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BECAUSE EVERY BOOK IS A TEST OF NEW IDEAS
A Thousand Ways to Pay Attention
A MEMOIR OF COMING HOME TO MY NEURODIVERGENT MIND

Rebecca Schiller

One woman’s narratively propulsive, lyrical search to understand the land she farms—and her own neurodivergent mind

As Rebecca Schiller’s young family moves to a two-acre homestead in the English countryside, Rebecca begins suffering frequent falls, uncontrollable rages, and mysterious memory lapses. Doctor after doctor delivers one misdiagnosis after another. When the answer comes, it’s utterly unexpected: severe ADHD.

Rebecca’s narrative of her harrowing year is compulsively readable and ferociously candid, both a medical mystery and a love song to the landscape she calls home. Here is a clarion call to the growing numbers of neurodivergent people pushing back against simplistic narratives of minds that are either normal and good or different and broken.

“A beautiful memoir of a scattered mind and how it can find peace in the soil . . . unflinching and full of truth. So many readers will find themselves in these pages.”
—KATHERINE MAY, NYT-bestselling author of Wintering

REBECCA SCHILLER is cofounder and trustee of the human rights organization Birthrights and a regular contributor to The Guardian. Rebecca and her family raise a motley crew of goats and fowl and work their small homestead in the English countryside to grow food and flowers and restore wildlife to the land. She lives in Kent, UK.

RebeccaSchiller.co.uk

HARDCOVER
$25.95 US | $33.95 Can. | USC+OM*
5 1/2 x 8 1/4 | 304 pages

Psychology/Psychopathology/Attention-Deficit Disorder (ADD-ADHD) (PSY022010)
978-1-61519-880-1 | NO. 779880
SHIPS APRIL

A literary ADHD memoir—a notable addition to the growing neurodivergence memoir shelf

Even as adult ADHD diagnoses become increasingly prevalent, women commonly go undiagnosed

#ADHD and #neurodivergent are major trends on TikTok, YouTube, and Instagram

Like bestsellers Wintering and Late Migrations, this book shows nature’s powerful ability to comfort
Freedom
HOW WE LOSE IT AND HOW WE FIGHT BACK

Nathan Law
with Evan Fowler

TRADE PAPERBACK ORIGINAL
$15.95 US | $20.95 Can. | USC
5 1/4 x 8 1/2 | 240 pages

Political Science/Political Freedom
(POL035000)
978-1-61519-890-0 | No. 779890
SHIPS NOVEMBER

A timely manifesto on freedom, from pro-democracy activist and Nobel Peace Prize nominee Nathan Law

In this dispatch from exile, Hong Kong political activist Nathan Law explores the meaning of freedom—and shows how easily freedoms can be eroded or dismantled. Freedom is fragile; it is not a given, and each generation must fight to protect it—whether in emerging democracies or in the Western world, where freedom is too often taken for granted.

Rooted in the author’s experience as a former elected official and student leader of the Umbrella Movement, this book by Nathan Law explores not only how important freedom is in principle for human beings to thrive, but how it works in reality. What does it mean to be able to speak freely, and what happens when the concept collapses? How can the law both protect and abolish our freedoms? And why should we place such importance on free and fair elections? What does it mean to be truly free?

NATHAN LAW was Hong Kong’s youngest elected lawmaker at age twenty-three. After being imprisoned by the Chinese authorities for his part in the Umbrella Movement, he was nominated for a Nobel Peace Prize and was one of TIME magazine’s People of the Year 2020. He is a Pritzker Fellow at the University of Chicago. EVAN FOWLER is a writer and researcher focusing on Hong Kong and China affairs.
Hitler’s Boy Soldiers

HOW MY FATHER’S GENERATION WAS TRAINED TO KILL AND SENT TO DIE FOR GERMANY

Helene Munson

The true, untold story of how Germany’s children fought in WWII, through the lens of the author’s father and his rediscovered journal

Helene Munson resurrects her father’s WWII journals and embarks on a meticulous investigation, exposing how the Nazis trained 300,000 impressionable children as soldiers.

In 1937 Munson’s father, Hans, was enrolled in an elite German school whose students were destined to take leadership roles in the Reich. At fifteen he was drafted as an antiaircraft gunner—along with the rest of the Hitler Youth—and assigned to an SS unit. As the war was being lost, Hans and his schoolmates were ordered to the front lines. Few returned.

A personal lens into a nation’s shameful past, Hitler’s Boy Soldiers documents the history of the largest army of child soldiers in recent memory. Munson explores the lifelong effects on brainwashed children coerced to join a party they didn’t understand. Both a modern narrative and an important historical contribution, Hitler’s Boy Soldiers grapples with inherited trauma, the nature of being victim or perpetrator, and the burden of guilt.

HELENE MUNSON grew up in Brazil, Liberia, and Germany. Her short stories in English and German have been published in magazines and anthologies. Inspired by her family history, her master’s degree was partly about the impact of armed conflicts on children. She lives outside New York City.

HeleneMunson.com
The Shortest History of England

EMPIRE AND DIVISION
FROM THE ANGLO-SAXONS TO BREXIT

James Hawes

A fast-paced tour of 2,000 years of English history, tracing its secret North–South divide and notorious class system

James Hawes reveals an England repeatedly invaded and constantly reinvented, yet always fractured by its very own Mason–Dixon line—plus a unique, thousand-year-old cultural divide between ordinary people and the elites. Here, you’ll see:

• centuries of conflict between Crown and Parliament, starring the Magna Carta
• why the American colonists of 1776 believed that they were the true Anglo-Saxons
• how the British Empire was undermined from within
• why Winston Churchill said the UK could only be saved by splitting up England itself

The Shortest History of England brings all this and more to prescient life with 150 maps and pictures.

“Sharp and vivid and extremely persuasive.”
—Philip Pullman, author of the His Dark Materials series

JAMES HAWES is also the author of The Shortest History of Germany and several other books. He is the lead on-screen contributor and story consultant to the BBC’s upcoming prime time seven-part history of the British Isles, The Making of Us, to be broadcast in early 2022. He leads the creative writing MA program at Oxford Brookes University.

JamesHawes.org.uk
Harrowing journeys of animals and plants, reported from the front lines of the greatest migration since the Ice Age

As humans accelerate global warming, laying waste to the environment, animals and plants must flee to the margins: on scattered nature reserves, between major highways, or among urban sprawl. When even these places become inhospitably warm, wildlife has only one path to survival: an often-formidable journey toward the poles. Tropical zones lose their inhabitants, beavers settle in Alaska, and gigantic shoals of fish disappear—only to reappear along foreign coastlines.

Award-winning environmental journalist Benjamin von Brackel traces these awe-inspiring journeys and celebrates the remarkable resilience of species around the world. But the lengths they must go to avoid extinction are as alarming as they are inspirational: Sea animals move, on average, 45 miles per decade to cooler regions, while land animals move 11 miles. As even Earth’s poles heat up, we’re left with a stark, irreversible choice: Halt the climate emergency now, or face a massive die-off of species, which are increasingly left with nowhere else to go.

BENJAMIN VON BRACKEL is a renowned environmental journalist based in Berlin, where his reporting on climate change has appeared in Süddeutsche Zeitung, Die Zeit, and Natur, and where he cofounded Klimareporter®, the Environmental Media Prize–winning online magazine on the climate emergency.
Nineteen Reservoirs
ON THEIR CREATION AND THE PROMISE OF WATER FOR NEW YORK CITY
Lucy Sante
Photography by Tim Davis

By the author of Low Life, the classic history of NYC’s outlaw underbelly—a meticulously researched, evocatively illustrated, profoundly meditative account of the city’s upstate reservoirs

Without the upstate reservoir system that brings fresh water to New York City, the city would have faded into insignificance. But this feat of engineering had a cost: From 1907 to 1967, twenty-six upstate villages, farms, forests, and other natural areas were bought for a fraction of their value, demolished, then submerged to create the Catskills and Delaware watershed systems.

Compelled to understand “the air of permanent mourning” in their vicinity, Lucy Sante marshals the same gifts that have made her book Low Life a classic of NYC history: meticulous detail, a trove of rarely seen visual history, and a master of literary nonfiction’s sensibility for the essential paradox at the heart of this story—the triumph that NYC’s nineteen-reservoir system represents and the tragedy of its creation.

Richly illustrated with historical photographs, maps, and postcards, as well as contemporary photos by renowned artist Tim Davis

In the vein of John McPhee, a meticulous, meditative inquiry into what happens when humans need to command the natural world and its resources

Lays bare national conflicts of urban and rural, wealth and poverty, and humans vs. nature

LUCY SANTE has contributed to the New York Review of Books since 1981 and is the author of seven books. She teaches writing and history of photography at Bard College.
TIM DAVIS’s work is in the collections of the Guggenheim and Metropolitan Museums. He teaches photography at Bard College.
The ultimate thought experiment reveals the good we can do for humanity, if we spend wisely

If you had a trillion dollars and a year to spend it for the good of the world, what would you do? Rowan Hooper embarks on a quest that takes this question extremely seriously. Speaking with experts of all kinds, he considers ten world-changing ideas that promise profound, lasting benefits—from ending poverty or reversing climate change to increasing human lifespans or saving all endangered species. Then he dives into the numbers to determine: How far could the money really go?

Hooper does decide which project would do the most good for ourselves and our planet, but his most surprising discovery is how many incredible advancements are within reach—if we could only put our minds (and our money) to them!

“Rowan Hooper shows that the world’s most intractable problems might not actually be intractable if we just devoted the resources to solving them.”
—Elizabeth Kolbert, author of The Sixth Extinction


RowanHooper.contently.com  RowHoop
RAFFAEL JOVINE trained in molecular biophysics and biochemistry at Yale, did his PhD in marine sciences at UC Santa Barbara, and completed research at MIT. In 2013, he founded and is now chief scientist for a company that uses seawater, sunlight, and wind to grow food in coastal deserts, replicating algal blooms. He is married with five children and lives in London.

A revelatory journey into the conversion of light into life, key to every living thing’s survival—and our planet’s future

We think we know photosynthesis: Plants convert sunlight, CO₂, and water into energy and, ultimately, the food we eat and air we breathe. But Raffael Jovine shows how this incredible process goes beyond what we learned in grade school. First, it’s not only plants: Corals partner with photosynthetic organisms to create the most productive habitat on Earth; slugs eat chloroplasts for photosynthesis-based camouflage—and much more!

Further, photosynthesis can save the world. Jovine’s groundbreaking blueprint for the future harnesses photosynthesis to repair ecosystems, create jobs, and grow sustainable food. This book will help you see the many surprising ways we can’t live without this miracle of light—through the photosynthetic pigments in your own eyes!

“Read this book and you will learn how photosynthesis was discovered, how it works, and how we can produce more food to feed the world.”
—PAUL NURSE, Nobel Prize–winning author of What Is Life?
The years leading up to WWI, 1905 to 1914, were the most frenzied and revolutionary in the history of art. They were the crucible of Modernism, when (to the horror of the conventional majority) Fauvism, Expressionism, Cubism, Futurism, and Abstract Art all burst forth in quick, shocking succession, and art itself was politically weaponized in advance of approaching war. Modern reexamines the period from a series of fresh angles: What was the conventional art against which Modernism was rebelling? Why did avant-garde artists become so obsessed with themselves? What persuaded a few bold collectors to buy difficult modern art? Why, at this same moment, did others pay so much for Old Masters? Cézanne, Matisse, Munch, Klimt, Picasso, as well as hundreds of lesser-known names star in this rare popular art history that helps us appreciate as never before this supremely consequential decade.

Hook’s intimate knowledge of this period makes us feel like eyewitneses at the creation of these novel works.

The animating ideas, the rebelling against, the sex, drugs, and violence . . . discover how this art was born of artists’ new ways of seeing themselves and clashes both intimate and epic.

120 artworks reproduced in color throughout.

Also available: Rogues’ Gallery 978-1-61519-416-2 | No. 779416 $25.95 US | $38.95 Can.

PHILIP HOOK was, until recently, a board member and senior director of Impressionist and Modern Art at Sotheby’s in London. Over a quarter of a century, he handled the sale of many of this period’s greatest masterpieces (and some of its less distinguished productions). He is the author of five successful novels set in the art world as well as Rogues’ Gallery, a history of art dealers. He lives in London.
In “deep middle age,” **FRANCES EDMONDS** swapped the security of her London life for a yearlong fellowship at Stanford’s Distinguished Careers Institute, doing research at the Center on Longevity. An award-winning speaker and bestselling author, Edmonds divides her time between London and the South of France.

**FrancesEdmonds.co.uk**
Humble
FREE YOURSELF FROM THE TRAPS OF A NARCISSISTIC WORLD
The Quiet Power of an Ancient Virtue
Daryl Van Tongeren, PhD

A practical and philosophical deep dive into humility: how it can build confidence, foster honesty about our strengths and limitations, and help us achieve success

Narcissism is on the rise: It manifests in our friends, partners, coworkers, politicians—and even, from time to time, in ourselves. But a powerful tool can help us defeat it: humility.

_Humble_ is the antidote that will help us look beyond our own desires. Psychologist Daryl Van Tongeren lays out a three-part path to achieving greater humility, which includes learning to accept feedback, letting go of defensive responses, and, ultimately, building stronger relationships. As Van Tongeren shows through his own experience, even the experts fall down sometimes—and anyone can rise to the challenge.

Rooted in groundbreaking research, this book explores how cultivating humility, an often-undervalued character trait, is the key to a life of meaning and purpose.

Social psychologist **DARYL VAN TONGEREN, PhD**, is an associate professor at Hope College in Holland, MI, and associate editor for _The Journal of Positive Psychology_. He has published over 190 articles and coauthored _The Courage to Suffer_, and he has been covered by _The New York Times, The Washington Post_, and NPR affiliate stations.

DarylVanTongeren.com
The Seven Ways of Ayurveda

DISCOVER YOUR DOSHA, TAP INTO YOUR STRENGTHS—AND THRIVE IN WORK, LOVE, AND LIFE

Sarah Kucera

A guide to the Ayurvedic personality types, or doshas, with psychology-based advice on cultivating balance

The Ayurvedic doshas (constitutions) are a road map to the workings of both body and mind. So, knowing your dosha is key to not just health, but family and workplace dynamics, career paths, and relationships. Readers will learn their type in *The Seven Ways of Ayurveda.*

- **Vata:** creator, multitasker, individualist
- **Pitta:** perfectionist, challenger, achiever
- **Kapha:** peacemaker, loyalist, nurturer
- **Vata Pitta:** performer, illuminator, enthusiast
- **Pitta Kapha:** guardian, investigator, helper
- **Vata Kapha:** dreamer, merger, supporter
- **Tri-Doshic:** poised, harmonious, balanced

Then, Sarah Kucera shows how to turn their new self-awareness into an action plan for personal evolution, self-care, and better knowing and caring for others.

**SARAH KUCERA** has been championing healthy practices professionally for over a decade and personally for her whole life. A chiropractor, yoga teacher, and Ayurvedic practitioner, she is the founder of Sage, a healing arts center and herbal apothecary in Kansas City, MO, where she strives to help others find well-being.

SarahKucera.com
Plant-Based India

NOURISHING RECIPES
ROOTED IN TRADITION

Dr. Sheil Shukla

Indian food like you’ve never seen it before—in a healthy vegan cookbook, with 100+ recipes and stunning photos

Sheil Shukla, DO, grew up eating traditional vegetarian Indian dishes—vegetables (shak), lentils (dal), bread (rotli), and rice (bhat)—at family mealtimes. During his medical training, he discovered that eating a fully plant-based diet was one of the best ways to prevent and manage many chronic illnesses.

*Plant-Based India* celebrates Dr. Shukla’s culinary heritage and fresh, seasonal produce, with over 100 authentic recipes, all gorgeously photographed by the author. These lower-fat, plant-forward recipes include vegetable mains, rice dishes, breads, lentils, sweets, snacks, drinks, masalas (spice blends), and chutneys—everything you need to fill your thali (plate)!

**PAPER OVER BOARDS**
$30.00 US | $39.00 Can. | World
8 x 11 | 256 pages
Color photographs throughout

Cooking/Regional & Ethnic/Indian & South Asian (CKB044000)
978-1-61519-853-5 | No. 779853
SHIPS MAY

- Over 100 beautifully photographed recipes inspired by the author’s heritage
- A powerhouse exploration of plant-based nutrition detailing why food is the best medicine
- Spotlights lesser-known, healthy recipes from western India
- A rare vegan entry to the Indian cooking shelf, where most plant-based cookbooks are vegetarian
- Author’s plant-based art Instagram has 58,000 followers

DR. SHEIL SHUKLA is an internal medicine resident physician, artist, and cook who is passionate about plant-based nutrition. He loves exploring cultures through their food, especially South Asian and East Asian cuisines, and particularly the thali tradition of Gujarat, India. He lives in Chicago, IL.

SheilShukla.com Instagram: PlantBasedArtist
CAROLYN WILLIAMS, PhD, RD, is a culinary nutrition expert and journalist who makes healthy eating simple. She’s a recipient of the 2017 James Beard Foundation Award for journalism. Carolyn serves as contributing editor for Cooking Light and Eating Well, and her work has been featured in Real Simple and Health.

Meals That Heal – One Pot
100+ ANTI-INFLAMMATORY RECIPES
FOR YOUR INSTANT POT,
AIR FRYER, SHEET PAN, AND MORE
Carolyn Williams, PhD, RD

Easy anti-inflammatory recipes for every meal—all prepped in 15 minutes or less—plus specialized meal plans and tips for healthy eating

Did you know that chronic inflammation is one of the greatest threats to human health? When left unchecked, it can lead to diseases like stroke, heart disease, cancer, and diabetes. But there’s good news: Inflammation can be calmed with a healthy lifestyle and diet, which is simpler than ever with Meals That Heal – One Pot.

Dietitian Carolyn Williams has created a menu of quick and easy recipes with healthy anti-inflammatory ingredients: toss-and-go lunches, like Mediterranean Quinoa Salad; meatless meals, like Skillet Shakshuka; decadent desserts, like Gluten-Free Brownie Brittle; and so much more.

Meals That Heal – One Pot includes a comprehensive guide to how inflammation impacts the body and mind and helps readers craft a personalized anti-inflammation diet. With this book, anyone can start preventing or reversing disease with food—instantly.
MEGAN ROSSI, PhD, RD, the Gut Health Doctor, is an internationally influential gut-health specialist. A practicing dietitian and nutritionist and leading Research Fellow at King’s College London, she is the founder of The Gut Health Clinic, where she leads a team of gut-specialist dietitians. She lives in London.

TheGutHealthDoctor.com  TheGutHealthDoctor

How to Eat More Plants

TRANSFORM YOUR HEALTH WITH 30 PLANT-BASED FOODS PER WEEK— AND WHY IT’S EASIER THAN YOU THINK

A 28-Day Program + 80 Fiber-Packed Recipes

Dr. Megan Rossi

A fact-based guide to plant-based eating, explaining why a diverse diet is the key to better health—with 80 plant-packed recipes

The secret to a healthy gut (and a healthier body and mind) is all in the microbes: the trillions of microorganisms that live in our digestive tract. These microbes thrive on fiber—as many different types as they can get.

That’s why Dr. Megan Rossi developed the Diversity Diet, a simple yet revolutionary way of eating that anyone can adopt to enjoy huge health benefits—increased energy, improved mood, and reduced risk of illness, to name a few. It’s all about eating a wider variety of plant foods—at least 30 different plants per week.

Each plant counts as one point, and How to Eat More Plants shows readers exactly how to get their “Plant Points” with delicious fruits, veggies, grains, nuts, herbs, and more. A 28-day challenge, tailored meal plans, and over 80 mouthwatering recipes set readers on the path toward better health!
How We Do Family
FROM ADOPTION TO TRANS PREGNANCY,
WHAT WE LEARNED ABOUT LOVE
AND LGBTQ PARENTHOOD
Trystan Reese

Now in paperback—an LGBTQ activist’s inspiring memoir of the many paths that lead to a loving family

Trystan Reese shares his unique story of emergency caretaking and trans pregnancy alongside universal lessons that will help all parents through the ups and downs of raising children. *How We Do Family* is a refreshing new take on family life for the LGBTQ community and beyond. Through every tough moment and touching memory, Trystan shows that more important than getting things right is doing them with love.

“[This] book is joyful, insightful, and so damn lovely that you’re doing yourself a disservice by not owning it.”
—Scary Mommy

“Reese writes with great tenderness and compassion, and also with a well-considered agenda of political and social activism.”
—ANDREW SOLOMON, National Book Award-winning author of *The Noonday Demon* and *Far from the Tree*

TRYSTAN REESE is an established thought leader, educator, speaker, and the founder of Collaborate Consulting. He is a 2021 Lambda Literary Fellow and has been featured in PBS Nova, *People*, and *BuzzFeed*. Trystan is married to his partner, Biff, and they live in Portland, OR, with their three kids: Lucas, Hailey, and Leo.

TrystanReese.com  BiffAndI

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8-page color photo insert

Biography & Autobiography/LGBTQ+
978-1-61519-877-1 | No. 779877
Prev. ed.: 978-1-61519-756-9
SHIPS MAY

Now with a reader’s guide
A resource for the 77 percent of LGBTQ millennials who have or are considering children—but don’t see their lives reflected in most parenting books
With tips on classic parenting topics and current issues, from tough love to anti-racism
Publishes in time for Pride Month

MAY | The Experiment
NEW RELEASES

16
Expert-backed sex and dating advice for newly independent college-age women, set against humorous, confessional stories

Entering college marks an exciting—and often confusing—transition into adult independence, especially when it comes to navigating a healthy sex life and building fulfilling relationships. *Do As I Say, Not Who I Did* is a straightforward, judgment-free guide for young women, with practical advice backed by experts in the field of sexuality.

Ali Drucker lays bare her own hookup missteps and insecurities about sex to coach readers through the sticky situations that new independence presents. Plus, she weaves in the stories of over forty young women from colleges across the country, with advice from sex therapists, ob-gyns, and more. From consent to STIs to balancing relationships and schoolwork, she fills in the gaps that grade school sex ed left wide open. Mixing candid memoir with current research, this is the guide to sex ed that teens and twentysomethings will actually want to read.

ALI DRUCKER has written for *The New York Times*, *Teen Vogue*, and Refinery29. She was the sex and relationships senior editor for *Maxim* and *Cosmo*, and she continues to write about sex in the media and mental health for outlets like HuffPost and *New York Magazine*. She lives in Los Angeles with her fiancé, comedy writer Jesse McLaren.

AliDrucker.com  Twitter Ali_Drucker
Raising a Healthy, Happy Eater
SECOND EDITION
Avoid Picky Eating, Identify Feeding Problems, and Set Your Child on the Path to Adventurous Eating

Nimali Fernando, MD, MPH
Melanie Potock, MA, CCC-SLP
Foreword by Nancy E. Roman

Now updated in a second edition—the category-leading guide to parenting in the kitchen

Pediatrician Nimali Fernando and feeding expert Melanie Potock (aka Dr. Yum and Coach Mel) know the importance of giving children the right start on their food journey—for good health, motor skills, and even cognitive and emotional development. In Raising a Healthy, Happy Eater, they explain how to expand your family’s food horizons, avoid the picky-eater trap, identify special feeding needs, and put joy back into mealtimes. This thoroughly updated second edition now includes the latest research and AAP recommendations, plus new sections on pacifiers, thumb-sucking, allergens, and more.

Winner of the National Parenting Product Award

“With wisdom, wit, and candor, Dr. Nimali Fernando and Melanie Potock will take you on a fascinating journey into the mind and sensory system of your fickle eaters.”
—Daniel Feiten, MD, clinical professor of pediatrics, University of Colorado School of Medicine

NIMALI FERNANDO, MD, MPH, is the founder of the nonprofit Dr. Yum Project and an AAP fellow. MELANIE POTOCK, MA, CCC-SLP, is the author of two other books. Their preschool nutrition curriculum has been adopted by Head Start Classrooms nationwide.

DoctorYum.org | MelaniePotock.com
Kids Cook Gluten-Free

OVER 65 FUN AND EASY RECIPES FOR YOUNG GLUTEN-FREE CHEFS

Kelli and Peter Bronski

Kid-tested recipes for ages 8 to 12, to make favorite foods gluten-free—no problem

Are you ready for the best gluten-free biscuits you’ve ever had? How about gluten-free mac and cheese? Or brownies? Kids Cook Gluten-Free teaches children to make all these and more. From crowd-pleasing favorites like Chocolate Chip Pancakes and Hamburger Sliders to more adventurous options like Crispy Dover Sole and Red Lentil Dal, kids will love trying something new.

Each recipe has kid-friendly instructions with a list of common kitchen terms and tools. Guides to gluten-free eating, safety tips, and basic techniques help young readers get comfortable in the kitchen. Kids can make delicious food with a parent or all by themselves. No matter what, it’ll be a whole lot of fun—and taste great!

Kelli and Peter Bronski are the cofounders of acclaimed food blog No Gluten, No Problem and coauthors of five gluten-free cookbooks, including No Gluten, No Problem Pizza and Artisanal Gluten-Free Cooking. They’ve developed gluten-free recipes since 2007, when Pete was diagnosed with celiac disease. They live in Colorado with their three kids. NoGluten-NoProblem.com
Imaginative play is the cure for little ones’ fear of shots in this delightful rhyming story

Timed to the hopeful approval of a COVID-19 vaccine for the youngest children

Also applies to standard pediatric vaccines

Vivid illustrations make this unlikely subject fun!

Ages 3 to 6

See also If You Go with Your Goat to Vote, page 27

When Maxine tells her pets, “Let’s get to the vet!” her toy ocelot does not want a shot. Her pooch won’t scooch, and her budgie won’t budge. But Maxine is not shy, so she tells them all why—and her pets know it’s smart, coming straight from the heart.

Off they all scurry (with more or less worry), from the kitten named Mitten to the filly called Milly. It’s the smallest of pinches (the finch barely flinches). And after the vaccine? They have snacks à la Maxine!

Maxine’s Critters Get the Vaccine Jitters

Jan Zauzmer
Illustrated by Corlette Douglas

A shot can be a little frightening—but it’s quick, as quick as lightning!

Imaginative play is the cure for little ones’ fear of shots in this delightful rhyming story

Timed to the hopeful approval of a COVID-19 vaccine for the youngest children

Also applies to standard pediatric vaccines

Vivid illustrations make this unlikely subject fun!

Ages 3 to 6

See also If You Go with Your Goat to Vote, page 27

JAN ZAUZMER, who lives near Philadelphia, hopes this book is a shot in the arm for kids at vaccine time. This is her second book. CORLETTE DOUGLAS’s art delivers a “blast of colors and fun chaos.” She’s a born-and-raised Brooklyn resident.

CorCorArt.squarespace.com
Why Do I Feel So Worried?

A KID’S GUIDE TO COPING WITH BIG EMOTIONS

Follow the Arrows from Anxiety to Calm

Tammi Kirkness

An illustrated flowchart guides kids to the right calming activity for every kind of anxiety

Children aren’t exempt from the effects of today’s stressful world. They need resources for anxiety—and Why Do I Feel So Worried? is here to help. Kids can follow its simple decision-tree format to:

• Name the emotion they’re struggling with (like stress)
• Figure out its source (for instance, homework problems)
• Calm down with an easy activity (such as a soothing script)

Kids may not always be able to solve what’s worrying them—but with Why Do I Feel So Worried?, they can respond positively and build coping skills for lifelong mental health.

TRADE PAPERBACK ORIGINAL
$14.95 US | $19.95 Can. | USC*
5 3/4 x 7 1/2 | 144 pages
65 color illustrations

Juvenile Nonfiction/Social Topics/Emotions & Feelings (JNF053050)
978-1-61519-873-3 | No. 779873
SHIPS MARCH

Charming illustrations and guided structure make this book appealing and intuitive for kids

Includes evidence-based tools like yoga, meditation, and breathing exercises

Kids are struggling with mental health more than ever

Children ages 7 to 12 can use this book alone or with an adult

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Catalog Product No.: 8156
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Cover design by Beth Bugler.
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