

# FRANKFURT 2023



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## RECENT ACQUISITIONS AND FUTURE HIGHLIGHTS

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**Fleck, Caroline**

**VALIDATION: The New Approach to Change That Will Transform How You Love, Lead, and Live**

**February 2025 | Psychology / Self-Help**

**Translation rights | Proposal available; manuscript date TK**

**Agent: Anderson Literary | Editor: Caroline Sutton**

The validation skills from dialectical behavior therapy (DBT) revolutionized psychology by balancing the emphasis on changing behavior with a corresponding emphasis on acceptance. Now a prominent psychologist brings these validation skills out of therapy and into everyday life to help anyone decrease conflict, strengthen relationships, and change behaviors—in themselves and in others. As both a means and an end, validation has profound effects: it affirms a person’s experience and unlocks their potential for growth. Dr. Caroline Fleck explains how and why validation is a catalyst for transformation, while taking us step-by-step through eight skills we can use to communicate it. With practice, these skills become a way of life, helping us to focus on the possibilities that unfold when we see ourselves and others for who we really are.

**Caroline Fleck, PhD**, is a licensed psychologist, Adjunct Clinical Instructor at Stanford University, and a business consultant. She is renowned for her ability to help people make critical but challenging changes and is one of Silicon Valley’s most sought-after psychotherapists.

Rights sold: UK Commonwealth (Orion Spring); Korean (Sejong); Portuguese/Brazil (Sextante)

**Fletcher, Angus**

**PRIMAL INTELLIGENCE: The Neuroscience of Innovation, Creativity, and Curiosity**

**August 2025 | Creative Ability / Neuroscience / Psychology**

**Translation rights | Proposal available**

**Agent: Kneerim & Williams | Editor: Megan Newman**

PRIMAL INTELLIGENCE focuses on a key source of human intelligence: the non-logical, noncomputational brain processes responsible for future thinking and imagination. This “low-data intelligence” is a core driver of leadership, innovation, and resilience. It helps us solve complex and open-ended problems, anticipate the future faster, experience less anxiety and anger, and rebound quicker from failure. The book presents story exercises for training the low-data regions of your brain, improving your leadership, your powers of innovation, and your overall resilience. These are big claims—but they have been validated by independent research trials run by the US Army and have been published in leading academic journals, from *Annals of the New York Academy of Sciences* to the *Harvard Business Review*. They have been embraced by executives at some of the world’s biggest and most creative companies, and they have been validated on scientific trials with students as young as eight.

**Angus Fletcher** is a professor of story science at The Ohio State University’s Project Narrative, the world’s leading academic think tank for the study of how stories work. He is the author of *Wonderworks* and *Storythinking*.

Rights sold: UK Commonwealth (Headline); Korean (Influential); Romanian (Bookzone); Spanish (PRH Grupo)

**McGonigal, Kelly, Ph.D.**

**THE JOY INSTINCT**

**May 2025 | Psychology / Happiness / Self-Help**

**Translation | Proposal available**

**Agent: Ted Weinstein Literary Management | Editor: Megan Newman**

People rank joy as the emotion least under their control—and the feeling they most want. What if joy isn't something you have to wait for, but something you can choose? What if you could experience more joy every day, and capitalize on the energy, hope, and meaning it provides? What if the decision to choose joy could also strengthen your relationships and create the closeness and community you long for? Based on the latest research and insights from psychology and neuroscience, *THE JOY INSTINCT* shows readers step-by-step how to expand their capacity for joy. Readers will discover their signature joys—the most effective ways to find their ideal balance of exhilaration, renewal, and connection. They'll develop the ability to help others experience more joy. And they'll learn how to put joy in service of what matters most—as a resource in hard times, and as fuel for pursuing their most meaningful goals. *THE JOY INSTINCT* is a revolutionary reminder that joy is within reach, and a detailed, usable roadmap to the joy we all seek.

**Kelly McGonigal** is the internationally bestselling author of *The Joy of Movement*, *The Upside of Stress*, and *The Willpower Instinct*, among others. Her TED Talk "How to Make Stress Your Friend" is one of the most viewed of all time, with over 30 million views. Her popular audio program *40 Days to Positive Change* shows how to harness positive emotions to fuel personal growth. She co-created the Stanford Compassion Cultivation Training, a program now taught worldwide to deepen people's experience of empathy, self-compassion, and social connection.

Rights sold: UK Commonwealth (Headline); Japanese (Diamond); Korean (Book 21); Portuguese/Brazil (Alta); Spanish (Diana)

## FALL 2024

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**Mardou, Sacha**

**PAST TENSE**

**October 2024 | Graphic Memoir / Self-Help**

**UK and Translation | Manuscript expected in December 2023**

**Agent: Collins Literary Agency | Editor: Lucia Watson**

At forty-years-old, Sacha Mardou was leading a life that looked perfect on the outside: happily married to the love of her life, enjoying motherhood and her six-year-old daughter, and her first book had just been published. But for reasons she couldn't explain, the anxiety that had always plagued her only seemed to be getting worse. The product of a stoic, working-class British family, Sacha had a deep-seeded distrust of mental health treatment, but now, living in the US and desperate for relief, she finds herself in a therapist's office for the first time. PAST TENSE takes us inside Sacha's therapy sessions, which over time become life-changing. As her emotional life begins to unfreeze and she lets go of the shame she's long held, Sacha realizes that the work she's doing and her love for her family can ripple outward too, changing her relationships now, and creating a new legacy for her daughter. Bravely told, visceral, and profoundly moving, PAST TENSE is a story about our power to break free of the past—once and for all—and find hope.

[Sacha Mardou](#) studied English Literature at the University of Wales and started making comics in the late 1990s. Her previous work includes the serially-released graphic novel *Sky in Stereo*, which was Ignatz-nominated and shortlisted for the Slate Studio Award. Her online therapy comics have been featured in *The Huffington Post* and *Bored Panda*.

**Redd, Nancy Amanda**

**THE REAL BODY MANUAL: Your Photographic Guide to Health & Wellness**

**September 2024 | Women's Health / Self-Help**

**UK and Translation | Manuscript expected October 2023**

**Agent: Jane Startz Productions | Editor: Hannah Steigmeyer**

Today's preteens are measuring themselves against impossible physical ideals. How is it possible that the savviest and most connected generation in history has no visual guide to puberty? Enter this comprehensive reboot of the NAACP Image Award-nominated and instant *New York Times* bestseller. THE REAL BODY MANUAL is a down-to-earth guide that offers a frank approach to the mystifying body issues that all young people face. This go-to resource includes medically vetted, relatable advice, alongside visual references, for all types of developing bodies. With a balanced, healthy, and realistic approach toward health and self-esteem, gorgeous full color pages, THE REAL BODY MANUAL is the book that young adults are waiting for—and the book their parents wished they had growing up!

[Nancy Redd](#) is a *New York Times* bestselling author and Webby Award-winning on-air host. Called "the perfect combination of style and substance" by *ESSENCE* magazine, Nancy has dedicated her publishing career to body positivity and inclusive representation.

Previous edition (titled *Body Drama*) licensed to: Egmont (German); Giunti (Italian); Eksmo (Russian)

**Tracey, Kevin**

**THE VAGUS NERVE: The Radical New Science of Treating Inflammation Through the Nervous System**

**January 2025 | Neuroscience / Immunology**

**UK and Translation | Manuscript expected Jan/Feb 2024**

**Agent: Aevitas Creative Management | Editor: Caroline Sutton**

For centuries the function of the vagus nerve eluded research. Now neuroscientist and researcher Kevin Tracey has discovered the power of the vagus nerve to reverse inflammation, heal the immune system, and cure chronic illness. The vagus nerve is made up of 160,000 fibers that send thousands of electrical signals every second between the brain and the organs, governing basic functions like heart rate and blood pressure. Dr. Tracey shows us how manipulating the vagus nerve with a tiny implant can put the brakes on inflammation to reverse life-altering diseases like rheumatoid arthritis, inflammatory bowel disease, lupus, MS, diabetes, obesity, stroke, depression, Alzheimer's and Parkinson's. But we can also improve vagus nerve function with lifestyle strategies like ice baths, meditation, exercise, and breathwork. By opening the door to the new field of neuroimmunology, THE VAGUS NERVE not only revolutionizes how we understand and treat disease, it gives us unprecedented hope for our health and well being.

[Kevin Tracey, MD](#), is a neurosurgeon, scientist, entrepreneur, and leader in the fields of vagus nerve stimulation and inflammation. He and his colleagues in his lab at the Feinstein Institutes discovered the molecular and neural mechanism for the reflexive control of inflammation, now termed the inflammatory reflex. As measured by and reported in the scientific journal *PLOS One*, Dr. Tracey is one of the most highly cited living scientists in the world.

**Vora, Nisha**

**BIG VEGAN FLAVOR**

**September 2024 | Vegan Cooking**

**UK and Translation | Manuscript available**

**Agent: Miller Bowers Griffin | Editor: Lucia Watson**

With more than 2 million devoted fans online, Nisha Vora has become the trusted source for exceptional vegan recipes through her "flavor first" philosophy. Now she's created an essential, comprehensive guide that codifies the principles of plant-based cooking for the first time, from how to coax the most out of your ingredients and essential flavor pairings, to how to achieve impossible-to-resist, must-have-more textures and embrace the myriad ways vegetables can be enjoyed. Featuring more than 150 globally-inspired recipes, easy "flavor boosters" that add crunch, depth, or pop to dishes, simple swaps for whatever you're craving or have on-hand, make ahead tips, and more, BIG VEGAN FLAVOR is packed with ideas and inspiration.

[Nisha Vora](#) is the author of *The Vegan Instant Pot Cookbook*. After graduating from Harvard Law School and working as a lawyer for four years, she exchanged her casebooks for cookbooks and launched a career in her dream world of food by creating Rainbow Plant Life, the vegan cooking blog, Instagram account, and YouTube channel.

## SUMMER 2024

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**Macy, Ruth E. and Courtney Naliboff**

**YOUR POSTPARTUM BODY: The Complete Guide to Healing After Pregnancy**

**June 2024 | Motherhood / Health / Gynecology & Obstetrics**

**UK and Translation rights | Manuscript available**

**Agent: The Gernert Company | Editor: Nina Shield**

What should you expect when you're done expecting? Too many of us think that there's no way to fix everyday concerns after a pregnancy, such as pelvic floor issues, exhaustion and burnout, and getting back into a fitness routine. But with this revolutionary resource in hand, you'll learn what happens to the body during pregnancy and childbirth, common changes in function and feeling, and solutions for healing. **YOUR POSTPARTUM BODY** is a complete reference guide for every eventuality, from making sure you're getting enough fluids to troubleshooting breastfeeding to pelvic floor recovery, with helpful illustrations and photos throughout.

**Ruth E. Macy** is a pelvic floor physical therapist with seventeen years of experience. She is passionate about working with people to achieve their desired health outcomes, removing bias and exclusion in healthcare, and delivering a compassionate patient-centered approach that eliminates shame and blame in the ownership of the human body. **Courtney Naliboff** is a teacher, writer, musician, volunteer EMT, parent, and swimming enthusiast. She is a longtime reporter and columnist for the *Working Waterfront* and has written about Jewish parenting in small-town Maine for kveller.com, heyalma.com, and the *Bangor Daily News*.

**Sharma, Shalinee**

**MATH SENSE: The Simple Path to Loving Math**

**August 2024 | Mathematics / Parenting / Education**

**UK and Translation | Manuscript available**

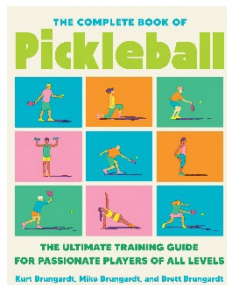
**Agent: Aevitas Creative Management | Editor: Nina Shield**

Many of us buy into the idea that some people are innately good at math and others just won't ever succeed at it—but it's not true. Shalinee Sharma shows how complex problem solving and puzzle solving, abstract and logical thinking, and cultivating a growth mindset are crucial skills for success that can be taught to everyone, and how math shares common ground with art, creativity, and wonder. She also explodes the myths that hold us back from enjoying math, with chapters dedicated to the three roadblocks that discourage us from learning. With instructive line drawings throughout, Sharma explains the math instinct that all humans have from birth, and better, more intuitive ways to solve math problems. Whether you are an educator, a parent, or an adult who has always thought you're "bad at math" but wants to get good, **MATH SENSE** contains the guidance, takeaways, and specific approaches you need to learn to love numbers.

[Shalinee Sharma](#) is a math expert and the CEO and cofounder of Zearn, a nonprofit educational organization behind the top-rated math-learning platform used by one in four elementary-school students and by one million middle-school students nationwide. She also serves on the Braven board of directors, is a Pahara-Aspen Fellow, and serves as cochair of the Brown University Advisory Council for the College. She has a master of business administration from Harvard Business School and a Bachelor of Arts from Brown University. A child of refugees, Sharma is passionate about universal access to an excellent education.

## SPRING 2024

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**Brungardt, Kurt; Brett Brungardt; and Mike Brungardt**

**THE COMPLETE BOOK OF PICKLEBALL: The Ultimate Guide for Passionate Players of All Levels**

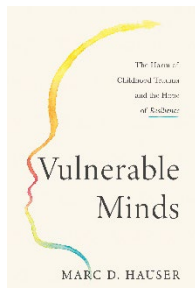
**April 2024 | Sports / Training / Reference**

**UK and Translation | Manuscript available**

**Agent: Trident Media Group | Editor: Hannah Steigmeyer**

Pickleball is easy to learn, fun to play, and competitive. This easy-to-follow, interactive guide matches the game's spirit, with a training process that is unintimidating and accessible for enthusiasts of all levels, helping every player reach their potential and stay injury-free. Like the game, the book is fun and motivational, assisting readers in setting goals that match their evolving needs.

**Kurt Brungardt** is a certified personal trainer and the bestselling author of *The Complete Book of Abs*, *The Complete Book of Core Training*, and *The Running Revolution*. **Mike Brungardt** was head strength and conditioning coach for the San Antonio Spurs for 17 years and is currently the CEO for PROOF Athletic Training. **Brett Brungardt** is co-founder of Basic Athletic Measurement. He has been the strength and conditioning coach for the Dallas Mavericks, University of Washington, Beijing Ducks, University of Kentucky, University of Wyoming, and University of Houston.



**Hauser, Marc**

**VULNERABLE MINDS: The Impact of Childhood Trauma and the Path to Resilience and Recovery**

**March 2024 | Psychology / Self-Help / Family & Relationships**

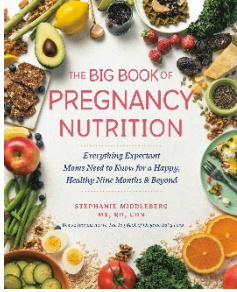
**UK Commonwealth | Manuscript available**

**Agent: UTA | Editor: Lucia Watson**

Each year at least a billion children around the world are the victims of adverse childhood experiences (ACEs) that range from physical abuse to racial discrimination to neglect and food deprivation. Those dealt a hand of ACEs are more likely to drop out of school, have a shorter life, abuse substances, and suffer from myriad mental health and behavioral issues. The crucial question is, how do we intervene to offer these children a more hopeful future? Neurobiologist and educator Marc Hauser provides a novel, research-based framework to understand a child's unique response to ACEs. Using this lens, adults can start to help children build resilience and recover from their adversity through targeted community and school interventions, emotional regulation tools, as well as a new frontier of therapies focused on direct brain stimulation, including neurofeedback and psychedelics. The plasticity of young people's minds makes them vulnerable, but it also makes them apt to take back the joy, wonder, innocence, and curiosity of childhood when given the right support.

**Marc Hauser, PhD**, is an educator, neuroscientist, and the founder of Risk Eraser, a program helping at-risk kids lead healthier lives. He is a former professor of evolutionary biology and psychology at Harvard University.





**Middleberg, Stephanie**

**THE BIG BOOK OF PREGNANCY NUTRITION: Everything Expectant Moms Need to Know for a Happy, Healthy Nine Months and Beyond**

**April 2024 | Health / Nutrition**

**UK and Translation | Manuscript available**

**Agent: Ultra Literary | Editor: Nina Shield**

When you found out you were pregnant, you were probably given a long list of things that you were no longer “supposed” to do. But what you really need is a practical guide to all the things you can do to feel as empowered and strong as possible. **THE BIG BOOK OF PREGNANCY NUTRITION** is a one-of-a-kind resource that covers everything, from prenatal vitamins and supplements to foods that alleviate constipation and heartburn, to preparing for your glucose test and what to cook and freeze before the baby comes. Learn which foods may help your baby’s developing microbiome, decrease nausea, ease labor pains, and build your milk supply. Pregnancy is hard, but with Middleberg’s expert guidance, you will find that fueling yourself and your growing baby doesn’t have to be.

[Stephanie Middleberg, MS, RD, CDN](#) is a registered dietitian, founder of Middleberg Nutrition, and bestselling author of *The Big Book of Organic Baby Food* and *The Big Book of Organic Toddler Food*. She is frequently called upon by media outlets as an expert and has served as a member of both *Health* and *Cosmopolitan’s* Health Advisory Boards.

Rights sold: Romanian (DGV)

## FALL 2023

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**Ages, Alyssa**

**SECRETS OF GIANTS: A Journey to Uncover the True Meaning of Strength**

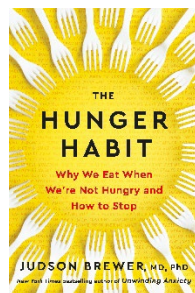
**September 2023 | Motivational / Extreme Sports**

**UK and Translation | Manuscript available**

**Agent: Levine, Greenberg, Rostan | Editor: Hannah Steigmeyer**

Alyssa Ages embarks on an immersive journey to the fringe of the weight-lifting world, the sport of strongman. She hoists kegs and lifts boulders alongside superhuman athletes, and she meets with sports psychologists, coaches, and scientists to understand how the pursuit and possession of strength can permeate every aspect of our lives, from building resilience and confidence, to finding joy in pain, to teaching us to handle adversity. Part personal narrative, part research mission, part reckless midlife crisis odyssey, *SECRETS OF GIANTS* uncovers why physical strength matters, and how it teaches us that we're capable of so much more than we know.

[Alyssa Ages](#) is a journalist whose work has appeared in *GQ*, *The Globe and Mail*, *Wired*, *Men's Journal*, *Publisher's Weekly*, *Parents*, *MTV News*, *Spin*, and *Vibe*. She is a former personal trainer and group fitness instructor, as well as a strongman competitor, marathoner, triathlete, and occasional rock climber. A born-and-raised New Yorker, she now lives in Toronto with her husband and two daughters.



**Brewer, Judson**

**THE HUNGER HABIT: Why We Eat When We're Not Hungry and How to Stop**

**January 2024 | Self-Help / Emotions / Body Image**

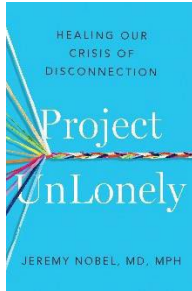
**Translation | Manuscript available**

**Agent: Janklow & Nesbit | Editor: Caroline Sutton**

*THE HUNGER HABIT* is based on Judson Brewer's deeply researched plan proven to help us understand what is going on in our brains so that we can heal the guilt and frustration we experience around eating. This is not a diet book pretending not to be a diet book. The step-by-step program focuses on training our brains to tap into awareness to change our relationship with food and eating—shifting it from fighting with ourselves to befriending our minds and bodies. There is no willpower, calorie-counting, or restricted eating. The key is to learn how to work with our brains rather than resisting our impulses, and to adopt an attitude of self-kindness rather than self-judgment. Grounded in cutting-edge neuroscience and Brewer's several decades of clinical practice as a psychiatrist, *THE HUNGER HABIT* is both accessible and compassionate. It will finally help you break out of food jail and reclaim your life.

[Dr. Judson Brewer](#) is the bestselling author of *Unwinding Anxiety* and *The Craving Mind*. An addiction psychiatrist and internationally known expert in mindfulness training for treating addictions, he is a professor in the School of Public Health and Medical School at Brown University.

**Rights sold:** UK Commonwealth (Black & White); Arabic (Jarir); Chinese, complex (China Times); Italian (Corbaccio); Portuguese/Brazil (Sextante); Spanish (Paidos)



**Nobel, Jeremy**

**PROJECT UNLONELY: Healing Our Crisis of Disconnection**

**October 2023 | Psychology / Interpersonal Relations / Self-Help**

**Translation | Manuscript available**

**Agent: Aevitas Creative Management | Editor: Caroline Sutton**

Chronic loneliness is a private experience of profound anguish. It has also become a public health crisis. Project UnLonely will not just sound an alarm about the significant, growing negative impact of loneliness on nearly every sector of society, but also offer solace, hope, and solutions. While we can't cure loneliness the way we can cure strep throat or even cancer, there are concrete, actionable, and effective things we can do to manage it and keep it from becoming chronic. For an individual lonely reader, or for anyone who loves, serves, treats, or employs people vulnerable to loneliness in community, work, or educational settings, this book clarifies how meaningful reconnection between self and others begins, and how it can be nourished and sustained.

**Jeremy Nobel, M.D., MPH**, is a primary-care physician, public health practitioner, and award-winning poet with faculty appointments at the Harvard T.H. Chan School of Public Health and the Harvard Medical School. He is the founder and president of the Foundation for Art & Healing, whose signature initiative, Project UnLonely, addressing the personal and public health challenges of loneliness and social isolation, has gained national visibility.

Rights sold: UK Commonwealth (Headline Home); Korean (Wisdomhouse); Thai (B2S)

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