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RECENT ACQUISITIONS AND FUTURE HIGHLIGHTS

London, Jeremy

UNTITLED

May 2028 | Aging & Longevity

Translation | Sample material expected January 2027

Agent: Heather Jackson Literary Agency | Editor: Lucia Watson

Humans have been trying to live longer for as long as we have been humans. Longevity science can currently be split into two waves: one focused on how to live longer and the other on how to stay healthier for longer. These first two pillars have gotten us far, but they're incomplete. Longevity research has focused on how long and how well we live but has left out how life actually feels as time passes through you. That felt length of life is your timespan—and, as Dr. Jeremy London reveals, it's the missing third pillar in the longevity conversation. You've likely experienced the phenomenon of time speeding by. Half a year is gone, and you can't remember what you did with the time. Then it's half a decade. Just like healthspan showed us we don't want more time if we only add frail years, timespan shows we don't want more time if it's only a blur of autopilot years. We don't just want more years; we want more meaningful ones. We want to remember those moments. In this groundbreaking book, Dr. London shares cutting-edge lifestyle and mindset shifts that will help you expand your timespan. It's a guide to a life that is not only long and healthy, but also rich and full.

[Jeremy London, MD](#), has over 25 years of clinical experience as a board-certified cardiovascular surgeon. He received his medical degree from the Medical College of Georgia and completed his general surgery residency at Joseph's Hospital in Denver, Colorado. Dr. London provides easy-to-understand, relatable health information to more than 4 million followers via his newsletter, podcast, and social platforms.

FALL 2027

Elliott, Tania

YOU LOOK WELL

October 2027 | Women's Health / Longevity

UK and Translation | Manuscript expected mid-October 2026

Agent: United Talent Agency | Editor: Lucia Watson

For too long, women have been told that looking tired, bloated, or worn-down is just part of aging, motherhood, or having ambition. That exhaustion is something to be proud of. Dr. Elliott is here to dismantle that myth. When your glow fades, she argues, it's your body asking for help. Beauty is not vain; it's vital. YOU LOOK WELL will help women refamiliarize themselves with their bodies, recognize early warning signs that something's off, and learn to trust their reflection again. Blending research, story, and tangible takeaways, Dr. Elliott translates complex science into accessible daily routines: sleep rituals, hormone insights, gut resets, and "real-world" health swaps that fit into any life. The result is a playbook for women to feel energized, strong, and unapologetically radiant at every age.

[Dr. Tania Elliott](#) is a dual board-certified physician in Internal Medicine and Allergy/Immunology, three-time Chief Medical Officer, and one of the most followed, most listened-to doctors on the internet today. She has held executive roles with some of the nation's largest health systems and companies, serves on the Board of Regents for the American College of Allergy, Asthma & Immunology, the Board of Directors for the American Telemedicine Association, and is a Clinical Instructor at NYU Langone Health.

Rights sold: Spanish (PRH Grupo)

Lane, Logan

THE LUDDITE MANIFESTO

September 2027 | Personal Growth / Popular Culture

Translation | Manuscript expected November 2026

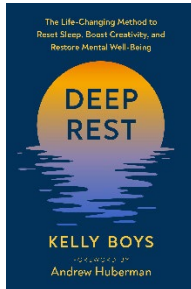
Agent: The Gernert Company | Editor: Anna Paustenbach

Logan was eleven when she got her first iPhone for Christmas. She thought it meant that freedom and connection were at her fingertips. Instead, the device that was supposed to open up her world slowly began to shrink it. So at 15, she parted with her smartphone and discovered that quitting was only the beginning. In THE LUDDITE MANIFESTO, Logan guides us all on a journey to living life more fully beyond our smart devices. She bears witness to what adolescence looks like as a digital native and also reveals the joyful parts of life she reclaimed once the device wasn't stealing her attention. Her empowering debut reveals that life can be more fulfilling without a screen.

Logan Lane is co-founder of [The Luddite Club](#), a grassroots movement born on the steps of the Brooklyn Public Library which has grown to over 50 chapters nationwide and has inspired people globally.

Rights sold: UK Commonwealth (Penguin Life); Chinese, complex (Prophet); Korean (Sam & Parkers)

SUMMER 2027



Boys, Kelly with a foreword by Andrew Huberman

DEEP REST: The Life-Changing Method to Reset Sleep, Boost Creativity, and Restore Mental Well-Being

August 2027 | Sleep / Mindfulness & Meditation

Translation | Manuscript expected mid-October 2026

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

You may have experienced a fleeting moment of Deep Rest while drifting in or out of sleep. In this unique, liminal state, your mind is aware, but your body is blissfully and deeply relaxed. In her groundbreaking book, wellness expert Kelly Boys explains that Deep Rest can be truly life-changing for our well-being when we harness it intentionally. It can reset our sleep, melt our tension, boost our mental health, and even awaken our creativity—all in just minutes. Inspired by the ancient practice of yoga nidra, Deep Rest is a balm to the overstimulation we face every day, and it is easy to incorporate into our life. Boys brings together her decades of experience, along with the latest science, to help you create a greater sense of self-connection. Inspiring and practical, DEEP REST has the power to transform your life.

[Kelly Boys](#) is a mindfulness trainer and consultant specializing in Deep Rest, a transformative wellness method built on yoga nidra. She serves on the board of the Prison Yoga Project and Unlikely Collaborators and has also worked with the United Nations Foundation, where she co-developed a mindfulness program called “Peace on Purpose” for UN workers on the frontlines, which is now implemented across UN agencies.

Rights sold: UK Commonwealth (Penguin Life)

Katz, Matt

INCONCEIVABLE TRUTH: Love and Deceit in the DNA Age

June 2027 | Family History & Genealogy

UK and Translation | Manuscript available

Agent: Levine Greenberg Rostan Literary Agency | Editor: Jacob Surpin

In INCONCEIVABLE TRUTH investigative reporter Matt Katz traces the evolution of how human beings are both created and related, beginning with the conception of the first ever “test-tube baby.” The uncovered truths of his own family history intertwine with the stories of countless other families and their revelations, equal parts moving, funny, shocking, sad, and evocative of this moment. Katz navigates the shifting boundaries of paternity, fertility, and identity, exploring the mysterious pull to and from family and the emotional murkiness that churns up as a result. Through incisive, thorough reporting, compelling narrative storytelling, and an openness to the unknown, this book brings us one step closer to understanding our history, our families, and ourselves.

[Matt Katz](#) is an award-winning investigative reporter, journalist, author, and podcast host who has worked in newspapers, magazines, TV, and audio for more than two decades. His work has been featured in *The Washington Post*, *Politico*, and *The New Republic*.

Madsen, Dawn

MIND OVER MESS: The Psychology of Clutter and the Power of Letting Go

August 2027 | House & Home / Motivational

UK and Translation | Manuscript expected late September 2026

Agent: Yates & Yates | Editor: Anna Paustenbach

Clutter isn't just stuff. It's the constant, low-grade pressure of too many things needing your attention. It's the piles you step around, the decisions you keep putting off, and the quiet feeling that you're somehow falling behind in your own home. For many women, clutter becomes deeply personal—evidence that they can't keep up or don't have it together. In *MIND OVER MESS*, Dawn Madsen—known to millions as the Minimal Mom—shows why that isn't true. Drawing on her master's degree in psychology and her own experience transforming her life with minimalism, she reveals how our brains are wired to hold on to things—and how to work with that wiring instead of fighting it. Because when there's too much inventory to manage, even the most capable person will feel overwhelmed. Readers will discover how letting go of the excess not only transforms a space, but restores energy, confidence, and the ability to show up as the person they want to be at home and in life.

Dawn Madsen, is the creator of the [Minimal Mom](#), a widely followed YouTube channel and platform that reaches more than one million women each month with practical strategies for decluttering and simplifying their homes. After personally letting go of more than 90 percent of her family's possessions, she now helps women reduce overwhelm by combining proven decluttering methods with research-backed insights from psychology and behavior change.

Swanson, Kara

FIBER FIRST: The Science-Backed Secret to Weight Loss, Lasting Energy, and a Healthy Gut

May 2027 | Nutrition / Gastroenterology

Translation | Manuscript available

Agent: Aevitas Creative Management UK | Editor: Hannah Steigmeyer

What if one overlooked nutrient could change everything? Nutritionist Kara Swanson argues that fiber is the key to lasting wellness. After years of struggling with weight gain, fatigue, bloating, pain, and constant food stress despite “doing everything right,” Swanson found that prioritizing fiber transformed the way she felt. Instead of chasing diets and deprivation, she discovered a better, simpler approach—one that brought steadiness, relief, and freedom. Now she shows readers why fiber affects nearly every system in the body—from gut health to blood sugar, cholesterol, satiety, and hormone balance—and how diet culture has pushed the very foods richest in fiber off women's plates. Drawing on science, client success stories, and her own experience coaching hundreds of women, Swanson offers a clear, doable plan for eating that's abundant rather than restrictive. Packed with strategies, mindset shifts, swaps, recipes, and a 28-day kick-start plan, *FIBER FIRST* is not another diet book. It is a smarter, easier path to feeling amazing—one that helps readers eat more, stress less, and build lifelong health from the inside out.

[Kara Swanson](#) is a nutritionist who helps women feel better in their bodies again—boosting energy, losing weight, and addressing the root cause of their symptoms. Her signature Fiber First approach teaches women how to build meals around fiber-rich plant-based foods to support long-term health—without restriction. Her mission is to help women feel good so they can show up fully in their lives.

Rights sold: UK Commonwealth (Penguin Life); Portuguese/Brazil (Fontanar)

West, Amy with a foreword by Dr. Kelly Starrett

DURABLE: Take Control of Your Metabolic Health for a Lifetime of Stronger Bones, Joints, and Muscles

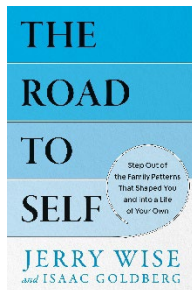
June 2027 | Health & Fitness / Longevity

UK and Translation | Manuscript available

Agent: Linda Konner Literary Agency | Editor: Isabel McCarthy

Dr. Amy West is intimately familiar with musculoskeletal aches and pains—whether they are a result of sports injuries, chronic diseases, or everyday stress on the body, she’s seen it all in her sports medicine practice. But Dr. West has noticed over time that the way her patients experience pain, and how it holds them back from enjoying and participating in life’s activities, varies widely. Take the fiftysomething avid gym-goer with a somewhat achy shoulder who discovers, despite minimal symptoms, that they have severe arthritis. On the flip side, a young, relatively healthy office worker is debilitated by shoulder pain that appears normal in X-rays. From case to case, Dr. West has found that regardless of age and diagnosis, the patients who are best able to navigate movement with ease and comfort are those with more optimal metabolic health. From back pain to knee injuries, strain on our bodies is often seen as a setback or a reason to stop moving. DURABLE is the refreshing road map we need to reevaluate pain as an indicator of weak points and to update our approach to fitness for a lifetime of wellness, comfort, and strength.

Amy West, MD, is a physician and researcher specializing in sports medicine, physical medicine, and rehabilitation. A graduate of Harvard Medical School and the Harvard Graduate School of Education, she completed her residency at Spaulding Rehabilitation Hospital and went on to complete a sports medicine fellowship. Dr. West currently serves as an assistant professor of physical medicine and rehabilitation and orthopedics at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell and as a team physician for Hofstra University, NCAA Division I. Dr. West is also a competitive CrossFit athlete and Olympic weightlifter.



Wise, Jerry

THE ROAD TO SELF: Step Out of the Family Patterns That Shaped You and into a Life of Your Own

June 2027 | Mental Health / Family & Relationships

Translation | Manuscript available

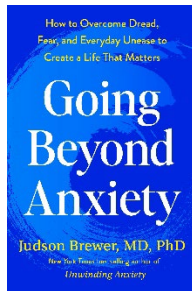
Agent: Rogers & Weil Literary | Editor: Hannah Steigmeyer

What if the reason you still feel stuck isn’t that you’re broken, but that the patterns you absorbed in your family growing up are still shaping your adult life? You may have read the books, gone to therapy, or even reduced or cut off contact with your family, yet still find yourself repeating the same painful patterns. If so, the problem may not be a lack of effort. It may be that the emotional conditioning you learned in your family still lives inside you. In THE ROAD TO SELF, Jerry Wise draws on more than forty-five years of experience in family systems to show you the path of self-differentiation: how to separate who you truly are from who your family shaped you to be. This is not just another book about coping, diagnoses, or surface-level recovery. It is a guide to breaking free from the dysfunctional family patterns at the root of your struggle and learning how to live from a self that finally belongs to you.

Jerry Wise, MA, MS, CLC, is a family systems expert with more than forty-five years of experience helping adults break free from dysfunctional family conditioning and build a stronger sense of self. Through his counseling, teaching, videos, and programs, he has brought this approach to millions of people worldwide.

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

SPRING 2027



Brewer, Judson

GOING BEYOND ANXIETY: How to Overcome Dread, Fear, and Everyday Unease to Create a Life That Matters

April 2027 | Psychology / Anxiety

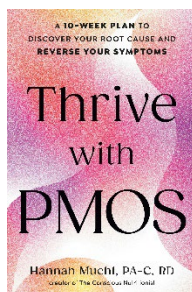
Translation | Manuscript available

Agent: Janklow & Nesbit | Editor: Lucia Watson

When you wake up in the morning, do you feel overwhelmed by dread, stress, fear or just the general sense that something is *wrong*? It might not be a dramatic feeling, but it's present, an insistent hum of unease as you move through your day and manage your responsibilities. These days, the non-stop stream of destabilizing current events and ongoing uncertainty can make us feel that this low-level, yet pervasive sense of heightened vigilance is normal. But, as renowned psychiatrist and neuroscientist Judson Brewer reveals, a life of chronic unease does not need to be the new baseline for being alive in this moment. With the practical and powerful tools in GOING BEYOND ANXIETY, you will develop the capacity to meet the world as it is without being diminished by it and live without limits.

[Judson Brewer, MD, PhD](#), is an internationally renowned addiction psychiatrist and neuroscientist, and *New York Times* bestselling author of *Unwinding Anxiety* and *The Hunger Habit*. He is a full professor in the School of Public Health and Medical School at Brown University.

Rights sold: UK Commonwealth (Hay House); Chinese, complex (China Times); Chinese, simplified (China Machine); Czech (Audiolibrix); Hebrew (Tchelet); Hungarian (Ursus); Korean (Prunsoop); Polish (Wielka Litera); Portuguese/Brazil (Sextante), Romanian (Curtea Veche); Turkish (OkuyanUs)



Muehl, Hannah

THRIVE WITH PMOS: A 10-Week Plan to Discover Your Root Cause and Reverse Your Symptoms

February 2027 | Women's Health

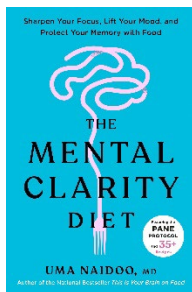
Translation | Manuscript available

Agent: Europa Content | Editor: Lucia Watson

Hannah Muehl is intimately familiar with the frustrating symptoms of PMOS (Polyendocrine Metabolic Ovarian Syndrome) both from her own experience and her work with patients. PMOS—a condition that affects one in ten women worldwide—can lead to irregular cycles and cause fear of infertility. It also triggers confidence-draining symptoms like facial hair growth, hair loss, and more. Diagnosis is tricky since it can mimic other health issues, and the options for medication can be overwhelming. Driven by a gap in information, Hannah created a science-backed, 4-Pillar PMOS program designed to address the key root causes of PMOS, including blood sugar imbalance, inflammation, adrenal overdrive, and environmental triggers. With a 10-week day-by-day program that includes recipes and meal guides, as well as exercise advice, essential lifestyle tips, and more, this life-changing book will help readers with PMOS learn to live in harmony with their body and feel like themselves again.

[Hannah Muehl, PA-C, RD](#), is a dietitian, certified physician's assistant, and creator of The Conscious Nutritionist. Hannah is on the adjunct faculty at Chatham University in the Physician Assistant studies program and she lives in Pittsburgh, PA with her husband and two children.

Rights sold: UK Commonwealth (Thorsons); German (Franckh-Kosmos)



Naidoo, Uma

THE MENTAL CLARITY DIET: Sharpen Your Focus, Lift Your Mood, and Protect Your Memory with Food

March 2027 | Mental Health / Nutrition

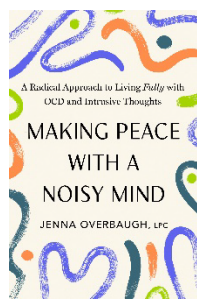
Translation | Manuscript available

Agent: Park, Fine & Brower | Editor: Tracy Behar

In *THE MENTAL CLARITY DIET*, Dr. Uma Naidoo draws on years of clinical experience to make a hopeful case: Many symptoms we've come to accept as normal—brain fog, distraction, low mood, burnout, and memory lapses—are signs of immune and metabolic stress. Like a four-paned window, the brain relies on balanced immunity, steady metabolism, healthy neurotransmitters, and regulated hormones to stay clear and resilient. The good news? You can support each of these systems through food. With more than 35 delicious, mind-clarifying recipes and practical strategies to lower inflammation and nourish the brain, *THE MENTAL CLARITY DIET* offers a science-based roadmap to sharper thinking and lasting cognitive vitality.

[Uma Naidoo, MD](#), is a Harvard-trained nutritional psychiatrist, professional chef, nutritional biologist, and bestselling author of *This Is Your Brain on Food* and *Calm Your Mind with Food*. She founded the first hospital-based Nutritional Psychiatry program in the United States at Massachusetts General Hospital (MGH)/Harvard, where she also serves as Director of Nutritional, Lifestyle, and Metabolic Psychiatry. She works closely with the World Economic Forum and the United Nations.

Rights sold: UK Commonwealth (DK Red); German (DK Verlag); Romanian (Publica); Turkish (Kenja)



Overbaugh, Jenna

MAKING PEACE WITH A NOISY MIND: A Radical Approach to Living Fully with OCD and Intrusive Thoughts

February 2027 | Self-Help / Psychology

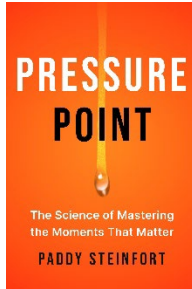
Translation | Manuscript available

Agent: Park, Fine & Brower | Editor: Anna Paustenbach

Most people think OCD and intrusive thoughts are about a select few people who obsess over handwashing, germs, or needing everything to be just right. *MAKING PEACE WITH A NOISY MIND* flips the script on this definition, revealing that 1 in 40 adults experience OCD in their lifetime and debunking prevailing myths about how it looks and how to thrive with it. Arming readers with practical tools for addressing root fears behind compulsions, providing new language for navigating anxiety loops, and sharing stories from the author's personal experiences with OCD, this book takes a fresh look at anxiety and intrusive thoughts that offers true healing. With the voice of a friend and the wisdom of an expert as well as illustrations and exercises throughout, *MAKING PEACE WITH A NOISY MIND* delivers a way out of the endless loop of intrusive thoughts.

[Jenna Overbaugh](#) is a licensed professional counselor specializing in OCD and anxiety, with over sixteen years of clinical and research experience. She earned her Master's degree in Clinical Psychology from Towson University and has worked at some of the most prestigious institutions in the mental health field, including Johns Hopkins and Rogers Memorial Hospital.

Rights sold: UK Commonwealth (DK Red); German (Goldmann); Korean (Bookie); Spanish (Grijalbo/Aguilar)



Steinfort, Paddy

PRESSURE POINT: How to Master the Moments That Matter

March 2027 | Applied Psychology / Success

Translation | Manuscript available

Agent: Rogers & Weil Literary | Editor: Anna Paustenbach

Having guided the world's greatest athletes, first responders, and military leaders through the most pressure-packed moments in their careers, Paddy Steinfort has found that the typical advice to "clear your mind" and "just stay positive" doesn't work when you need it most. Drawing on his applied psychology research at Penn, the latest in neuroscience, and behind-the-scenes work with MVPs, Olympians, ER teams, and billion-dollar CEOs, Steinfort uncovers the Survival Spiral – the four ways pressure hijacks body and brain – and gives you a framework to counter each stage, so you can:

- **Feel** what pressure is doing to your body - and use it, rather than fight it.
- **Aim** your attention toward what matters most, instead of whatever's loudest.
- **Commit** to a clear next move, even when the path through the pressure isn't.
- **Execute** under fire - and still stay loose enough to enjoy the unpredictable.

Whether your pressure is in a boardroom or a locker room, playing out in a public arena or a private conversation that's been keeping you up at night, PRESSURE POINT gives you a research-backed framework for clarity, presence, and conviction when it counts.

Paddy Steinfort is a world-renowned performance expert with a Masters in Applied Psychology from the University of Pennsylvania. He has coached MVP all-stars and hedge fund CEOs, taught firefighter and ER teams, and been a trusted advisor to executives and leaders in multiple billion-dollar private equity, tech, and law firms.

Rights sold: UK Commonwealth (Michael Joseph); Chinese, simplified (China Machine Press); Korean (Business Books)

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