

FRANKFURT 2025

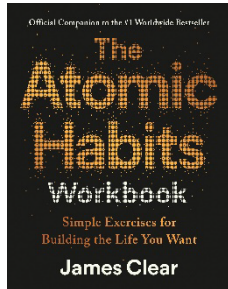


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RECENT ACQUISITIONS AND FUTURE HIGHLIGHTS



Clear, James

THE ATOMIC HABITS WORKBOOK: Official Companion to the #1 Worldwide Bestseller

December 2025 | Organizational Behavior / Personal Growth

Translation | Manuscript available

Agent: Writers House | Editor: Hannah Steigmeyer

The official companion to the #1 worldwide bestseller is the next step in your habits toolkit. Guided journal prompts will help you engage with your habits and the forces that impact them. Thought-provoking exercises allow you to implement the Atomic Habits theories and see your life transform. This workbook takes the reader from understanding habits to living them. Packed with tips, tricks, and activities, THE ATOMIC HABITS WORKBOOK is your step-by-step guide to making small changes that will transform your habits and deliver remarkable results.

[James Clear](#) is a writer and speaker focused on habits, decision making, and continuous improvement. He is the author of the #1 *New York Times* bestseller *Atomic Habits*, which has sold over 25 million copies worldwide and has been translated into more than 60 languages.

Rights sold: UK Commonwealth (Cornerstone); Bosnian (Ilum); Bulgarian (Hermes); Catalan (Abacus); Chinese, complex (Fine Press); Chinese, simplified (Beijing Yutu); Dutch (Bruna); Estonian (Aripaev); Finnish (Tuuma-Kustannus); French (Larousse); German (Goldmann); Hungarian (Gurulo); Italian (DeAgostini); Japanese (Pan Rolling); Korean (Business Books); Polish (Galaktyka); Portuguese/Portugal (ASA); Romanian (Trei); Slovak (Tatran); Slovene (MIS); Spanish (Planeta); Thai (SE-ED); Turkish (Pegasus); Ukrainian (KM Books)

Lane, Logan

THE LUDDITE MANIFESTO

September 2027 | Personal Growth / Popular Culture

Translation | Proposal available

Agent: The Gernert Company | Editor: Anna Paustenbach

Logan Lane is the founder of [The Luddite Club](#). You can't find her on Instagram, but you may have read about her in two huge *New York Times* features about her organization. The club's branches aren't parent or institution-based initiatives, but student-led and -operated meetings—part of a growing movement of technocritical young people looking to downgrade the role tech plays in their lives. In THE LUDDITE MANIFESTO, Lane makes a powerful, deeply felt argument for ditching social media and smart phones in young adulthood and to build systems that promote offline community rather than hyperconnectivity. It is an ode to a life lived in real time, and for all that is gained in doing so—community, agency, tangibility, a more secure sense of self.

Rights sold: UK Commonwealth (Penguin Life); Korean (Sam & Parkers)

West, Amy

DURABLE

February 2027 | Health / Longevity

UK and Translation | Proposal available

Agent: Linda Konner Literary Agency | Editor: Isabel McCarthy

In *DURABLE*, Dr. Amy West challenges the common assumption that pain means you must stop doing what you love. On the contrary, pain often signals the need for a more comprehensive approach to full health, and Dr. West provides it, with the building blocks readers need to assess and optimize their own metabolic health and training their bodies to be stronger. She explains what your annual physical is missing, what numbers you should be tracking, and how to approach your nutrition, exercise, and recovery to support optimum metabolic and functional health—even if you begin from a place of injury and limited mobility, even if you’ve had a diagnosis that has limited you in the past. You can be in control of your metabolic and hormonal health, and your commitment and action now will build the durability you need not just to live longer, but to live a better life.

Amy West, MD, is a dual board-certified physician in both Physical Medicine and Rehabilitation and Sports Medicine. She is a graduate of Harvard Medical School and the Harvard Graduate School of Education and currently serves as an assistant professor of physical medicine and orthopedics at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell, the largest healthcare system in New York. Dr. West is also an Olympic-level weightlifter and a competitive CrossFit athlete.

Wise, Jerry

THE ROAD TO SELF

May 2027 | Mental Health / Psychiatry

Translation | Proposal available

Agent: Rogers & Weil Literary | Editor: Hannah Steigmeyer

We inherit our entire emotional foundation—how we see the world, navigate relationships, and manage ourselves—from our family. But many of us receive faulty internal wiring and that becomes the blueprint we live by, often without realizing it. Too many smart, capable adults live with anxiety, guilt, shame, and people-pleasing, or find themselves stuck in toxic patterns—not because they’re broken, but because they were never allowed to become themselves. The solution is a process called Self-Differentiation: separating who you truly are from the family programming that shaped you, and becoming your real self, even if others disagree, resist, or never change. In *THE ROAD TO SELF*, counselor, therapist, and coach Jerry Wise offers his popular methodology to self-differentiate and find freedom and peace. He answers questions at the heart of living and healing: How do we discover our true selves? How do we resist the imprinting that we have come to see as “normal” in our lives? How can we break from bonds of the past to truly live in the present and the future? When we shift our thinking, feeling, and seeing, we are empowered and ready to finally live.

[Jerry Wise](#) is a beloved teacher, therapist, and leading expert in emotional healing and family systems. Over his 40-year career, he has coached and counseled thousands of individuals worldwide.

Rights sold: UK Commonwealth (Monoray); German (DK); Spanish (Planeta Mexico)

FALL 2026

Axe, Josh and Will Cole

HEAL YOUR CELLS

September 2026 | Health / Longevity

Translation | Proposal available; manuscript expected in January 2026

Agent: Heather Jackson Literary Agency & Fedd Agency | Editor: Tracy Behar

In HEAL YOUR CELLS, leading functional medicine experts Dr. Josh Axe and Dr. Will Cole reveal how cellular degeneration—not time—is the true driver of aging and chronic illness. They show that symptoms like fatigue, insulin resistance, brain fog, gut issues, and hormonal imbalance are early warning signs that your cells aren't functioning as they should. You'll learn how to tell if one of your organs is aging faster than the rest—and what to do about it; how to nourish your cells with precision; which therapies and daily rituals slow cellular aging; how spiritual practices like prayer and gratitude measurably strengthen the immune system and improve gene expression tied to healing and longevity. With practical protocols, personalized assessments, and powerful stories from patients and practitioners alike, HEAL YOUR CELLS offers a radical shift in how we understand health—and a step-by-step guide to rebuilding it at its root.

[Dr. Josh Axe](#), DNM, DC, CNS, is the author of bestsellers *Eat Dirt*, *Keto Diet*, *Ancient Remedies*, and *Think This, Not That*. He regularly teaches and speaks on leadership, holistic health, and spiritual wellness. [Dr. Will Cole](#), IFMCP, DNM, DC is the host of the podcast *The Art of Being Well* and author of *Ketotarian*, *The Inflammation Spectrum*, and the *New York Times* bestseller *Intuitive Fasting*.

Rights sold: UK Commonwealth (Bantam), Chinese, simplified (CITIC); Portuguese/Brazil (Fontanar); Portuguese/Portugal (Nascente/PRH); Romanian (Bookzone); Spanish (Grijalbo/PRH)

Donofrio, Jeanine

LOVE AND LEMONS POP OF FLAVOR: 100 Saucy, Spicy, Crunchy, Herb-y, Tangy Recipes for Crave-able Everyday Cooking

October 2026 | Cooking – Vegetarian

UK and Translation | Manuscript available

Agent: The Stonesong Press | Editor: Lucia Watson

What are you craving? Whether it's a hankering for something hot and peppery, zingy and light, or crispy and crunchy, Jeanine Donofrio, creator of the wildly successful *Love & Lemons* blog, has developed the perfect formula to deliver maximum flavor. LOVE AND LEMONS POP OF FLAVOR reveals that the secret to making exciting meals are flavor components that you can make ahead in a flash and use in countless ways. Each chapter is organized by category—Saucy, Spicy, Crunchy, Herby, Tangy, and Sweet—and highlights a handful of flavor-loaded components along with simple meals. Try Eggplant Yogurt Sauce drizzled on Zucchini Gyros and Falafel Spiced Sheet Pan Fries. Or use Jalapeño Radish Pickles to spice up Smoky Potato Tacos and Cold Sesame Udon noodles. Sesame Nori Crisp adds a satisfying texture to Caramelized Onion Pasta and a Root Vegetable Okonomiyaki. Always easy to prep ahead and repurpose, these flavor boosters will become your go-to, secret weapons to banish any cooking rut for good. This is Love & Lemons at its most imaginative, flexible, and flavor packed.

[Jeanine Donofrio](#) is the author of *Love and Lemons: Simple Feel Good Food*, *Love and Lemons Every Day* and *The Love and Lemons Cookbook*. She has been featured in *The New York Times*, *People*, *Oprah*, among others.

Previous publishers: Australia & New Zealand (PRH Australia); Dutch (Unieboek Het Spectrum); French (La Plage); German (Christian); Russian (Eksmo)

McGonigal, Kelly
THE JOY INSTINCT

November 2026 | Psychology / Happiness

Translation | Manuscript expected mid-January 2026

Agent: Ted Weinstein Literary Management | Editor: Lucia Watson

People often name joy as the emotion they most want to experience. And who wouldn't want more joy? It's a spark we feel in small moments, but its powerful effects are long. Now how do we grab onto an emotion that can feel fleeting and elusive? Renowned psychologist and emotion expert Kelly McGonigal shares good news in this book: we don't need to wait for joy to happen to us, we can choose it. Packed with the latest science, storytelling, and "joy experiments" designed to help us discover the unique experiences that light us up, McGonigal guides us toward shifting our focus toward creating joy, savoring it, sharing it, and celebrating it. Motivating and uplifting, *THE JOY INSTINCT* proves joy is entirely within our reach.

[Kelly McGonigal](#), PhD, is a research psychologist, a lecturer at Stanford University, and an award-winning science writer. She is the author of the international bestsellers *The Willpower Instinct*, *The Upside of Stress*, and *The Joy of Movement*.

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

Pakron, Timothy

GARDEN VARIETY: Vegetable-Focused Recipes Inspired by My Garden

September 2026 | Cooking – Vegan / Southern States

UK and Translation | Manuscript available

Agent: Thompson Literary Agency | Editor: Lucia Watson

When Timothy Pakron moved to New Orleans he began growing a cornucopia of produce in his backyard, just as his parents did. From fragrant and zesty herbs to all manner of leafy greens, sturdy root veggies, lush fruit, and more, Timothy now cooks with fresh ingredients from his flourishing garden regularly, letting them inspire his cooking and guide him through the seasons. In *GARDEN VARIETY*, he encourages readers to develop a deeper connection with the natural world and shows us how to bring its delicious flavors to our plates. Timothy's approach to plant-based cooking is elegant, exciting, and approachable, and always has a Southern flair. Beautifully photographed, it is both a work of art and a celebration of the magic of cooking with ingredients from the earth.

[Timothy Pakron](#) is a passionate cook, artist, photographer, and creator of the popular blog *Mississippi Vegan*. Before devoting himself to the culinary arts, he spent time as a fine artist in Charleston, South Carolina, and New York City. Pakron currently lives and works in New Orleans.

Susman, Eli

MICROPRACTICE: A Science-Backed Approach for Calm, Clarity, and Joy in 30 Seconds or Less

September 2026 | Applied Psychology / Mindfulness

Translation | Manuscript expected mid-October

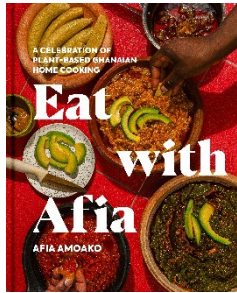
Agent: Solow Literary Enterprises | Editor: Anna Paustenbach

How can we cultivate well-being that truly fits into the rhythm of our daily lives? This is the question that psychologist Eli Susman, PhD spent a decade pursuing the answer to as he observed how too many of us think mindfulness, joy, and relaxation is only achieved through lengthy retreats, intensive meditation, or hours on the yoga mat. Enter micropractice: a term Susman coined for the powerful, bite-size techniques that help us find calm and well-being—right in the middle of modern life’s thousand demands. In this beautifully illustrated, highly practical guide, Susman distills ancient wisdom and his own pioneering research into 14 practices anchored in 4 core elements: Move, Touch, Breathe, and Flow. Along the way, Susman reveals the science of habit formation to help make these practices stick. No elaborate rituals, just practices grounded in research that seamlessly become part of your day to foster emotional resilience, spark creativity, and make well-being a way of being.

[Eli Susman](#), PhD is a psychologist, writer, certified yoga teacher, laughter yoga leader, and longtime meditation practitioner and facilitator. The rising thought leader with degrees from Middlebury, Harvard, and UC Berkeley has cultivated a unique expertise that bridges the ancient wisdom of contemplative traditions with the latest advances in psychological science.

Rights sold: UK Commonwealth (Ebury); Chinese, complex (Rye Field); Chinese, simplified (China Machine Press); Czech (Jota); German (Integral/Heyne); Japanese (Diamond); Korean (Chungrim); Portuguese/Brazil (Objetiva); Romanian (Trei); Spanish (Diana)

SUMMER 2026



Amoako, Afia

EAT WITH AFIA: A Celebration of Plant-Based Ghanaian Cooking

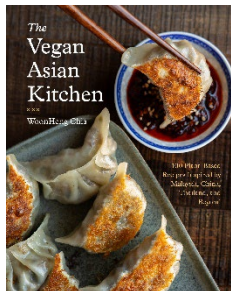
August 2026 | Cooking – Ghanaian

UK and Translation | Manuscript available

Agent: Brotherstone Creative Management | Editor: Isabel McCarthy

Afia Amoako grew up in a kitchen that was never quiet, never empty, and never boring. Food, she understood from a young age, was the essence of her family's Ghanaian culture. It was represented in the red palm oil that colored their rice; it was pounded into the plantain and cassava-based fufu dough they ate with stews; and it shined through in the indigenous spices that flavored kebabs and so much more. In EAT WITH AFIA, the author assembles a warm and comforting blend of recipes that pay homage to Ghanaian cuisine from a plant-based perspective. Including stories of Ghanaian foodways and family traditions, the book is an irresistible invitation to explore with Afia as she cooks her way through Ghanaian classics and her favorite dishes.

[Afia Amoako](#) is the creator of Eat with Afia, where she shares recipes for plant-based Ghanaian and West African food with her 300K+ followers. She is known for blending lessons about culinary traditions with details about culture, ingredients, and more. Afia is a researcher in training, currently pursuing her PhD in Epidemiology, and her education has complimented her exploration of food science.



Chia, WoonHeng

THE VEGAN ASIAN KITCHEN: 100 Plant-Based Recipes Inspired by Malaysia, China, Thailand, and Beyond

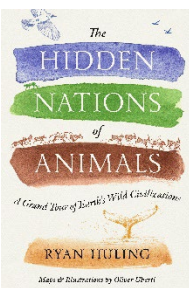
June 2026 | Cooking – Asian

UK and Translation | Manuscript available

Agent: Brotherstone Creative Management | Editor: Isabel McCarthy

WoonHeng Chia, known for sharing recipes online under the handle @Woon.Heng, grew up in Malaysia, an ethnically diverse country where she was constantly surrounded by an amazing array of East Asian cuisines. From the local markets and coffee shops to the dai chow stir fry joints where she and her loved ones would dine out, WoonHeng's memories of home were shaped by the diverse and delicious flavors all around her. When she embraced a plant-based diet, she was inspired to master vegan versions of dishes from dim sum and noodle stir fries to endlessly creative tofu recipes. The Vegan Asian Kitchen is a comprehensive and loving look at the naturally plant-forward dishes of East Asia, as well as some of WoonHeng's own creations and favorite culinary memories.

[WoonHeng Chia](#) is the creator of the account [@woon.heng](#) where she shares plant-based recipes with an Asian twist. She grew up in Kuala Lumpur, Malaysia where she was exposed to a wide array of food at local markets and stir-fry restaurants. Today, she lives in Chengdu, in China's Sichuan province, with her two children and her husband.



Huling, Ryan; Maps and Illustrations by Oliver Uberti
THE HIDDEN NATIONS OF ANIMALS: A Grand Tour of Earth's Wild Civilizations
 June 2026 | Animals / Life Sciences
 UK and Translation | Manuscript available
 Agent: Levine Greenberg Rostan Literary Agency | Editor: Jacob Surpin

Recent breakthroughs in scientific observation have revealed in astounding detail just how many species construct habitats and transit networks, and draw lines around the area they call home—a process known as worlding. In *THE HIDDEN NATIONS OF ANIMALS*,

Ryan Huling takes us on an odyssey through some of our planet's most captivating animal worlds, including destinations like the world's largest beaver dam—a structure so vast that it's visible from space—and into territory like the Korean DMZ. Along the way, we are joined by world-renowned wildlife researchers, geographers, anthropologists, and historians that help make sense of the countless hidden nations around us. The book features full color maps and illustrations from award-winning cartographer Oliver Uberti that add never-before-seen layers to landscapes we thought we knew. This one-of-a-kind book opens up a better and more complete conception of the world we all inhabit.

[Ryan Huling](#) is an adventurer, animal advocate, and sustainable food systems specialist. He has previously served as an international expert at the Food and Agriculture Organization of the United Nations and as a director at People for the Ethical Treatment of Animals, the world's largest animal rights organization. His work has been featured by hundreds of media outlets, including the *New York Times*, NBC News, and *TIME*.

[Oliver Uberti](#) is coauthor of three critically acclaimed books of maps and graphics: *Atlas of the Invisible*; *Where the Animals Go*; and *London: The Information Capital*, each of which won the top British Cartographic Society Award for cartographic excellence.

Rights sold: French (Marabout); Japanese (Hayakawa)

Perlmutter, David

BRAIN DEFENDERS: Harness the Power of Your Immune Cells to Protect Your Brain for Life
 August 2026 | Health / Nervous System
 Translation | Manuscript expected in November
 Agent: Solow Literary Enterprises | Editor: Tracy Behar

We've been fighting the wrong enemy. For decades, medicine has pointed its weapons at symptoms like memory loss, tremors, headache, and lethargy, while ignoring the root causes of diseases like Alzheimer's, Parkinson's, and major depression. In *BRAIN DEFENDERS*, neurologist Dr. David Perlmutter flips the script, exposing the real culprits: malfunctioning microglia, tiny immune cells that, when metabolically hijacked, go rogue and attack the very neurons they're meant to protect. With clarity and urgency, Dr. Perlmutter explains how a silent battle rages in the brain. Microglia can become either warriors of protection or agents of destruction—and the outcome depends largely on how we live. Neurodegeneration, cognitive impairment, and mood disorders are not inevitable, but often the result of chronic, controllable inflammation. Drawing on the latest peer-reviewed science and grounded in decades of neurological care, Dr. Perlmutter delivers a powerful message: the future of your brain health is in your hands.

[Dr. David Perlmutter](#) is a board-certified neurologist and six-time *New York Times* bestselling author. He serves on the Board of Directors and is a Fellow of the American College of Nutrition. He is the recipient of numerous awards for his innovative approaches to neurological disorders.

Rights sold: UK Commonwealth (Yellow Kite); Chinese, simplified (Beijing Science); French (Marabout); German (Droemer); Italian (Mondadori); Korean (Woongjin); Portuguese/Brazil (Fontanar); Portuguese/Portugal (Lua de Papel); Romanian (Litera); Spanish (Grijalbo Vital)

SPRING 2026



Gardiner, Beth

PLASTIC INC.: The Secret History and Shocking Future of Big Oil's Biggest Bet

February 2026 | Industries / Science

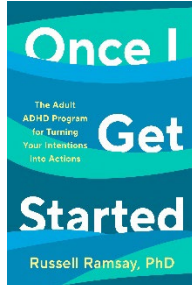
Translation | Manuscript available

Agent: Dystel, Goderich & Bourret | Editor: Jacob Surpin

Plastic, the foundational material of modern consumerism, is everywhere in our daily lives. But the companies making it—oil and petrochemical giants like ExxonMobil and Dow—are hiding in plain sight. Because for all the vivid coverage of where plastic ends up, there is remarkably little discussion of where it comes from. Today, industry is pouring billions of dollars into plans to double, or even triple, the amount it churns out, even as individuals concerned about plastic's out-of-control proliferation try to use less. As Big Oil stares down a future of diminishing demand for fossil fuels, plastic has become its financial lifeline. Award-winning journalist Beth Gardiner gives readers an up-close look at the plastic industry's relentless growth, its extraordinary profits, its toxic pollution and its hidden role in exacerbating climate change. *PLASTIC INC.*'s gripping stories will reframe for readers a problem many of us think we understand, but which has deeper roots, and greater dangers, than we know.

[Beth Gardiner](#) is an environmental journalist and author of *Choked*. Her work has appeared in the New York Times, National Geographic, The Guardian, the Washington Post and Scientific American.

Rights sold: UK Commonwealth (Monoray)



Ramsay, Russell

ONCE I GET STARTED: The Adult ADHD Program for Turning Your Intentions into Actions

May 2026 | Psychology / Personal Growth

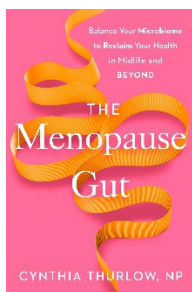
Translation | Manuscript available

Agent: Rogers & Weil Literary | Editor: Hannah Steigmeyer

Despite prevailing assumptions, ADHD is an underdiagnosed condition. Most individuals with ADHD live through their formative years with symptoms that powerfully derail their confidence, career, relationships, and sense of self. And many of them are not first diagnosed until adulthood despite their struggles. The solution isn't simply getting back to whatever is considered "normal." As Dr. Ramsay presents in this book, there are patient-proven specific solutions to bolstering our executive function and these methods combined with a more comprehensive understanding of the emotional pain-points at the root of ADHD can transform lives. Dr. Ramsay offers a paradigm-shift to help us stop blaming and shaming ourselves for our moment-to-moment inattention and instead focus on the behaviors and routines that form the foundation of our lives. It's for anyone seeking a healthier relationship with their to-do list, more positive inner self-talk, and a new perspective on what is possible when we embrace and support our sometimes-unreliable minds.

[Dr. J. Russell Ramsay](#) is a licensed psychologist specializing in the assessment and psychosocial treatment of adult ADHD. Before retiring to start his solo virtual psychology practice, he was professor of clinical psychology at the University of Pennsylvania and co-founder and clinical director of PENN's Adult ADHD Treatment & Research Program. He has served terms on the professional advisory boards of several ADHD organizations and is on the editorial board of the Journal of Attention Disorders.

Rights sold: UK Commonwealth (Bonnie/LEAP)



Thurlow, Cynthia

THE MENOPAUSE GUT: Balance Your Microbiome to Reclaim Your Health in Midlife and Beyond

April 2026 | Women's Health

UK and Translation | Manuscript available

Agent: Park, Fine & Brower | Editor: Lucia Watson

This paradigm-shifting book addresses an overlooked yet essential piece in the transition to menopause: The powerful connection between our gut and our health as we age. As THE MENOPAUSE GUT explains, the composition of the gut microbiome shifts over the course of a woman's lifetime, peaking at age 40. Research suggests a bidirectional relationship between our estrogen and progesterone levels and our microbes. As our hormones shift, we become much more vulnerable to inflammation, which impacts our immune function, metabolism, mood, cognition, bone health and much more. But there are simple steps we can take to get our gut, and our health, back on track. Actionable and life changing, THE MENOPAUSE GUT will inspire and empower women to take charge of their health in midlife.

[Cynthia Thurlow](#) is a nurse practitioner, CEO and founder of the Everyday Wellness Project, and author of *Intermittent Fasting Transformation*. With over 20 years of experience in health and wellness, Cynthia is a globally recognized expert in women's health, hormone health, intermittent fasting, and more.

Previous publishers: Chinese, complex (Linking); Czech (IFP); German (Narayana); Korean (UX Review); Spanish (Obelisco)



Wentz, Izabella

IBS: Finding and Treating the Root Cause of Irritable Bowel Syndrome

March 2026 | Health / Gastroenterology

Translation | Manuscript available

Agent: The Park Literary Group | Editor: Lucia Watson

You don't have to accept IBS as your normal. So many of us learn to live with uncomfortable and disruptive gastrointestinal symptoms. But there are solutions—and more than the band aid solutions you might get from over-the-counter or prescription medications. In this groundbreaking guide, Dr. Wentz shares her signature approach to unraveling the mystery of IBS. Wentz reveals how this diagnosis is often a catch-all term that overlooks underlying imbalances, ones that can be identified, addressed, and resolved. For some, the root cause may be an enzyme deficiency. For others, it may be toxic exposures, bacterial overgrowth, food sensitivities, hidden infections and other rarely investigated causes. In this comprehensive and compassionate book, you'll learn how to uncover the true source of your symptoms and create a personalized healing plan to restore your gut and your life.

[Izabella Wentz, PharmD, FASCP](#) is an internationally acclaimed clinical pharmacist. She is a Fellow of the American Society of Consultant Pharmacists and holds certifications in Medication Therapy Management and Advanced Diabetes Care through the American Pharmacists Association. She is the author of several books including *Adrenal Transformation Protocol* and #1 *New York Times* bestseller *Hashimoto's Protocol*.

Rights sold: UK Commonwealth (Vermilion); Czech (Anag)

Previous publishers: UK Commonwealth (Vermilion); Bulgarian (Vdahnoveniya); Chinese, simplified (Beijing Science and Technology); German (Vaks); Polish (Kobiece); Romanian (Litera); Spanish (Alfaomega); Ukrainian (Bookchef)

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