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**KARL PILLEMER, Ph.D.**

**FAULT LINES: Fractured Families and How to Mend Them by Karl Pillemer, Ph.D.**

Publisher: Avery/PRH – Fall 2020

Translation & UK/BC rights: Janis A. Donnaud & Associates

Material available: proposal

**UK rights sold to Yellow Kite/Hodder & Stoughton**

- **Karl Pillemer’s important new book project explores the landscape of serious rupture between family members – the adult child who will not even speak with his parents, the grandmother who has met her teen-aged grandchildren only through furtive glimpses on Facebook, the sister estranged for years from her once inseparable siblings -- an issue that touches millions and millions of people, causing grief and distress so profound that it can ruin lives. This is a critically important problem – pervasive and destructive – yet, amazingly, there is not a definitive, data-informed, solution-oriented popular book on the topic available to readers.**

**Karl aims to fill this gap with *Fault Lines*, deploying his signature combination of sociological research and accessible advice, complete with “rich, in-depth interviews with hundreds of individuals of all ages and from all walks of life who have lived through family schisms, data from large-scale surveys that provide the “big picture” of all kinds of family estrangement; and conversations with leading family therapists who share professional expertise on how to prevent and heal rifts.”**

**Based on ten years of research, *Fault Lines* draws on Karl’s ground-breaking study funded by the National Institutes of Health, in which 600 parents and over 1,200 adult children were interviewed about their experience of family life and the results of the esteemed Cornell National Social Survey.**

**The book is filled with real conversations with real families, providing powerful testimony to the origins of family ruptures and offering a six-path plan with concrete strategies, practical tips, and exercises that actually work in real life to help families find common ground, discover what went wrong and start the process of reconciliation and the restoration of precious relationships. Karl has a special gift for giving full voice to “ordinary” people and the eloquent stories in this book are moving, relatable and suffused with hard-won insights and knowing guidance.**

**Karl’s ground-breaking study funded by the National Institutes of Health, in which 600 parents and over 1,200 adult children were interviewed about their experience of family life. This study allowed Karl to explore different sides of the estrangement story in the same family – something no book on the topic has done before. Even better, the study has two**

**waves nearly 10 years apart, so Karl can profile what happens to family members over the long-term.**

**Karl is tackling a BIG subject in *Fault Lines*, one that is achingly familiar to almost everyone, especially in an era when powerful outside forces such technology and mobility are lessening family cohesion. Family fracture is a problem that people are highly motivated to solve, but the reliable information and repair tools have not been readily available. **The audience here is huge and Karl's warm and encouraging voice and straightforward approach is perfect for this subject.****

**About the author:**

**Karl Pillemer, Ph.D.**, is an internationally recognized family sociologist. He is the Hazel Reed Professor of Human Development at Cornell University and also a Professor in the Weill Cornell Medical College. He is the Director of the Bronfenbrenner Center for Translational Research at Cornell, a major national center that works to strengthen family life and promote optimal human development.

Throughout his career, the focus of Dr. Pillemer's research has been studying the family over the life course. This area of social science takes the long view and examines how people develop and change throughout their lives in family contexts. The life course perspective asks questions like: What effects do choices, opportunities, and circumstances early in families have on how our lives turn out? What leads some people to have happy and healthy family lives, while others struggle with serious problems? Why do some families thrive and support their members throughout life while others do not? Dr. Pillemer has spent much of his career focusing on the question: How can we best understand family life and how can we make it easier at every stage of life?

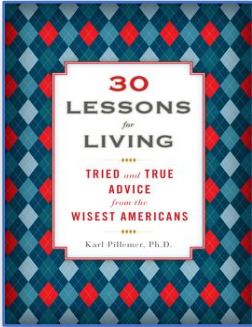
Dr. Pillemer is Co-Director of the well-known Within-Family Differences Study (WFDS), a multimillion-dollar research project funded by the National Institutes of Health. In the WFDS, nearly 800 older parents were interviewed about relationships with all of their adult children; additionally, as many as possible of their children were interviewed. All were then followed for nearly a decade. This study provides the most complete picture of parent-child and adult sibling relations ever conducted. Among Pillemer's best-known academic work is his research program on the topic of ambivalence in families; he is considered a pioneer in examining how families contain and cope with powerful, conflicting emotions.

Dr. Pillemer has authored more than 150 scientific publications, is a Fellow of the Gerontological Society of America, and has served in leadership roles in a number of scientific organizations. He speaks throughout the world on family issues and his work has been covered by major media outlets.

Dr. Pillemer counts among his greatest accomplishments his work translating research findings to the general public. He is the author of the best-selling *30 Lessons for Living: Tried and True Advice from the Wisest Americans* (Hudson Street Press/Penguin, 2011). and *30 Lessons for*

*Loving: Advice from the Wisest Americans on Love, Relationships, and Marriage* (Hudson Street Press/Penguin, 2015). Pillemer has also published a number of popular advice books for workers in the elder service field.

**Also by the author:**



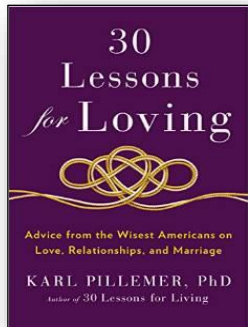
***30 LESSONS FOR LIVING: Tried and True Advice from the Wisest Americans***  
by Karl Pillemer, Ph.D.

**Publisher: Avery/PRH**

**UK & Translation Rights: Janis A. Donnaud & Associates, Inc.**

**International sales:**

- Korean - Tornado Media Group - #1 Best Seller in Korea – over 125,000 copies sold!
- German – Piper Verlag
- Chinese/PRC – Changsha Senxin Culture
- Chinese/Taiwan – Wealth Press
- Japanese - Sunmark
- Vietnamese – TGM
- Romanian – Politon
- Turkish – Butik Yayincilik



***30 LESSONS FOR LOVING: Advice from the Wisest Americans on Love, Relationships, And Marriage***  
by Karl Pillemer, Ph.D.

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**International Sales:**

- Korean - Tornado Media Group
- Romanian – Politon
- Turkish – Butik Yayincilik

## CAMERON DOUGLAS

### **LONG WAY HOME: A Memoir by Cameron Douglas**

Publisher: Knopf – Fall 2019

Translation Rights: Janis A. Donnaud & Associates

UK/BC rights: Knopf

Material available: manuscript sample

- **A moving and shocking memoir detailing Cameron Douglas’s devastating fall from grace and brutal struggle to regain his dignity, humanity and place in society. Not since Brooke Hayward’s *Haywire* has there been such an intimate and raw look into a Hollywood family, a family that is true show business royalty, and the pain and dysfunction that envelopes them and that must be overcome.**

**Cameron Douglas, the grandson of Kirk Douglas, the son of Michael Douglas,** is born into wealth, privilege and comfort. He spends his childhood split between a mansion in Beverly Hills, a spectacular home in Montecito, California, and an estate on the island of Majorca. Jann Wenner is his godfather. As a young teenager, he parties with Julia Roberts and other movie stars. Jack Nicholson is a houseguest, as were Pat Riley, Danny DeVito and Oliver Stone. His parents are glamorous jet-setters, his father a superstar, his mother a beautiful socialite; his grandfather a legend. And yet, it does not take long for Cameron to feel neglected and alone. The family is breaking up; both parents have affairs; Michael checks into rehab. Cameron becomes a successful DJ but that brings him full-fledged into a party world of drugs: coke, then meth and heroin. He gets into terrifying fights to prove his tough guy status. He tries to live up to his father’s playboy image, using and discarding women. He commits armed robbery, thrilled by the danger, even when he walks away with just a couple of hundred dollars. And eventually he goes to prison after a drug bust — he, by this time, is selling drugs on a large scale — being trailed and nabbed by the DEA. At that point, his descent into hell truly begins.

At the age of 32, he is sentenced to five years in prison. And then gets two more years on top of that when he’s caught smuggling heroin into his cell. He must fight to survive. Many of the fights are life threatening. He alternates between finding drugs in prison and going through excruciating periods of withdrawal. He, in many ways, succumbs to the savage prison existence and ultimately is forced to spend two years in solitary confinement. Even in solitary he figures out ways to break the rules, to get drugs, to have sex, to remain true to the ethos by which he has survived in prison.

But gradually his will to turn his life around overcomes his rather savage transformation. In solitary, he reads fanatically. Educates himself. Learns the value of inner peace instead of the turmoil of the psychological war that has tormented him for years. He is determined to become the good person he knows he must be and, deep down, is.

In 2016, he is finally released. He is a free man. But Cameron's story is not over. He struggles to merge back into civilized society, overcoming years of finely-honed violent instincts. But he succeeds. He studies acting, he is completely drug-free and recently he got together with a woman he loves, had a baby and the family of three now lives in Los Angeles. The path is still not easy, every day is a struggle, but Cameron has achieved a never-before known level of peace — with his parents, and his family, as well as with himself and the world at large.

This is a tough and compelling memoir. At times not easy to take. It is remarkably honest. Nothing is hidden, no one in Cameron's sphere is spared, especially not Cameron himself. But by the end, it is truly inspiring. It shows that a life can be altered and changed and that transformation is truly possible.

**About the author:** Cameron Douglas is an actor living in Los Angeles.

**CYRUS KHAMBATTA, PH.D. & ROBBY BARBARO**

**MASTERING DIABETES: The Revolutionary 8-Week Program to Permanently Reverse Insulin Resistance by People with Diabetes for People with Diabetes by Cyrus Khambatta, Ph.D. and Robby Barbaro**

Publisher: Avery/PRH – Fall 2020

Translation & UK/BC rights: Janis A. Donnaud & Associates

Material available: proposal

- **Diabetes has become one the world’s major health problems, approaching pandemic levels in many countries, with an estimated 422 million people world-wide living with diabetes. It’s time for a diabetes revolution. That is the clear and urgent message of *Mastering Diabetes***

Cyrus and Robby have been living with type 1 diabetes for a combined total of 32 years, who, seeing their well-being deteriorate under standard treatment, scrutinized the protocol top to bottom and looked to other effective diet philosophies. They then, first using themselves as guinea pigs, developed a very different approach to understanding and living with the condition – and they refer to it as “mastering diabetes,” not “managing” diabetes – based on a plant-based, whole-food lifestyle that is lean in fat and rich in whole carbohydrates, including fruits, vegetables, and intact whole grains—foods that are traditionally thought “forbidden” for those with diabetes by the medical establishment.

They have uncovered evidence-based scientific research that describes in detail the powerful biology of reversing insulin resistance, and why carbohydrate-rich whole foods only require large amounts of insulin *if the total amount of fat in your diet is also high*. **The scientific evidence clearly demonstrates that eating a low-fat, plant-based, whole-food diet instead of foods high in fat and protein, increases insulin sensitivity very quickly, which in turn drops your need for oral medication and insulin.** *And you feel better.*

For more than four years, Cyrus and Robby’s popular Mastering Diabetes Program has helped thousands of people with *all* forms of diabetes to reduce their insulin use by *40 to 60 percent* (in the case of type 1 diabetes) and to *completely reverse insulin resistance* (for pre- or type 2 diabetes), while also helping people with diabetes lose weight, lower cholesterol, eliminate pharmaceutical medications, improve digestion, and live without fear of long-term complications.

*Mastering Diabetes* is like no other book on the market today and will serve as a personal coach to regain control of your health and address all the day-in-the-life questions, concerns, frustrations, and quandaries that affect people with diabetes.



At the core of the program is a comprehensive, yet easy to follow 8-week step-by-step plan that includes these benchmarks:

- **Getting Started: How to Be Successful and Eating the Mastering Diabetes Way**
- **Changing Your Diet One Meal at a Time** (included will be 30 simple recipes to help readers “jump start” the program)
- **Intermittent Fasting for Maximum Insulin Sensitivity and Weight Loss**
- **Exercise to Reverse Insulin Resistance**
- **Mastering Your Lifestyle.**

**Innovative, optimistic, illustrated with relatable case-histories, and above all, “do-able,” the Mastering Diabetes Program is the complete plan people coping with diabetes need now.**

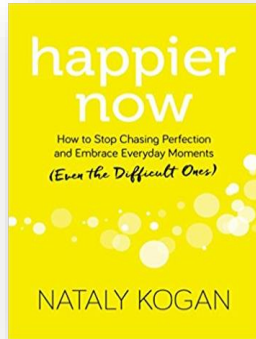
**About the authors:**

**Cyrus Khambatta and Robby Barbaro** are the team behind Mastering Diabetes, the only coaching platform for *all* individuals living with diabetes that prescribes a low-fat, plant-based, whole-food lifestyle. The pair launched their coaching company Mastering Diabetes after respectively finding success in the food-as-medicine world—Robby as right-hand man at leading vegan brand/community Forks Over Knives, and Cyrus as a Ph.D. from the Nutritional Biochemistry program at UC Berkeley. They have coached thousands of clients.

Their program is actively supported by many leading wellness experts, who also participate in their annual online summit, which last year attracted over 26,000 participants. These include, among many more: Dr. Neal Barnard (who has offered to write a foreword to the book), Dr. Michael Greger, Dr. Joel Fuhrman, Dr. John McDougall, Dr. Joel Kahn, Rip Esselstyn, Anthony William, Dr. Dean Ornish, Dr. Matt Lederman, Dr. Garth Davis, Brenda Davis, RD, Ocean Robbins, Dr. Caldwell Esselstyn, Susan Pierce Thompson, and Dan Buettner.

Cyrus and Robby have been featured in media outlets such as *NPR*, *KQED*, *Forks Over Knives*, *Vice*, *Fast Company*, *Plant Based News*, and *Wired*. They have spoken at major medical conferences and medical webinars (see proposal for details), as well as festivals including VegFest LA. Most recently, they have been featured in the 9-part docuseries *iThrive: Rising from the Depths of Diabetes and Obesity*, and they will be featured in the upcoming documentary *The Yo-Yo Effect*.

## NATALY KOGAN



### **HAPPIER NOW: How to Stop Chasing Perfection and Embrace Everyday Moments (Even the Difficult Ones) by Nataly Kogan**

Publisher: Sounds True - May 2018

Translation Rights: Janis A. Donnaud & Associates

UK/BC rights: Sounds True

- **This isn't a book about positive thinking, silver linings, or always being happy. This is a book about living fully in good times and bad, and enjoying life more because of it.**

In her debut book *Happier Now*, nationally recognized happiness expert Nataly Kogan teaches readers how to stop searching for some elusive “big happy” in the future and start finding more joy in everyday moments. Drawing from science, Eastern traditions, her experience as a refugee, and her own failing search to find lasting happiness through career success, Nataly shares simple practices to help readers live happier and have greater resilience when times get tough. Readers will learn how to experience more joy and meaning, boost their “emotional immune system,” and embrace difficult times with compassion and stability.

It's time to stop saying, “I'll be happy when . . .” and start saying, “I'm happy now because . . .”

#### **About the author:**

**Nataly Kogan** is an author, speaker, and the founder of Happier. Her work has been featured in hundreds of media outlets, including the *New York Times*, the *Wall Street Journal*, TEDx Boston, SXSW, and Dr Oz. Nataly lives with her husband and daughter in Boston. For more information, visit [www.happier.com](http://www.happier.com)

- Watch Nataly's TEDx talk Boston <https://www.youtube.com/watch?v=tKaCN0-kpVE>

**ROBERT LUSTIG, M.D., MSL**

**THE HACKING OF THE CONTEMPORARY MIND: The Science Behind the Corporate Takeover of Our Bodies and Brains**

**by Robert H. Lustig, M.D., MSL**

Publisher: Avery/Penguin USA – Fall 2017

Translation & UK/BC rights: Janis A. Donnaud & Associates

**International sales:**

- Chinese/simplified – Huaxia
- German - MVG

**Praise for THE HACKING OF THE CONTEMPORARY MIND**

"Our health, resistance to disease, and ability to function on a day-to-day basis have essentially been hijacked, all in the name of corporate profits. **Dr. Lustig explores how industry has manipulated our most deep-seated survival instincts to motivate our food choices in a way that directly undermines our ability to survive. But more importantly, this book eloquently reveals how we can disengage from this influence and re-establish ourselves on a path to wellness.**" —**David Perlmutter, MD**, author of the #1 *New York Times* bestseller, *Grain* Brain and Brain Maker

"**A provocative, persuasive plea to stop seeking the wrong kind of happiness.** Take it from the neuroscientist/endocrinologist who sounded the alarm about sugar: chasing rewards is far less rewarding than finding contentment." —**Adam Grant**, author of *New York Times* bestsellers *Originals* and *Give and Take*, and coauthor of the *New York Times* bestseller *Option B*

"Robert Lustig takes on one of the greatest paradoxes of our time: how can it be that we have more sources of pleasure than ever before in human history, and yet are increasingly sick, broke, and unhappy? **By deftly weaving together neuroscience, history, economics, and more, he provides a much-needed explanation of how the 'pernicious peddling of pleasure' causes real happiness to elude so many of us — and also provides a desperately needed roadmap for escaping the pleasure trap.**" —**Sharon Begley**, co- author of the *New York Times* best seller *The Emotional Life of Your Brain*

"Pleasure and happiness are not the same thing – as our addictions to everything from unhealthy food to cellphones show. **In this book, Dr. Lustig unpacks the science of pleasure versus happiness to explain the true causes of the last 40 years of addiction, depression, and disease.** The good news is that the solution is easy — well, maybe not so easy — put down your

cellphone. And sleep. You'll be happier, and you'll live longer!"—Arianna Huffington

**“At the edges where popular science and popular social criticism meet... Branching out into realms such as neuroscience, sociology, and even theology, Lustig looks at the reward system whereby the brain lives and dies via serotonin, cortisol, and dopamine, chemicals that drive us to have that one piece of cake too many—or to smoke, snort cocaine, stare into our cellphones, and watch game shows. Medical specialists treat effects, he argues, whereas we should be looking into root causes: not just the chemistry of the brain, driven to seek reward and vulnerable to falling into addiction, but also the economic machine that creates vast industries devoted to choking processed foods with reward-delivering sugar and putting an opioid-supplying pharmacy on every street corner.”**

*-Kirkus*

- **The *New York Times* bestselling author of *Fat Chance* reveals the corporate scheme to sell pleasure, driving the international epidemic of addiction, depression, and chronic disease.**

While researching the toxic and addictive properties of sugar for his *New York Times* bestseller *Fat Chance*, Robert Lustig made an alarming discovery—our pursuit of happiness is being subverted by a culture of addiction and depression from which we may never recover.

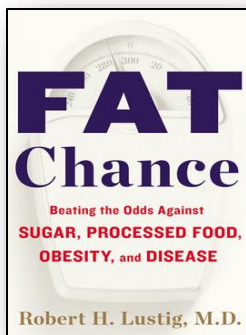
Dopamine is the “reward” neurotransmitter that tells our brains we want more; yet every substance or behavior that releases dopamine in the extreme leads to addiction. Serotonin is the “contentment” neurotransmitter that tells our brains we don’t need any more; yet its deficiency leads to depression. Ideally, both are in optimal supply. Yet dopamine evolved to overwhelm serotonin—because our ancestors were more likely to survive if they were constantly motivated—with the result that constant desire can chemically destroy our ability to feel happiness, while sending us down the slippery slope to addiction. In the last forty years, government legislation and subsidies have promoted ever-available temptation (sugar, drugs, social media, porn) combined with constant stress (work, home, money, Internet), with the end result of an unprecedented epidemic of addiction, anxiety, depression, and chronic disease. And with the advent of neuromarketing, corporate America has successfully imprisoned us in an endless loop of desire and consumption from which there is no obvious escape.

With his customary wit and incisiveness, Lustig not only reveals the science that drives these states of mind, he points his finger directly at the corporations that helped create this mess, and the government actors who facilitated it, and he offers solutions we can all use in the pursuit of happiness, even in the face of overwhelming opposition. Always fearless and provocative, Lustig marshals a call to action, with seminal implications for our health, our well-being, and our culture.

**About the author:**

**Robert H. Lustig, M.D., MSL**, is professor of pediatrics in the Division of Endocrinology and a member of the Institute for Health Policy Studies at University of California, San Francisco. He has authored 120 peer-reviewed articles and 70 reviews. He has mentored 30 pediatric endocrine fellows and trained numerous other allied health professionals. He is the former chairman of the Obesity Task Force of the Pediatric Endocrine Society, a member of the Obesity Task Force of the Endocrine Society, and a member of the Pediatric Obesity Devices Committee of the U.S. Food and Drug Administration. He is also the president of the nonprofit Institute for Responsible Nutrition, dedicated to reversing childhood obesity and Type 2 Diabetes. He consults for several childhood obesity advocacy groups and government agencies. He is the author of the New York Times Best Seller, **FAT CHANCE**, which has sold in 13 international territories.

***Also by the author:***



**FAT CHANCE: Beating the Odds Against Sugar, Processed Food, Obesity and Disease by Robert H. Lustig, M.D., MSL**

Publisher: Hudson Street Press/Penguin USA

Translation & UK/BC Rights: Janis A. Donnaud & Associates

☆*New York Times Best-Seller*☆

☆*Over 150,000 copies sold in the US*☆

☆*The subject of a major documentary "Fed Up," produced by Laurie David*☆

**Article in The New York Times on Dr. Lustig's study of sugar consumption in children:**

[http://well.blogs.nytimes.com/2015/10/27/cutting-sugar-improves-childrens-health-in-just-10-days/?\\_r=0](http://well.blogs.nytimes.com/2015/10/27/cutting-sugar-improves-childrens-health-in-just-10-days/?_r=0)

☆*Nominated for the prestigious Derek Cooper Award for Campaigning and Investigative Food Writing at the 2014 UK Guild of Food Writers Awards*☆

**International Sales:**

- UK/BC - Fourth Estate/HarperCollins
- German - MVG
- Japanese- Diamond
- French/Editions Thierry Souccar
- Chinese/complex – Streamer Publishing
- Korean – Korean Economic Daily
- Swedish – Pagina Forlags
- Slovenian – UMCO
- Turkish – Nail Kitabevi

- Norwegian – Lille Maane
- Polish - Galaktyka
- Czech - Albatros
- Slovakian - Albatros

➔ Robert Lustig's 90-minute YouTube video "Sugar: The Bitter Truth", has been viewed more than *three million times* – link: <http://www.youtube.com/watch?v=RKMpTlxTSGM>

➔ Robert Lustig at TedXBermuda 2013 – "Sugar – The Elephant in the Room"  
<https://www.youtube.com/watch?v=gmC4Rm5cpOI>

**In FAT CHANCE, Dr. Lustig documents the science and the politics that has led to the international pandemic of obesity and chronic disease over the last 30 years.**

In the late 1970s when the governments mandated we get the fat out of our food, the food industry responded by pouring more sugar in. The result has been a perfect storm, disastrously altering our biochemistry and driving our eating habits out of our control.

To help us lose weight and recover our health, Lustig presents personal strategies to readjust the key hormones that regulate hunger, reward, and stress; and societal strategies to improve the health of the next generation.

Compelling, controversial, and completely based in science, *Fat Chance* debunks the widely held notion to prove "a calorie is NOT a calorie", and takes that science to its logical conclusion to improve health worldwide.

### Praise for FAT CHANCE

**"*Fat Chance* is THE manifesto for our time.** It gets right to the root of the problem, which is not gluttony and sloth, as the food industry, government and your neighbor would have you believe. It is because we are drowning in a sea of sugar which poisons our metabolism, shrinks our brains, and threatens our national security and global competitiveness.

**-Mark Hyman, M.D.,** author of *The Blood Sugar Solution*

"No scientist has done more in the last fifty years to alert Americans to the potential dangers of sugar in the diet than Dr. Robert Lustig."

**-Gary Taubes,** author of *Good Calories, Bad Calories* and *Why We Get Fat*

"Our eating habits are killing us. In this timely and important book, Dr. Robert Lustig presents the scientific evidence for the toxicity of sugar and the disastrous effects of modern industrial food on the hormones that control hunger, satiety, and weight. He gives recommendations for a personal solution to the problem we face and also suggests a public policy solution.

***Fat Chance* is the best book I've read on the relationship between diet and health and the clearest explanation of epidemic obesity in our society."**

**-Andrew Weil, M.D.**, author of *Spontaneous Happiness* and *You Can't Afford to Get Sick*

**"*Fat Chance* is an extraordinary achievement.** Obesity's causes, mechanisms, health consequences, and preventive approaches are all devilishly complicated, but Dr. Lustig's outstanding contribution clarifies the complexity via a writing style that's accessible, insightful, and often gently humorous. Robert Lustig is a clinician, a scientist, and an advocate — a combination that makes him uniquely qualified to bring the condition's many facets into sharp focus. **Obesity has become the world's number one health problem. *Fat Chance* is the book for all of us who must confront this epidemic."**

**-S. Boyd Eaton, M.D.**, Departments of Radiology and Anthropology, Emory University, and father of the Paleo Diet movement

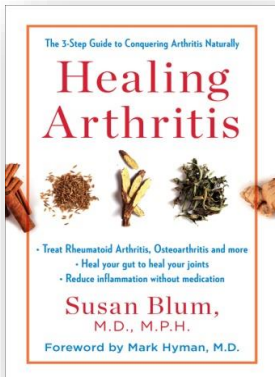
**"Robert Lustig is neither ringing an alarm bell nor giving us a gentle, paternalistic nudge. His message is more authentic.** He is a medical doctor issuing a prescription. In order to address a current cocktail of health threats, Americans must alter their diets and do so radically. Those alterations must begin with a dramatic reduction in the consumption of sugars."

**-Alec Baldwin**

"The obesity pandemic is well documented. But what can be done about it? More importantly, when does a personal health issue rise to become a public health crisis? In *Fat Chance*, Dr. Robert Lustig examines the science of obesity to determine the role that our current diet (especially too much sugar and too little fiber) plays in weight gain and disease. Using that knowledge, he proposes changes in our personal, public, and governmental attitudes to combat this scourge. ***Fat Chance* is a 'savory' read with a 'sweet' finish."**

**-Sanjay Gupta, M.D.**, neurosurgeon and CNN medical correspondent

**SUSAN BLUM, M.D.**



**HEALING ARTHRITIS: The Drug-Free 3-Step Guide to Conquering Arthritis**

**by Susan Blum, M.D., M.P.H., with Michele Bender**

Publisher: Scribner/S&S - October 2017

Translation & UK/BC rights: Janis A. Donnaud & Associates, Inc.

**International sales:**

- **UK/BC – Orion**
  - **German – VAK Verlag**
  - **Polish - Studio Astropsychologii**
  - **World Spanish - Alfaomega**
- **Authoritative, cure-oriented, absolutely cutting-edge in its treatment protocols that focus on the ground-breaking, recently proven, stress/gut/microbiome arthritis connection, and filled with relevant case studies and written with Susan Blum’s signature caring, encouraging, hopeful voice, this will be by far the most comprehensive and medically advanced book on inflammatory arthritis available to readers eager for a new and effective treatment strategy.**

Today, *arthritis is the leading cause of disability* in the hundreds of millions of adults who report having one, greater than both back pain and heart disease. (It is estimated that over 300 million people around the world suffer from arthritis.) And, contrary to popular misconceptions, it is decidedly *not* just a disease of old age -- arthritis devastates the lives of people of all ages with chronic, debilitating pain and swelling. Conventional medicine (and the many books on the market that echo standard treatment protocols) focuses on the symptoms and the use of strong pain medicines to mask those symptoms, without targeting the underlying disease.

With her pioneering Functional Medicine approach, Susan reaches past typical treatments and offers a one-of-a-kind new methodology – the **3-Step Blum Center Arthritis Protocol** -

- *Step 1: Two-week Jumpstart Arthritis Diet*
- *Step 2: Two-month Intensive Gut Repair*
- *Step 3: Six-month Permanent Healing.*

The program is centered on breaking the vicious cycle of inflammation and ending the self-perpetuating “stress-gut-arthritis” pattern she sees in her patients. **Her plan actually *heals the cause of this crippling condition, and can permanently restoring precious quality of life for millions of sufferers.*** Susan *knows* this program works because she has deployed it successfully

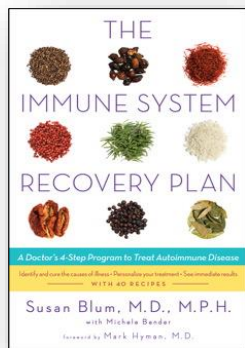


with hundreds of patients in her practice, and thousands of people on her website -- and because she used it to cure her *own* inflammatory arthritis (which will be covered in a chapter in the book).

**About the authors:**

**Susan Blum, M.D.**, is the founder of the Blum Center for Health in Rye Brook, New York, an advisor to the Institute for Functional Medicine, and serves on the Medical Advisory Board for *The Dr. Oz Show*. An assistant clinical professor in the Department of Preventive Medicine at the Mount Sinai School of Medicine, she has been treating and preventing chronic disease for more than a decade. She is the author of *THE IMMUNE SYSTEM RECOVERY PLAN*, published by Scribner. **Michele Bender**, is an award-winning freelance writer whose work has appeared in national publications including *The New York Times*, *Family Circle*, *Glamour*, *Real Simple*, *Redbook*, and *In Style*, among others.

**Also by the author:**



***THE IMMUNE SYSTEM RECOVERY PLAN:  
A Doctor's 4-Step Program to Treat Autoimmune Disease***  
by Susan Blum, M.D., M.P.H., with Michele Bender,  
Foreword by Mark Hyman, M.D.

Publisher: Scribner/S&S

Translation & UK/BC rights: Janis A. Donnaud & Associates, Inc.

● ***In its 24th hardcover printing!***

**International sales:**

- German – Verlag VAK
- Korean – Panmun
- World Spanish – Alfaomega
- Chinese (complex) – As If
- Polish – Studio Astropsychologii
- Russian - Mann, Ivanov & Ferber
- UK/BC – Orion
- Romanian – Editura Herald
- Chinese (simplified) - Beijing Science and Technology Publishing Co.

➤ **Identify and cure the causes of autoimmune illness with personalized treatment and see immediate results.**

- Are you constantly exhausted?
- Do you frequently feel sick?

- **Are you hot when others are cold, or cold when everyone else is warm?**
- **Do you have trouble thinking clearly, aka “brain fog”?**
- **Do you often feel irritable?**
- **Are you experiencing hair loss, dry skin, or unexplained weight fluctuation?**
- **Do your joints ache or swell but you don’t know why?**
- **Do you have an overall sense of not feeling your best, but it has been going on so long it’s actually normal to you?**

If you answered yes to any of these questions, you may have an autoimmune disease, and this book is the “medicine” you need. Among the most prevalent forms of chronic illness in this country, autoimmune disease affects millions. This epidemic—a result of the toxins in our diet; exposure to chemicals, heavy metals, and antibiotics; and unprecedented stress levels—has caused millions to suffer from autoimmune conditions such as Graves’ disease, rheumatoid arthritis, Crohn’s disease, celiac disease, lupus, and more. In *The Immune System Recovery Plan*, Dr. Susan Blum, one of the most sought-after experts in the field of functional medicine, shares the four-step program she used to treat her own serious autoimmune condition and help countless patients reverse their symptoms, heal their immune systems, and prevent future illness.

**DR. BLUM’S INNOVATIVE METHOD FOCUSES ON:**

- Using food as medicine
- Understanding the stress connection
- Healing your gut and digestive system
- Optimizing liver function

Each of these sections includes an interactive workbook to help you determine and create your own personal treatment program. Also included are recipes for simple, easy-to-prepare dishes to jump-start the healing process.

***The Immune System Recovery Plan* is a revolutionary way for people to balance their immune systems, transform their health, and live fuller, happier lives.**

**Praise for THE IMMUNE SYSTEM RECOVERY PLAN**

***“The Immune System Recovery Plan* is a godsend for the millions suffering from autoimmune disorders. This book’s information is life-changing!” - Christiane Northrup, MD, author of *Women’s Bodies*, *Women’s Wisdom* and *The Wisdom of Menopause***

***“The Immune System Recovery Plan* provides a wealth of information, based on leading-edge science that will surely have a profoundly positive impact on the vitality and longevity of its readers.” David Perlmutter, MD, FACN, author of *GrainBrain***



## COOKBOOKS/FOOD WRITING

### FORKS OVER KNIVES



#### ***FORKS OVER KNIVES: FLAVOR!* Delicious, Whole-Food, Plant-Based Recipes to Cook Every Day by Darshana Thacker**

Publisher: HarperWave - 2018

Translation & UK/BC rights: Janis A. Donnaud & Associates

- **The first four-color *Forks Over Knives* cookbook: head chef Darshana Thacker offers 150 delicious, all-new, easy-to-prepare whole-food, plant-based recipes for internationally inspired meals.**

The 2011 documentary *Forks Over Knives* ignited a revolution, empowering people to live healthier and happier lives. The film revealed the indisputable link between the average American diet—heavy in meat, dairy, and refined foods—and heart disease, stroke, cancer, and diabetes. It also showed how, by focusing on a whole-food, plant-based diet, these chronic illnesses could not only be prevented, but sometimes even reversed. Through its meal plans, website, and *New York Times* bestselling cookbooks, *Forks Over Knives* has proven that a diet based on fruits, vegetables, tubers, whole grains, and legumes isn't just good for you, it tastes good too.

**FOK is one of the most trusted sources for guidance and information on living the vegan way and, for many, the *exclusive* source for vegan recipes. Recipes posted on the FOK website draw an average of 25,000 unique visitors in the first week of being posted. (That's an astonishing 2.5 visitors *per recipe, per minute, every minute of every day!*)** And the mobile app has become an invaluable resource, with over 150,000 sold since being released last year.

#### **About the author:**

**Darshana Thacker** is chef and culinary project manager for Forks Over Knives and a graduate of the Natural Gourmet Institute in New York City. Darshana grew up cooking alongside her mother and aunts in her native India, and today, draws inspiration from cuisines from around the world. Darshana was a lead contributor to the *New York Times* bestseller *The Forks Over Knives Plan* and her recipes have been published in the other FOK books.

- **International sales for the prior FORKS OVER KNIVES books:**

**FORKS OVER KNIVES:**

French – L’Age d’Homme

ANZ/Penguin Australia

Portuguese in Brazil/Texto

Czech/Dona

German/Scorpio

Italian/Macro Gruppo

Romanian/Adevar Divin

Russian/Mann, Ivanov & Ferber

Japanese/GSCO

Chinese (complex)-H2O Books

Polish/Galaktyka

**FORKS OVER KNIVES - The Cookbook:**

Russian/Mann, Ivanov & Ferber

German/Scorpio

**SAMANTHA SENEVIRATNE**

**THE JOYS OF BAKING by Samantha Seneviratne**

Publisher: Running Press/Perseus - 2019

Translation & UK/BC Rights: Janis A. Donnaud & Associates, Inc.

- **The new book from the James Beard Award-nominated author/blogger Samantha Seneviratne's is a personal, writing-driven, narrative-filled, cookbook that explores the powerful lure of baking in all the emotional seasons of our lives, through challenges and triumphs alike.**

It's about how the act of making a perfect lemon cake or a dense chocolate cardamom swirl loaf can comfort us in times of fear and change, free us to celebrate from the heart when love comes our way, take us on a journey to our deepest memories and desires, or trigger our need to share sweet delight with friends and family.

*The Joys of Baking* will explore all the ways we imagine and pursue pleasure and satisfaction by the making and eating of baked desserts, in happy moments and in moments when happiness seems preposterous. Sam's stories are heartfelt, funny, and true. The writing here is lovely – expressive, accessible, insightful, pitch perfect for the readers who love books about self-discovery through food and our emotional lives in the kitchen such as *My Kitchen Year*, *Julie and Julia* and *The Kitchen Diaries*.

*"Cooking is a necessity. Everyone needs to eat. Preparing a meal can be a joy, of course, but too often it feels like a chore that has to get done.*

*Baking is different. Baking is a choice. Baking is never essential. No one needs a chocolate cake to survive. Except sometimes a chocolate cake is exactly what you need to survive. Sometimes a chocolate cake is the only thing you need in the world. Every baking project begins with the imagination of pleasure. Something sparks it. A desire: bittersweet caramel. A craving: salt. A memory: summer walks with ice cream. A feeling: loneliness. The project takes shape around the idea of what you want it to feel like, and what you want to feel. Sometimes that means the physical satisfaction that comes from the act of creaming butter and sugar, folding pastry dough to create a lattice, or kneading bread. Other times it means eating and sharing and talking and laughing with a friend, or the satisfaction of focused work. Whatever the pleasure, however it originates and wherever it leads, baking is about making the pleasures you imagine real. Learning to bake is about learning how to please yourself."*

The stories and recipes in this book will be organized around the primal, often wild emotions we all experience: love and longing, fear and courage, loss and loneliness, joy

and happiness “when there are no words,” those moments when baking is the *only* way to fully express affection, gratitude, pride, care and compassion.

Sam has created a concept here that seamlessly blends cookbook, memoir, and irreverent self-help in the mold of *The Novel Cure- From Abandonment to Restlessness: 751 Books to Cure What Ails You*.

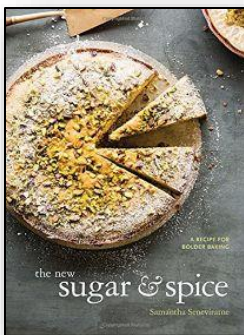
And, of course, the recipes are inimitably, wonderfully Sam’s, with spicy original spins and her unique international flavor combinations – here is a small sampling:

- Chocolate and Banana Cream Pie with Salty Oatmeal Crust
- Five Layer Honey Cream Cake
- Dark Chocolate Malt Celebration Cake
- Maple Tahini Swirl Brownies
- Amaro Ice Cream with Luxardo Cherries
- Hummocky Meadow Berry Buckle
- Toasted Coconut and Passion Fruit Butter Cake
- Raspberry Crostata with Hazelnut and Whole Meal Pastry
- Chocolate Covered Chocolate Caramels
- French-Style Nectartine and Wild Blueberry Tart

### **About the Author**

Samantha Seneviratne is a New York–based food writer, recipe developer, and food stylist. She is a graduate of the International Culinary Center and has worked as a food editor in the test kitchens of *Good Housekeeping*, *Fine Cooking*, and Martha Stewart’s *Everyday Food*. She blogs about dessert at *Love, Cake* ([Lovecommacake.com](http://Lovecommacake.com)). Her debut cookbook about spice-centric baking, *The New Sugar and Spice*, (Ten Speed Press) was a 2016 James Beard Award finalist and chosen as one of the outstanding Cookbooks of the Year 2015 by the Associated Press. Her newest book, *Gluten Free for Good* (Clarkson Potter) was recently published.

### **Also by the author:**



### **THE NEW SUGAR & SPICE: A Recipe for Bolder Baking by Samantha Seneviratne**

Publisher: Ten Speed Press

Translation & UK/BC Rights: Janis A. Donnaud & Associates, Inc.

- **James Beard Award Finalist – 2016**
- **Chosen by *The New York Times* and *Associated Press* as a Best Food Book of 2015**

- **Raise your desserts to a whole new level of flavor *without all the extra sugar* with *The New Sugar & Spice*, a collection of more than eighty unique, unexpected, and uniformly delicious recipes for spice-centric sweets.**

Veteran baker Samantha Seneviratne's recipes will open your eyes to a world of baking possibilities: Her spicy, pepper-flecked Chile-Chocolate Truffles prove that heat and sweet really do go hand-in-hand, and a fresh batch of aromatic, cinnamon-laced Maple Sticky Buns will have the whole family racing into the kitchen.

Discover new recipes from around the globe, such as Sri Lankan Love Cake or Swedish-inspired Saffron Currant Braid. Or, give your classic standbys a bold upgrade, such as making Raspberry Shortcakes with zingy Double Ginger Biscuits. Filled with fascinating histories, origin stories, and innovative uses for the world's most enticing spices—including vanilla, cinnamon, peppercorns, and cardamom —*The New Sugar & Spice* guarantees that dessert will be the most talked-about part of your meal.

### Praise for THE NEW SUGAR & SPICE

"With **spices infused in every delectable bite**, Seneviratne, attempts to awaken the eater's taste buds with a handful of flavorful ingredients that most Western cooks only use by the pinch. .... **this book is a must-have for people who are looking to spice up the best part of the meal.**" — *Publishers Weekly*

"This is **a gorgeously imagined and photographed book with a warm-hearted spirit**. Seneviratne's instructions are welcoming and informative. She offers well researched spice intel and clear baking cues." —Editors, *Epicurious*

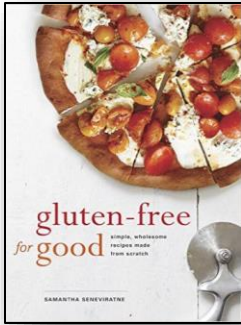
"With beautiful, understated photos, a history of each spice's production and use over the centuries, and lovely stories about Sri Lanka and Seneviratne's grandparents, ***The New Sugar and Spice* is a baker's dream come true.**" —*Shelf Awareness*

"**Samantha Seneviratne has assembled the most beguiling collection of desserts**, all of which hinge on the exotic spices she knows so well from childhood visits to her family's native Sri Lanka. The warmth and intensity of cloves, cardamom, and other spices breathe new life into many of our favorite sweet endings...the many beautiful photographs make this already **stunning book** even more so!" —*Deborah Madison*, author of *Vegetable Literacy* and *The New Vegetarian Cooking*

"**The straightforward recipes are great for novice bakers** (ahem, me) and also help use up spices that would otherwise be gathering dust. Plus, Seneviratne's Connecticut-by-way-of-Sri-Lanka stories about family are totally charming. And sugar-phobes are in the clear, too, since most of the recipes are pretty low in that department." —*Bon Appetit*

Janis A. Donnaud & Associates, Inc.

"**Samantha Seneviratne has a fresh approach** to what can feel like a tired niche — the baking book. She organizes her **beautifully photographed cookbook** by spice, so chapters are sorted by cinnamon, nutmeg, vanilla and so on. It's a different way to peruse — and be inspired by — a baking book. And tucked inside those chapters are approachable and creative takes on classic treats. " —*J.M. Hirsch, Associated Press*



**GLUTEN-FREE FOR GOOD: Simple, Wholesome Recipes Made from Scratch by Samantha Seneviratne**

Publisher: Clarkson Potter

Translation & UK/BC Rights: Janis A. Donnaud & Associates, Inc.

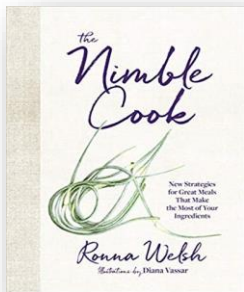
**No meal should be defined by what's not there.** *Gluten-Free for Good* has 100 easy, healthful gluten-free recipes that are so delicious you'll never miss the gluten.

Here are dishes you may have thought you'd never enjoy again— not without resorting to expensive packaged gluten-free foods that aren't as delicious or healthful as the real thing. These quick-cooking meals are for any time of day, all made from scratch without hard-to-digest processed additives like xanthan or guar gum. Recipes include:

- Miso Shrimp with Snap Peas
- Roast Chicken with Whole-Grain Sausage Stuffing
- Leek and Carrot Brown Rice Risotto
- White Pizza with Blistered Tomatoes
- Spanish Tortilla
- Parmesan Cheese Crackers



## RONNA WELSH



### **THE NIBLE COOK: New Strategies for Great Meals That Make the Most of Your Ingredients**

Publisher: Rux Martin Books/Houghton Mifflin Harcourt - 2019

Translation and UK/BC Rights: Janis A. Donnaud & Associates, Inc.

- **For more than two decades, Ronna Welsh has been empowering home cooks and chefs with radically simple strategies for cooking creatively and efficiently. In this sweeping masterwork with 400 recipes, she shows how to make varied, impromptu, economical, and delicious meals by coaxing the most flavor from common ingredients.**

*The Nimble Cook* teaches optimal prep methods, like the perfect way to dry and store greens—forget the salad spinner—for a salad made in seconds to pair with a vinaigrette composed of refrigerator door condiments. It provides hundreds of “starting point” recipes to transform basic dishes into luxurious ones, like an onion jam for burgers; a cheese stock for decadent risotto; or a mix of salt and whirred bay leaves that takes roasted shrimp or fish from ordinary to extraordinary. Welsh teaches nimble cooks irresistible uses for parts that otherwise go to waste, whether cucumber peels in kimchi or apple cores in a sweet-and-sour syrup for a bourbon cocktail. Graceful illustrations throughout provide further inspiration, making this book an essential addition to any creative cook's kitchen.

Professional chef **Ronna Welsh** is the founder of Purple Kale Kitchenworks, a bustling cooking studio and influential blog ([www.purplekale.com](http://www.purplekale.com)) Her international readership includes fans who have traveled from as far as London, Toronto, and New Zealand for her workshops.

For twenty years Welsh has worked alternately as executive chef, pastry chef, and consulting chef in a host of quirky, greenmarket-driven New York City restaurants, such as Savoy and Rose Water. She has also worked in restaurants, pastry shops, on farms, and in homes in the south of France, the Spanish Pyrenees, the Greek island of Lesbos, and a little town in Sicily. Accolades for her culinary work hail from *The New York Times*, *The Wall Street Journal*, *Real Simple*, *Time Out New York*, *Bon Appetit* and many other print and online media outlets. Ronna is a long-time member of the Chefs Collaborative and Women, Chefs, and Restaurateurs. She serves on an advisory board at Just Food, the New York based non-profit devoted to food justice and farmer community connections.

## CHRISTIAAN RÖLLICH



### **BAR CHEF: Handcrafted Cocktails by Christiaan Röllich and Carolynn Carreño**

Publisher: W.W. Norton - 2019

Translation & UK/BC Rights: Janis A. Donnaud & Associates

- **Celebrated Los Angeles bartender Christiaan Röllich approaches a drink the way a master chef approaches a dish: he draws on high-quality seasonal ingredients to create cocktails for every occasion.**

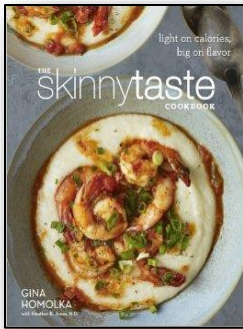
In *Bar Chef*, Röllich shares 100 original recipes for drinks that are as beautiful as they are delicious, including the Quixote (gin and grapefruit); a Kentucky Sour (bourbon and homemade cola syrup); Eggnog for the holidays; and Röllich's signature drink, the Green Goddess (green tea vodka and cucumber with arugula, jalapeno, and absinthe), which has become a part of the language of LA.

Featuring easy-to-follow recipes for syrups, tinctures, liqueurs, and bitters with herbs, spices, and seasonal fruit, Röllich guides you through his creative process, demystifying the craft of cocktail making. With stunning color photography and the suave storytelling of your favorite bartender, *Bar Chef* will become a go-to bar book for home cooks and cocktail enthusiasts, inspiring and pleasing readers with every drink.

#### **About the author**

Christiaan Röllich runs the bar program for the Lucques restaurant group, which includes A.O.C., Tavern, and Lucques. He has been featured in *Vogue*, *Food & Wine*, and *Bon Appétit*. Originally from the Netherlands, he lives in Los Angeles.

## ***INSTANT FOOD CLASSICS***



### **SKINNYTASTE: Light on Calories, Big on Flavor by Gina Homolka with Heather K. Jones R.D.**

Publisher: Clarkson Potter/Crown

Translation & UK/BC Rights: Janis A. Donnaud & Associates, Inc.

**-Over 500,000 copies sold in the US**

**-OVER ONE YEAR on the *New York Times* Best Seller List**

**-USA Today Best Seller**

**-#1 Amazon Best Seller**

### **Other best-selling titles in the SKINNYTASTE LIBRARY:**

**SKINNYTASTE FAST & SLOW**

**SKINNYTASTE ONE & DONE**

#### **International Sales:**

- UK/BC - HarperCollins UK
- Dutch – Kosmos
- German – Narayana
- Chinese (simplified) – Beijing Science & Technology Publishing

### **The Phenomenal Hit Diet / Lifestyle / Cooking Brand**

**Skinny-fy your meals with the creator of one of the most internationally popular healthy food websites/blog and discover nutritious, mouth-watering family-oriented recipes incorporating ethnic flavors from around the world.**

- **Get the recipes everyone is talking about, handy nutrition facts, and 125 stunning photographs in the debut cookbook from the wildly popular blog Skinnytaste.**

Gina Homolka is the most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you'd swear are anything but.

It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent.

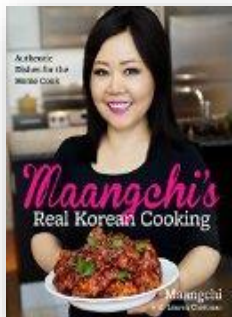
*The Skinnytaste Cookbook* features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight.

With 100 stunning photographs and detailed nutritional information for every recipe, *The Skinnytaste Cookbook* is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

#### **About the Authors:**

GINA HOMOLKA is the founder of Skinnytaste.com, the award-winning blog that's been featured on *Fitness, Better Homes and Gardens, Glamour.com, and FineCooking.com*, among other media outlets. She lives on Long Island with her husband and their two children.

HEATHER K. JONES, R.D. is a registered dietitian, the author of several nutrition books, and the founder of [www.heatherkjones.com](http://www.heatherkjones.com), a weight loss resource that focuses on healing and hope instead of diets and deprivation.



#### **REAL KOREAN COOKING: Authentic Dishes for the Home Cook by Maangchi**

Publisher: Rux Martin Books - Houghton Mifflin Harcourt

Translation & UK/BC Rights: Janis A. Donnaud & Associates, Inc.

- German rights sold to Riva/mvg
- **NEW MAANGCHI COOKBOOK SOLD TO HOUGHTON MIFFLIN**

- Super-blogger and YOU TUBE star Emily Kim aka "Maangchi" has written the first of its kind, quintessential guide to healthy, flavorful Korean home cooking

***New York Times – major lead article (with video) –***

**YOU TUBE'S KOREAN JULIA CHILD**

<http://www.nytimes.com/2015/06/03/dining/maangchi-youtube-korean-julia-child.html?ref=dining&r=1>

- **Food Republic called Maangchi  
“the Julia Child of Korean cooking”**
- **Chosen by Amazon.com as one of the Best Cookbooks of 2015**

**Korean cuisine is inherently healthy, flavorful and easy to prepare and has been growing rapidly in international popularity, yet amazingly there is no there is no definitive, accessible guide to authentic Korean cuisine currently available for the home cook. Maangchi to the rescue!**

An Internet sensation, Maangchi has won the admiration of home cooks and chefs alike with her trademark combination of good technique and good cheer as she demonstrates the vast and delicious cuisine of Korea. In *Maangchi's Real Korean Cooking*, she shows how to cook all the country's best dishes, from few-ingredient dishes (Spicy Napa Cabbage) to those made familiar by Korean restaurants (L.A. Galbi, Bulgogi, Korean Fried Chicken) to homey one-pots like Bibimbap.

For beginners, there are dishes like Spicy Beef and Vegetable Soup and Seafood Scallion Pancake. Maangchi includes a whole chapter of quick, spicy, sour kimchis and quick pickles as well. *Banchan*, or side dishes (Steamed Eggplant, Pan-Fried Tofu with Spicy Seasoning Sauce, and refreshing Cold Cucumber Soup) are mainstays of the Korean table and can comprise a meal.

With her step-by-step photos—800 in all—Maangchi makes every dish a snap. A full glossary, complete with photos, explains ingredients. Throughout, Maangchi suggests substitutions where appropriate and provides tips based on her readers' questions.

**About the author**

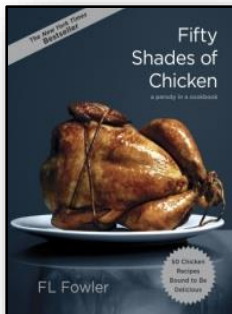
**Maangchi** has already appeared in a number of major media outlets including *The Wall Street Journal*, *The New York Times*, *Food & Wine*, *The Daily News*, *The Globe and Mail*, *USA Today*, *The New York Post*, *Serious Eats*, and on CNN. She has previously **self-published three small online pamphlets**, which her web readers have **downloaded a whopping 5,400,000 times**, and her food has been praised by the first lady of South Korea Yoon-ok Kim, and notable culinary personalities including blogger David Lebovitz and chef Hooni Kim.

**Praise for REAL KOREAN COOKING**

"In this **delightful** collection, [Maangchi] showcases the variety and breadth of Korean cooking... She begins by detailing typical Korean meals, with ever-present rice and kimchi served in a multitude of ways. **She also provides comprehensive ingredient and equipment lists that help orient first timers... Side dishes steal the show**, including braised beef in soy sauce, stir-fried kale with soybean paste, blanched spinach with scallions and sesame, and stir-fried pork... Maangchi has written **an essential cookbook for anyone who wants to learn to prepare authentic Korean cuisine.**" —*Publishers Weekly*

"**This encouraging and instructional cookbook de-mystifies Asian home cooking.** First-timers to Korean restaurants and grocery stores will be grateful." —*Library Journal*

"Maangchi Time!" —*Roy Choi*



**FIFTY SHADES OF CHICKEN: A Parody in a Cookbook by FL Fowler**

Publisher: Clarkson Potter

Translation & UK/BC Rights: Janis A. Donnaud & Associates

☆ *New York Times Best Seller* ☆

☆ *over 350,000 copies sold in the US* ☆

*International sales:*

- Italian – Mondadori
- Chinese/complex – Cube Press
- Lithuanian – Media Incognito
- Dutch – Lannoo
- Korean - Minumin
- German – MVG
- Czech - Albatros
- Slovakian - Fragment

*Dripping Thighs, Sticky Chicken Fingers, Vanilla Chicken, Chicken with a Lardon, Bacon-Bound Wings, Spatchcock Chicken, Learning-to-Truss-You Chicken, Holy Hell Wings, Mustard-Spanked Chicken, and more, more, more!*

**Fifty chicken recipes, each more seductive than the last, in a book that makes every dinner a turn-on.**

**Visit the hilarious web-site**

<http://www.fiftyshadesofchicken.com/>

*"I want you to see this. Then you'll know everything. It's a cookbook," he says and opens to some recipes, with color photos. "I want to prepare you, very much." This isn't just about getting me hot till my juices run clear, and then a little rest. There's pulling, jerking, stuffing, trussing. Fifty preparations. He promises we'll start out slow, with wine and a good oiling . . . Holy crap. "I will control everything that happens here," he says. "You can leave anytime, but as long as you stay, you're my ingredient." I'll be transformed from a raw, organic bird into something—what? Something delicious.*

So begins the adventures of Miss Chicken, a young free-range, from raw innocence to golden brown ecstasy, in this spoof-in-a-cookbook that simmers in the afterglow of E.L. James's sensational *Fifty Shades of Grey* trilogy. Like Anastasia Steele, Miss Chicken finds herself at the mercy of a dominating man, in this case, a wealthy, sexy, and very hungry chef.

And before long, from unbearably slow drizzling to trussing, Miss Chicken discovers the sheer thrill of becoming the main course. A parody in three acts—"The Novice Bird" (easy recipes for roasters), "Falling to Pieces" (parts perfect for weeknight meals), and "Advanced Techniques" (the climax of cooking)—*Fifty Shades of Chicken* is a cookbook of fifty irresistible, repertoire-boosting chicken dishes that will leave you hungry for more. With memorable tips and revealing photographs, *Fifty Shades of Chicken* will have you dominating dinner.

### **Praise for FIFTY SHADES OF CHICKEN**

"...it will undoubtedly become one of America's **most cherished cookbooks** of all time."

**-Eater.com**

"Like any good parody, this manages to make fun of both the flabby porn of "Fifty Shades" and the gushing language of "food porn..."

**-BonAppetit.com**

"...this **genius** little tidbit that combines the sexual and the culinary..."

**-Glamour.com**

"The book that spawned "mommy porn" has now given a new meaning to playing with your food. . . You'll never look at chickens the same way again."

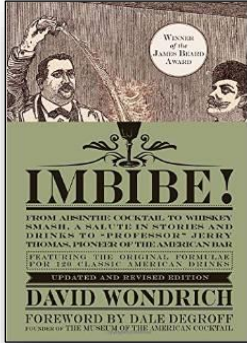


Janis A. Donnaud & Associates, Inc.

- Salon.com

"Besides clever writing with laugh-out-loud double entendres, *Fifty Shades of Chicken* offers 50 (of course) tempting recipes, among them Crunchy Chicken Parmesan Croquettes and Cranberry Baked Chicken With Apple Cider."

- The New Republic



## **IMBIBE! Updated and Revised Edition by David Wondrich**

Publisher: Perigee Books/Penguin

Translation & UK/BC Rights: Janis A. Donnaud & Associates, Inc.

### International sales:

- Italian - Cocktail Kingdom
- German - Kartaus Verlag

### **The newly updated edition of David Wondrich's definitive guide to classic cocktails – winner of the James Beard Award**

Cocktail writer and historian David Wondrich presents the colorful, little-known history of classic drinks--and the ultimate mixologist's guide--in this engaging homage to Jerry Thomas, father of the American bar.

Wondrich reveals never-before-published details and stories about this larger-than-life nineteenth-century figure, along with definitive recipes for more than 100 punches, cocktails, sours, fizzes, toddies, slings, and other essential drinks, along with detailed historical and mixological notes.

The first edition, published in 2007, won a James Beard Award. Now updated with newly discovered recipes and historical information, this new edition includes the origins of the first American drink, the Mint Julep (which Wondrich places before the American Revolution), and those of the Cocktail itself. It also provides more detail about 19th century spirits, many new and colorful anecdotes and details about Thomas's life, and a number of particularly notable, delicious, and influential cocktails not covered in the original edition, rounding out the picture of pre-Prohibition tippling.

This colorful and good-humored volume is a must-read for anyone who appreciates the timeless appeal of a well-made drink-and the uniquely American history behind it.



### **About the Author**

**David Wondrich** is one of the world's foremost authorities on cocktails and their history, and one of the founders of the current craft cocktail movement. *Esquire's* long-time Cocktail Correspondent, he also writes for a host of other magazines on the subject, and when he's not writing about it, he's probably lecturing on it—or resting his liver. Dr. Wondrich holds a Ph.D. in comparative literature, is the winner of five Tales of the Cocktail Spirit Awards for his writing and is a partner in Beverage Alcohol Resource, the world's leading advanced education program in spirits and cocktails. He lives in Brooklyn, New York.

### **Praise For *IMBIBE!***

"David Wondrich is a such an envy-producing polymath that it drives me to drink. Brilliant historian, beautiful writer, former punk rocker, absinthe-maker, mixological marvel, and perhaps, yes, even WIZARD. Plus he can grow an amazing beard. **There are few people in the world I rely on to be so authoritative and so entertaining all at once, and to mix an amazing cocktail at the same time. And those few people are DAVID WONDRICH.**"

—***John Hodgman, author of *The Areas of My Expertise****

"[Jerry] Thomas finally gets his due in *Imbibe!*....Mr. Wondrich puts the drinks in context, with their ingredients explained, their measurements accurately indicated, and their place in the overall cocktail scheme clearly mapped out. At the same time, Thomas himself appears, for the first time, as a living presence: a devotee of bare-knuckle prize fights, a flashy dresser fond of kid gloves, an art collector, a restless traveler usually carrying a fat wad of bank notes and a gold Parisian watch. A player, in short."

—***William Grimes, The New York Times***

"This book will leave you shaken and, I hope, stirred. **Wondrich, one of the top spirits writers in the country, delves into the rich and fascinating history of mixology in America.**"

—***USA Today***

"How and why America rose to world preeminence in mixology is **explained zestfully in *Imbibe!***"

—***Forbes***

"This book is a model for food history writing....**[Wondrich is] always an enjoyable writer, curious, eager, mildly opinionated and with a taste for the amusing.**"

Janis A. Donnaud & Associates, Inc.

—*The Los Angeles Times*

"Cocktail connoisseurs and history buffs will find this book **an essential addition to their reference libraries.**"

—*The San Francisco Chronicle*

"Wondrich offers what amounts to a history of industrial-age America writ in booze, covering everything from punches, fizzes, and sours to toddies, slings, and juleps."

—*Saveur, Top Ten Reads*

"With *Imbibe!*, David Wondrich's biography of 19-century mixologist Jerry Thomas, cocktails do the time warp."

—*New York Daily News*

"Wondrich delivers **a well-researched chronicle** of "Professor" Jerry Thomas's life and times as late 19th-century bartender extraordinaire...a lovely homage to Thomas's indomitable spirits."

—*Publishers Weekly*

"David Wondrich has drunk his way through two centuries of American cocktails and other mixed drinks. **He emerges to tell us, with clarity and wit, what he encountered, how it was made and how to make it now.** In his recreations of the drinks of yesteryear, he stops at nothing, even growing his own snakeroot to make Jerry Thomas' Bitters. Thomas was called "the Professor" in his day. If this title belongs to any living expert on the cocktail, it belongs to Wondrich."

—*Lowell Edmunds, author of Martini, Straight Up*