



Life Changing. World Changing. Books.

Foreign Rights Guide Fall 2016

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The Book of Joy: Lasting Happiness in a Changing World

His Holiness the Dalai Lama & Archbishop Desmond Tutu

Viking/Penguin Random House September 2016

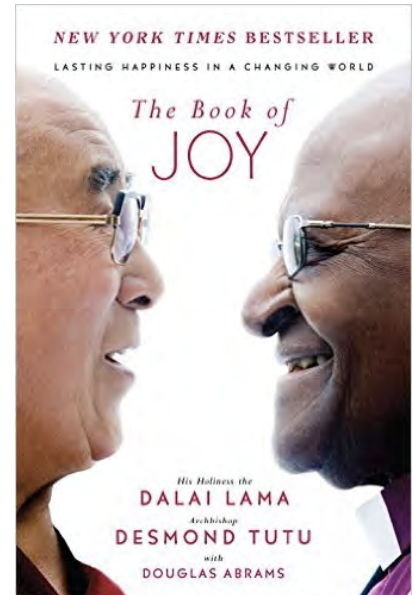
U.S. Agent: Doug Abrams

New York Times Bestseller, October 2016

Two spiritual giants.

Five days.

One world changing conversation.



The occasion was a big birthday. And it inspired two close friends to get together in Dharamsala for a talk about something very important to them. The friends were His Holiness the Dalai Lama and Archbishop Desmond Tutu. The subject was joy. Both winners of the Nobel Prize, both great spiritual masters and moral leaders of our time, they are also known for being among the most infectiously happy people on the planet.

From the beginning the book was envisioned as a three-layer birthday cake: their own stories and teachings about joy, the most recent findings in the science of deep happiness, and the daily practices that anchor their own emotional and spiritual lives. Both the Dalai Lama and Archbishop Tutu have been tested by great personal and national adversity, and here they share their personal stories of struggle and renewal. Now that they are both in their eighties, they especially want to spread the core message that to have joy yourself, you must bring joy to others.

Rights Sold:

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- Portugal, 20/20 Editor

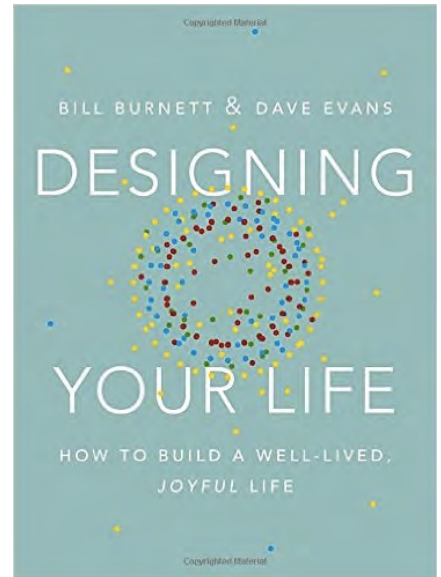
Designing Your Life: How to Build a Well-Lived, Joyful Life

Bill Burnett and Dave Evans

Knopf, September 2016

U.S. Agent: Doug Abrams

**#1 New York Times Bestseller, October 2016
Over 100,000 copies sold in first three weeks**



The concept of Design Thinking is transforming technology and business across the world. Burnett and Evans – former Silicon Valley and Apple innovators – use these tools to empower individuals to transform their lives and career paths in their popular ‘Designing Your Life’ course at Stanford University, where they are Co-Directors of the Life Design Lab. Based on this successful course, this is a book that shows you how to build—design—a life you can thrive in at any age or stage. In this book, a US and UK bestseller, Bill Burnett and Dave Evans show us how design thinking can help us create a life that is both meaningful and fulfilling, regardless of who or where we are, what we do or have done for a living, or how young or old we are. The same design thinking responsible for amazing technology, products, and spaces can be used to *design and build* your career and your life, a life of fulfillment and joy, constantly creative and productive, one that always holds the possibility of surprise.

“There is no design problem more challenging than figuring out what we are going to do with our life. Fortunately design thinking, which is transforming technology and industry, can help. Bill and Dave are bringing their powerful insights to readers everywhere to help them create a productive and happy life. I think this will be the career book of the next decade and will be the go to book that is read as a rite of passage whenever someone is ready to create a life they love.”

—**David Kelley, Founder of the Hasso Plattner Institute of Design at Stanford (“The D School”)** founder of IDEO, author of *Creative Confidence*

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- Brazil, Editora Rocco
- Germany, Econ/Ullstein
- Hungary, Libri Konyvkiado,
- UK, Chatto & Windus
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- Japan, Hayakawa Publishing,
- Korea, Mirae N Co.,
- Czech Republic, Jan Melvil
- Netherlands, Hollands Diep
- Taiwan, Locus

The Orchid and the Dandelion

Dr. Tom Boyce

Knopf/2017

U.S. Agent: Doug Abrams

One of the world's foremost researchers of pediatric health reveals an extraordinary discovery about childhood development, parenting, and the key to helping all kids find happiness and success. Boyce reveals that there are two kinds of children, the hardy and resilient "dandelions" and the sensitive and susceptible "orchids." While orchids experience the vast majority of physical and mental illness, we now know that given the right support, orchids can thrive as much as, if not more than, any other children. This book is about the origins, sensibilities, and enormous potential of orchid children.



"The Orchid Child is based on groundbreaking research that has the power to change the lives of countless children—and the adults who love them."

—Susan Cain, New York Times bestselling author of *Quiet: The Power of Introverts*



"This is a book that must be written and Tom Boyce is unquestionably the most qualified person to do it right! Children who are exceptionally sensitive to the world around them have always been with us. Their needs often push the limits of the most loving and patient parents, teachers, and friends. Twenty-first century science is now helping us understand why some children are particularly vulnerable in the face of adversity—and why these same children also have the capacity to become some of the most talented and creative people in society. The author is a skilled pediatrician, a gifted scientist, and a lucid writer. He has a deep understanding of the remarkable phenomenon of the "orchid child" and its underlying biology, and he has a compelling story to tell. There is an extensive audience of parents and teachers whose lives will be touched by this book. The well-being of their children and their students will reap enormous benefits from what Tom Boyce can teach us all about the valleys and the mountaintops of child development."

— Jack P. Shonkoff, M.D., Director, Center on the Developing Child at Harvard University, Professor of Pediatrics, Harvard Medical School and Boston Children's Hospital

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| • Arab Repub., Arab Scientific | • France, Michel LaFon | • Romania, Publica Com SRL |
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| • Bulgaria, Soft Press LTD | • Hungary, Libri Konyvkiado | • Serbia, Vulkan |
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| • Czech Republic, Triton | • Netherlands, Hollands Diep | • Taiwan, China Times |
| • Denmark, People's Press | • Norway, H. Aschehoug & Co. | • Turkey, Dogen Egmont |
| • Finland, Wsoy | | • UK, Bluebird/Macmillan |

The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer

Dr. Elizabeth Blackburn, Dr. Elissa Epel

Grand Central, January 2017

U.S. Agent: Doug Abrams

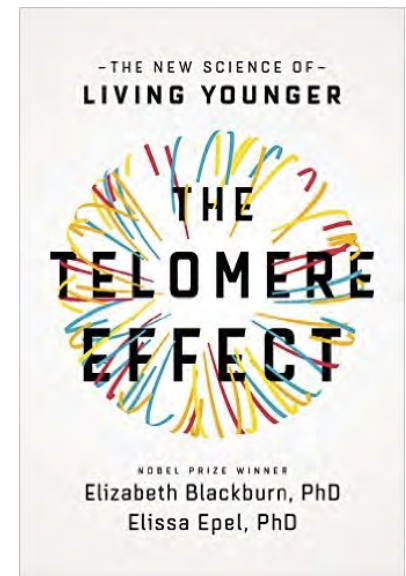
Groundbreaking book by the Nobel Prize Winner who discovered telomeres, telomerase, and their role in the aging process, and the psychologist who researched specific lifestyle habits to protect them and slow down disease and lengthen life.

Have you wondered why some 60-year olds look and feel like 40-year-olds and why some 40-year-olds look and feel like 60-year-olds? While many factors contribute to aging and illness, Nobel Prize-winning Doctor Elizabeth Blackburn discovered biological markers, called telomerase, the enzyme that replenishes telomeres, which protect our DNA. Dr. Blackburn discovered that the length and health of one's telomeres provides a biological basis for the long hypothesized mind-body connection. But perhaps more importantly, along with leading health Psychologist, Dr. Elissa Epel, discovered that there are things we can do to improve and lengthen our telomeres to keep us vital and disease-free.

This book will help people increase the reader's lifespan and health-span (the number of years during this time that they remain healthy and active), including information on how sleep, exercise, and diet profoundly affect our telomeres, and how chronic stress can eat away at our telomeres. Included are lists of which foods are healthy for our telomeres; how aging begins in utero: mothers who are highly stressed during pregnancy have children with shorter telomeres, and how thinking you are young and vital helps keep you that way!

Rights Sold:

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| • Brazil, Editora Planeta | • Italy, Mondadori | • Romania, Lifestyle Publishing |
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| • PR China, Hunan, | • Korea, Random House | • Serbia, Laguna, |
| • Czech Republic, Jota | • Korea | • Spain, Santillana |
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| Editeur | • Poland, Galaktyka, | • Turkey, Dogan Kitapcilik |
| • Germany, Mosaik | • Portugal, 2020 Editora | • UK, Orion |
| • Greece, Patakis | | |



Deviate: Why Disrupting What We See Leads to Innovation and Creativity

Beau Lotto

Hachette, April 2017

U.S. Agent: Doug Abrams



Beau Lotto, a world-renowned neuroscientist, entrepreneur, and two-time TED speaker, shows us that understanding how we perceive the world will open up our ability to create and innovate. Lotto answers the millennia-old question of whether humans see reality or not. The answer is: We don't. This fundamental revelation shows that everything we know is filtered by context and by each individual's past experiences. Through case studies, history, and cutting-edge science, *DEVIATE* shows us how understanding perception can allow us to change our brains, unshackle ourselves from the past, and unleash creativity, growth, and inspiration.

"Understanding the brain is every bit as challenging as understanding the cosmos, and Beau Lotto's impact could ultimately be as important as Carl Sagan's."

-Dale Purves, Geller Professor of Neurobiology, Duke Institute for Brain Sciences

"Beau Lotto's *Deviate* is the beginning of a conversation-with yourself. Based on my years working at Pixar and with Tibetan Buddhist meditation masters, Beau is on exactly the right track for using neuroscience to understand the mechanisms that keep us stuck and the power of paying attention to the mind. And he does it with an infectious enthusiasm that cannot help but draw the reader into this engaging material."

—Lawrence Levy, former CFO of Pixar Animation Studios and author of *To Pixar and Beyond*

Rights Sold:

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|---------------------------------------|----------------------------------|-----------------------------|
| • Brazil, Editora Rocco | • Italy, Bollati Boringhieri | • Taiwan, China Times, |
| • PR China, Beijing Huazhang Graphics | • Korea, Bookhouse Publishers | • UK, Weiderfeld & Nicolson |
| • Germany, Riemann Verlag/RH | • The Netherlands, Hollands Diep | • Japan, Sunmark |
| | | • Hungary, Libri Konyvkiado |

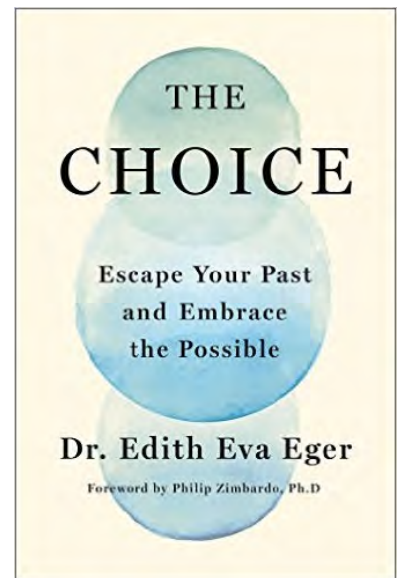
The Choice: Escape Your Past and Embrace the Possible

Dr. Edith Eger

Scribner/September 2017

U.S. Agent: Doug Abrams

A former ballerina who was forced to dance for Josef Mengele in Auschwitz, an eminent psychologist and a keynote speaker at Viktor Frankl's 90th birthday, Edith Eva Eger, Ph.D. has written a testimony to living with joy, compassion and freedom. *THE CHOICE* celebrates the singular ability of one survivor to heal others, from Navy SEALs to abused women, from those who have experienced traumatic events to those shackled by everyday fears and self-imprisoning beliefs.



“This is a book for all people, and one that will live on for many years.”

—**Judith Kendra, Rider/RH, UK**

“I am exhilarated by Eger's courage and compassion and sheer ebullience, most of all by her conviction that in every life, in every place, even in Auschwitz, there is choice. We can choose life.”

—**Nan Graham, Scribner, USA**

“*The Choice* will be an extraordinary book on heroism, healing, resiliency, compassion, survival with dignity, mental toughness, and moral courage. It will appeal to millions of people who can learn from Dr. Eger's inspiring

cases and shocking personal story as well as her profound clinical wisdom to heal their lives.”

—**Philip Zimbardo, Ph.D., Stanford Professor Emeritus of Psychology, New York Times Bestselling author of *The Lucifer Effect***

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- Italy, Garzanti
- The Netherlands, AW Bruna
- Poland, Czarna Owca
- Slovakia, Eastone
- UK, Rider/RH
- Taiwan/Crown

AntiCancer Living

Dr. Lorenzo Cohen & Alison Jefferies

Penguin-Viking/April 2018

U.S. Agent: Doug Abrams



“You have cancer.” These are perhaps the most feared three words that will ever come out of a doctor’s mouth, and more and more people are hearing them. Yet, most people do not realize they can reduce their risk of getting cancer and improve their chances of surviving a cancer diagnosis by making six fundamental changes in their lifestyle. Research shows that 50 to 70 percent of cancer can be prevented and cancer survivors can live longer and better if they change their daily habits and live more healthy lives. People are waiting for a cure to cancer, when the most promising antidote is already here, and it doesn’t come in a syringe or a pill. Readers of *AntiCancer Living* will learn about *The Mix of Six*—six key lifestyle factors that are scientifically linked with cancer risk and influencing outcomes (both *quality* of life and *quantity* of life) for those with cancer. In a society that remains embedded in an illness model of health care, *AntiCancer Living* empowers people to engage in a life of *wellness*.

As husband and wife, Lorenzo Cohen and Alison Jefferies have been working on living the anti-cancer life for themselves and in their own home for more than 16 years. Cohen is Professor and Director of the Integrative Medicine Program at the MD Anderson Cancer Center in Texas, which has been ranked as the leading cancer hospital in the US for 11 of the past 14 years. Jefferies holds a Master’s in Educational Psychology from the University of Houston.

“*Anticancer Living* presents the scientific evidence and important tactics and strategies for individuals and society to decrease the risk of cancer and improve the health status of those fighting cancer. I highly recommend this book to anyone seeking to reduce their own risk of developing cancer or to enhance their personal battle against cancer.”

—Peter Pisters, MD, President of University Health network, Toronto, Canada

“I believe *Anticancer Living* will help to reduce the incidence of cancer and lead the world to better health.” —Xiamao Guo, MD, President, Fudan University Shanghai Cancer Center

Rights Sold:

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| • Brazil, Objetiva | • Italy, Sperling & Kupfer | • Portugal, Lua de Papel |
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| • Czech, Fortuna | • Netherlands, Kosmos | • Spain, Urano |
| • France, Laffont | • Norway, Gyldendal | • Taiwan, Ping’s Publishing |
| • Germany, Suedwest | | • UK, Vermillion/PRH UK |

The Hidden Mind: The Simple Rules Behind Why We Do What We Do

Dr. John Bargh

Touchstone/2018

U.S. Agent: Doug Abrams

Professor John Bargh is one of the world's leading experts on the unconscious mind. In *The Hidden Mind* he presents groundbreaking research that reveals the power that the unconscious mind wields over all aspects of our life and how we can learn to harness its power to think, act, and live better. This book addresses the hunger for scientifically based knowledge about the unseen and unfelt influences that shape our behavior. Dr. Bargh led the movement in psychology which demonstrated that consciousness is not the primary motivator of human experience. His labs at Yale and New York University have produced many of the legendary studies in the field and have opened up whole new areas of research.



“I predict that this book will be the most exciting and important book in psychology that has been written in the past 20 years.” —**John Gottman, Ph.D., Professor emeritus, University of Washington, author of *The New York Times* Bestseller *The Seven Principles For Making Marriage Work***

“John Bargh is surely the most important social psychologist of his generation (and I say that as a member of his generation) and it is no surprise that he has received virtually every award science can offer. *The Hidden Mind* is going to be a spellbinding tour, written by the undisputed master.”

—**Daniel Gilbert, Harvard University, author of the international bestseller *Stumbling On Happiness***

“Professor John Bargh has been a consistently and systematically amazing social scientists for decades with his insights, observations, studies, and perhaps most important—their implications for the way we live and the aspects of our life that we take for granted.”

—**Dan Ariely, Ph.D., Duke University, author of *The New York Times* Predictably Irrational**

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- PR China, Citic Press
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- Germany, Droemer
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- Korea, Chungrim Publishing
- Netherlands, Hollands Diep
- Russia, OO Alpina Publisher
- Taiwan, Ping's Publishing
- Turkey, Koridor Yayincilik,
- UK, Cornerstone

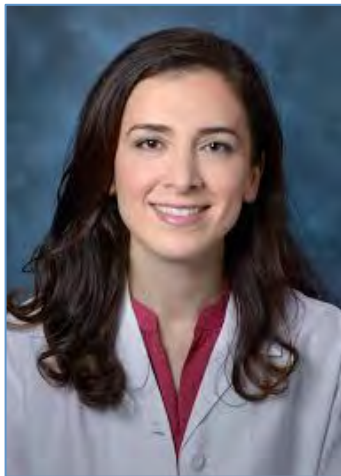
The Alzheimer's Solution: A Proven Program to Prevent and Reverse Symptoms of Cognitive Decline and Support Brain Health at Every Age

Dr. Dean Sherzai, Dr. Ayesha Sherzai

HarperCollins/2018

U.S. Agent: Doug Abrams

Prevention is the key to defeating Alzheimer's. The brain is a living universe: it responds to how you treat it, what you feed it, how you challenge it, the ways in which you allow it to rest and restore. A healthy lifestyle dramatically

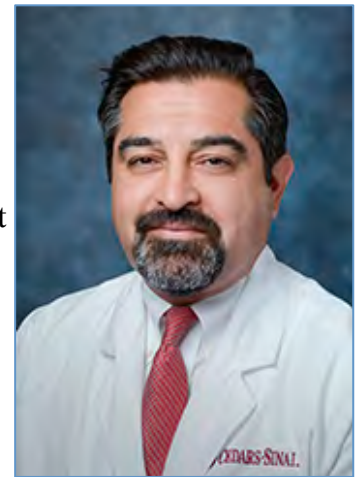


decreases your risk for Alzheimer's and also

enhances the power of your brain—your cognitive capacity and reserve. Despite what you may have

been led to believe, you can control the process of cognitive impairment.

There is no cure for Alzheimer's disease once it has manifested, but you can live a long and cognitively active life. You can live in a way that promotes the health of your brain and your entire body. You can start right now. And this book will teach you how.



"The Alzheimer's Solution is a very important book on the role of lifestyle in successful cognitive aging. Drs. Dean and Ayesha Sherzai are now conducting a truly groundbreaking clinical trial that proves the strong correlation between healthy behavior and healthy brains. This book brings their most powerful insights to light."

—Dilip Jeste, M.D, Distinguished Professor of Psychiatry and Neurosciences, Estelle and Edgar Levi Chair in Aging, Director of the Same and Ros Stein Institute for Research on Aging, University of California, San Diego School of Medicine

"As a Parkinson's specialist, I've seen over and over again the cognitive devastation caused by neurodegenerative diseases. The work of Drs. Dean and Ayesha Sherzai represents one of the most exciting scientific breakthroughs in neurology in decades. This is a vital moment in our understanding of Alzheimer's, and *The Alzheimer's Solution* is a scientifically rigorous and much needed book that will appeal to readers worldwide."

—Michele Tagliati, M.D, Leading Researcher on Parkinson's Disease, Director of the Movement Disorders Program at Cedars-Sinai Medical Center

Rights Sold:

- Taiwan, Crown
- UK, Simon & Schuster

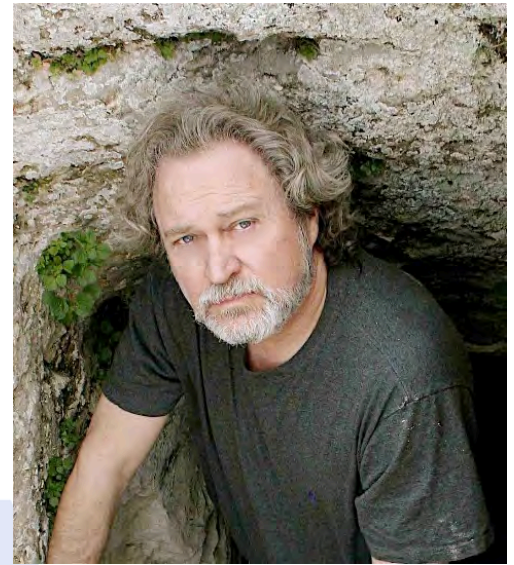
The Lost Mary: How the Jewish Mother of Jesus Became the Virgin Mother of God

Dr. James Tabor

Knopf, 2018 (World English)

U.S. Agent: Doug Abrams

From the acclaimed and international bestselling author of *The Jesus Dynasty* and Professor of Religious studies, James Tabor Ph.D.'s *The Lost Mary* is the first search for the historical mother of Jesus, the most famous and least known woman in history. Tabor reveals that Mary had seven children by two husbands and was a powerful figure in the early Church. *The Lost Mary* offers a potential patrimony for Jesus, and presents her life and times in a vivid and compelling manner, using archaeological findings and little-known literary sources.



“For the first time ever, Mary mother of Jesus claims her distinct place history through the careful research of James Tabor, whose extensive both ancient archaeology and text permits him to give us a cohesive picture of this enigmatic figure.”

—**Naomi Janowitz, Professor of Religious studies, University of California at Davis**

“In his latest work, James D. Tabor continues his quest to do nothing less than re-write the history of earliest Christianity.”

—**Eugene Gallagher, Connecticut College**

“Through a meticulous sifting of the textual and archaeological evidence, Tabor sets out to recover not only what has been lost, but in some cases deliberately erased from her story. As bold as it will be engaging, *The Lost Mary* is certain to provoke discussion among both scholars and the wider reading public.”

—**Arthur Droge, Professor of Religious studies, University of Toronto**

“Mary is perhaps the most poorly understood person who ever lived, and she could not find a better modern interpreter than James Tabor.”

—**The Rev. Jeffrey J. Bütz, S.T.M. Pastor, Zion’s Union Church, Maxatawny, Pennsylvania. Instructor of Religious studies, Pennsylvania State University**

“James Tabor, an expert in ancient archeology and a life-long scholar of the historical Jesus and his family is the one who can unlock this mystery.”

—**Rev. John Shuck, host Religion For Life**

Rights Sold:

- France, Flammarion

The Formula: The New Scientific Laws of Success

Dr. Albert-Laszlo Barabasi

Hachette, 2018

U.S. Agent: Doug Abrams

The world's leading expert in networks and complexity uses powerful storytelling and big data to reveal the universal laws that govern success.



We all believe we have the potential to be a success. We feel like our talent and focus is on par with our colleagues and competitors – and often it is. But how do we turn this potential into actual success? Why do some scientists gain eternal fame, while others, with equally insightful and deep discoveries, are relegated to a footnote of history? Why do some singers become superstars, while others, with equally exceptional talent, struggle to find an audience? Why do some authors write reliable bestsellers, while others, whose books are equally enjoyable, scramble to find traction in the marketplace? College applicants, investment bankers, amateur artists and professional athletes struggle every day against invisible barriers to their success. Readers will identify with the diverse examples used in the book, but this book provides more than a support group. The desire to succeed is universal, and so are the laws that make success happen.

A visionary pushing the boundaries of predictive science, World Economic Forum and TEDMED speaker, Barabási is pioneering a new movement in science that transforms the way we understand success. By recognizing that success is a collective phenomenon that can be accurately tracked in the era of big data, Barabási illuminates these laws and their implications chapter-by-chapter, showing us how we can harness science to improve outcomes in any field,



Rights Sold:

- China, Cheers Publishing
- Hungary, Libri Konyvkiado
- Israel, Kinneret-Bitan
- Italy, Einaudi Editore
- Korea, The Korean Economic Daily & Business Pub.
- The Netherlands, Business Contact
- Spain (Spanish), Conecta
- UK, Pan Macmillan

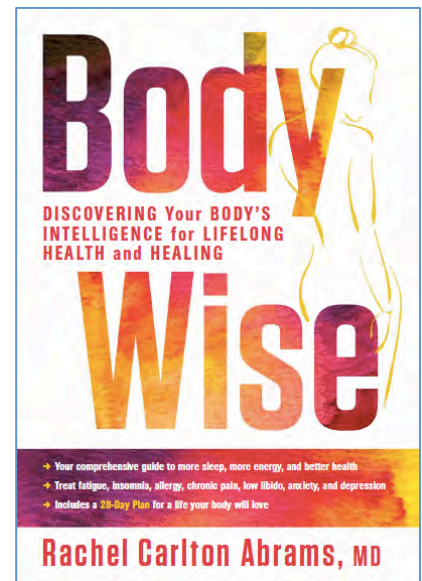
BodyWise: Discovering Your Body's Intelligence for Lifelong Health and Healing

Dr. Rachel Carlton Abrams

Rodale Press/January 2017

U.S. Agent: Doug Abrams

Today women are experiencing unprecedented demands and distractions that make it extremely difficult for them to recognize their real physical and emotional needs and leave them suffering from Chronic Body Depletion—fatigue, anxiety, insomnia, chronic pain, and allergy. *BodyWise* teaches a woman to listen to the natural intelligence of her body so she can heal her symptoms and attain lasting health and wellbeing.



“Direct, deeply knowledgeable and inspiring. I would follow Rachel Abrams anywhere. Thankfully with Rachel, it will be to my sustained health and well-being. BodyWise is so comprehensive and integrates all aspects of the totality of being in a human body, and how to be responsible for and to it.... This book is a smart and gentle well-being bible.”

—**Alanis Morissette**

Rachel Abrams is a truly exceptional physician, who has the breadth of interest and intellect to consider a patient's entire experience, not just limited pathologies. Where many health books focus on limited topics, Bodywise considers a huge range of factors that may affect our wellbeing. Like its author, it offers abundant hope, wisdom, and practical measures to address a vast range of issues. I wish I could make Bodywise required reading for anyone who wants to live a full, rich, active, and healthy life.

—**Martha Beck, Ph.D., New York Times best-selling author of *Finding Your Way in a Wild New World***

“Dr. Rachel Abrams is a lifelong expert on women's health, and her new book Bodywise is a revelation—a guide to achieving total health and wellbeing written with the authority of a world class physician and the warmth of a dear friend. Packed with specific treatment advice and a paradigm-shifting view of whole body health, this book will empower you to be the healthiest, and happiest, version of yourself.”

—**Mark Hyman, MD, author of the New York Times bestseller, *Eat Fat Get Thin*, Director, Cleveland Clinic Center for Functional Medicine**

Rights Sold:

- Germany, Irisiana Verlag – RH Germany
- Italy, Sperling & Kupfer
- UK, Bluebird/Macmillan
- Spain, Urano

The Well: Childhood, Adversity, and Solving the Puzzle of Lifelong Health

Dr. Nadine Burke Harris
HMH/January 2018
U.S. Agent: Doug Abrams



A pioneer in the field of medicine, Heinz Award winner, TED-Talk speaker and subject of a New Yorker profile, Dr. Nadine Burke Harris is leading a movement to transform the way we respond to the public health crisis of Adverse Childhood

Experiences (ACEs) and toxic stress that dramatically impacts our health and longevity. By revealing the science behind childhood adversity, this book offers a new way of understanding the adverse events that affect us throughout our lifetime. Based on her groundbreaking clinical work and public leadership, Burke Harris shows us how we can disrupt this cycle through interventions that help retrain the brain and body, foster resilience, and help children, families, and adults live healthier, happier lives.

“The Well is a profoundly important book, as well as being deeply interesting because it **helps us understand how the life experiences we have had as children can affect the rest of our lives** in terms of our emotional well-being, social and economic success or failure, biomedical disease, and life expectancy.”

-Vincent J. Felitti, MD, Co-Principal Investigator, The Adverse Childhood Experiences (ACE) Study

“The work of Nadine Burke Harris represents one of the most exciting scientific breakthroughs in education in decades. Dr. Burke Harris brings to light the very real, very tragic mechanics of how childhood trauma associated with generational poverty can impair children’s development. This book is a revelation, showing us the path for understanding and improving the lives of millions of poor children. If you want to understand why the education and well-being gap exists between the rich and the poor, and why it’s so hard to close, you must read this book!”

-Geoff Canada, Ed.M, Education Reformer

Rights Sold:

- Brazil, Editora Record
- China (PR), Cheers Publishing
- UK, Bluebird/Macmillan

The Oxygen Advantage: Simple, Scientifically Proven Breathing Techniques to Help You Become Healthier, Slimmer, Faster, and Fitter

Patrick McKeown

William Morrow/September 2015

U.S. Agent: Doug Abrams

A simple yet revolutionary approach to improving your body's oxygen use, increasing your health, weight loss, and sports performance—whether you're a recovering couch potato or an Ironman triathlon champion. With a foreword by *New York Times* bestselling author Dr. Joseph Mercola.

Achieve more with less effort: The secret to weight loss, fitness, and wellness lies in the most basic and most overlooked function of your body—how you breathe. One of the biggest obstacles to better health and fitness is a rarely identified problem: chronic over-breathing. We often take many more breaths than we need—without realizing it—contributing to poor health and fitness, including a host of disorders, from anxiety and asthma to insomnia and heart problems.

In *The Oxygen Advantage*, the man who has trained over 5,000 people—including Olympic and professional athletes—in reduced breathing exercises now shares his scientifically validated techniques to help you breathe more efficiently.

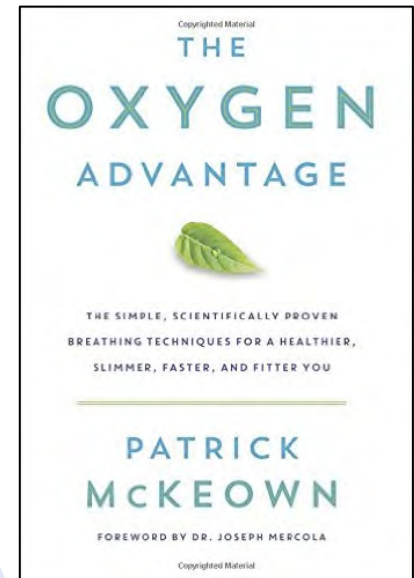
Following his program, even the most out-of-shape person (including those with chronic respiratory conditions such as asthma) can climb stairs, run for a bus, or play soccer without gasping for air, and everyone can achieve:

- Easy weight loss and weight maintenance
- Improved sleep and energy
- Increased concentration
- Reduced breathlessness during exercise
- Heightened athletic performance
- Improved cardiovascular health
- Elimination of asthmatic symptoms, and more.

With *The Oxygen Advantage*, you can look better, feel better, and do more—it's as easy as breathing.

Rights Sold:

- Italy, Sperling & Kupfer
- Japan, Kanki Publishing
- Lebanon, Arab Scientific
- UK, Piatkus and Little Brown



Run For Your Life: The Fun, Injury-Free Way to Burn Body Fat, Relieve Stress, and Improve Your Performance

Dr. Mark Cucuzzella

Knopf, 2017 (World English Rights to Knopf)

U.S. Agent: Doug Abrams

Dr. Mark Cucuzzella, one of the world's leading running doctors, is a marathon winner, race director, running store owner, medical school professor, family physician, and the creator of the Air Force's Efficient Running program. In

this book, he shows us how easy it is to run (and also to walk) efficiently and injury-free, and why these activities are the most enjoyable and effective way to become and stay healthy over a lifetime.



In the tradition of Jim Fixx's *Complete Book of Running* (1 million copies sold) and the *Royal Canadian Air Force Exercise Plans for Fitness* (23 million copies sold), *Run for Your Life* is envisioned as a readable, popular book that will make running and fitness accessible to, and sought after, by a large portion of the general public.

“As a talented runner and M.D., he has studied every aspect of running from superior performance to injury prevention to optimal health. Most importantly, he aims to improve the fitness and well-being of all, from the uninitiated to beginners to veterans who still have new tricks to learn.”

— **Amby Burfoot, Boston Marathon winner; editor of *Runner's World* magazine; author of *The Runner's Guide to the Meaning of Life***

“I expect *Run For Your Life* to become one of the leading running books of this era, and serve as a guiding light to runners of all abilities.”

—**Brian Metzler, editor in Chief, *Competitor* magazine; founding editor, *Trail Runner* magazine; co-author of *Natural Running* and *Run Like A Champion***

“Runners will not want to put this book down.”

—**Rod Dixon, four-time Olympian and Medalist, two-times World Cross-Country Championship Medalist, NYC Marathon Champion.**

Rights Sold:

- Japan, Hayakawa Shobo