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LEOPOLD

Dr. Ruth K. Westheimer and Pierre Lehu
Illustrated by Suzanne Beaky

From Dr. Ruth—“When a turtle wants to get anywhere, it has to take a risk—it has to take its neck out in order to move forward. I believe in that image... it’s how I’ve always gotten by.”

“Inside Design: Nate Berkus,” by Sara Cation at http://www.styleathome.com

Leopold is an uplifting parable about a turtle overcoming his fears, as told by Dr. Ruth Westheimer, with beautiful, hand-painted illustrations. Dr. Ruth’s grandson, Ben, is afraid to join the soccer team. To help out, she tells him the story of Leopold the Turtle, who always stays on the shore. It terrifies him to go join the other turtles and play in the water and sun on the rocks. Leopold just can’t get out of his shell, and the longer he waits, the more he starts to doubt. Even though Leopold feels quite alone, he stays on the riverbank where it’s safe. But Freddy the Frog is a little concerned about Leopold and asks him to join them in the river. Leopold has to choose whether to brave the unknown and join his friends or to stay lonely and remain safe on land. In this charming, rhyming tale of a turtle too afraid to set foot in the river, Leopold proves that facing your fears can set you free.

- Celebrity Personality: Dr. Ruth is a world-renowned multi-media celebrity, best known for her witty and honest advice and larger than life personality.
- Compelling Story: This story teaches children how to overcome their fears, whatever they may be, in this fully rhyming tale of a triumphant turtle.
- Hand-painted Illustrations: by Suzanne Beaky bring the story to life in full color.

INFORMATION

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MARKETING

National and local publicity and review coverage
E-mail, e-newsletters, and online marketing campaign
Social media campaign
Twitter campaign (#GrandmaRuth)
Turner promotional giveaway
www.drruth.com

DR. RUTH K. WESTHEIMER is known by most children as “Dr. Ruth Wordheimer” on PBS KIDS’ Between the Lions. Dr. Westheimer is a therapist and an expert on family issues. She’s also a devoted grandparent.

PIERRE LEHU has worked in public relations for 40 years. He is a literary agent, writer, and editor and has coauthored two dozen books.
THE ANTI-INFLAMMATION DIET AND RECIPE BOOK
Second Edition: Protect Yourself and Your Family from Heart Disease, Arthritis, Diabetes, Allergies, and More
Jessica K. Black, ND

A new edition of the bestselling anti-inflammation program on how to prevent and reverse inflammation and its consequences from Dr. Jessica Black, an expert in naturopathic medicine.

The connection between inflammation and heart disease, arthritis, and other chronic ailments has become increasingly clear. Many food allergies and poor dietary choices over stimulate the immune system and cause inflammatory responses that erode the body’s wellness and pave the path for ill health. Based on her naturopathic practice, Jessica Black has devised a complete program for how to eat and cook to minimize and even prevent inflammation and its consequences. The first part of the book explains the benefits of the anti-inflammatory diet with an accessible discussion of the science behind it. The second half contains 108 recipes. The author offers many substitution suggestions and includes a healthy ingredient tip with each recipe. Most of the dishes can be prepared quickly and easily by even novice cooks. A week of sample menus for summer months and another for winter are included, as well as a substitutions chart, allowing readers to modify their favorite recipes to increase their healing potential. This second edition includes a new introduction from the author, as well as brand new and revised recipes.

- **Best-seller:** The first edition of *The Anti-Inflammation Diet and Recipe Book* has sold more than 75,000 copies to date.
- **Revised:** Beginning with a new introduction, Dr. Black has revised this book to include new scientific data and easier to read and follow recipes.
- **National Media Coverage:** Featured cover story in May/June 2015 issue of *Mother Earth Living*. Jessica Black is an author and naturopathic physician and plans on heavily marketing the new edition to her network.

“Jessica shows that healthy eating need not be time consuming. Quick and efficient—yet nutritionally sound—meal preparation can now be a reality for everyone.”
—Dick Thom, DDS, ND, from the foreword

**JESSICA BLACK** cofounded and runs a primary care center, A Family Healing Center, which has become a residency site associated with the National College of Naturopathic Medicine. Dr. Black specializes in women’s medicine, including natural hormone balancing for menopause and childhood wellness, including chronic asthma and acute and chronic illness in children. In 2010, she coauthored *Living with Crohn’s and Colitis: A Comprehensive Naturopathic Guide for Complete Digestive Wellness* with Dede Cummings. In 2010, Dr. Black also acted as the naturopathic advisor for MamaBaby Haiti, a non-profit organization that provides birthing and pediatric care to the people of Haiti. She continues to share her passion for health through writing and, in 2012, published the follow-up to the first edition of *The Anti-Inflammation Diet and Recipe Book, More Anti-Inflammation Diet Tips and Recipes.*
REBOOT YOUR BODY
Unlocking the Genetic Secrets to Permanent Weight Loss
Rashelle Brown, BS, CPT, CHC

A step-by-step guide to overcoming your genes and achieving permanent weight loss from fitness and health expert Rashelle Brown.

The secret to weight loss already exists, and it lies within your body. Each person has the capacity to alter his/her own genetic make-up simply by developing and consistently following certain healthy lifestyle habits. *Reboot Your Body: A Step-by-Step Guide to Permanent Weight Loss* not only spells out what those healthy habits are but also guides you through adopting these habits and ultimately achieving permanent weight loss.

Backed by hundreds of hours of research and real-world trials, the method behind *Reboot Your Body* is designed to succeed where other weight-loss programs have fallen short. Rather than dictating what type of diet to follow or exactly how much and what type of exercise to do, *Reboot Your Body* allows you to retain control over those specific details by providing the framework and support of an easy-to-personalize step-by-step program.

Filled with facts, tips, and experiences from real-world individuals just like you, *Reboot Your Body* walks you through the real, lasting solution to permanent weight loss for every body type.

- **Celebrity Trainer:** Rashelle Brown is the founder and owner of a successful personal training and weight-loss coaching business, Full Potential Personal Training. For the past six years, Rashelle has written articles covering a wide range of health and fitness topics and holds publishing credits in *IDEA Fitness Journal* as well as on the prominent LIVESTRONG.com and eHow.com web sites.

- **Epigenetics:** As a weight-loss guide with a focus on epigenetics, *Reboot Your Body* is directed toward individuals struggling with obesity, appealing to those who have tried and failed in other diets and weight-loss endeavors.

- **Testimonials:** Featuring real-life stories from her clients who have participated and successfully completed her program.

“Her book is a beacon of good sense. Keep it in your refrigerator and when you go rooting around for the butter brickle, read a page of this instead and help yourself to a stalk of celery. Better yet, read the whole book and do what she says and lighten up.” — Garrison Keillor

“A smart, inspirational, and doable plan for folks who want to get serious about feeling and looking better. . . It is great to see an honest, no-hype book that approaches the real challenges of weight loss and addresses your brain as well as your body!” — Jim Pagliarini, president, Twin Cities Public Television

**RASHELLE BROWN, BS, CPT, CHC** is the founder and owner of a successful personal training and weight-loss coaching business, Full Potential Personal Training. Since her initial certification in 2008, her continuing education has been focused specifically on battling the obesity epidemic. In 2013, she obtained the advanced Health Coach certification. In addition to her professional certifications through the nationally accredited American Council on Exercise, she holds a bachelor’s degree in Behavioral Science from the United States Air Force Academy. She is also a regular contributor to Active.com’s ActiveRunner department, and she writes for the Health and Well-Being page of the PBS web site NextAvenue.org.
MY SWEET VIDALIA
Deborah Mantella

An achievement in Southern literature and a rare, wonderful look at hope, unconditional love, and the strength of the human spirit.

On July 4, 1955, in rural Georgia, an act of violence threatens the life of Vidalia Lee Kandal’s pre-born daughter. Despite the direst of circumstances, the spirit of Vidalia’s lost child refuses to leave her ill-equipped young mother’s side.

For as long as she is needed—through additional troublesome pregnancies, through poverty, spousal abuse, and agonizing betrayals—Cieli Mae, the determined spirit child, narrates their journey. Serving as a safe place and sounding board for Vidalia’s innermost thoughts and confusions, lending a strength to her momma’s emerging voice, Cieli Mae provides her own brand of comfort and encouragement, all the while honoring the restrictions imposed by her own otherworldly status.

Vidalia finds further support in such unlikely relations and townsfolk as Doc Feldman, Gamma Gert and her Wild Women of God, and most particularly in Misses Ruby Pearl Banks, the wise, kind, and courageous church lady, who has suffered her own share of heartache in their small Southern town of yesteryear’s prejudices and presumptions.

My Sweet Vidalia is wise and witty, outstanding for its use of vibrant, poetic language and understated Southern dialect, as well as Mantella’s clear-eyed observations of “race relations” as “human relations,” a cast of unforgettable characters, an in-depth exploration of the ties that bind, and its creative perspective. My Sweet Vidalia is a rare, wonderful, and complex look at hope, strength, the unparalleled power of unconditional love, and a young mother’s refusal to give up.

• **Award-Winning Author:** Deborah Mantella is an award-winning fiction author, including the Dixie Lee Connor Award for Exceptional Children’s Literature.

• **Praise:** My Sweet Vidalia was the winner of the Best Submission Award at the Atlanta Writers Club Conference.

• **Perspective:** My Sweet Vidalia is written in beautiful prose and has a unique narrator, the unborn child of Vidalia Lee, which will captivate the reader, much like in The Lovely Bones.

DEBORAH MANTELLA is continually fascinated by the dynamics of women, particularly mother-daughter relationships, in the rural Southern culture. The short story upon which My Sweet Vidalia is based garnered a Writer’s Digest recognition. Her young adult entry, Pieces of Abigale: From the Journals of Abigale Nightengale, received the Dixie Lee Connor Award for Exceptional Children’s Literature. Most recently, Deborah received a Best Submission Award for My Sweet Vidalia at the 2013 Atlanta Writers Club Conference.
THE TRAIL
Ray Anderson

An intense psychological thriller set on the Appalachian Trail by expert hiker and writer Ray Anderson.

Paul Leroux is a serial killer wanted for murdering women in North Carolina. When the police start to catch up with Leroux, he panics and decides to escape to Canada on the Appalachian Trail, where thru-hikers use trail names and travel anonymously. Leroux, who is overweight and unhealthy, struggles at first on the trail but begins to relax as he gets stronger and can utilize the physical changes he gains from his intense hiking as a disguise. His urge to kill, however, is invigorated by the nearness of female hikers, and his intention to stay away from them on his trip begins to weaken.

His life is further complicated when combat veteran, Karl Bergman, who is also trying to escape his PTSD, becomes suspicious of Leroux and begins to pay careful attention to his every move. Leroux becomes increasingly panicked as he realizes that both Bergman and the police are close on his tail as he races to the Canadian border hoping to find a haven with his estranged family. In this cat-and-mouse thriller, Ray Anderson dives inside two men's minds as they struggle to fight their identities and confront their fears and internal turmoil.

INFORMATION
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MARKETING
National and local publicity and review coverage
E-mail, e-newsletters and online marketing campaign
Social media campaign
Turner promotional giveaway

RIGHTS SOLD
All rights available

“THE TRAIL IS AN INTENSE PSYCHOLOGICAL CAT-AND-MOUSE THRILLER, WRITTEN BY A BRIGHT NEW TALENT . . .”
—Gary Braver, bestselling author of Skin Deep and Tunnel Vision

“This book has more twists and turns than the Appalachian Trail itself. . . a compelling, atmospheric thriller. . . Anderson captures the imagery and emotion of the renowned trail like no one else. . .”
—Brett Ellen Block, author of The Lightning Rule, Destination Known, and The Grave of God’s Daughter

RAY ANDERSON began hiking in New Hampshire and has climbed all the 4,000-footers in New England. He's thru-hiked the Appalachian Trail, hiked all of the Pacific Crest Trail, and hiked parts of the Continental Divide Trail. When not hiking or writing, he spends his time with family and friends in Massachusetts and Florida.
Hey, God? Yes, Charles.
Conversations on Life, Loss, and Love
Rebecca H. Cooper

A collection of overheard conversations that offer a new way to deal with great loss and finding God’s grace after losing a loved one.

Sunday, November 11, 2007, Becky Cooper watched her husband drive out of sight, heading from their Nashville condo to his office and apartment in Atlanta. She never saw him conscious again.

Monday, November 12, was his fifty-eighth birthday. Since he would be out of town, their granddaughters and Becky had made him a cake and celebrated before he left on that Sunday.

Wednesday, November 14, Charles caught Becky at her desk, calling just to let her know that he’d had some pain radiating down his back. He was sure it was nothing, but the company nurse, who just happened to be in the office that day, heard what happened and insisted on calling 911 as a precaution. They swapped love yous. She didn’t even get out of her chair.

Twelve days later, despite hundreds, maybe thousands, of prayers, Charles died. Emergency open heart surgery was followed by complications, including acute respiratory distress syndrome, pneumonia, and various lung infections. He and Becky had been married almost thirty-nine years.

In the following year, Becky learned that the connection with someone you love doesn’t cease with death. Charles was always bigger than life, and his presence, his love, his humor, and these conversations were just as real after his death.

For better, for worse, Becky started scribbling down what she was overhearing in heaven.

She was done talking to God. Charles, as it turned out, was not.

- **Sharing**: A great gift of daily inspiration for anyone suffering who has or is suffering from the loss of a loved one. A heartfelt, new look at the process of grieving and healing.
- **Accidental Masterpiece**: Taken from the author’s hand-written notes composed during the year following her husband’s death. Each overheard conversation is a reflection of joy, empathy, and love that will bring those dealing with loss comfort.
- **Universal**: A full range of human emotions guiding the reader through a year of coping—from humorous and heartbreakingly witty and charming.

Rebecca Cooper is a Belmont University graduate and former teacher, business owner, and career professional. Her love of writing dates back to elementary school, and she has produced stories, poetry, high school and college newspaper articles, and travel blogs (before she knew she was blogging). In this first published work, scribbles on scraps of paper capture imaginary conversations she began to overhear after the sudden death of her husband. While prioritizing her grandchildren and a love for travel and books, she divides the rest of her time among church and other family and friends—all of whom took turns carrying her along a journey of love, loss, and recovery. Becky currently resides in Franklin, Tennessee.
Plunder is an epic coming-of-age tale, akin to Treasure Island meets The Adventures of Huck Finn, filled with unusual and adventurous characters engaged in thrilling combats, pursuits, and . . . plunder.

England, 1713—The height of the Golden Age of Piracy. After a startling discovery on his seventeenth birthday in the dark recesses of his attic, Charlie Drake leaves his home and mother in Bristol, England, and embarks on an epic adventure to exotic lands to learn more about his mysterious father, figure out his true identity, and find the three keys that unlock the mysterious three-lock box his father left him. Along the way, Charlie will have to learn how to navigate the treacherous waters of the Atlantic on a boat crewed with both friend and enemies. Filled with unusual and exciting characters, pulse-pounding action, and perilous danger, Plunder will keep you on your toes as Charlie risks his life aboard the British privateer, Churchill, to decipher the cryptic clues about Jeffrey Drake—maybe figuring out his destiny and where he truly belongs along the way.

- **NYT Bestselling Author**: Pat Croce is an entrepreneur, TV personality, and the author of The Pirate Handbook. He and author Adam Slutsky will be marketing this book through their extensive networks.
- **Series**: Plunder is the first self-titled book of the Plunder Series, an exciting new, historical and “piratical” read for young adults.
- **Historically Accurate**: The content is a mix of Huck Finn and Treasure Island with historically accurate details about the time period and pirate life.

**Pat Croce** graced the cover of Success magazine as the first person to ascend from the training room to the boardroom of a professional sports team, the 76ers. As a serial entrepreneur, Croce has been the proud recipient of the “Entrepreneur of the Year” Award, featured on the cover of Inc magazine as “The Dale Carnegie of the 21st Century,” and honored with A&E Biography’s “Community Hero” Award. He is Chairman of Pat Croce & Company that has controlling interests in numerous restaurants and museums, one of which is the internationally acclaimed St. Augustine Pirate & Treasure Museum. Croce is a New York Times bestselling author, nationally-renowned motivational speaker, commentator for the Summer Olympic Games on NBC for the sport of Taekwondo, and has been a lively guest on Jay Leno, Jimmy Kimmel, Craig Ferguson, Howard Stern, Bryant Gumbel, Good Morning America, Today, ESPN, and CNN Breaking News shows.

**Adam Slutsky** is a former participatory feature writer for a wide range of domestic and international publications. His adrenaline junkie tendencies and MacGyver-like skills yielded innumerable high octane adventures, each more incredible (and often unusual) than the previous one. With all of his writing—and especially Plunder—Adam relies on his years of incredible experiences to put his readers smack-dab in the middle of the action and excitement.
THE YEAR OF DRINKING ADVENTUROUSLY
52 Ways to Get Out Of Your Comfort Zone
Jeff Cioletti

The editor-at-large of Beverage World magazine guides readers through fifty-two weeks of drinking and discovery to ultimately demystify the liquor aisle.

You want a little adventure in your life. And why not? With thousands of artisanal breweries and distilleries in the United States, there are more choices than ever on tap and behind the bar. So many, that you’re a little bit intimidated.

But throughout the course of a year you can learn to impress and earn respect by enhancing your bar smarts and becoming a pub savant with The Year of Drinking Adventurously, a guide to getting out of your beverage comfort zone once a week for a year. Each of the fifty-two chapters features the story behind a unique beer, spirit, cocktail or wine, designed to broaden your drinking horizons. Some correspond with specific seasons or holidays, encouraging you to forget the million-dollar-marketing-supported “conventional wisdom” and drink against the grain. It’s Cinco de Mayo? There’s much more to the celebration than lime-enhanced lager and shots of cheap tequila. St. Patrick’s Day? Do you really want to be the 700th person of the evening to order a Guinness with a shot of Jameson?

The Year of Drinking Adventurously takes the social cross drinker on a journey into the exciting and unknown—one week at a time.


• User-Friendly: The Year of Drinking Adventurously will guide the reader through the complicated world of alcohol and spirits and offer interesting insight and suggestions to broaden one’s drinkable horizons.

“Clear some space in your liquor cabinet. Jeff Cioletti’s book will ensure you’ll have the best stocked bar in the neighborhood, and the knowledge necessary to put the bottles to proper use. A must-have for any drinks enthusiast!”
—John Holl, editor of All About Beer Magazine

JEFF CIOLETTI: As editor-at-large of Beverage World magazine, creator of the website, The Drinkable Globe, and host of the web series, The Drinkable Week, Jeff Cioletti has been responsibly imbibing his way around the world. Jeff’s tenure in liquid literacy has exposed him to some of the best libations the world has to offer and given him access to the producers and purveyors of such fine refreshments. He combines his love of drink with a passion for travel, and one usually involves the other. When he’s not writing about or traveling for beverages, he’s making films about them. He is the writer/producer/director of the feature film, “Beerituality,” a comedy set in the world of craft beer. Jeff is also a frequent speaker on drinks-related topics at industry and public events and has offered his insights in print, on TV and on the radio.
VIOLENT NO MORE &
VIOLENT NO MORE WORKBOOK
Michael Paymar

In this third edition of Violent No More, Michael Paymar offers men concrete ways to end their abuse of those they love while offering accounts of other men’s courageous decisions to change.

Violent No More is for men who have struggled with or are currently being violent in an intimate relationship. Filled with real stories of men who have harmed the ones they love and found the courage to change, this highly acclaimed book has helped thousands acknowledge and reform their abusive behavior.

Author Michael Paymar doesn’t sidestep the unpleasant reality of domestic violence; included here are the sometimes shocking first-person accounts of violent men, along with those of battered women. More importantly, many of these stories illustrate the ways in which men were able to stop their use of violence and control. This edition contains four new chapters which address the challenges faced by practitioners who work with domestic violence offenders or victims, and the particular struggles faced by combat veterans returning from war, many of whom come home with PTSD and other mental health issues.

With group exercises and individual goal-setting plans to help men find healthy ways of responding to conflict, change the cultural conditioning that condones violence, and avoid reverting to old patterns, Violent No More is an essential guide for men dealing with violence issues, as well as for the professionals who assist in their efforts to improve.

The workbook is intended to be used in conjunction with the book Violent No More: Helping Men End Domestic Abuse, Third Edition. The exercises in the Violent No More Workbook are specifically designed to help men who batter understand, monitor, and stop their abusive and controlling behavior. Also included are exercises designed for couples who are working through basic relationship issues such as negotiating, communicating, compromising, and disagreeing without becoming abusive or controlling.

Michael Paymar, MPA, has worked in the domestic abuse prevention field for over thirty years. He and his colleague the late Ellen Pence authored the groundbreaking curriculum Creating a Process for Change for Men Who Batter, the most widely used treatment model in the world. He wrote the award-winning documentary With Impunity: Men and Gender Violence. As a member of the Minnesota House of Representatives for two decades, Michael Paymar authored legislation to combat domestic and sexual abuse and sex-trafficking.
THE ELEVENTH HOUR
How Great Britain, the Soviet Union, and the US Brokered the Unlikely Deal that Won the War
L. Douglas Keeney

A first-time glimpse into FDR’s secret voyage on the battleship Iowa and exposes the closed-door debates of Roosevelt, Stalin, and Churchill that would ultimately end World War II.

In late November 1943, President Franklin Delano Roosevelt and his Joint Chiefs of Staff secretly boarded the battleship USS Iowa to attend a conference in Tehran with British Prime Minister Winston Churchill and Soviet Union leader Joseph Stalin, where the Allies would come to an agreement on a war plan to defeat Germany. Although Roosevelt’s preparation at sea established the groundwork for the American position on D-Day, it was in the heated and electrifying debates that followed in Tehran—and only through those intense debates—that a deal was ultimately struck.

In The Eleventh Hour, critically acclaimed author L. Douglas Keeney explores FDR’s covert conferences on the battleship and provides stunning insight into the formerly secret, behind-the-scenes transcripts from the meetings in Tehran. Brilliantly chronicling the three days of aggressive debates between the heads-of-state, Keeney demonstrates that Tehran, although remembered as a diplomatic conference with a well-known outcome, was in reality chaotic, conflicted, and subject to numerous heated, closed-door sessions—with a petulant, irritable Churchill; a strikingly reserved, detached Roosevelt; and an assertive but unexpectedly diplomatic Stalin.

• Keeney explores the three leaders from a highly controversial perspective, showcasing a disagreeable Churchill, an indecisive Roosevelt, and a deft, insightful Stalin who in the end brokers the deal that unites the Allies and leads to the defeat of Hitler.

• L. Douglas Keeney, cofounder of The Military Channel and author of more than a dozen books, has been reviewed by the New York Times, Bloomberg, Library Journal, Publishers Weekly, the San Francisco Chronicle, Newsweek, the New Yorker, Newsweek Magazine, Slate, the Wall Street Journal and numerous other publications.

“An extraordinary look at the men and decisions that determined how WWII was going to be fought . . . and won. Should be on every WWII history buff’s shelf.”
—New York Times bestselling author, Stephen Coonts

L. DOUGLAS KEENEY is the award-winning author or coauthor of more than a dozen books. He received his Bachelors and Masters degrees from the University of Southern California and was a sponsored post-graduate student at the Institute of Advanced Advertising Studies in New York City. He spent sixteen years on Madison Avenue before he founded Douglas Keeney & Company, a publishing and marketing company with various business interests including content creation for cable television networks, advertising for packaged goods companies, and books for NY publishers. In 1992, Keeney cofounded The Military Channel with two other partners. His work has been reviewed in numerous publications, including the New York Times, the Wall Street Journal, Salon, and Bloomberg. He lives in Louisville, Kentucky.
GEEK PHYSICS
Surprising Answers to the Planet’s Most Interesting Questions
Rhett Allain

Wired’s Dot Physics writer Rhett Allain combines pop culture with everyday science for an entertaining explanation of physics, answering questions from the purely fun to the completely mind-boggling.

Have you ever wondered whether a human could really fly with wings like a bird’s? What about how many zombies you could actually drive through? Or whether airplanes could save fuel by using iPads instead of paper safety manuals? How about whether Superman could really punch someone into space?

In Geek Physics, Rhett Allain, a physics professor and Wired’s popular Dot Physics blogger, finds intriguing questions buried in familiar movies and TV shows, video games, viral videos, and news hooks and walks readers through the fascinating answers from a physics perspective, without all the complicated details. Geek Physics appeals not just to the geek-oriented but also to anyone who loves pop culture and technology.

With illustrations, basic equations, and easy-to-read graphs and diagrams, each chapter not only covers the most popular subjects from Allain’s blog, like lightsabers and McDonald’s drive-thrus, but uses those questions from a less technical approach to teach basic physics concepts. What better way to explain the nature of light than to consider how Gollum could see in the dark?

• The book covers questions for a wide audience, ranging from fun (How much bubble wrap would you need to safely jump off a sixth floor building?) to mind-boggling (Why does a mirror reverse left to right, but not top to bottom?). Includes approximately fifty illustrations, graphs, and diagrams throughout.

• Allain has been sought out as a resource to promote companies’ and organizations’ products and campaigns, such as the European Space Agency, for whom he wrote a series of guest posts by estimating the amount of energy needed to bring one candy bar into orbit. He has been a guest on CNN with Jim Clancy to discuss the Hyperloop and on CNN with Don Lemon to discuss the Red Bull Stratos Jump; as well as local TV shows like Good Morning Sacramento to talk about the physics of Gollum for The Hobbit movie release.

“This book won my heart after it estimated lightsaber temperature from the color of molten metal.”
—Zach Weinersmith, author and illustrator of the webcomic Saturday Morning Breakfast Cereal

“Geek Physics will cause you to see the relevance of physics to life’s hidden, everyday questions. It’s the superposition of Hollywood, Mythbusters, YouTube, physics and Rhett Allain’s knack for asking interesting questions.”
—Dr. Aaron Titus, codeveloper of WebAssign

RHETT ALLAIN is an Associate Professor of Physics at Southeastern Louisiana University and a popular Dot Physics blogger at Wired Science Blogs. He has a knack for explaining things in a way that is both entertaining and useful. He is also the author of the National Geographic book Angry Birds Furious Forces: The Physics at Play in the World’s Most Popular Game and of Just Enough Physics. He lives in Louisiana.
MEDIUM HERO
And Other Short Stories
Korby Lenker

A collection of short stories from an author who is clearly in love with the world, and has the gift of making his reader see things his way.

Korby Lenker's first book features twenty-seven stories culled from his fifteen years as a solo-touring indie artist. These stories are as colorful as his titles suggest—"Rat's Dude", "Manboy and the Mafia Table", "Catlady"—and flourish under his descriptive, empathetic pen. From a romantic-encounter-turned-family-crisis, to a humorous eulogy for his recently deceased piano teacher, to an unlikely visit with a convicted felon in a California desert, he has distilled an unusual life into a few potent vignettes that you will read more than once.

Up to this point in his life, Korby has been a professional singer-songwriter, traveling around by himself, playing songs for small audiences, and selling CDs out of a suitcase. Occasionally there have been moments when the light shined particularly bright, but mostly it's just been him and a guitar, making music in living rooms and clubs and the occasional concert hall.

He has met a lot of people, most of whom leaned—like him—toward the fringe side of the social spectrum. He's written some of them into stories—hunched over a laptop in the backseat of a touring van, or in the lobby of a Best Western, or on the cracked vinyl couch of a rock club's green room, poking a keyboard with a pair of sweaty pointer fingers.

Korby Lenker's keen control of narrative voice is spot-on in each of these stories—distinctive, disarming, entertaining, and completely convincing. The stylish, often funny, sometimes tongue-in-cheek tone of the book made it feel as if I were hearing the stories being spoken aloud to me late at night. I was thoroughly captivated by Medium Hero.” —Tim O’Brien

KORBY LENKER is a sneaky-good songwriter. And singer. And author. An abbreviated list of Lenker's achievements so far includes: a significant amount of airplay on the legendary Seattle indie rock station KEXP; a BBC 2 interview with Bob Harris, which is only about the highest honor a rootsy singer-songwriter touring the UK can get; opening slots for acts ranging from Willie Nelson to Ray LaMontagne, Nickel Creek, Keith Urban, Susan Tedeschi, and Tristan Prettyman; and wins in the Merlefest folk songwriting contest as well as the Kerrville Folk Festival's elite New Folk songwriting competition. Lenker was raised in Twin Falls, Idaho. He is the son of a mortician and attended college in Bellingham, Washington, and there founded the Barbed Wire Cutters, called by SPIN Magazine "The Young Riders of the Bluegrass Revolt." Medium Hero is his first book.
THE JOHN LE BRUN SERIES
NEW BOOK: St. Simons Island Club
Brent Monahan

John Le Brun is Back! In St. Simon’s, Monahan again delivers action and intrigue in a rich setting.

“Quietly annoying and tenacious” Sheriff John Le Brun has earned a reputation for solving wickedly complex crimes, from his home town of Brunswick, Georgia to London, England. Now retired, he finds himself mysteriously hired to solve the 1908 murder of the owner of a high-priced Manhattan brothel. The client’s letterhead indicates J. P. Morgan. The Titan of Wall St. denies its validity but himself hires Le Brun to not only solve the crime but also expose the impostor. As John peels away layer upon layer of facts, he realizes that he is exploring the police-protected vice of prostitution, which is a source of livelihood for one out of every three hundred women in New York City. Le Brun discovers a connection on St. Simons Island, where he holds a membership to an exclusive club. The island was the locale of the last illegal U.S. importation of African slaves. Now history may be repeating itself, for the purpose of sex slavery.

- **Best-selling Author:** First book in this series, The Jekyl Island Club, sold more than 50,000 copies when it was published by St. Martins Press.
- **Praise:** Received glowing reviews from PW, Library Review, Wall Street Journal, Chicago Sun Times, and more.
- **Outstanding Detective Series:** The series follows John Le Brun, who, in the style of Poirot, is both a witty and serious detective who fails to be dazzled by the affluent characters and settings that he finds himself mixing with.

CRITICAL PRAISE FOR BRENT MONAHAN

“Satisfying — A charming period mystery.”
—The Wall Street Journal on The Jekyl Island Club

“Monahan’s rich attention to detail and his genuinely unique character, the quietly annoying and tenacious Le Brun, make this novel an interesting read.”
—Rapport on The Jekyl Island Club

BRENT MONAHAN was born in Fukuoka, Kyushu, Japan in 1948, as a World War II occupation baby. He received his Bachelor of Arts degree from Rutgers University in Music and his Doctor of Musical Arts degree from Indiana University, Bloomington. He has performed, stage directed, and taught music and writing professionally. He has authored fourteen published novels and a number of short stories. Two of his novels have been made into motion pictures. Brent lives in Yardley, PA with his wife, Bonnie.
The bestselling annual baseball preview from the smartest analysts in the business.

The essential guide to the 2016 baseball season is on deck now, and whether you’re a fan or fantasy player—or both—you won’t be properly informed without it. *Baseball Prospectus 2016* brings together an elite group of analysts to provide the definitive look at the upcoming season in critical essays and commentary on the thirty teams, their managers, and more than sixty players and prospects from each team. This guide projects each player’s stats for the upcoming season using the groundbreaking PECOTA projection system, which has been called “perhaps the game’s most accurate projection model” (*Sports Illustrated*). Now in its twenty-first edition, this *New York Times* bestselling insider’s guide remains hands down the most authoritative and entertaining book of its kind.

- **Industry leader:** *Baseball Prospectus* is the industry leader among annual baseball guides thanks to witty writing, bold predictions, proprietary stats, an eye-pleasing design, and scouting reports on everyone who matters... from today’s MVP to tomorrow’s.
- **Groundbreaking statistic predictions:** Each player’s statistics are projected for the coming season using BP’s groundbreaking and constantly updated PECOTA projection system, which has been called “perhaps the game’s most accurate projection model” (*Sports Illustrated*).
- **eBook companion:** *Baseball Prospectus* will release a specially formatted eBook version, designed to be easy to use on all devices.

“The tip of the nerd spear.”
—Ken Tremendous

“If you’re a baseball fan and you don’t know what BP is, you’re working in a mine without one of those helmets with the lights on it.”
—Keith Olbermann

“*Baseball Prospectus* has become the standard by which all scouting guides should be measured.”
—Billy Beane, General Manager, Oakland A’s

“For me, every year baseball begins with (this) big, brilliant, beautiful book.”
—Billy Beane, General Manager, Oakland A’s
THE WAYFAKER TRILOGY
BOOK ONE AND TWO: Lemon Blossoms & The Secret Language of Women
Nina Romano

The second book in the Wayfarer Trilogy from award-winning writer Nina Romano.

Lemon Blossoms (February 2, 2016)
Angelica Domenico is born in a blossoming lemon grove, a prophetic fusion of sweet bloom and bitter fruit on an island governed by volcanoes and earthquakes. An early childhood accident propels Angelica to battle trials in a world where proof of virginity is paramount. She suffers the trauma of her aunt’s death in childbirth, and is catapulted on a voyage toward the nunery to seek refuge from a fear of intimacy. On the Feast of the Crucifixion, when Giacomo Scimenti enters the family shop, Angelica feels herself rent by lightning the instant they come face to face. A woman coping with the intricacies of loss, love, and yearning, Angelica realizes her destiny is not as a nun, but as a midwife, spouse, and mother.

Lemon Blossoms is the story of Angelica’s struggle in pursuit of feminine identity and heritage.

The Secret Language of Women (September 29, 2015)
Set in China in the late 1800’s, The Secret Language of Women tells the story of star-crossed lovers Zhou Bin Lian, a Eurasian healer, and Giacomo Scimenti, an Italian sailor, driven apart by the Boxer Rebellion.

Through voyage and adventure, their love intensifies, but soon is severed by Lian’s dutiful promise to be the wife of another. Forbidden from pursuing her chosen profession as a healer, and despised because she does not have bound feet, she is forced to work in a cloisonné factory while her in-laws raise her daughter, Ya Chen.

Rebelling against the life forced upon her, she empowers herself to act out against the injustice and becomes the master of her own destiny. But her quest for freedom comes at a costly price: a desperate search for beauty and love in the midst of brutality.

“Rich with history, The Secret Language of Women offers a beautiful and harrowing landscape of love found, lost, and hunted for—at all costs and with dire consequences. Like the bound feet, so idealized in her novel, Romano’s characters are broken and reformed into both the beautiful and the grotesque. Haunting.”
—BARBARA WOOD, New York Times bestselling author

NINA ROMANO earned an MA from Adelphi University and an MFA in creative writing from Florida International University. She is the author of four poetry collections: Cooking Lessons from Rock Press, which was submitted for the Pulitzer Prize; Coffeehouse Meditations from Kitsune Books; She Wouldn’t Sing at My Wedding from Bridle Path Press; and Faraway Confections from Aldrich Press. Romano has published two poetry chapbooks: Prayer in a Summer of Grace and Time’s Mirrored Illusion, both from Flutter Press. She has been nominated twice for the Pushcart Prize. She coauthored Writing in a Changing World. Her debut short story collection, The Other Side of the Gates, has recently been published by Bridle Path Press.
THE FREEDOM DIET & THE FREEDOM DIET COOKBOOK
Lower Blood Sugar, Lose Weight & Change Your Life in 60 Days
Jessica K. Black, ND

The most up-to-date book in health & wellness today with a plan to lower blood sugar, lose weight, and change your life in 60 days from bestselling author Dr. Jessica Black, an expert in naturopathic medicine.

In today's fast-paced world, sixty days sounds like a long time. But what if you could change your health forever in those sixty days? Originally designed by Dr. Jessica Black as a way to positively impact the lives of diabetics, The Freedom Diet reaches far beyond controlling blood sugar levels. Dr. Black's plan helps people gain the freedom to enjoy life to its fullest by converting unhealthy habits into healthier ones through exercise and dietary changes. Proven effective over years of use by Dr. Black's patients, The Freedom Diet details a plan not only for healthy living and weight loss but also for the prevention of premature aging and chronic illness.

Break your addictions, change your thinking, and never count calories again for the rest of your life. Your new life is only sixty days away.

- **User Friendly:** An easy-to-follow guide with nutritional information, dietary indicators and a clearly defined timeline to dietary freedom.
- **Proven:** In her own practice, Dr. Black has prescribed this diet to patients suffering from pre diabetes and diabetes for years, and these patients have experienced happier living through the freedom diet.

JESSICA BLACK cofounded and runs a primary care center, A Family Healing Center, which has become a residency site associated with the National College of Naturopathic Medicine. Dr. Black specializes in women's medicine, including natural hormone balancing for menopause, and childhood wellness, including chronic asthma and acute and chronic illness in children. In 2010, she coauthored *Living with Crohn's and Colitis: A Comprehensive Naturopathic Guide for Complete Digestive Wellness* with Dede Cummings. In 2010, Dr. Black also acted as the naturopathic advisor for MamaBaby Haiti, a non-profit organization that provides birthing and pediatric care to the people of Haiti. She continues to share her passion for health through writing and, in 2012, published the follow-up to the first edition of *The Anti-Inflammation Diet and Recipe Book*, *More Anti-Inflammation Diet Tips and Recipes*. Succeeding the first edition, Jessica has recently released the much anticipated second edition of *The Anti-Inflammation Diet and Recipe Book* (August 2015).
PRESCRIPTION FOR NATURAL CURES

Third Edition: A Self-Care Guide for Treating Health Problems with Natural Remedies Including Diet, Nutrition, Supplements, and Other Holistic Methods

James F. Balch, MD, Mark Stengler NMD, Robin Balch, ND

The third edition of the bestselling natural health bible with more than 500,000 copies sold to date!

Hundreds of thousands of readers have relied on Prescription for Natural Cures as the source for accurate, easy-to-understand information on natural treatments and remedies for a host of common ailments. The new edition of this invaluable guide has been thoroughly updated to reflect the very latest research and recommendations. This revised edition prescribes remedies for almost 200 conditions, including new entries such as gluten sensitivity and MRSA. You’ll find easy-to-understand discussions of the symptoms and root causes of each health problem along with a proven, natural, customized prescription that may include supplements, herbal medicine, homeopathy, aromatherapy, Chinese medicine, hydrotherapy, bodywork, natural hormones, and other natural cures in addition to nutritional advice.

This Revised Edition Features:

- Comprehensive reference contains natural remedies for almost 200 common health ailments organized by problem from A to Z
- Scores of new supplements and many new conditions
- Up-to-date information reflecting the latest natural health research and treatment recommendations
- Clear, authoritative guidance on dietary changes, healing foods, nutritional supplements, and recommended tests
- Down-to-earth descriptions of each health problem and natural remedy

If you and your family want to get better naturally, Prescription for Natural Cures is an essential health resource you can’t afford to be without.

- Audience: A “bible” for numerous health conditions ranging from common to rare, this book appeals to the general population as a helpful reference guide.
- New conditions & treatments: This edition features new conditions discovered since the last edition (2011) and new treatments for existing conditions.

“Prescription for Natural Cures provides a valuable resource to help guide readers to safe and effective natural solutions to common health conditions. A clear path to improved health is provided no matter the health challenge.”

—Michael T. Murray, N.D., coauthor, The Encyclopedia of Natural Medicine

“Prescription for Natural Cures, 3rd edition is an encyclopedic volume and a good companion for anyone who wants an extensive source on holistic treatments for almost any illness.”

—Deepak Chopra, M.D., author of Super Genes

JAMES F. BALCH, M.D. has been a physician and a surgeon for over thirty-five years and is a Certified Nutritional Consultant, a member of the American Medical Association, and a fellow in the American College of Surgeons. Dr. Balch also writes a monthly newsletter, Prescription for Healthy Living. He has appeared on ABC, Fox, and CBS, and has been interviewed on various national radio talk shows. He is the host of the Prescription for Healthy Living radio show. He has lectured extensively across the United States, Canada, and overseas.
Endometriosis materializes when the endometrium—the tissue that lines the inside of the uterus—sheds, but does not exit a woman's body during her period. Instead, it grows outside of the uterus, spreading to organs and nerves in and around the pelvic region. The resulting pain is so physically and emotionally insufferable that it can mercilessly dominate a woman's life. The average woman with endometriosis is twenty-seven years old before she is diagnosed. It is one of the top three causes of female infertility. The pain it emits can affect a woman's career, social life, relationships, sexual activity, sleep, and diet. It is incurable, but highly treatable. Unfortunately, though, it is rarely treated in a timely manner, if at all, because of misdiagnoses and/or a lack of education among those in the medical community.

This book gives hope to everyone connected to endometriosis. That includes every woman and young girl who has it, and the women and men in their lives—the mothers, fathers, husbands, children, and friends—who know something is wrong, but do not know what it is or what to do about it. 

_The Doctor Will See You Now_ is written at a level that everyone with ties to this disease can relate to and understand, but it is also written for doctors with good intentions who lack the knowledge of how to diagnose or treat it. This book is for the "Endo Warriors," women determined to let the world know their stories so that every woman with this disease—from the thirteen-year-old girl who is being told that her pain is “part of becoming a woman” to the woman who has been misdiagnosed for decades—knows she is not alone. Yes, her pain is real. No, she is not crazy. Yes, there is hope.

- **International Top Surgeon:** Ranked among America's Top Surgeons & Gynecologists, Tamer Seckin, MD has established himself internationally over the course of more than two decades as a leading specialist in Advanced Laparoendoscopic Surgery for the treatment of endometriosis and associated pelvic pain pathologies.

- Featuring a foreword by Padma Lakshmi, host of _Top Chef_, co-founder of _Endometriosis Foundation of America_, and a patient of Dr. Seckin.

**TAMER SECKIN, MD,** is a Board Certified gynecologist and laparoscopic surgeon in private practice in New York City, practicing at North Shore LIJ/Lenox Hill Hospital. He specializes in treating women with endometriosis. He is an internationally known specialist in minimally invasive advanced (laparoscopic) surgery, and is among a very limited number of gynecologic surgeons in the United States who are exclusively committed to the Deep Laparoscopic Excision of endometriosis.

In 2009, Dr. Seckin founded the _Endometriosis Foundation of America_ (EFA), the first research and advocacy foundation of its kind organized by a private physician to raise awareness and emphasize the critical value of surgical excision of endometriosis. Under his guidance as Medical Director, the EFA strives to increase disease recognition, provide advocacy, facilitate expert surgical training, and fund landmark endometriosis research.
HEALING PSORIASIS & HEALING PSORIASIS COOKBOOK
John O. A. Pagano

A leading researcher shares natural remedies for psoriasis.

According to the National Psoriasis Foundation, at least seven million people in the US and more than 100 million worldwide suffer from this chronic skin disease. This book outlines Dr. Pagano's natural, drug-free treatment regimen that can alleviate, control, and even heal psoriasis without steroid creams, tar baths, injections, or ultraviolet treatments. *Healing Psoriasis* outlines a healthy diet and lifestyle and includes case histories, photos, recipes, and a chapter on eczema.

The cookbook includes more than 300 kitchen-tested recipes designed for the psoriasis, eczema, and psoriatic-arthritis patient, plus the latest nutritional facts for everyone!

- Foreword written by Annemarie Colbin, CHES and founder of The Natural Gourmet Institute, New York.
- Statistics show that more than 100 million people worldwide suffer from the chronic skin disease psoriasis. In his first book, *Healing Psoriasis: The Natural Alternative*, Dr. Pagano presented a report of his natural, drug-free treatment regimen that has alleviated, controlled, and even healed psoriasis without the use of steroid creams, tar baths, injections, or ultraviolet treatments.
- Includes a helpful color photographic portfolio of case histories which give undeniable proof of the efficacy of the Pagano regimen.

DR. JOHN O. A. PAGANO helped and healed psoriasis, psoriatic arthritis, and eczema patients for fifty years with natural measures that fell within his scope of practice as a chiropractic physician: primarily spinal adjustments and nutritional counseling, based on the premise that all types of psoriasis arise from a build-up of toxins in the intestines (The Leaky Gut Syndrome) which then manifests itself on the skin. After nearly thirty years of research, he wrote a report of his thesis and his work in his landmark book *Healing Psoriasis: The Natural Alternative* which he initially self-published. Dr. Pagano's book contains before and after photos of his patients, describes the causes of psoriasis and his protocol for treating it. The book quickly became a best-seller on www.amazon.com, achieving and maintaining the rank of #1 in the category of psoriasis for over fifteen years.

Although Dr. Pagano passed away in December 2012, he was that rarest of individuals—a true "Renaissance man!" He also wrote and performed his own original songs. Dr. Pagano was also an accomplished artist who was known for his paintings of the American West which grace many private collections.
GLUTEN FREEDOM
The Nation’s Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle
Alessio Fasano, MD with Susie Flaherty

World-renowned celiac disease expert Dr. Alessio Fasano presents the groundbreaking roadmap to a gluten-free lifestyle, and how millions can live better by going gluten free.

For millions of Americans affected by gluten-related disorders, consuming gluten can be hazardous to their health. In Gluten Freedom, Alessio Fasano, MD, founder of Mass General’s Center for Celiac Research in Boston, Massachusetts, reveals the latest developments in scientific research and treatment, and the answers they provide for this rapidly expanding audience. This groundbreaking, authoritative guide is an invaluable roadmap for the newly diagnosed, for those already dealing with gluten-related issues, and for anyone who thinks they may have an issue with gluten. Distinguishing scientific fact from myth, Gluten Freedom highlights:

- The differences between celiac disease, gluten sensitivity, and wheat allergy
- Current best practices for gluten-related disorders at any age
- Practical information on setting up a gluten-free kitchen, reading labels, and finding hidden sources of gluten
- Gluten’s impact on depression, anxiety, and “foggy mind,” as well as behavioral conditions
- Reliable, accurate resources for patients, parents, and physicians
- Recipes throughout

- Rapidly Expanding Market: The gluten-free market was estimated at $10.5 billion in 2013 and continues to expand.
- Huge audience: 30% of Americans report trying to cut down or eliminate gluten from their diet. 3 million have been diagnosed with full-blown celiac, and Fasano estimates that 18 million Americans have some degree of gluten sensitivity.
- Worldwide Scientific Reputation: The Center for Celiac Research offers state-of-the-art research, teaching, and clinical expertise for the diagnosis, treatment, and prevention of gluten-related disorders. Dr. Fasano published the groundbreaking study in 2003 that established the rate of celiac disease at one in 133 Americans. Research scientists from the Center developed the blood test now used throughout the world to diagnose celiac disease.

“This book gives clear guidance about best ways to avoid and treat problems with gluten among affected individuals.”
—James M. Perrin, MD, FAAP, Professor of Pediatrics, Harvard Medical School, MassGeneral Hospital for Children

“If you’re new to the gluten-free diet, this is the first book you should buy. If you already have a shelf full of gluten-free books, make room for Gluten Freedom.”
—Amy Ratner, Editor, Gluten-Free Living

ALESSIO FASANO is founder and director of the Center for Celiac Research at Massachusetts General Hospital, the first research and treatment center for celiac disease, wheat allergy, and gluten sensitivity in the US. He is also a visiting Professor at Harvard Medical School.

SUSIE FLAHERTY is director of communications for the Center for Celiac Research at Massachusetts General Hospital.
THE POWER OF POSITIVE DOG TRAINING
Pat Miller

All the training tools you will ever need to share a lifetime of fun, companionship, and respect with your dog!

A renowned dog trainer gives you the positive training tools you need to share a lifetime of fun, companionship, and respect with your dog. Includes information on the importance of observing, understanding, and reacting appropriately to your dog’s body language; instructions on how to phase out the use of a clicker and treats to introduce more advanced training concepts; a diary to track progress; suggestions for treats your dog will respond to; and a glossary of training terms.

- Pat is also a freelance writer and author, regularly contributing articles on dog behavior and training to The Whole Dog Journal, Your Dog (a publication of Tufts University’s Veterinary School), and several other publications.
- Her first dog-training book, The Power of Positive Dog Training, was released by Howell Book House in August of 2001 and has been on Amazon.com’s “Top 10 Dog Training Books” list since January of 2002.

PAT MILLER was the one who taught the family dog to sit, lie down, and jump over broomsticks in the living room. Her professional life has always involved animals, first as a horse trainer in Wisconsin, then for twenty years as a humane officer at the Marin Humane Society in California, and most recently as a certified professional dog trainer and behavior consultant. She launched her own dog training company on the West Coast in 1996, after five years assisting nationally acclaimed obedience instructor Judie Howard of Arydith Obedience, and relocated the Peaceable Paws Dog and Puppy Training Center to Chattanooga, Tennessee in the year 2000, then to its present eighty-acre campus in Fairplay, Maryland, in April of 2004. Pat received her CPDT-KA certification as a professional dog trainer from the Certification Council for Professional Dog Trainers in September of 2001, one of the first 136 trainers in the world to attain this title.

Pat shares her Fairplay home with husband Paul, and their five dogs (Missy, Dubhy, Lucy, Scooter and Bonnie); three cats (Barney, Viva and Blue); five horses (Molly, Rafiki, Levi, Mikey and Olivia); one donkey (Joan); and one pot-bellied pig (Sturgis). They also operate Peaceable Pastures, a horse-friendly boarding facility.
LILLY
Palm Beach, Tropical Glamour, and the Birth of a Fashion Legend
Kathryn Livingston

A must-read, not only for fans of Lilly Pulitzer and her Lilly brand, but for anyone interested in a journey through the world of privilege and the life of a true American original.

Today, Lilly Pulitzer's iconic brand of clean-cut, vibrantly printed clothes called "Lillys" can be spotted everywhere. What began decades ago as a snob uniform in Palm Beach became a general fashion craze and, later, an American classic. In contrast to the high visibility of her brand, Lilly Pulitzer has largely kept her tumultuous personal story to herself. Bursting forth into glossy fame from a protected low-key world of great wealth and high society, through heartbreaks, treacheries, scandals, and losses, her life, told in detail here for the first time, is every bit as colorful and exciting as her designs. Still in high-demand, her line for Target sold out in mere hours after its April 2015 release.

- Offers a close-up of Palm Beach society, replete with tropical mischief, reckless indulgences and blatant infidelities as well as fascinating stories about the Pulitzer and Phipps families and their world of eccentrics, high achievers, intermarriages, and glamorous trendsetters.
- Takes a fresh look at the Roxanne Pulitzer scandal and the atmosphere that fed it, and other episodes involving Lilly Pulitzer’s family and social circle.
- Traces the many ups and downs in Lilly Pulitzer’s personal life as well as her business, which suffered a decline in the 1980s before its resurgent transformation into the thriving success it is today.
- Includes twenty-five black-and-white photographs that bring Lilly Pulitzer’s world to life.

“I met Lilly Pulitzer when I first came to America and visited Palm Beach. She was a very dynamic and talented designer who became the Emilio Pucci of America. This inspiring book is well deserved and a truly great read.” —Diane von Furstenberg

KATHRYN LIVINGSTON has had a long career in magazines covering fashion and fashionable people. First as a staff writer at Harper's Bazaar, then as executive editor of Town & Country, she pioneered innovative ways of profiling the high achieving, the influential, and the privileged in places like New York, Houston, Toronto, Rio de Janeiro, Mexico City, Paris, and Milan, as well as in such playgrounds for the powerful as Aspen, Santa Barbara, and Palm Beach. She interviewed many of the world’s most celebrated talents in the fields of entertainment, sports, business, science, medicine, art, and architecture. Her editorial work and writing across various media continued at Time Warner. She was the creative director of acclaimed upscale publications for Tiffany & Co. and Neiman Marcus. She has written articles for Gourmet, Conde Nast Traveler, House & Garden, Travel & Leisure and is the author or coauthor of six books, including High Rise Low Down and In the Spirit of Aspen. She lives in New York City.
UNCORKED
The Novice’s Guide to Wine
Paul Kreider

A user-friendly guide to the oft-intimidating world of wine.

If you love wine and are interested to learn more about it, Uncorked is the perfect tool to gain a straightforward understanding of the essentials of wine, allowing you to enjoy wine and be at ease in any setting. This entertaining guide is presented in an easy-to-understand format, covering topics on everything from the winemaking process, wine vocabulary, and red wine versus white wine, to tasting and selecting wines for any occasion. With a helpful glossary and brief topic-by-topic chapters, this accessible, snobbery-free guide is the perfect companion for purchasing wines and navigating your way skillfully at parties, dinners, wine tastings, wine shops, and more.

LEARN HOW TO:
• Understand the origins of wine and the process of making it
• Know and speak the language of wine with terms like tannins, oaks, residual sugar, dry, medium- and full-bodied, and more
• Properly taste and drink wines
• Choose wines to complement foods
• Save money by making choices that suit your palate

PAUL KREIDER, bestselling author and wine expert, was a winemaker for nearly four decades. He established his own winery, the Ross Valley Winery, in San Anselmo in Marin County, California, and educated thousands of individuals and groups about wine.

Being on the curl of the ballyhooed baby boomer wave, he was sought out as prime meat by the Berkeley Draft Board. Not being slick enough to escape their steel-gloved grasp, he ended up joining the US Army and serving a tour, being released as an Infantry Captain in 1972.

Having developed a fondness for wine in Europe, he started making it in 1972 and rode that pony for thirty-eight years until it collapsed. He was a winemaking consultant in the far Pacific Northwest, and he wrote daily from his water-view computer station, where he built his masterpiece, a full-blown novel about life as a Sicilian immigrant in the 1940’s. Kreider passed away unexpectedly in March 2014.
RELENTLESS
The Memoir
Yngwie J. Malmsteen

An in-depth, behind-the-scenes look at one the most legendary rock guitarists of all time.

Yngwie Malmsteen's revolutionary guitar style—combining elements of classical music with the speed and volume of heavy metal—made him a staple of the '80s rock scene. Decades later, he's still a legend among guitarists, having sold 11 million albums and influenced generations of rockers since. In Relentless, Malmsteen shares his personal story, from the moment he burst onto the scene seemingly out of nowhere in the early '80s to becoming a household name in the annals of heavy metal. Along the way, he talks about his first bands, going solo, his songwriting and recording process, and the seedy side of the rock business.

- Malmsteen was named one of Time magazine's ten greatest electric guitar players.
- The author's most recent album, Spellbound, was released in December 2012.
- Ideal for guitar players, heavy metal fans, and those who enjoy rock memoirs.

Yngwie literally blew my mind when he came on the LA music scene in the early 80's. The fastest & most articulate, fluid, melodic, classical based rock guitarist I’d ever heard. Still the best at what he does all these years later. — Slash

When Yngwie Malmsteen hit the scene in the early 80's it was as if a monolith appeared. He was playing electric rock guitar in a way that seemed completely unearthly and had to be seen to be believed. — Steve Vai

YNGWIE MALMSTEEN is one of rock's virtuoso guitarists. Yngwie J. Malmsteen's Rising Force, his 1984 Grammy-nominated album, established the style now referred to as neoclassical melodic rock. He has recorded more than two dozen solo albums and a dozen more with other bands, as well as fifteen live performance DVDs. In 2013, Yngwie created the online website RelentlessShred.com, which is considered the most authoritative source for how to play his challenging neoclassical style, covering everything from harmonic minor scales and diminished chords to advanced arpeggios. With an international fan base, Yngwie continues to record and tour around the world.
LOVE IN A TORN LAND: JOANNA OF KURDISTAN
The True Story of a Freedom Fighter’s Escape from Iraqi Vengeance
Jean Sasson

International bestselling author shares this incredible true love story set during the Iran-Iraq War.

As a young girl living in Saddam Hussein’s Iraq, Joanna al-Askari had a dream: to fall in love with a Kurdish freedom fighter and join the battle for Kurdish independence.

In Love in a Torn Land, bestselling author Jean Sasson tells the remarkable true story of how Joanna lived that dream, surviving nightmarish struggles in pursuit of love and her cherished goal of freedom for the Kurdish people.

Raised in Baghdad by an Arab-Iraqi father and a Kurdish mother, Joanna spent a childhood filled with fear and uncertainty under the brutal Baathist regime, tempered by joyful summers spent with family in Kurdistan. She shares the girlish excitement of meeting a dashing young Peshmerga fighter at age fifteen, which began a campaign for love that would prove almost as consuming to Joanna as her dream of Kurdish freedom. She also recounts the gritty details of life as a young Peshmerga wife in Kurdistan during the darkest days of the Iran-Iraq War: the horror of being temporarily blinded from a gas attack by Saddam’s forces, the terror of dodging Iraqi patrols as she and her husband tried to flee to safety, and the desperate search for a missing relative in an Iranian refugee camp.

Again and again, Joanna meets defeat with determination and faces hardship with hope as she navigates the dangers of an Iraq filled with informers, midnight raids, secret police interrogations, and barbaric prisons. Through her eyes and her love for her husband, the splendid world of Kurds and Kurdistan comes alive.

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