

## London Book Fair 2023: Non-Fiction

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### Tamara Green and Sarah Grossman | Good Food, Good Mood: 100 Nourishing Recipes to Support Mind and Body Wellness [CookeMcDermid] (Cooking/Diet & Nutrition)

- From the authors of the 2019 bestselling *The Living Kitchen* (published by Appetite by Random House in North America and Robinson in the UK, featuring whole-food recipes for cancer treatment and recovery) comes a fresh and uplifting book of research-backed recipes to balance blood sugar, build neurotransmitters (feel-good chemicals), support the nervous system and gut microbiome, and otherwise contribute to both mind and body health
- Beautifully photographed and designed, with a compassionate tone and a focus on accessibility and tastiness, **Good Food, Good Mood** empowers readers by teaching them how what we eat has a direct impact on our mental health and mood and equips them with delicious and nutritious recipes that harness that knowledge
- A timely resource—we are in a mental health crisis; according to the World Health Organization, over 280 million people live with depression, and 1 in 13 people suffer from anxiety disorders—from certified nutritionists and wellness chefs **Tamara Green** and **Sarah Grossman**, who have struggled with mental health issues firsthand and who in 2010 founded a meal delivery and private chef service catering to clients with vastly different needs, including cancer patients and their caregivers, people with dementia and Alzheimer’s, people with debilitating digestion issues, people experiencing depression, and more
- For those who enjoyed the *New York Times* bestselling *Danielle Walker’s Healthy in a Hurry* and *Well + Good* by **Alexia Brue** and **Melisse Gelulah**
- **Rights Sold: North America English (Appetite by Random House); Pub date: March 2024; Page extent: 282 (ms)**

### Helen Knott | Becoming a Matriarch [CookeMcDermid] (Memoir)

- The highly anticipated second book from **Helen Knott**, author of the bestselling debut memoir, *In My Own Moccasins*, which wowed reviewers (“**Bear witness to the emergence of one of the most powerful voices of her generation,**” says **Eden Robinson**, bestselling author of the **Trickster** trilogy), award juries, and readers alike with its profoundly honest and moving account of addiction, intergenerational trauma, resilience, and survival
- **Becoming a Matriarch** is Helen Knott’s lyrical and visceral chronicle of grief, love, and legacy, for readers of **Heart Berries** by **Terese Marie Mailhot** and **Men We Reaped** by **Jesmyn Ward**; having lost both her mother and grandmother in a little over six months, and forced to navigate the fine lines between matriarchy, martyrdom, and codependency, Helen Knott realizes that she must let go, not just of her mom and grandma, but of who she thought she was
- Incorporating themes of desire, mourning, faith, and staying sober through loss, and charted with poetic insights, sass, humour, and heart, Helen Knott’s tender manifesto teaches us about transformation, belonging, and the ways in which healing can offer us liberation
- *In My Own Moccasins* was named winner of the **Saskatchewan Book Award for Indigenous Peoples’ Publishing** and was longlisted for the **RBA Taylor Prize**
- **Rights Sold: Canada English (Knopf Canada); Pub date: Sept 2023; Page extent: 216 (hc)**

### Geddy Lee | Untitled Memoir [CookeMcDermid] (Celebrity Memoir/Music)

- **Sold to Harper in an exclusive seven-figure deal** and, **in a blind offer, to Belas Letras in Brazil**, this is the long-awaited, intensely personal, and gripping memoir from Rock ‘n’ Roll Hall of Fame honoree and **Rush** bassist **Geddy Lee**, which will, for the first time and packed with never-before-seen visuals, tell the full story of his life on and off the stage
- After 45 years together, *Rush* is one of the most successful rock bands in history—with **over 40 million album sales worldwide, 7 Grammy nominations, 24 gold and 17 platinum records**, they sit third only behind The Beatles and The Rolling Stones for the most consecutive gold or platinum studio albums by a rock band and have one of the most loyal international fan bases on the planet
- A retirement from touring in 2015, and the passing of beloved band member, friend, and drummer Neil Peart in 2020 marked the end; this memoir, written during the pandemic while in lockdown and grieving the loss of Neil, will capture and reflect on what will become an essential piece of rock history
- For readers of **Bruce Springsteen’s Born to Run** and **Keith Richards’s Life**
- **Rights Sold: World English (Harper), Brazil (Belas Letras); Pub date: TBA; Page extent: TBA (hc)**

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### Adam Shoalts | *Where the Falcon Flies: A 3,400 Kilometre Odyssey from My Doorstep to the Arctic* [Rick Broadhead & Associates] (History & Adventure)

- From **Adam Shoalts, Ph.D.**—Canada’s most accomplished living adventurer and **#1 bestselling author**, called “**Canada’s Indiana Jones**” by *Toronto Star* and “**a kind of Jack Kerouac meets Jack Reacher**” by *Atlantic Books*—comes a gripping and audacious journey into the vastness of Canada’s landscape and history
- Following the migration flightpath of the peregrine falcon, Shoalts’ journey spans an astonishing 3,400 kilometres from Lake Erie to the Arctic, sees a huge variety of challenges and obstacles along the way (think gale force winds, multiple bear encounters, navigating white-water rapids on remote, icy northern rivers, and finding campsites in the urban wilderness of Toronto and Montréal) and roams as much across space as it does time (Shoalts’ journey takes him through the sites of long ago battles, shipwrecks, forgotten forts, and abandoned trading posts that shaped Canada’s history)
- Named ‘Explorer-in-Residence’ of the Royal Canadian Geographical Society, historian, archaeologist, and geographer Adam Shoalts’ previous four books have **sold over 150k copies** in the English language and 2019’s *Beyond the Trees* is soon to be available in German via Gräfe & Unzer
- “**Rare insight into the heart and mind of an explorer, and the insatiable hunger for the unknown that both inspires and drives one to the edge.**” —Col. **Chris Hadfield**, space station commander and bestselling author of *An Astronaut’s Guide to Life on Earth* on *Alone Against the North*
- *Where the Falcon Flies* invites readers on an extraordinary armchair adventure spanning five ecoregions and centuries of fascinating history, and ultimately reveals how interconnected wild places are, from the loneliest northern landscapes to busy urban parks, and highlights the vital importance of these connections
- **Rights Sold: World English (Penguin Canada); Pub date: Oct 2023; Page extent: 320 (hc)**

### Wendy Wong | *We, the Data: Human Rights in the Digital Age* [CookeMcDermid] (Technology/Social Sciences)

- For readers of **Safiya Umoja Noble’s *Algorithms of Oppression*** and **Cathy O’Neil’s *Weapons of Math Destruction***, this is a rallying call for extending human rights beyond our physical selves—and why we need to reboot rights in our data-intensive world
- The proliferation of digital data (i.e. datafication) coupled with the growth of Artificial Intelligence (AI) is fundamentally changing how we live, and with it, how human rights work; ***We, the Data*** argues that we cannot allow those changes to come at the cost of our humanity in terms of autonomy, community, dignity, and equality
- **Dr. Wendy Wong**—a professor of Political Science and Principal’s Research Chair at the University of British Columbia, Canada Research Chair in Global Governance and Civil Society, and Research Lead at the Schwartz Reisman Institute for Technology and Society—explores the pervasiveness of data collection and tracking and reminds us that we are all stakeholders in this digital world and that we are currently being left out of the most pressing conversations around technology, ethics, and policy.
- ***We, the Data*** gives us a foundation upon which we claim human rights in the age of data
- **Rights Sold: World English (MIT Press); Pub date: Oct 2023; Page extent: 272 (hc)**