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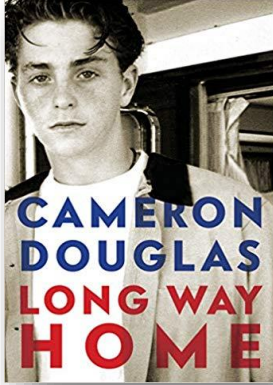
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CAMERON DOUGLAS



LONG WAY HOME: A Memoir by Cameron Douglas

Publisher: Knopf – October 2019

Translation rights: Janis A. Donnaud & Associates

UK/BC rights: Knopf

Material available: *manuscript under embargo – will be released October 21, 2019*

Major national publicity/marketing campaign

Publication Week Highlights:

➤ National Television

- **ABC-TV – One-hour prime time special with Diane Sawyer**
(including a segment with Michael Douglas joining) 10/22/19
- **ABC-TV – live appearance on *Good Morning America* 10/23/19**
- **ABC-TV – *Nightline* – segment on the Book 10/23/19**
- **ABC-TV – appearance on *The View*** (top rated daytime talk show, featuring Whoopi Goldberg) 10/24/19
- **First Serial Excerpt & Author Interview in *PEOPLE MAGAZINE*** (largest magazine audience in the US, 47 million readers) 10/18/19
- **Author profile in *The New York Times***

From the scion of Hollywood royalty--son of Michael Douglas, grandson of Kirk Douglas--a moving, often shocking, ultimately inspiring memoir detailing his struggle to regain his dignity, humanity, and place in society after many years of drug abuse and almost eight years in prison.

Cameron Douglas is born into wealth, privilege, and comfort. His parents are glamorous jet-setters, his father a superstar, his mother a beautiful socialite, his grandfather a legend. On the surface, his life seems golden. But by the age of thirty, he has taken a hellish dive: he's become a drug addict, a thief, and--after a DEA drug bust--a convicted drug dealer sentenced to five

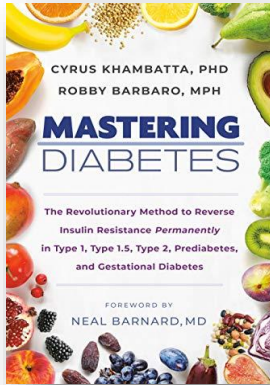
years in prison, with another five years added to his sentence while incarcerated. Eventually he will spend two years in solitary, where he manages, nonetheless, to hold fast to the brutal ethos of prison survival . . . until: he begins to reverse his savage transformation, to understand the psychological turmoil that has tormented him for years, and to prepare for what will be a profoundly challenging, but eventually deeply satisfying and successful, reentry into society at large.

Sparing no one in his sphere--least of all himself--Cameron Douglas gives us a raw and unstintingly honest recounting of his harrowing, remarkable, and, in the end, inspiring life story.

About the author

Cameron Douglas is an actor. He lives in Los Angeles.

KHAMBATTA & BARBARO



MASTERING DIABETES: The Revolutionary Method to Reverse Insulin Resistance Permanently in Type 1, Type 1.5, Type 2, Prediabetes, and Gestational Diabetes

by Cyrus Khambatta, Ph.D. and Robby Barbaro, with a foreword by Dr. Neal Barnard

Publisher: Avery/PRH – February 2020

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

Material available: final manuscript

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 had been living with type 1 diabetes for a combined total of 32 years. Seeing their well-being deteriorate under standard treatment, they 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
- Intermittent Fasting for Maximum Insulin Sensitivity and Weight Loss
- Exercise to Reverse Insulin Resistance
- Mastering Your Lifestyle.

With more than 30 delicious, filling, and nutrient-dense recipes and backed by cutting-edge nutritional science, the authors teach you how to eat carbohydrate-rich whole foods like mangoes, potatoes, and quinoa while decreasing your blood glucose and medication requirements.

Mastering Diabetes will help you maximize your insulin sensitivity, attain your ideal body weight, improve your digestive health, gain energy, live an active life, and feel amazing!

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

About the authors:

Cyrus Khambatta, PhD, and Robby Barbaro, MPH, are the team behind Masteringdiabetes.org, an online coaching platform for people living with all forms of diabetes that focuses on low-fat, plant-based, whole-food nutrition.

Khambatta has a PhD in nutritional biochemistry from the University of California at Berkeley and a bachelor of science in mechanical engineering from Stanford University. He has been living with type 1 diabetes since 2002. Barbaro has a master's degree in public health, and spent six years working at Forks Over Knives. He was diagnosed with type 1 diabetes in 2000.

They have been featured in such media outlets as NPR, KQED, CNBC, Healthline, *Forks Over Knives*, *Vice*, *Fast Company*, Plant Based News, and *Wired*. They have spoken at major medical conferences including the International Plant-Based Nutrition Healthcare Conference (PBNHC), the American College of Lifestyle Medicine (ACLM) Conference, and Plant-Stock, and are featured speakers at festivals including VegFest LA.

ERIN FRENCH

FINDING FREEDOM: A Memoir by Erin French

Publisher: Celadon Books/Macmillan - 2020

UK & Translation rights: Janis A. Donnaud & Associates

Material available: final manuscript due November 2019

From the author of the acclaimed, best-selling debut cookbook, *The Lost Kitchen*, FINDING FREEDOM is Erin French's powerfully engaging and moving memoir, which invites readers back to her enchanted little corner of beautiful, rural Maine to tell the story behind the "girl from Freedom" story and share the not-so-picture-perfect struggles that have taken every ounce of her strength to overcome, and that make Erin's life triumphant.

The Lost Kitchen offered fleeting glimpses of Erin as an exuberant child roaming barefoot on a 25-acre farm, as a teen-ager falling in love with food while working the line at her dad's diner and finally a woman finding her calling as a professional chef at her beloved restaurant tucked inside a 19th century gristmill. But *Finding Freedom* will open up much further, as Erin says, to portray "the challenges, stumbles, and victories that have led me to the exact place I was ever meant to be." Thematically organized around the actual names of small towns surrounding Freedom (Hope, Prospect, Unity), these are stories of romance and heartbreak, dejection and resolve, of obliteration and redemption that are viscerally immediate and emotionally gripping, all told with honesty, humor and true insight. Erin's experiences with despair and survival as a jobless single mother, with addiction and recovery, with the kind of deep loss that can ultimately generate abiding hope will resonate with women everywhere who are determined to find their voices, create community, grow stronger and discover their best-selves despite seemingly impossible odds.

And, of course, the narrative will be set against the backdrop of Maine and its lushly intense seasons, Erin's singularly inspiring "simple" food and the spirit of warmth and authentic hospitality that she conjures for her friends, family, staff and treasured guests.

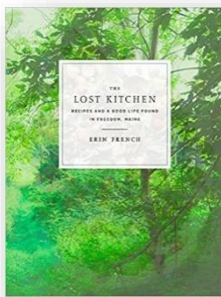
Finding Freedom is a project that bears comparison to such culinary memoirs as Gabrielle Hamilton's *Blood, Bones, and Butter*, Ruth Reichl's *Tender at the Bone*, and Alice Waters' *Coming to My Senses*, a book not only for those who love a narrative "flecked with flour and spattered with oil," but one that explores the true grit and passion needed to invent oneself anew, and the poignant hidden connections between food, kindness and renewal.

About the author

Erin French is the owner and chef of The Lost Kitchen, a 40-seat restaurant in Freedom, Maine, that was recently named one of "12 Restaurants Worth Traveling Across the World to Experience" by Bloomberg. A born-and-raised native of Maine, she learned early the simple

pleasures of thoughtful food and the importance of gathering for a meal. Her love of sharing Maine and its delicious heritage with curious dinner guests and new friends alike has garnered attention in outlets such as *The New York Times* (her piece was one of the ten most read articles in the food section in 2017), *Martha Stewart Living*, *Wall Street Journal*, *Boston Globe*, and *Food & Wine*, as well as personal visits from Martha Stewart and Dana Cowin. She has been invited to share her story on NPR, *The Chew*, *CBS This Morning*, and *The Today Show*. Erin was featured in a short film made by Tastemade in partnership with L. L. Bean, which won a James Beard Award. *The Lost Kitchen Cookbook* was a James Beard finalist and was named one of the best cookbooks of 2017 by *The Washington Post*, *Vogue.com*, and *Remodelista*.

Praise for THE LOST KITCHEN



“Part of the allure in perusing *The Lost Kitchen*, I admit, is that I won’t be scoring a reservation to Erin French’s boutique restaurant anytime soon. So re-creating her food is as close as I’ll get to understanding why the **Lost Kitchen has become such a dining destination. ...the cookbook is both aspirational and attainable.** And it could be the only one I read this year that offered directions for concocting a milk-and-honey body scrub.”—*The Washington Post*, **The Best Cookbooks of 2017**

“French, whose beautiful story needs to be heard, truly delivers with a book full of fantastic seasonal recipes like Maine halibut Niçoise.”—*Tasting Table*, **Best New Cookbooks for Spring 2017**

“This charming, tremendously personal book speaks so beautifully of the remote and glorious land it comes from, and is packed with wonderful 'perfectly imperfect' tales of life, cooking, and the love of place. Erin French’s passion is contagious and her simple but nuanced and detailed ingredient-focused cooking captivating. Think Wood-Smoked Leg of Lamb with Garlic Scape & Mint Pesto, Fried Green Tomatoes with Buttermilk & Chives, and Sweet Parsnip Cake with Hazelnuts & Mascarpone—oh, my!”—*Suzanne Goin*, author of *Sunday Suppers at Lucques* and *The A.O.C. Cookbook*

“Long before I got to the very tempting recipes in *The Lost Kitchen*, I was hooked by Erin French’s charming storytelling. Home cooks will enjoy the warm tone in which Erin has written her recipes. They are a breeze to follow, call for only a handful of mostly easy-to-find ingredients, and reveal the good life of the four seasons in Maine.”—*Nancy Silverton*, author of *The Mozza Cookbook* and *Mozza at Home*

“One of the most magical experiences of my life was eating at Erin French’s Lost Kitchen, a magnificent restaurant-in-a-mill in Freedom, Maine. **The food was deeply personal, local, and delicious. I am filled with joy at the prospect of re-creating some of the dishes at home from the recipes in this gorgeous cookbook.**”—*Dana Cowin*

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 – final manuscript due January 2020

International sales:

- UK rights sold to Yellow Kite/Hodder & Stoughton
- Korean rights sold to Bookie Publishing

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 as 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.

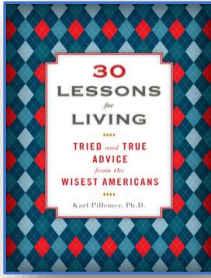
About the author:

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 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

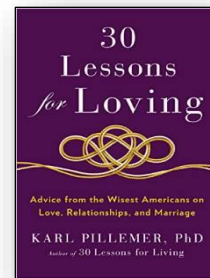
30 LESSONS FOR LOVING: Advice from the Wisest Americans on Love, Relationships, And Marriage by Karl Pillemer, Ph.D.

Publisher: Avery/PRH

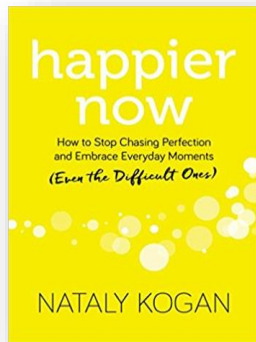
UK & Translation Rights: Janis A. Donnaud & Associates, Inc.

International Sales:

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



NATALY KOGAN



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

Publisher: Sounds True

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

- 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/PRH

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

International sales:

- Chinese/simplified – Huaxia
- German - MVG
- Slovenian - Mladinska Knjiga

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*

"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, corporations have successfully imprisoned us in an endless loop of desire and consumption from which there is no obvious escape.

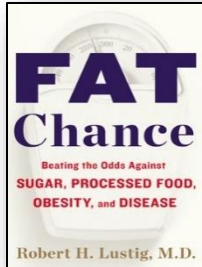
With his customary wit and incisiveness, Lustig not only reveals the science that drives these states of mind, he points his finger directly at the corporations that helped create this mess, and the government actors who facilitated it, and he offers solutions we can all use in the pursuit of happiness, 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: Avery/PRH

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☆**

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

International Sales:

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|---|----------------------------------|
| • UK/BC - Fourth Estate/HarperCollins | • Korean – Korean Economic Daily |
| • German - MVG | • Swedish – Pagina Forlags |
| • Japanese- Diamond | • Slovenian – UMCO |
| • French/Editions Thierry Souccar | • Turkish – Nail Kitabevi |
| • Chinese/complex – Streamer Publishing | • Norwegian – Lille Maane |
| | • Polish - Galaktyka |
| | • Czech - Albatros |
| | • Slovakian - Albatros |

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

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

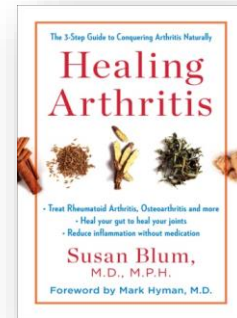
SUSAN BLUM, M.D.

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

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.*

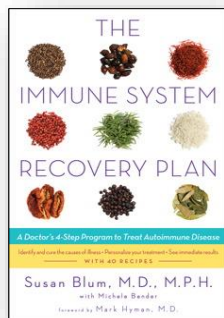
The program is centered on breaking the vicious cycle of inflammation and ending the self-perpetuating “stress-gut-arthritis” pattern she sees in her patients. **Her plan actually *heals the cause of this crippling condition, and can permanently restoring precious quality of life for millions of sufferers.*** 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.
- Croatian – Lumen Izdavstvo
- Lithuanian - Briedis

➤ 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

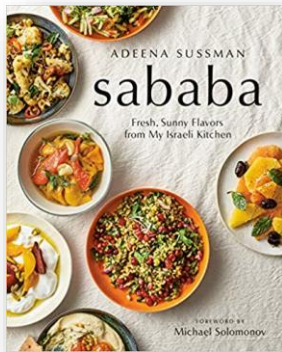
“The Immune System Recovery Plan* is a godsend for the millions suffering from autoimmune disorders. This book’s information is life-changing!” - Christiane Northrup, MD, author of *Women’s Bodies*, *Women’s Wisdom* and *The Wisdom of Menopause

“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

ADEENA SUSSMAN



Sababa: Fresh, Sunny Flavors From My Israeli Kitchen

By Adeena Sussman – *with a foreword by Michael*

Solomonov

Publisher: Avery/Penguin

Publication: Fall 2019

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

Named a Best New Cookbook of Fall 2019 by

Bon Appetit, Food & Wine, Epicurious, and Eater

Selected by *The New York Times* as a Best Cookbook for Fall 2019:

"Sababa, Hebrew slang for "it's all good" or "everything is awesome," is an apt title for [Adeena Sussman's new cookbook](#) (Avery, \$35). Ms. Sussman, an American food writer who moved from New York to Tel Aviv in 2015, adores the cuisine of her adopted city. All 125 of the vegetable-rich, herb-strewn recipes were inspired by her trips to the shuk (market), with its bins of olives, tubs of tahini and bunches of lemon verbena. An experienced cookbook author (including two books with the TV personality and model Chrissy Teigen), Ms. Sussman's recipes are thoughtfully written and thoroughly tested. And dishes like roasted carrots glazed with tahini and date syrup, labneh with caramelized pineapple and sumac, and seared baby lamb chops marinated in shug (green chile, cardamom and cilantro sauce) capture the exuberant spirit of her new home."

MELISSA CLARK

- **Major media coverage in *Los Angeles Times*, *New York Times*, *New York Post*, *The Wall Street Journal* and *People Magazine***

In an Israeli cookbook as personal as it is global, Adeena Sussman celebrates the tableau of flavors the region has to offer, in all its staggering and delicious variety

In Hebrew (derived from the original Arabic), sababa means "everything is awesome," and it's this sunny spirit with which the American food writer and expat Adeena Sussman cooks and

dreams up meals in her Tel Aviv kitchen. Every morning, Sussman makes her way through the bustling stalls of *Shuk Hacarmel*, her local market, which sells irresistibly fresh ingredients and tempting snacks--juicy ripe figs and cherries, locally made halvah, addictive street food, and delectable cheeses and olives. In *Sababa*, Sussman presents 125 recipes for dishes inspired by this culinary wonderland and by the wide-varying influences surrounding her in Israel.

People the world over have begun to instinctively crave the spicy, bright flavors of Israeli cuisine, and in this timely cookbook, Sussman shows readers how to use border-crossing kitchen staples-- tahini, sumac, silan (date syrup), harissa, za'atar---to delicious effect, while also introducing more exotic spices and ingredients. From Freekeh and Roasted Grape Salad and Crudo with Cherries and Squeezed Tomatoes, to Schug Marinated Lamb Chops and Tahini Caramel Tart, Sussman's recipes make a riot of fresh tastes accessible and effortless for the home cook.

Filled with transporting storytelling, *Sababa* is the ultimate, everyday guide to the Israeli kitchen.

About the author

Adeena Sussman has co-authored eleven cookbooks, including the *New York Times* #1 bestseller *Cravings*--and its *New York Times* bestselling follow-up, *Hungry for More*--with Chrissy Teigen. She is also the author of Short Stack Editions' *Tahini*. A lifelong visitor to Israel, she moved there in 2015 after meeting an expat American who has since become her husband. She lives footsteps from Tel Aviv's Carmel Market, where she shops and explores daily, taking inspiration from her adopted country's seasonal and cultural culinary rhythms. She has written about Israeli food for *Food & Wine*, *The Wall Street Journal*, *Epicurious*, *Gourmet*, and many others.

Praise for SABABA

"We should all be cooking like Adeena Sussman." --*The Wall Street Journal*

"Sababa, which translates as 'everything is awesome,' makes for an appropriate title for this outstanding collection of fresh variations on an old-world cuisine." --*Publishers Weekly*, starred review

"Adeena Sussman is a force to be reckoned with...As the book's title hints — 'sababa' is Hebrew-meets-Arabic slang for, simply, 'everything is awesome' — readers are in for a treat." --*Eater*

"*Sababa*, borrowed from Arabic slang, means 'everything is awesome' and I'm here to tell you that's a pretty accurate description of Adeena Sussman's new cookbook. Go through *Sababa* and you'll be transported with Adeena as she ventures to her vibrant market in Tel Aviv and returns to her kitchen to make the dishes that have put Israeli cuisine on the front burner." --Nancy Silverton****

"Everything about this book, from its title, which promises awesomeness, to Adeena's stories about her adopted homeland, its markets, ingredients, traditions, and cooks, conspires to joy. **The recipes are simple, smart, and filled with the bold, bright flavors of Israel we've come to love.** That they're so easily doable is the bonus." —**Dorie Greenspan, award-winning author of *Everyday Dorie* and *Dorie's Cookies***

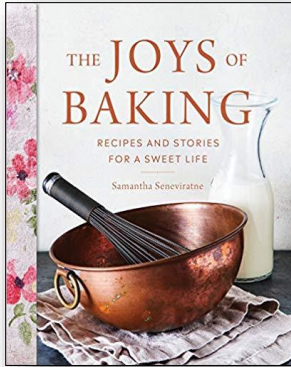
"With *Sababa*, Adeena has gifted us with the kind of culinary journey that dreams are made of. **Her warmth, knowledge, colorful stories, and stunningly beautiful recipes** make this the type of book you want to have two of: one to read in bed at night and one to get messy with in the kitchen." —**Molly Yeh, food blogger and TV host**

"I am so glad that *Sababa* is here so that I can finally taste Adeena's personal flavors from her Israeli kitchen. She has masterfully combined the food that she grew up with in the States with the dishes she serves now in her Tel Aviv kitchen. **Every reader and food lover will learn how to integrate Adeena's clever ways with flavor into their own cooking.**" —**Joan Nathan**

"Seeing Adeena's love and dedication to Israeli cuisine has been truly inspiring. Her warm and effortless approach makes you feel like you are in her kitchen cooking alongside her. **Bright, fresh, and full of flavor, these are dishes that will easily be on repeat in your home.**" —**Eden Grinshpan, co-founder of DEZ and host of *Top Chef Canada***

"Adeena is reverent in her approach, historical in her research, and incredibly passionate in her quest to conquer the patchwork cultural makeup that defines the Israeli food landscape. Most importantly, she makes this terrific food and cuisine approachable and authentic at the same time. **A delight!"** —**Jonathan Waxman**

SAMANTHA SENEVIRATNE



THE JOYS OF BAKING: Recipes and Stories for a Sweet Life by Samantha Seneviratne

Publisher: Running Press/Perseus – Fall 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.

Baking One's Way Through a Sweet Life, with Great Recipes

Cooking is a necessity-everyone needs to eat-but baking is different. No one needs a chocolaty cake or a delectable sweet to survive. That is, until that moment when a chocolate cake is exactly what you need to survive.

Author Samantha Seneviratne believes that every baking project begins with a spark-a desire, a craving, a memory, or a feeling-and through baking that spark is made real. Inspired by the gumption and charm of the classic, bestselling cookbook *The Joy of Cooking*, this cookbook focuses on the joys that make up everyday life and 75 ways to bake yourself back up when you feel like you've hit the bottom. Each chapter represents one of five emotions and provides recipes paired with touching, humorous, and thoughtful essays and beautiful photos throughout.

- Chocolate Cardamom Swirl Babka
- Apricot Frangipange Phyllo Tart
- Nectarine Galette with Sour Cherry Jam
- Strawberry Rhubarb Cake with Bay and Orange
- Coffee Crème Bundt Cake

For all the happy and joyous moments, for every stage of love, lovesickness, and everything in between, when you need a moment of comfort and solace, there's always dessert.

Advance Praise for THE JOYS OF BAKING

"The Joys of Baking is a sweet meditation on why we bake, on how what we make with our hands changes us, soothes, comforts and inspires us. Sam's generously personal

stories and the collection of recipes she braids into them encourage us to bake, to pay attention as we stir and knead, and to reap each of the many pleasures she describes. **The book is a delight.” —Dorie Greenspan, award-winning author of *Everyday Dorie***

“The Joys of Baking bursts with ripe fruits and berries, dark, bittersweet chocolate, buttery tarts, whole grains, and creamy custards - in short, all of my favorite things to bake... and eat! Sprinkled with personal stories, **Samantha Seneviratne's gorgeously photographed cookbook will fill anyone's sweet spot.” —David Lebovitz, author of *My Paris Kitchen* and *The Perfect Scoop***

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). 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.

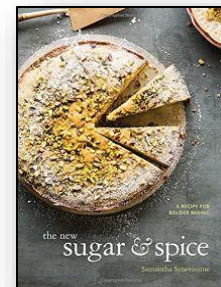
Also by the author:

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**



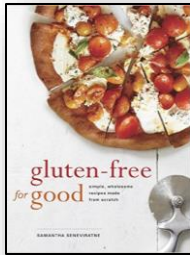
Raise your desserts to a whole new level of flavor *without all the extra sugar* with *The New Sugar & Spice*, a collection of more than eighty unique, unexpected, and uniformly delicious recipes for spice-centric sweets.

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***

"**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***



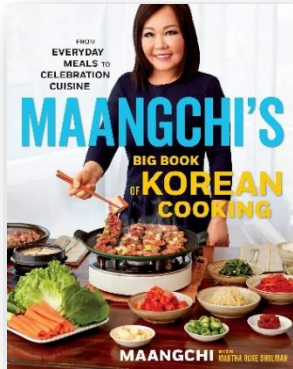
GLUTEN-FREE FOR GOOD: Simple, Wholesome Recipes Made from Scratch by Samantha Seneviratne

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.

MAANGCHI



MAANGCHI'S BIG BOOK OF KOREAN COOKING: From Everyday Meals to Celebration Cuisine by Maangchi

Publisher: Houghton Mifflin Harcourt - Fall 2019

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

Selected by:

- ***The New York Times* Best Cookbooks of Fall 2019**
- ***Eater's* Best Fall Cookbooks 2019**
- ***Bon Appetit's* "Fall Cookbooks We've Been Waiting All Summer For"**
- **Amazon's Picks for Best Fall Cookbooks 2019**

The definitive book on Korean cuisine by the author The New York Times called “YouTube’s Korean Julia Child”

Despite the huge popularity of Korean restaurants, there has been no comprehensive book on Korean cooking—until now. Maangchi’s Big Book of Korean Cooking is a wide, deep journey to the heart of a food-obsessed culture.

The book contains the favorite dishes Maangchi has perfected over the years, from Korean barbecue and fried chicken to bulgogi and bibimbap. It explores topics not covered in other Korean cookbooks, from the vegan fare of Buddhist mountain temples to the inventive snacks of street vendors to the healthful, beautiful lunch boxes Korean mothers make for their kids. Maangchi has updated and improved the traditional dishes, without losing their authentic spirit.

Among the features:

- Spectacular party food, from homemade clear rice liquor to sweet, spicy, sour baby back ribs
- Side plates that support and complement every Korean meal
- Soups, hotpots, and stews, from bone broth to tofu stews
- An array of different kimchis
- A detailed photographic chapter on Korean cooking techniques

Hundreds of striking, full-color photos by Maangchi show Korean ingredients so the cook knows exactly what to buy, step-by-step techniques for each recipe, and tempting close-ups of every dish.

About the author

Maangchi (The "Hammer" in Korean) was born and raised in South Korea, where she learned the fundamentals of home cooking from her relatives. A former counselor for victims of domestic violence and movie extra, she is the founder-owner of maangchi.com, the top online destination for Korean cooking. She also has her own YouTube channel, with millions of followers. She lives in New York City.

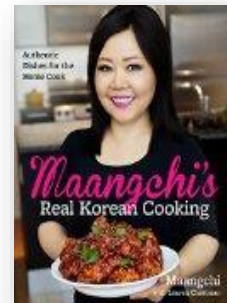
Also by the author

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

Publisher: Houghton Mifflin Harcourt - Fall 2019

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

- German rights sold to Riva/mvg
- 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!

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**

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)-H20 Books

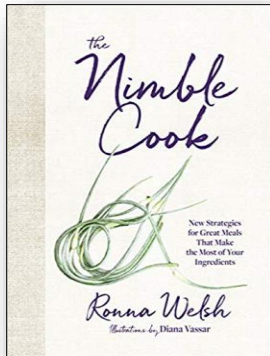
Polish/Galaktyka

FORKS OVER KNIVES - The Cookbook:

Russian/Mann, Ivanov & Ferber

German/Scorpio

RONNA WELSH



THE NIMBLE 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 whirled 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.

About the Author

Professional chef **Ronna Welsh** is the founder of Purple Kale Kitchenworks, a bustling cooking studio and influential blog (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.

Praise for THE NIMBLE COOK

“Ronna Welsh cooks the way I do: efficiently, vigilantly, skillfully, and frugally. This is **foremost a teaching book** that makes you think about ingredients rather than recipes. Understanding how versatile ingredients are so you can incorporate them in any recipe is the proper, intelligent way to cook.” — **Jacques Pépin**

“Ronna Welsh gives us our North Star in the kitchen — deftly showing us how to eat well, cook economically, and revel in the comforts of a well-stocked fridge. Welsh's book will make you want to change the way you grocery shop, plan meals, and run your kitchen. This is more than a kitchen manual — **it's a guide to a way of living.** — **Amanda Hesser**, co-founder and CEO of *Food52*

“Chockful of advice, techniques and recipes, Ronna Welsh's book will make you a more practical and confident cook. **It's a daily guide to better meals.**” — **Dorie Greenspan**, author of *Everyday Dorie*

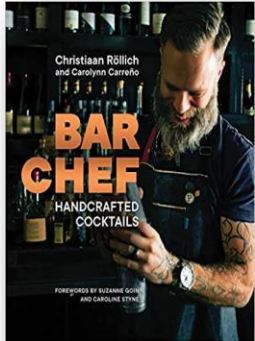
“*The Nimble Cook* is a fantastic book that breaks the mold of the traditional collection of structured recipes. I love the way Ronna leads us through a chef's brain and shows us how to think outside the box about ingredients. The gorgeous, whimsical illustrations help make this book **an instant time-honored classic.**” — **Amanda Freitag**, chef, judge of *Chopped*, and author of *The Chef Next Door*

“Welsh **liberates and inspires**, shifting the focus from merely following recipes to a process-oriented approach. This book will make you a more flexible cook, and the results will create excitement for everyone around your dinner table.” — **Peter Hoffman**, chef of New York's former Back Forty West and Savoy

“A terrific cookbook, brimming with innovative kitchen advice and engaging illustrations and packed with recipes any home cook would be thrilled to learn and add to their repertoire. Ronna Welsh's smart, practical point of view will inspire you to cook with even the most familiar ingredients in new ways.” — **Christopher Hirsheimer** and **Melissa Hamilton**, *The Canal House*

“A cookbook that ushers you on a culinary quarter turn, with your very capable dance partner, Ronna, leading.” — **Fergus Henderson**, chef, St. John, and author of *The Complete Nose to Tail*

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.

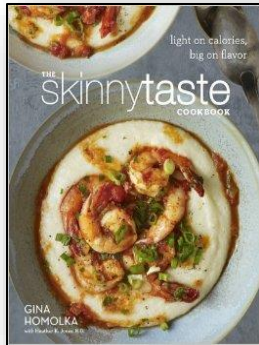
Praise for BAR CHEF

"With Christiaan Röllich as a guide you'll be inspired to transform the seasonal ingredients at your local farmers' into a spirited spice rack for ambitious and inventive cocktails." - **Brad Thomas Parsons, author of *Bitters and Amaro***

"Röllich's forward-thinking approach produces some of the tastiest cocktails I have seen in a very long time." - **Nina Compton, chef and co-owner, Compere Lapin**

"I love having Christiaan guide me through the wide array of honest, creative, and delicious cocktails he whips up." - **Aarón Sanchez**

INSTANT CLASSICS – COOKBOOKS & FOOD WRITING



THE SKINNYTASTE COOKBOOK: 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

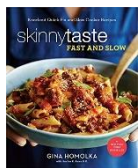
-#1 Amazon Best Seller

International Sales:

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

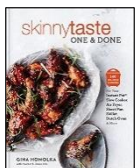
The Phenomenal Hit Diet / Lifestyle / Cooking Brand

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.

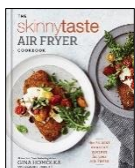


Other best-selling titles in the SKINNYTASTE LIBRARY – over 1 million copies sold total in the U.S.

SKINNYTASTE FAST & SLOW



SKINNYTASTE ONE & DONE

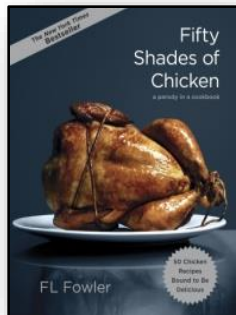


SKINNYTASE AIR FRYER COOKBOOK

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, a weight loss resource that focuses on healing and hope instead of diets and deprivation.



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 400,000 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.

"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."

-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

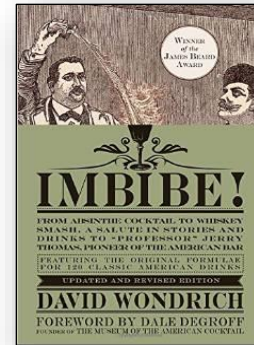
IMBIBE! Updated and Revised Edition by David Wondrich

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

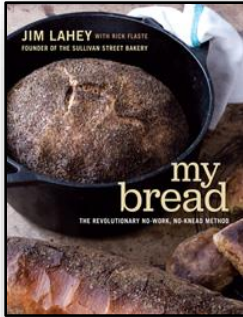
"This book is a model for food history writing....[Wondrich is] **always an enjoyable writer, curious, eager, mildly opinionated and with a taste for the amusing.**"—The Los Angeles Times

"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



MY BREAD: The Revolutionary No-Work, No-Knead Method by Jim Lahey with Rick Flaste

Publisher: W.W. Norton

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

International Sales:

- **Italian - Guido Tommasi Editore**
- **Chinese (complex) – Cite Publishing**

Lahey's "breathtaking, miraculous, no-work, no-knead bread" (*Vogue*) has revolutionized the food world!

When he wrote about Jim Lahey's bread in the *New York Times*, Mark Bittman's excitement was palpable: "The loaf is incredible, a fine-bakery quality, European-style boule that is produced more easily than by any other technique I've used, and it will blow your mind." Here, thanks to Jim Lahey, New York's premier baker, is a way to make bread at home that doesn't rely on a fancy bread machine or complicated kneading techniques. Witnessing the excitement that Bittman's initial piece unleashed worldwide among bakers experienced and beginner alike, Jim grew convinced that home cooks were eager for a no-fuss way to make bread, and so now, in this award-winning collection of recipes, Jim shares his one-of-a-kind method for baking rustic, deep-flavored bread in your own oven.

The secret to Jim Lahey's bread is slow-rise fermentation. As Jim shows in *My Bread*, with step-by-step instructions followed by step-by-step pictures, the amount of labor you put in amounts to 5 minutes: mix water, flour, yeast, and salt, and then let time work its magic—no kneading necessary. Wait 12 to 18 hours for the bread to rise, developing structure and flavor; then, after another short rise, briefly bake the bread in a covered cast-iron pot.

The process couldn't be more simple, or the results more inspiring. *My Bread* devotes chapters to Jim's variations on the basic loaf, including an olive loaf, pecorino cheese bread, pancetta rolls, the classic Italian baguette (*stirato*), and the stunning bread stick studded with tomatoes, olives, or garlic (*stecca*). He gets even more creative with loaves like Peanut Butter and Jelly Bread, others that use juice instead of water, and his Irish Brown Bread, which calls for Guinness stout. For any leftover loaves, Jim includes what to do with old bread (try bread soup or a chocolate torte) and how to make truly special sandwiches.

And no book by Jim Lahey would be complete without his Sullivan Street Bakery signature, pizza Bianca—light, crispy flatbread with olive oil and rosemary that Jim has made even better than that of Italy's finest bakeries. Other pizza recipes, like a *pomodoro* (tomato), only require you to spread the risen dough across a baking sheet and add toppings before baking.

Here—finally—Jim Lahey gives us a cookbook that enables us to fit quality bread into our lives at home.

About the Author

Jim Lahey has been featured on the cover of *Bon Appétit* and in *The New York Times*, *Vogue* and *Saveur*. He has also appeared on the Martha Stewart Show and NBC's Today show. His innovative no-knead bread recipe that ignited a worldwide home-baking revolution was first published in an article by Mark Bittman in *The New York Times* in 2006. This article became the basis of Lahey's first cookbook *My Bread: The Revolutionary No-Work, No-Knead Method*, and, *My Pizza: The Easy No-Knead Way to Make Spectacular Pizza at Home*. His new book, *The Sullivan Street Café Cookbook* will be published by Norton in 2016.