



RIGHTSLIST SELF-HELP SETTEMBRE 2018

LIFE IMPROVEMENT AND PSYCHOLOGY

TRAIN YOUR COURAGE. From Little Steps to Big Leaps

(Mut Muskel Training. In kleinen Schritten zu großen Sprüngen) by Tanja Peters

Compelling, authentic advice book.

Courage is a key competency required by our multi-option society. Each of us needs to feel confident in our ability to maximize our options. Courage is a muscle, and it is something you can strengthen. And you really should, since it is often an underdeveloped courage muscle that causes us to feel controlled by others.

Saying no, putting others in their place, standing up for ourselves - all of these require a certain modicum of courage. Tanja Peters and Little Miss Courage will lead the reader through a regimen of exercises and training suggestions that will inspire you to become a little more courageous with each passing day. You will be able to once again take control of your own life and gain confidence in forging new paths for yourself.

TANJA PETERS gathered all her courage, quit her full-time job, and set herself up as an independent coach, speaker, and self-confidence advisor. She lives in Cologne and helps other people to realize their dreams and desires

Rights: DTV

Publication date: December 2018 - 160 pp.

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FEELING BETTER. Beat Depression and Improve Your Relationships with Interpersonal Psychotherapy

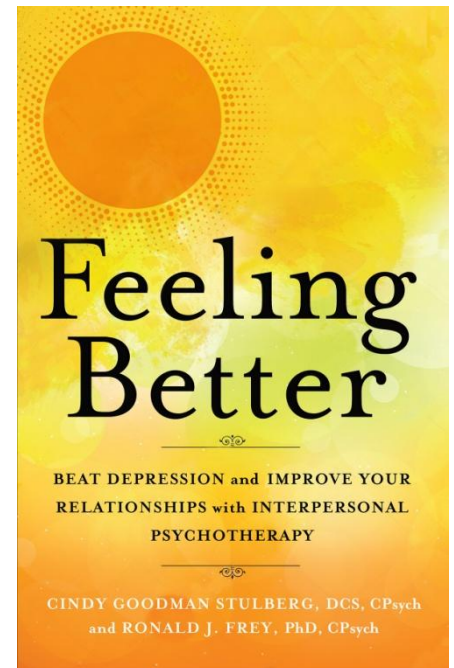
by Cindy Goodman Stulberg and Ronald J. Frey

Astonishingly, FEELING BETTER is the first-ever book to put Interpersonal Psychotherapy IPT into the hands of the general public; it will do for IPT what Mind Over Mood did for Cognitive Behavioral Therapy.

Interpersonal Psychotherapy is psychology's best-kept secret. It's an action-oriented treatment that strengthens relationships to address a wide variety of mental health and emotional challenges, including depression. It has been validated by more than 250 empirical studies, the American Psychiatric Association, the American Psychological Association, and the World Health Organization. There are several books about IPT targeting clinicians, but until now, there has never been a trade book about it.

FEELING BETTER breaks the technique down to twelve weeks of concrete skills, exercises, questionnaires, and check-ins that readers can undertake to fight depression – of any severity. By the end of week 12, readers will have a set of transferrable skills that can be applied to any difficult life situation. They'll know how to communicate assertively. Set and achieve goals. Deal with the difficult people in their lives. Identify their strongest allies and supporters. And determine who they want to connect with—and who they don't.

Written in an accessible, conversational, upbeat style, authors Cindy Goodman Stulberg and Ron Frey explain the technique through pop culture references, client stories, and anecdotes from their own lives. Its tone is much like David Burns's *Feeling Good: The New Mood Therapy* by David Burns.



Together, **psychologists Ron Frey and Cindy Goodman Stulberg** are the founders of the first institute dedicated exclusively to IPT in the world. They have trained and supervised thousands of clinicians from San Diego to Denmark to Israel. Goodman Stulberg trained with one of the early practitioners of IPT and has successfully used the model to help hundreds of children, youth, and adults—including couples and families—deal with a broad range of psychological challenges. She supervises clinicians who want to further their expertise in delivering IPT and speaks regularly at conferences across North America.

Frey is the founder of a highly successful consulting business that today includes clients such as the Department of Homeland Security, the FBI, Public Safety Canada, the Royal Canadian Mounted Police, Department of National Defence, Canadian Border Services Agency, and numerous insurance, law enforcement, and international transport agencies. He was a founding fellow of the American College of Advanced Practice Psychologists and his contributions have been recently recognized by the Senate of Canada. Their website is www.interpersonalpsychotherapy.com.

Rights: Transatlantic Literary Agency

Publication date: November, 15 2018 – paperback 352 pp.

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VITAL FORCE

by Rajshree Patel

The concept of vital force comes from the Vedic tradition which represents the energy that flows within us and around us, and animates all living things. We know it when we see it in others and when we have it. It is confidence, vitality, charisma, bliss, connection and flow. And, so often we find it fleeting.

Rajshree Patel's VITAL FORCE explains how a series of simple techniques, starting with a breathing practice, can enable us to find it and grow it. And how when we do, it alleviates anxiety and negative emotions, It has an exponential impact on our energy and happiness. It is a wholly different approach from mindfulness and focused styles of meditation.

It is relaxing and enjoyable, and it pays tremendous dividends for an investment of as little as 20 minutes each day. The content in this book is the essence of what is taught by in Art of Living classes every day around the world, and the foundation is committed to providing robust support for Rajshree as ambassador for these teachings.

Rajshree Patel is a self-awareness coach, trainer, and speaker who uses meditation, breath work, and insight techniques to help clients live happier and more successful lives. She has led programs in more than 35 countries for major organizations such as IBM, NBC Universal, The United Nations, and LinkedIn as well as for thousands of individuals. She has directly instructed more than 100,000 students through Art of Living courses, retreats and teacher training programs, in addition to personally establishing over 45 Art of Living chapters. She travels frequently and widely. This year alone she is planning on: Argentina, Peru, Colombia, Holland, Greece and Norway.

Rights: Linda Kaplan Defiore and Company

Publication date: Spring 2019

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ATOMIC HABITS. Tiny Changes, Remarkable Results: An Easy & Proven Way to Build Good Habits & Break Bad Ones

by James Clear

In this highly practical guide, today's leading expert on habit formation lays out a proven system for making good habits inevitable and bad habits impossible.

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ATOMIC HABITS asks a simple but powerful question: How can we live better? We know good habits build better lives, but it's easy to get thrown off course—trying to lose weight when we eat poorly and sleep too little, spending when we want to save, etc. What makes some habits easy to stick with while others fail?

Filled with self-improvement tips based on proven scientific research, ATOMIC HABITS reveals how altering our small daily habits can transform our lives for the better. This easy-to-understand guide uncovers the hidden forces that shape your behavior—everything from mindset to environment to genetics—and shows you how to take control of them. Organized around the Four Laws of Behavior Change, this book will show you how to apply each one to your life and work. In the end, you'll get a simple method for building a repeatable and sustainable system for success.

James Clear, author of a wildly popular blog with more than two million readers per month, is known for his ability to distill complex topics into an easy-to-understand format. Now, he breaks down the art and science of habit formation into its most fundamental state, giving us a playbook for success. Sharing stories of his own achievements alongside those of star athletes, business leaders, artists, people who have kicked addiction, and even folks who just wanted to stop biting their nails, Clear proves that your goals are within reach, as long as you start small.

If you want to transform your habits—or those of your family, team, or community—then you want to read this book.

Massive built-in audience: Two million people visit [JamesClear.com](https://www.jamesclear.com) each month, and over 400,000 subscribe to his email newsletter; his numbers have doubled each year since the site launched. Clear is continually growing his audience and is a contributing writer for outlets like *Time*, *Entrepreneur*, *Business Insider*, and *Lifehacker*.

Expert author: Clear is a leader in habit-building and long-term habit change. His 45-page ebook *Transform Your Habits* has been downloaded over 150,000 times, and his online [Habits Academy](https://www.habitsacademy.com) course has enrolled thousands of students. He has appeared on *CBS This Morning* and regularly speaks in front of business and athletics groups.

Broad application: The “atomic” approach to habits—starting small and building on each step—is rooted in science-based principles that apply to any area of life: career, money, personal relationships, health, creativity. Whatever the goal, Clear’s method will help readers make the change and maintain it over time.

Rights: Avery

Publication date: October 16, 2018 – hardcover 352 pp.

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DAUGHTER DETOX. Recovering from an Unloving Mother and Reclaiming your Life by Peg Streep

An empowering, research-based examination of the behavior of daughters damaged by unloving mothers, and a guide to a path of recovery

A self-help book based in science, and the result of more than a decade of research, *Daughter Detox* offers the daughters of unloving mothers vital information, guidance, and real strategies for healing from childhood experiences and building genuine self-esteem. Author Peg Streep lays out seven distinct but interconnected stages on the path to reclaim one’s life from the effects of a toxic childhood: Discovery, Discernment, Distinguish, Disarm, Reclaim, Redirect, and Recover. Each step is clearly explained and richly detailed with stories of other women, approaches drawn from psychology and other disciplines, and unique exercises. The book will help the reader tackle her own self-doubt and become consciously aware of how her mother’s treatment continues to shape her behavior, even today.

The message of the book is direct: What you experienced in childhood need not continue to hold you back in life. What was learned can be unlearned with effort.

“A rare gem in the self-help genre, a book that eschews simplistic, feel-good advice and offers specific and invaluable guidance, extensively supported by the science and beautifully illustrated with personal anecdote ... Highly recommended.” —Joseph Burgo, Ph.D., author of *The Narcissist You Know* and *Why Do I Do That?*

Peg Streep has been researching and writing about the mother-daughter relationship for 20 years and understands firsthand the broad-ranging effects and influence of a toxic mother. *Daughter Detox* is her effort to offer practical advice and science-based solutions to those whose emotional needs weren't met in childhood. Peg is the author of *Mean Mothers: Overcoming the Legacy of Hurt* (HarperCollins) and *Quitting: Why We Fear It—and Why We Shouldn't—in Life, Love, and Work* (Da Capo). She is a popular blogger at both Psychology Today.com and PsychCentral.com.

Rights sold: Russian (Alpina)

Rights: MacKenzie Wolf

Publication date: October 2017 – paperback 272 pp.

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TALKING ABOUT DEATH WON'T KILL YOU

by Kathy Kortes-Miller

A practical and compassionate guide to end-of-life conversations. TALKING ABOUT DEATH WON'T KILL YOU is a death educator and palliative care expert's call to action for readers to become actively involved in conversations about death and to take control of their own dying experience—within their community and with their healthcare providers. TALKING ABOUT DEATH WON'T KILL YOU will equip readers with the tools they need to have meaningful discussions with those who matter most—and to feel more in control of their relationship with dying and death.

Kathy Kortes-Miller is an unconventional death educator and researcher with a passion for palliative care and improving the end-of-life care for all. She is a cancer survivor and as a palliative care provider whose life's work is to demystify the topic of death and dying. In TALKING ABOUT DEATH WON'T KILL YOU, she offers practical and compassionate guidance to navigate the conversations and planning required to ensure that we embrace living until we die with knowledge, love and understanding. The book will show readers how to identify and reframe limiting beliefs about dying. It will facilitate important conversations about end of life and, in so doing, get death out of the closet. TALKING ABOUT DEATH WON'T KILL YOU will transform the perception of dying and death from the elephant in the room to an integral part of life that deserves and demands acknowledgement, respect and even a bit of lightheartedness. It will give readers crucial knowledge about this important season in life in a way that supports them to more fully embrace their lives.

Kathy Kortes-Miller thinks about dying and death a lot! She is an unconventional death educator with a passion for palliative care and improving the end of life care for all. Kathy has been teaching and researching at Lakehead University for over a decade inspiring and challenging the future healthcare providers of tomorrow to be prepared to care for individuals who are dying and their families in all healthcare settings. She leverages her experiences as a cancer survivor and as a palliative care provider to challenge us to have the important conversations about dying, death and life. Kathy strives to make an impact with her teaching, research, writing and speaking to discover, share and communicate the information that we are all “dying to know.” She is presently writing her first book TALKING ABOUT DEATH WON'T KILL YOU intended to transform the perception of dying and death from being the elephant in the room to an integral part of life that deserves and demands acknowledgement, respect, and even a bit of lightheartedness (when called for).

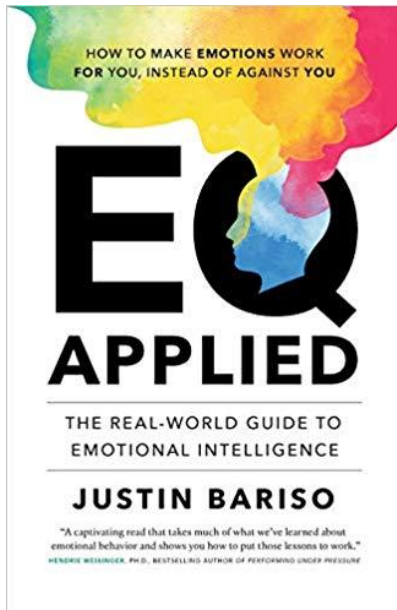
Rights: Transatlantic Agency

Publication date: March 2018 – paperback 216 pp.

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EQ APPLIED. The Real-World Guide to Emotional Intelligence

by Justin Bariso



"A captivating read that takes much of what we've learned about emotional behavior and shows you how to put those lessons to work." – Hendrie Weisinger, PH.D., Bestselling author of *Performing under pressure*.

In this age of social media attacks, constant distraction, and rampant corruption, a high emotional intelligence quotient, or EQ, is more important than ever. Justin Bariso brings the concept of emotional intelligence up to date and into the real world, combining scientific research with high-profile examples and personal stories.

For example, in *EQ Applied* you'll:

- examine one of the most famous business stories of all time--Steve Jobs's exit and return to Apple--from a completely different angle...and reveals a major lesson in the process.
- learn how to control your emotional reactions--and see how a modern day "miracle" brought this ability to life.
- learn how to break bad habits and escape "emotional hijacks."
- see the power of emotional influence in action--illustrated through powerful stories from the FBI's former lead kidnap investigator, a famous singer, and many others.
- discover how emotional intelligence can be used for evil--and how you can protect yourself.

Learn how to make emotions work for you, instead of against you. That's *EQ Applied*.

Justin Bariso is an author, speaker, consultant, and one of Inc.com's most popular columnists. His thoughts on leadership, management, and emotional intelligence have been featured by TIME, CNBC, and Forbes, among others. He has been recognized repeatedly by LinkedIn as a "Top Voice" in management and workplace culture.

Raised in a multicultural environment, Justin learned to see the world through different sets of eyes. He was fascinated by the way a single news report could inspire very different emotional reactions in others, based on factors like their age, background, and upbringing. After spending a decade in management for a major nonprofit, he moved to Europe and began his own consulting agency, where he's worked with a wide range of companies from small businesses to Fortune 500 companies.

Today, Justin focuses on helping others harness the power of emotion for good.

Rights: Transatlantic Literary Agency

Publication date: May 2018 – paperback 208 pp.

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THE BIG ACTIVITY BOOK FOR ANXIOUS PEOPLE

by Jordan Reid and Erin Williams

Feeling anxious? Who isn't? Your most irrational (and sometimes rational) fears are hilarious fodder for this sharp and relatable activity book.

These days, anxiety is simply part of the human experience. Part journal, part coloring book, part weird coping mechanisms, and part compendium of soothing facts, *The Big Activity Book for Anxious People* will be an outlet for anyone who wants to take a break from reality, laugh through her fears, and realize with every page that she is not alone--and to help her figure out what to do when it's 3AM and she's wide awake worrying about whether she cc'ed the right "Bob" on that email.

Activities include:

- * Fun Facts about Aging!
- * Public Speaking: A Diagram
- * Your Hotel Room Carpet: A Petri Dish of Horrors
- * Obscure Diseases You Probably Don't Have
- * Zen Mantras For The Anxiously Inclined
- * Soothing Facts about Hand Sanitizer

On a bad day, try coloring in the soothing grandma. On a *really* bad day, find step-by-step instructions on how to build an underground bunker. Reid and Williams want everyone to remember that they're in good company: anxious people are some of the funniest and most interesting and creative humans on the planet. They know, because they are two of them.

Jordan Reid is the founding editor of the lifestyle blog Ramshackle Glam and the author of two parenting and style memoirs. Her hobbies include unfortunately-timed blushing, coming up with reasons to not shave her legs, and darts. She lives in California with her husband and two children, mostly so that she can wear flip-flops in the winter. **Erin Williams** is a writer, illustrator, and semiprofessional ugly-crafter living in New York with her husband and child. She moonlights (works full time) as an Oncology Data Specialist at Flatiron Health. If she had free time, she would use it to watch crime shows and guess who the perp was before the reveal with stunning accuracy.

Rights: TarcherPerigee

Publication date: May 7, 2019 - trade paperback 176 pp.

HEALTH

COMING SOON. Orgasm practice (Coming Soon. Orgasmus ist Übungssache) by Dania Schiftan

“This book is the way to physical and mental climaxes.” Ann-Marlene Henning, author of MAKE LOVE

When we want to get better at something, we practise it. If you want to play the piano, you take lessons. If you want to dance like a ballerina, you train. This is true in all areas of life – only when it comes to sex do we think things happen of their own accord. The falsity of this assumption is revealed by the numbers: only one in three women regularly climaxes during sex. Yet it could be so easy: just as a pianist trains their hands, the vagina must be sensitised in order to feel something during sex. With the aid of her effective and gentle ten-step plans, experienced sex therapist Dania Schiftan explains how women can learn to have much more fun with sex and with their bodies.

For all women who want to get better acquainted with their bodies

Dania Schiftan has a PhD in Sexology and is a psychotherapist with her own practice. Her work is based on the sexocorporal approach, which treats sexuality as something learned. As an expert on sex and partnership, she holds regular lectures. Dania Schiftan lives with her husband and two children in Zurich

Rights: Piper Verlag

Publication date: September 2018 – paperback 224 pp.

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THE MCDUGALL PROGRAM FOR MAXIMUM WEIGHT LOSS by John A. McDougall

This book is backlist gem: a comprehensive health program with **over 150,000 copies in print**. Although it was published over 20 years ago, this title still sells well for us.

Lose weight, eat as much as you want, feel healthy, and look great. This may sound like an impossible dream, but with THE MCDUGALL PROGRAM FOR MAXIMUM WEIGHT LOSS, it is a dream come true for thousands of people. In this groundbreaking book, bestselling author Dr. John A. McDougall draws on scientific and medical information about nutrition, metabolism, and hunger to provide a simple weight-loss plan. Featuring more than 100 healthy and delicious recipes by Mary McDougall and packed with all the information and encouragement you need, this total weight-loss program also brings you:

- Studies and documentation on the McDougall approach
- The secrets of carbohydrates, your metabolism, and weight loss
- The truth about fat—in your diet and in your body
- Complete McDougall menu plans and cooking methods
- Supermarket shopping guides
- How to deal with eating disorders
- Dining out information
- And more!

John McDougall, M.D., is the author of many previous books, including *The McDougall Program*, *The McDougall Program for Maximum Weight Loss*, and *The New McDougall Cookbook*. He is also the author of *The Healthiest Diet on the Planet: Why the Foods You Love—Pizza, Pancakes, Potatoes, Pasta, and More—Are the Solution to Preventing Disease and Looking and Feeling Your Best*. He is the founder and director of the McDougall Program at St. Helena Hospital in Napa Valley, California, and has a nationally syndicated television show as well as a weekly radio program.

Rights: Dutton / Plume

Publication date: April 1, 1994 / April 1, 1995 – 336 pp.

PARENTING

BE THE PARENT, PLEASE. Stop Banning Seesaws and Start Banning Snapchat: Strategies for Solving the REAL Parenting Problems

by Naomi Schaefer Riley

Praise for BE THE PARENT, PLEASE:

“Be the Parent, Please is one of the most thought-provoking and jarring books I’ve read in a long time. When I finished the book, I literally thought to myself, ‘I wish I’d read this ten years ago!’ Engagingly written and filled with fascinating studies, this important book should be a conversation changer.” — Amy Chua, Yale Law professor and author of *Battle Hymn of the Tiger Mother* and *The Triple Package*

Parents are getting it from all sides. From technology companies that want to sell them the latest gadgets, to teachers who want all homework and even classwork done on iPads, to a culture that wants everyone to be a star in their own reality show, the forces pushing mothers and fathers to hand over screens can seem insurmountable. We don’t know yet what the long-term effects of kids spending half their waking hours on a screen might be. But if we’re honest with ourselves, we know the short-term ones. We know that they are distracted from school work, that they are less interested in interacting with other people, that they are more sedentary and overweight, that they are easily bored and often cranky, that they are sleep-deprived, obsessed with their appearances, and incessantly anxious about what might be going on in the few moments of the day when they don’t have screens.

- This book looks at this issue from the point of view of a parent, acknowledging all the hidden forces that are working to give kids more screen time.
- This book surveys the latest research and interviews the most prominent scientists about the effects of screen time on children.
- This book provides clear suggestions and instructions for rethinking screen time in our families and ways of explaining this to our children.

Naomi Schaefer Riley is a weekly columnist for the New York Post and a former Wall Street Journal editor and writer. Her work has appeared in the New York Times, Washington Post, the Boston Globe and other publications.

Rights: Linda Kaplan Defiore and Company

Publication date: January 2018 – hardcover 264 pp.

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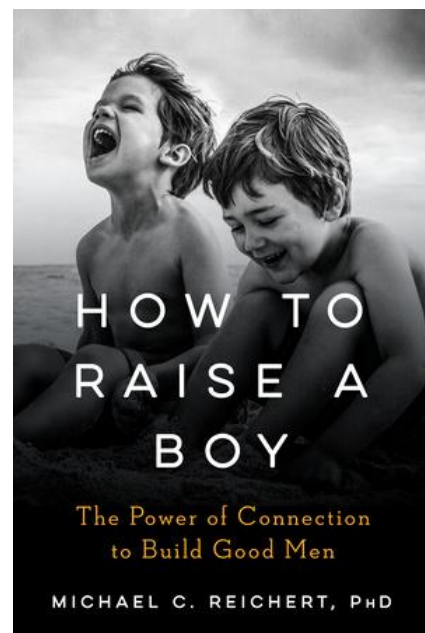
HOW TO RAISE A BOY. The Power of Connection to Build Good Men

by Michael C. Reichert, PhD

In this groundbreaking book, a leading psychologist and researcher of the journey from boyhood to manhood reveals how narrow conceptions of what it means to be a "real boy" or "real man" are hurting boys and the vital role parents and educators can play in creating safety nets for boys.

Over the past two decades there has been an explosion of new studies that have expanded our knowledge of how boys think and feel. Recently, the #MeToo movement has cast a spotlight on the question of how we can best raise boys to be respectful of women. In this book, Dr. Michael Reichert draws on his decades of research to challenge age-old conventions about how boys become men. Parents are increasingly anxious that their boys -- in an effort to be stoic and "man like" -- are shutting down. Dr. Reichert explains how old paradigms about manhood may be impacting our boys and how parents, educators, and mentors can help boys develop socially and emotionally.

HOW TO RAISE A BOY provides those who care for young boys and teenagers the latest insights from psychology and neuroscience to give us the tools we need to help build more self-aware, caring, and compassionate men.



- **An author with amazing credentials:** As founding director of the Center for the Study of Boys' and Girls' Lives at University of Pennsylvania, and having seen thousands of boys in his work with schools and in his private practice, Dr. Reichert is the ideal author for a big new book on boys.
- **Dr. Reichert has an ongoing series ["The #MeToo Guide to Raising Boys"](#) for Yahoo Lifestyle and this series has received a lot of engagement**
- **Dr. Reichert's piece in *The Atlantic*, ["Male Violence is Everywhere"](#) went viral:** this piece takes a look at the fact that the majority of school shootings are performed by young men and the culture of male violence as a whole
- **The time has come for a big new book on boys:** it's been a while since there's been a big, new, authoritative book on boys and yet the "male crisis" has been brewing for years. This is the right moment for HOW TO RAISE A BOY.
- **International subject:** DR. Reichert references global statistics and studies, including his own, to support his argument that boys are in a state of crisis.
- **Speaking platform:** Dr. Reichert speaks at schools and conferences around the world (**I'm still waiting on getting this schedule for you—I should have it next week!**)

Michael C. Reichert, PhD, is founding director of the Center for the Study of Boys' and Girls' Lives at the University of Pennsylvania and a clinical practitioner specializing in boys and men who has conducted extensive research globally. Dr. Reichert writes beautifully, seamlessly weaving in stats from studies, his personal experience as a father of two boys, and the experiences of the families he's worked with in his two decades of practice.

Rights: TarcherPerigee

Publication date: April 16, 2019 – hardcover 336 pp.

CREATIVITY

THE DAILY ZEN JOURNAL: A Creative Companion for a Beginner's Mind

by Charlie Ambler

This is a playfully illustrated journal for engaging your beginner's mind, by the twentysomething creator of Daily Zen.

This title is perfect for millennial readers of quirky mindfulness guides like *The Buddha Walks into a Bar*, *Meditation for Fidgety Skeptics*, and *Waking Up*, as well as fans of quirky, introspective journals like *1 Page at a Time* and *How to Be Happy (or at Least Less Sad)*.

Ask any happy person you know—curiosity and playfulness keep us engaged and connected to what matters most. This Zen Buddhist-influenced journal helps anyone cultivate beginner's mind—open to observing, laughing, and growing into our best selves.

Written by Charlie Ambler, the twentysomething creator of Daily Zen (the popular blog and Twitter feed that reaches more than 300,000 engaged fans), this thought-provoking journal with elegant illustrations by Brooklyn artist Iris Gottlieb will open your mind, ease your stress, and help you prioritize your life, one enlightening page at a time.

On-trend subject: For fans of mindfulness, meditation, Zen concepts, and creativity.

Large social media following: Daily Zen has more than 300,000 Twitter followers and monthly blog readers

Hip illustrations: Packed with illustrations by Iris Gottlieb, whose quirky style has attracted an engaged following on Instagram

Promotable author: Charlie Ambler speaks to his fellow millennials through Daily Zen as well as his popular internet pin and patch company, Strike Gently. He's a self-taught student of Buddhist ideas, and Daily Zen began as his personal beginner's mind notebook to track what he learned.

Charlie Ambler is the creator of the popular mindfulness blog Daily Zen, as well as the founder of a successful online apparel brand, Strike Gently Co, which has been featured in *Vogue*, *Vice* and *W* magazine. **Iris Gottlieb** is a freelance illustrator whose second book, *Seeing Science*, will be published by Chronicle in fall 2018.

Rights: TarcherPerigee

Publication date: February 5, 2019 - trade paperback 176 pp.

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INSTANT JOURNAL: Chart Your Life One Week at a Time

by Mia Nolting



No time to keep a journal (let alone a *bullet* journal)? This simple, clever book is the answer.

The benefits of journaling are widely known--giving us greater clarity and focus, and allowing us to record the fleeting moments of our daily lives. But the sad truth is that many of us are too busy or stressed to keep a journal in the first place. Finally, help is on the way.

INSTANT JOURNAL is illustrator Mia Nolting's five-minute solution for anyone who wants to keep track of their emotions, productivity, goals, social life, and more. It's filled with hand-lettered checklists, pie charts, and other tools designed to help you make note of your daily experiences--one two-page spread per week, plus a second spread each week for free-form note-taking.

If the prospect of bullet-journaling from scratch makes you want to run and hide, INSTANT JOURNAL offers a simpler way to stay connected to what matters most--and have fun as you make each page your own.

- **New twist on a popular trend:** guided journals are now a crowded category, and blank books are a dime a dozen. This is a new way to record your experiences and progress, with ease.
- **Hand-lettered package:** a cohesive and intimate package created by the author, inside and out.
- **On-trend author/illustrator:** Mia Nolting is a sought-after illustrator and art director whose recent clients include Nike Women, HBO (she did an ad campaign for *Girls*), Airbnb, Lucky Peach, and other top brands.

Mia Nolting is an illustrator and sometimes art director, making drawings and designs for magazines, murals, campaigns, books, publishing, and film projects around the world.

Rights: TarcherPerigee

Publication date: October 2, 2018 - trade paperback 224 pp.

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THE WRITER'S PRACTICE: Building Confidence in Your Nonfiction Writing

by John Warner

For anyone aiming to improve their skill as a writer, a revolutionary new approach to establish robust writing practices inside and outside the classroom.

After over two decades teaching college-level writing following the most established and well-regarded practices, writer, editor, and educator John Warner knew we could do better. Drawing on his classroom experience and the most persuasive research in contemporary composition studies, he devised an innovative new framework, a step by step method that moves the student through a series of writing problems--an organic, bottom-up writing process that exposes and acculturates them to the ways writers work in the world.

The time is right for this new and groundbreaking approach. The most popular books on composing take a formalistic view, utilizing "templates" in order to mimic the sort of rhetorical moves academics make. While this is a valuable element of a writing education, there is room for something that speaks more broadly.

THE WRITER'S PRACTICE invites students and novice writers into an intellectually engaging, active learning process that prepares them for a wider range of academic and real-world writing and allows them to become invested and engaged in their own work.

This book is positioned to become a long-selling classic for several reasons:

- **QUALIFIED AUTHOR:** Warner has over two decades' experience teaching college level writing at five institutions and is a writer, editor, educator, and leading voice on the teaching of writing. He's spearheading a new movement to pursue this active learning approach and is just the person to write this book.
- **WELL-CONNECTED:** In addition to his great credentials, Warner is very well-connected, personally, in the composition world. He is a contributing writer at *Inside Higher Ed* and is frequently republished in *Slate*.
- **FILLS AN IMPORTANT GAP:** *They Say/I Say* is the best-selling composition book in the country and deeply embedded in the way we teach and talk about writing, but it takes a formalistic approach—there is no equivalent resource for fans of process-based instruction.
- **A METHOD TO WHICH WRITERS CAN RELATE:** Warner's approach has the potential to revolutionize the way we think about learning writing because it encourages students to see the world the way writers do and provides them with real-life experiences rather than formal templates.

John Warner has more than twenty years' experience teaching college level writing, working with a range of students from developmental writing through graduate level studies. He has taught many different types of writing, from composition, fiction, and narrative non-fiction to technical and humor writing. A contributing writer at *Inside Higher Ed*, he has become a national voice on writing pedagogy and his pieces are frequently republished in *Slate*. He is the author of five books. An editor at large at *McSweeney's*, he has worked with writers who have gone on to publish in outlets including *The New York Times*, *The New Yorker*, and *The Guardian*

Rights: Penguin Books

Publication date: February 5, 2019 - paperback 192 pp.