics—inside and out—and trust yourself.
- Accept that everyone learns through trial and error.
- Believe that everyone has their own unique strengths.
- Not to let labels get in the way.

Here are:

- Positive affirmations and anecdotes.
- Quotes and anecdotes from self-help thought leaders.
- Authentic and genuine healing wisdom.

If books like *Chasing the Bright Side*, *Girl Wash Your Face*, or *You are a Badass* have helped you live a better life, then *Trust Yourself* should be your next read.

About the author: M.J. Ryan works as an executive coach to senior executives and entrepreneurs around the world. A highly successful author, Ryan is known for co-creating the *Random Acts of Kindness* series, as well as writing best-sellers such as *A Grateful Heart*, *Attitudes of Gratitude*, *The Power of Patience*, and her AdaptAbility book *How to Survive Change . . . You Didn't Ask For*. She lives in the San Francisco Bay area.



Word count 60.000

1st pages: 15 March, 2024



A Room of Their Own

Home Museums of Extraordinary Women Around the World

Marlene Wagman-Geller

Selling points:

- A guided tour to the homes of famous women and their homes.
- Tour the homes of 37 international female icons.
- Fully illustrated.

Add to your travel bucket list with *A Room of Their Own*, the history guide to famous ladies and their estates. Experience the impact of these international residents on history through the artifacts that they left behind.

Experience the daily lives of feminist icons. Ever wonder what the most famous women in history did in their spare time? From bestselling author Marlene Wagman-Geller comes a women history book and travel memoir about the home museums of women who helped shape history. From female authors, artists, and public figures, *A Room of Their Own* has something for everyone wanting to know more about who these legendary ladies were.

Connect with relics of the past. Full of historical facts and stories from 37 different locations around the world, this travel memoir also shares something that can only be found in these historic homes: the preservation of their personal legacy. Each chapter visualizes the emotional journey these residents lived through the personal items left behind. Featuring unknown stories about Frida Kahlo; Lizzie Borden; Diana, Princess of Wales; and more, history lovers will reconnect with these famous women in history as real people with everyday lives.

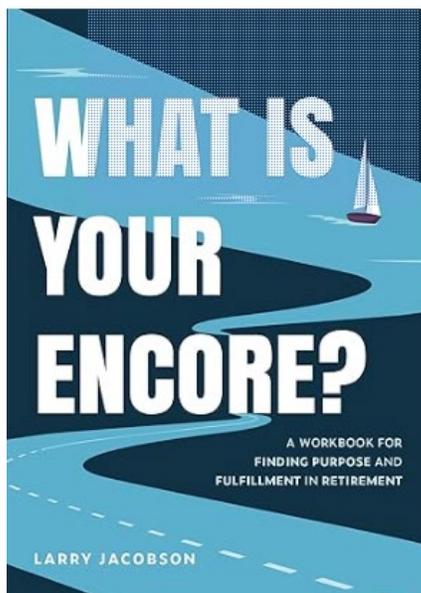
Explore these home museums of famous women in history. The Betsy Ross Museum, Philadelphia, Pennsylvania; Jane Austen's House, Chawton, The United Kingdom; Museo Frida Kahlo, Mexico City, Mexico; Anne Frank House, Amsterdam, The Netherlands; Anne of Green Gables House, Prince Edward Island, Canada; Carry A. Nation, Medicine Lodge, Kansas; and more.

Inside, you'll also find:

- How these home museums came to be
- Unique furniture, photographs, letters, and other artifacts
- History trivia about the daily lives of these famous women

If you liked books such as *All the Beauty in the World*, *Women in White Coats*, or *Unabashed Women*, you'll love *A Room of Their Own*.

About the author: Marleen Wagman-Geller is a native of Toronto and currently lives in San Diego, California. She is the author of over 12 books, including *Still I Rise*, *Women of Means*, and *Women Who Launch*.



Ms. due date: March 1, 2024

First pages: April 1, 2024

Word Count: 40,000



What is Your Encore

A Workbook for Finding Purpose and Fulfillment in Retirement

Lawrence Jacobson

Selling points:

- The essential guide to setting financial goals for retirement.
- How to analyze risk.
- Financial and mental health planning for the second half of life. “
- Te essential workbook for retirement.

Planning to retire soon? Former CEO Larry Jacobson shares how to set the best personal goals for your next chapter in life.

Turn your financial dreams into achievements. After years of hard work, you probably feel entitled to a satisfying retirement. But where do you start? What does life without a job look like for you? Rather than doubt yourself, receive expert advice from passion speaker Larry Jacobson in *What Is Your Encore?* Full of expert, money-saving methods, this golden years guidebook helps you thrive in a post-career world. That way, you can start making the most out of your retirement without having to worry about the small details now or later.

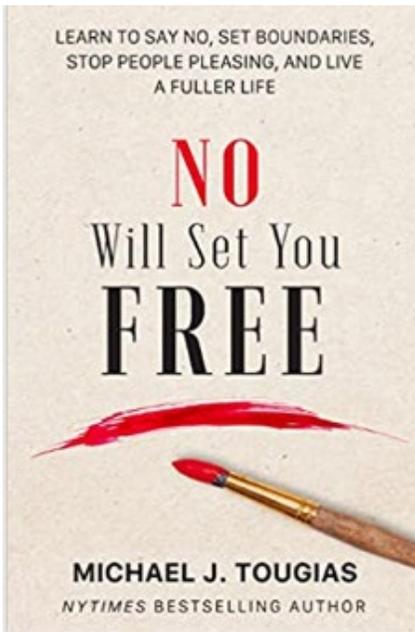
Build the retirement you deserve. Instead of depending solely on pension and investment, you can guarantee the retirement funds that you want with Larry Jacobson’s effective and easy-to-follow tips. *What Is Your Encore?* is a retirement book full of professional experience, research, and real results that will change the quality of your retirement. Featuring practical answers and inspiring examples to take inspiration from, you’ll soon be enjoying the retired life of your dreams.

Included are helpful strategies such as:

- Learning to analyze risk for the best long-term financial goals.
- Managing fears and regret for positive thoughts and rewards.
- Finding elements of a balanced lifestyle.

If you liked the books *Outlive*, *Retirement Planning Guidebook*, *The Boy Behind the Gate*, or *More Money Now*, then you’ll love *What Is Your Encore?*

About the author: Larry Jacobson is an award-winning author, success coach, and adventurer who shares ways to overcome limitations for life’s greatest adventures. He is a graduate of UC Berkeley, UC Irvine and a former business executive. More recently, he has become a leadership and motivational speaker on achieving your life goals and living your best retirement life. He lives in Emeryville, CA



Audio: Tantor (expires 2029)

Chinese (complex): Babel, exp 2028

India (English): Jaico exp 2028

No Will Set You Free

Learn to Say No, Set Boundaries, Stop People Pleasing, & Live a Fuller Life

Michael Tougias

Key Selling Points:

- Understand our urge to say yes and how to learn to say no.
- Personal stories and anecdotes about the journey to “No”.
- How “No” relieves stress and leads to be more productive.
- Steps, tips, and tricks to control your life through the power of No.

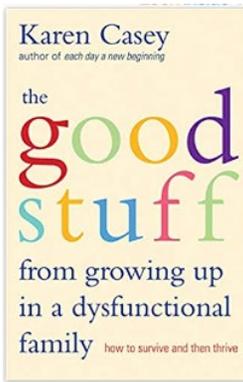
Resist the urge to say “yes” without considering the downside. *Just say “no.”* Take back your life and control destiny.

Be happy to just say “Hell No!”. No, thank you. Maybe some other time. “No” can come in many shapes and sizes, yet saying it can be difficult. We may think it’s selfish but this simple word is necessary to thrive in life. This informative, self-help-style, learn to say no book helps you discover and follow your true desires, find more time to invest in those you love, and pursue your real interests.

Learn to say “No” finally. Saying no can be hard. Really hard. Author Michael J. Tougias understands. As a former people-pleaser himself, Michael wields a combination of research, personal stories, and proven methods to help us understand our actions and stop saying yes. Through his witty rapport detailing his own setbacks and triumphs, we learn how to stop people-pleasing and how to, ultimately, honor our authentic selves.

If you liked *Boundaries; The Art of Saying NO; or Set Boundaries, Find Peace;* you’ll love *No Will Set You Free.*

About the author Michael J. Tougias is a *New York Times* bestselling author and has earned critical acclaim and literary awards for his 30 bestselling non-fiction narratives. He is also a highly sought-after speaker who has given keynote lectures in almost all 50 states. Between his speech related travels, he splits his time between his homes in Florida and Massachusetts.



Available now
40,000 words

Also by Karen Casey:

Be **Who You want to Be** (Turkish: Aykırı Yayıncılık, exp 2013)

Change Your Mind and Your Life Will Follow (Chinese -simple-Beijing Mediatime, expire 2017; **French:** Beliveau, ex. 2014; **Slovak:** Eastone, exp 2021; **Spanish: Urano,** exp 2017; **Portuguese,** Novo Conceito, exp 2023; **Italian,** Armenia exp 2012; **Vietnamese,** First News, exp 2023; **Hungarian,** Neemtree, exp 2014; **Estonian,** Ou Eram Books, exp 2023; **Portuguese,** Sinais de Fogo, exp. 2019; **Russian,** Ves, exp 2013)

All We Have Is All We Need (French: Beliveau, exp. 2016; **Spanish,** Editorial Manantial, exp 2013; **Russian,** VES, exp 2013; **Arabic,** Jarir, expired)

It's Up To You (French:Beliveau, exp 2016; **Russian,** Ves, 2014)

Living Long, Living Passionately (French, Beliveau, 2021)

20 Things, I Know For Sure (Slovak, Eastone, exp 2024)

Codependence &the Power of Attachment (Russian, Ves, exp 2014)



The Good Stuff from Growing Up in a Dysfunctional Family How to Survive and Then Thrive

Karen Casey

Selling points

- Author of the bestselling, *Each Day a New Beginning* (over 4 million sold).
- Established author of self-help books...translated in over 15 languages.
- How to turn early trauma into strength

About the book: Twenty-four survivors recount their stories of living in a dysfunctional family. It isn't always easy. You can't choose your situation or where you come from, but you can choose the lessons you take away.

Is there a silver lining to growing up in a dysfunctional family? Karen Casey looks at stories of people who grew up in dysfunctional families and "the good stuff" that can come from the experience. "Throughout my many decades in recovery rooms I have interacted with thousands of women and men whose journeys reveal, in detail, the harrowing history of dysfunction that has troubled their lives," says Casey. "But what is also apparent in their stories is their eventual and quite triumphant survival, often against extreme odds."

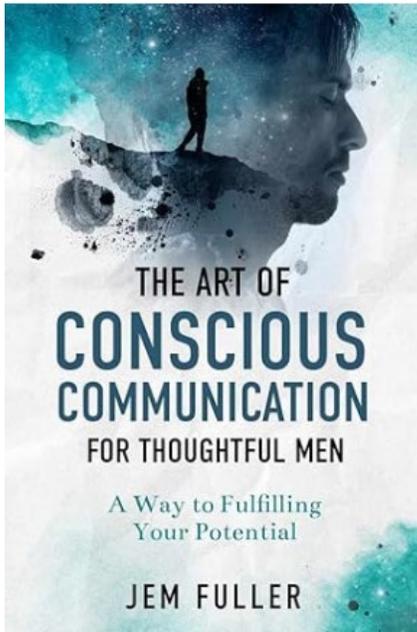
From 24 families rife with dysfunction. Casey interviews the survivors who emerged from the fires of a turbulent household to willingly share their stories and come to realize they had, surprisingly, thrived as the result of their often-harrowing experiences. In *The Good Stuff from Growing Up in a Dysfunctional Family*, Casey reveals the stories and the skills these survivors developed to live more creative and fulfilling lives.

In this book find tales that help you to:

- Realize lessons in disguise
- Acknowledge your personal growth
- Point out your own silver lining

If you enjoyed books like *Daring Greatly*, *Codependent No More*, or *Adult Children of Emotionally Immature Parents*, then you'll want to read *Good Stuff from Growing Up in a Dysfunctional Family*.

About the author: Karen Casey is the best-selling author of more than forty inspirational books, including *52 Ways to Live the Course in Miracles*, *Let Go Now*, *In God's Care*, and *A Woman's Spirit*. She started her addiction recovery journey in 1974 and in 1982, she published her first book, *Each Day a New Beginning*, which instantly became a bestseller. Visit her at www.womens-spirituality.com.



Ms. due date: April 2024

Word Count: 44,500

The Art of Conscious Communication for Thoughtful Men

The Secrets to Powerful & Effective Communication

Karen Casey

Selling points:

- enhance communication skills and emotional intelligence.
- Combines NLP, behavioral profiling, and mindfulness.
- A guide for developing emotional intelligence.
- Challenges masculine norms!

The essential guide to improving communication skills, enhancing relationships, and navigating complex social interactions.

Embrace the power of conscious communication and become part of a new generation of emotionally aware, respectful men. Your journey towards enhanced relationships and a more fulfilling life begins here. In this transformative guide, author Jem Fuller draws on 20 years of coaching and leadership, providing strategies to enhance communication skills. Explore the depths of personal discovery through honest stories, discovering how small steps in awareness can lead to significant changes in relationships and results.

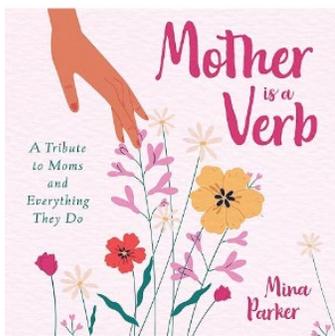
It's not just a book. In a world where communication shapes the essence of our relationships and results, Fuller challenges conventional norms that may hinder effective expression. *The Art of Conscious Communication for Thoughtful Men* is a guide to thinking, focusing, acting, and communicating in ways that profoundly impact both individual lives and the lives of those around you. The book urges men to break free from societal constraints, offering practical strategies for navigating complex emotions and conversations. As you delve into Jem's colorful life experiences and leadership insights, witness the potential for positive societal change and a more fulfilling life through the profound impact of conscious communication.

Inside, you'll find:

- Masterful coaching strategies for effective communication
- Leadership insights honed over two decades
- Practical guidance for navigating complex emotions
- Stories from a diverse life, enhancing cultural understanding

If you liked books such as *The First Minute* or *The Effective Communication Method*, you'll love *The Art of Conscious Communication for Thoughtful Men*.

About the author: Jem Fuller has had a rich and varied career. He's a trusted advisor, coach, and facilitator of mindful leadership programs. He has been a fire dancer, motorcycle courier, and kindergarten teacher. Today, his work focuses on conscious communication, personal growth, and fostering healthy workplace cultures. He lives in Australia



Mother is a Verb

You Can Look Younger, Have More Energy, a Better Memory, and Live a Long and Healthy Life

Elise Marie Collins

Selling points:

- Inspirational mom quotes, musings, affirmations, and beyond.
- Calming flower illustrations for the soul.
- A lasting book for mom that she can cherish.

Gift For Mothers to Reflect On, Celebrate, and Draw Inspiration From

"A feast for the eyes and the heart. You will love paging through this book with your mother."—**Becca Anderson**, author of *The Woman's Book of Prayer*

***Mother Is a Verb* is more than just a gift for mothers. It's a guide, friend, and confidante for mothers all over the world to celebrate and rejoice in their motherhood and in themselves.**

The perfect gift book. Whether a working mother, stay-at-home mom, new mom, or expectant mother, *Mother Is a Verb* is the perfect gift book for any mother in your life. Michelle Pearson crafts a thoughtful gift for Mother's Day that mothers can meditate on daily.

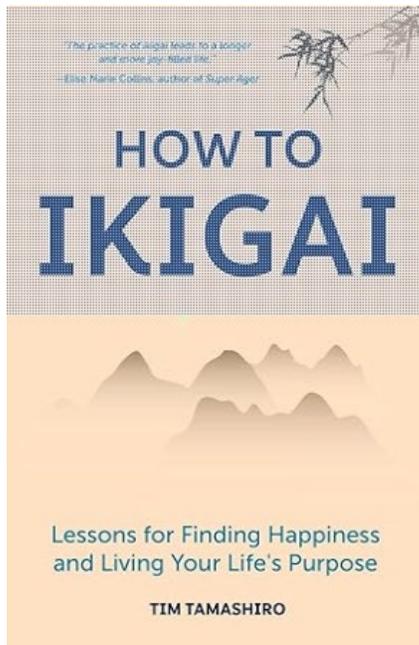
Astounding artwork. This gift book contains flower illustrations that embody the love, protection, and growth that mothers provide. Drawn with care, each flower illustration reflects the wisdom that *Mother Is a Verb*—a thoughtful gift to mothers everywhere.

Inspirational quotes on every page. *Mother Is a Verb* contains inspirational mom quotes that mothers look toward to remind them to take time to celebrate themselves. These light-hearted insights impart an important reminder that even as mothers, self-care and honoring oneself is vital in the journey of motherhood.

If you liked *A Heart So Full*, *More Than a Mom*, *Remaining You While Raising Them*, or *Deep Breaths for New Moms*, then you'll love Mina Parker's *Mother Is a Verb*.

About the author: Mina Parker is an author who combines her love of ancient healing arts and scientific inquiry in her writings. She is currently instructing participants in a two-year study on the effects of restorative yoga and stretching for metabolic syndrome. She has written many books including *Chakra Tonics* and *Essential Elixirs for Mind, Body, and Spirit*. She currently resides in San Francisco where she works as a yoga instructor and spirituality blogger.





Word count: 40K

Rights sold:

Audio: Tantor (exp 2026)

Vietnamese: Van Lang Cultural (exp 2024)

Thai: SE Education Public (exp. 2023)

India: Wisdom Tree (exp. 2026)

Arabic: Jarir (exp. 2028)

Malaysia: Ace (exp. 2026)



How to Ikigai

Lessons for Finding Happiness and Living Your Life's Purpose

Tim Tamashiro

Selling points:

- Over 25,000 copies sold
- Author TedTalk has had over 700,000 views
- Compelling message: do what you love and do what is needed.
- The only Ikigai book you'll ever need.

Ikigai is an ancient philosophy for life's purpose. It comes from Okinawa, Japan. Ikigai has four simple directions:

1. Do what you love
2. Do what you're good at
3. Do what the world needs
4. Do what you can be rewarded for

This is the only Ikigai book you'll ever need. This delightful guide teaches readers the secret to lasting happiness and longevity, based on this ancient Japanese, time-tested tradition.

Find joy in life's journey with Ikigai. This ancient wisdom from Okinawa, Japan, can illuminate your path to self-improvement. Okinawa, Japan is a tiny island south of the Japanese mainland where people live their life's purpose every day. *How to Ikigai* explores the lifestyle choices that have led to an island full of fulfilled, long-living people.

Embrace longevity through the Ikigai philosophy. Learn to age gracefully, armed with the secrets of one of the longest-living communities on earth. By integrating Ikigai into your life, you foster an attitude of gratitude, infuse your days with happiness, and inspire purposeful living.

How to Ikigai explains a simple four-directions map for living a meaningful life. Do what you love, do what you're good at, do what the world needs, and do what you can be rewarded for.

In this groundbreaking self-help book, you'll discover:

- An engaging exploration of the Ikigai philosophy, offering profound insights into finding your life purpose.
- Practical steps for implementing Ikigai in your everyday life, paving the way for happiness and self-improvement.
- Powerful narratives showcasing Ikigai in action.

About the author: Tim Tamashiro is an author, keynote speaker, entertainer and former national radio host. For a decade Tim was host of Tonic on CBC Radio 2. His role as Canada's nightly jazz companion. He departed from CBC to study positive psychology, wellbeing and Ikigai (life's worth).