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BECAUSE EVERY BOOK IS A TEST OF NEW IDEAS
Through his teaching and writing, **TRISTAN GOOLEY** has pioneered a renaissance in the rare art of natural navigation. He has led expeditions on five continents, climbed mountains in three, and studied the methods of tribal peoples in some of the remotest regions on Earth. He lives in the UK.

**NaturalNavigator.com**  **Twitter**: NaturalNav
The Lost Art of Doing Nothing
HOW THE DUTCH UNWIND WITH NIKSEN
Maartje Willems and Lona Aalders

Slow down for self-care with niken, the Dutch secret to rest and relaxation!

Literally doing nothing sounds effortless—but in our fast-paced world, it’s anything but. Even when staying home to “slow the spread,” we’re more likely to be scrolling through our news feeds than staring out our windows . . . or lying in the grass . . . or listening to music . . . ahhhhhhhh.

The Dutch have a word for this kind of active rest: niken, which closely translates to “doing nothing.” Where other self-help philosophies push us to do more, niken invites us to do less and reap the benefits—such as lower stress, better health, and creative inspiration. Beautifully illustrated throughout, The Lost Art of Doing Nothing will help readers take more breaks, resist social pressure to be always “busy,” and embrace the slow life!

» 6-copy display
$101.70 US | $131.70 Can.
978-1-61519-790-3
No. 779790
SHIPS MARCH

Niksen is the next international self-help phenomenon, following hygge, kaizen, and ikigai

Self-care for a socially distanced world: Make the most of unstructured time, and relax without leaving home!

A gorgeous gift, filled with hand-drawn, color illustrations

Maartje Willems is a Dutch journalist and writer. Lona Aalders, a photographer and illustrator, sees slow living as her personal religion. Both live in the Netherlands.

MaartjeWillems.nl
Lona-Aalders.com
David Robert Grimes, PhD, is a physicist, cancer researcher, and science writer based in Dublin. He is affiliated with the University of Oxford, and he contributes to the BBC, PBS, and The Guardian. His work countering conspiracy theories has been covered by The New York Times, Newsweek, and Last Week Tonight with John Oliver.

DavidRobertGrimes.com
Happier, No Matter What.
CULTIVATING HOPE, RESILIENCE, AND PURPOSE IN HARD TIMES

Tal Ben-Shahar, PhD

A New York Times—bestselling author’s timely guide to happiness in adversity

When the world is upside down and the future uncertain, is it possible to find happiness? Happiness expert Tal Ben-Shahar unequivocally says yes! In Happier, No Matter What., he gives readers a toolbox for finding hope and purpose—the SPIRE method. This nuanced approach has five key realms:

• Spiritual: Are we living mindfully?
• Physical: Do we take care of our bodies?
• Intellectual: Are we challenged and curious?
• Relational: Do we nurture connections that nurture us?
• Emotional: Are our feelings both honored and balanced?

By assessing each area, we gain insight into our “baseline happiness”—and about how to build the resilience necessary to weather all of life’s ups and downs, no matter what.

“With his customary insight, Tal Ben-Shahar lays out the elements to a happier life.”
—GRETCHEN RUBIN, on Choose the Life You Want

TAL BEN-SHAHAR, PhD, has written six books, including the New York Times bestseller Happier and his latest, Short Cuts to Happiness. He holds a BA and PhD from Harvard, has formerly taught at Harvard, and now teaches at Columbia. His new online course, Wholebeing Happiness, is based in the SPIRE method. He lives in New Jersey.

TalBenShahar.com  🦜 TalBenShahar
What to Do with Everything You Own to Leave the Legacy You Want

Marni Jameson

A book to encourage, inspire, and guide you through turning your material assets into a meaningful legacy

Getting your affairs in order doesn’t sound like fun . . . but with bestselling author Marni Jameson as your guide, you might be surprised. In helping readers leave behind a blessing rather than a burden, Jameson focuses on what’s important: taking care of loved ones and causes dear to you—and making a thoughtful plan instead of a mess. Whether you are in the prime of life or your later years; are single or married; have kids or not; are well-off or just getting by, What to Do with Everything can help you:

- Identify what kind of legacy you want to leave
- Understand wills, trusts, and other agreements
- Head off potential family conflict
- Decide which possessions to donate, sell, or auction.

As Jameson helps you shape your legacy, you’ll enjoy peace of mind, comfort, and even a few laughs. And you’ll rest assured: It’s not so much what you leave but how you leave it that matters.

Marni Jameson is the author of five bestselling books, including Downsizing the Family Home and Downsizing the Blended Home. Her syndicated column, At Home with Marni Jameson, appears weekly in more than twenty newspapers nationwide. A mom and stepmom to five grown children, she lives in Florida with her husband and three dogs.

MarniJameson.com
The Genius of Athletes

WHAT WORLD-CLASS COMPETITORS KNOW THAT CAN CHANGE YOUR LIFE

Noel Brick, PhD, and Scott Douglas

Elite endurance athletes share their life-changing cognitive strategies for success in any big endeavor

Along the path to any goal—completing a marathon or a thesis paper, winning a medal or a contract—familiar mental hurdles arise: We may fixate on the odds of failure or find our interest flags two thirds of the way through. That’s when elite endurance athletes—top performers in running, cycling, and swimming—turn to their rich arsenal of cognitive strategies to overcome self-doubt and unlock peak performance.

The Genius of Athletes combines cutting-edge science with illustrative interviews to show how we, too, can find success in any realm with proven methods from sports psychology:

• setting process goals
• breaking tasks into smaller objectives
• if–then planning, and more techniques.

Taking pointers from athletes like Olympian Meb Keflezighi? That’s sure to be a winning strategy.

NOEL BRICK, PhD, researches the psychology of endurance at Ulster University. He has completed more than 30 marathons and lives in Ireland. SCOTT DOUGLAS, a contributing writer for Runner’s World, has authored or coauthored several books. He lives in Maine.
Blue

IN SEARCH OF NATURE’S RAREST COLOR

Kai Kupferschmidt

A globe-trotting quest to find blue in the natural world—and to understand our collective obsession with this bewitching color

Blue is a rare color—natural blue, that is. From morpho butterflies in the rain forest to the blue jay flitting past your window, vanishingly few living things are blue—and most that appear so are doing sleight of hand with physics or complex chemistry. Flowers modify the red pigment anthocyanin to achieve their blue hue. Even the blue sky above us is a trick of the light.

Yet this hard-to-spot accent color in our surroundings looms large in our affections. Science journalist Kai Kupferschmidt has been fascinated by blue since childhood. His quest to find and understand his favorite color and its hallowed place in our culture takes him to a gene-splicing laboratory in Japan, a volcanic lake in Oregon, and to Brandenburg, Germany—home of the last Spix’s macaws. From deep underground where blue minerals grow into crystals to miles away in space where satellites gaze down at our “blue marble” planet, wherever we do find blue, it always has a story to tell.

KAI KUPFERSCHMIDT studied molecular biomedicine and works as a science writer. He contributes to Science as well as the German newspapers Frankfurter Allgemeine Zeitung and Die Zeit. When not doing those things, he is usually thinking about the color blue. He lives in Berlin.

KaiKupferschmidt.de  kakape
FLORIAN FREISTETTER, PhD, is a freelance science journalist and the author of several popular-science books on astronomy. Freistetter has published more than five thousand articles on astronomy. He lives in Germany.

Florian-Freistetter.de  @astrodicticum
Empire of Ants
THE HIDDEN WORLD AND EXTRAORDINARY LIVES OF EARTH’S TINY CONQUERORS
Susanne Foitzik and Olaf Fritsche

A world-leading ant researcher’s magisterial tour of ants’ superhuman, six-legged civilization

Beneath our feet, a fascinating drama unfolds: Ants are waging war and staging rebellions, growing fungi as crops and raising aphids as livestock, making vaccines and, generally, living lives that—up close—look surprisingly human.

Evolutionary biologist Susanne Foitzik and biophysicist Olaf Fritsche reveal all in Empire of Ants, inviting readers to live alongside the workers, soldiers, and conquerors of the insect world—and the researchers who study them. (How do we observe the behavior of ants just a few millimeters in size—or monitor activity in a brain as small as the tip of a needle?)

Ants’ global dominance (there are 10 quadrillion ants worldwide) and supreme staying power (they have existed since the dinosaurs) give a sense of scale to our own empire-building and destroying. Empire of Ants may leave its human readers asking: Who really runs the world?

SUSANNE FOITZIK, PhD, is an evolutionary biologist, behavioral scientist, and international authority on ants. She holds a chair at Johannes Gutenberg University of Mainz in Germany.

OLAF FRITSCHIE, PhD, is a science journalist and biophysicist. He lives in Germany.
Bringing Up Bookmonsters
THE JOYFUL WAY TO TURN YOUR CHILD INTO A FEARLESS, RAVENOUS READER
Amber Ankowski, PhD and Andy Ankowski

A playful guide to raising kids who love reading—perfect for parents trying to fill educational gaps at home

How can you turn your distracted, plugged-in child into a voracious reader eager to devour every book in sight? By speaking to their inner bookmonster, of course! In Bringing Up Bookmonsters, wife-and-husband team Amber and Andy Ankowski suggest fun strategies rooted in developmental psychology—absolutely no flashcards or timers required.

- Talk to your baby bookmonster: Narrate your actions as you do chores and have babble “conversations.” A love of reading starts at birth with a love of language!
- Build a bookmonster habitat: Keep books in the toy box and alphabet magnets on the fridge.
- Turn storytime into playtime: Try making mistakes your bookmonster will catch. (“Let’s read The Dog in the Hat!”)

From playing literacy-building games in the car to filling your home library to adapting screen time, raising your bookmonster can be a whole lot of ferocious fun!

STRATEGIES FOR KIDS AGES 0 TO 8 WILL SUIT BOTH GET-AHEAD PARENTS AND THOSE SEEKING HELP WITH “RELENTLESS” READERS

FULL OF OPPORTUNITIES FOR AT-HOME LEARNING TO MAKE UP FOR DISRUPTIONS TO THE SCHOOL YEAR

FROM A DEVELOPMENTAL PSYCHOLOGIST AND A PROFESSIONAL WRITER: SCIENCE-BASED, DELIGHTFULLY HUMOROUS ADVICE

WITH ADORABLE ILLUSTRATIONS OF “BOOKMONSTERS”

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$16.95 US | $21.95 Can. | World
6 x 8 | 272 pages
Two-color interior | 7 illustrations

Family & Relationships/Education
978-1-61519-586-2 | No. 779586
SHIPS APRIL

AMBER ANKOWSKI, PhD, a developmental psychologist, has been published in Child Development Research, Infant and Child Development, and other journals. She teaches at UCLA.

ANDY ANKOWSKI is an award-winning copywriter and creative director. They live in Los Angeles with their three kids.

DoctorandDad.com
How We Do Family
FROM ADOPTION TO TRANS PREGNANCY,
WHAT WE LEARNED ABOUT LOVE
AND LGBTQ PARENTHOOD
Trystan Reese

An LGBTQ family’s inspiring story of building a loving home, with lessons all families can use

When Trystan Reese was just a year into his relationship with Biff (now his husband), the couple learned that Biff’s niece and nephew were about to be removed from their home by Child Protective Services. Trystan and Biff immediately took in one-year-old Hailey and three-year-old Lucas, becoming caregivers overnight to two tiny survivors of abuse and neglect.

From this surprising start, Trystan and Biff built a loving marriage and happy home—learning to parent on the fly. They adopted Hailey and Lucas and soon decided to grow their family biologically with a child that Trystan, who is transgender, would carry. Trystan’s groundbreaking pregnancy attracted media fanfare, and the family welcomed baby Leo in 2017.

In How We Do Family, Trystan shares their unique story and what he’s learned about being the best parent, partner, and person he can be. Through crisis, adoption, pregnancy—and all the usual challenges of parenting—Trystan shows that what’s more important than getting things right is doing them with love.

TRYSTAN REESE was launched into the public eye as “the pregnant man” in 2017, when his family’s unique story gained national attention from CNN, NBC, BuzzFeed, and People. The founder of Collaborate Consulting, Trystan is an established thought leader, educator, speaker, and transgender activist. He lives in Portland, Oregon.

TrystanReese.com biffandi
Getting Your Brain and Body Back

EVERYTHING YOU NEED TO KNOW AFTER SPINAL CORD INJURY, STROKE, OR TRAUMATIC BRAIN INJURY

Bradford C. Berk, MD, PhD
with Martha W. Murphy
Foreword by Eric Topol, MD

A comprehensive guide to neurological recovery by a doctor and spinal cord–injury survivor

On Memorial Day in 2009, Dr. Bradford Berk injured his spinal cord in a cycling accident and was left permanently paralyzed. But his recovery progressed far beyond doctors’ expectations, and it continues to this day. Now, as founder and director of the University of Rochester Neurorestoration Institute, Dr. Berk is on a mission to help others with acute neurological injuries (ANI)—namely spinal cord injury, stroke, and traumatic brain injury.

ANI can affect the whole body—from brain to heart to bladder. In Getting Your Brain and Body Back, Dr. Berk covers each system, offering up-to-date guidance on recovery, treatment, and daily living. Survivors and families will learn how to prevent common problems, find (and pay for) life-changing rehab, ward off depression, return to work, and much more. By sharing candid advice from his own experience, plus insights from the brightest minds in the field, Dr. Berk helps others get back to life.

BRADFORD C. BERK, MD, PhD, is a professor at the University of Rochester and the founder and director of the University of Rochester Neurorestoration Institute. He lives in New York.

MARTHA W. MURPHY is an award-winning writer and health care communications professional. ERIC TOPOL, MD, is executive vice president of Scripps Research and author of Deep Medicine.
Outsmart Your Pain

MINDFULNESS AND SELF-COMPASSION TO HELP YOU LEAVE CHRONIC PAIN BEHIND

A Doctor’s New Kind of Prescription

Christiane Wolf, MD, PhD
Foreword by Daniel J. Siegel, MD

Radically clear, evidence-based mental strategies to relieve chronic pain

Pain can be overwhelming. We tend to lump everything related to it—stressful thoughts, negative emotions, distracting sensations—into one big, unwieldy box that we struggle to carry all day. But what if we could put down this box, unpack it, and tackle the contents one by one? Outsmart Your Pain is Dr. Christiane Wolf’s transformative guide to finding relief with mindfulness. Easy, guided meditations reinforce each helpful strategy, including:

• rewriting the “pain story” you tell yourself
• practicing loving acceptance of your body as it is
• mindfully working through negative emotions
• strengthening your inner and outer support systems.

By changing our brains little by little, day by day, we can leave behind the burden of our pain—and once we do, we’ll live fuller, freer, and more joyful lives.

“A powerful, clear, and practical guide to shifting your way of living.”—from the foreword

CHRISTIANE WOLF, MD, PhD, is an internationally known, certified mindfulness-based stress reduction (MBSR) trainer and director of the VA’s national mindfulness training program for clinicians. Dr. Wolf lives in Los Angeles with her husband and their three children.

DANIEL J. SIEGEL, MD, is a New York Times–bestselling author.

ChristianeWolf.com christianewolfmindfulness
The Handbook for a Happy Cat

SPEAK THEIR LANGUAGE, DECODE THEIR QUIRKS, AND MEET THEIR NEEDS—SO THEY’LL LOVE YOU BACK!

Liesbeth Puts

A standout easy-reference guide to cat care and psychology—filled with irresistible photos!

One reason cats fascinate us is that they are so unlike us: Their ears, more than eyes, show their feelings. On our laps, they are purring lovebugs; on the prowl, they are fearsome apex predators—with territorial instincts to match. This makes it hard for us humans to understand our cats as well as we love them.

Thank goodness feline behaviorist Liesbeth Puts is here to help!

LIESBETH PUTS is an internationally certified animal behaviorist specializing in cats. She also holds a degree in social psychology from Utrecht University. She has been a cat parent since 1976, a behavioral therapist since 2008, and a cat blogger (read by thousands of fans in her native Netherlands) since 2012. She lives in Utrecht.
Healthy Easy Mexican

OVER 160 AUTHENTIC LOW-CALORIE, BIG FLAVOR RECIPES

Velda de la Garza, MS, RDN

Over 160 classic Mexican recipes made healthy and low-cal—still full of flavor and oh-so-simple to prepare

With so many popular fast-casual chains serving up foot-long burritos, oozing quesadillas, and “taco shells” made of snack chips that shall remain nameless, it’s all too easy to equate Mexican cooking with unhealthy eating.

Enter Healthy Easy Mexican. Registered dietitian Velda de la Garza shifts the spotlight back to the Mexican fare she grew up with, which is filled with colorful fruits and veggies and lends itself to low-cal, healthy cooking. Her 160 recipes, all with short ingredient lists and practical prep times, include Stuffed Jalapeños, Chalupas, Chicken Adobo, Chile Cheese Tortillas, and Mango Flan!

First published as Healthy Mexican Cooking (25,000 in print), this fully revised edition adds vibrant color photos throughout. Plus, de la Garza includes substitutions, nutrient analyses, and diabetic exchanges to help readers achieve their health goals. As the saying goes, Que tus alimentos seyan tus medicinas: “Let your food be your medicine.”

VELDA DE LA GARZA, MS, RDN, is a Mayo Clinic–trained, registered dietitian who’s passionate about promoting better health and the traditional Mexican foods of her heritage. She received her bachelor’s degree in nutrition from the University of Texas at Austin and earned a master’s of science degree in nutrition from Texas Woman’s University. She lives in McAllen, Texas.
Let’s Cook!
55 Quick and Easy Recipes for People with Intellectual Disability

Updated Edition

Elizabeth D. Riesz, PhD and Anne Kissack, MPH, RD

Everyone can enjoy the art of cooking with these simple, balanced recipes!

Let’s Cook! helps people with intellectual disability (ID) prepare their own meals with success. All 55 recipes are written at a basic level and illustrated with photos. Icons showing the MyPlate food groups help readers plan balanced meals, and clear reminders reinforce safety measures like washing hands and using pot holders. Readers will gain kitchen confidence and take a rewarding step toward independence. Bon appétit!

A Midwest Book Award winner
Engineered for ease with spiral binding, large print, and photos illustrating key recipe steps
Offers an essential life skill to an overlooked audience: No other trade cookbook is tailored to adults with ID
Without easy recipes such as these (all vetted by registered dietitians), people with ID may fall back on eating unhealthy processed foods
Cooking à la Heart

425 EASY AND DELICIOUS RECIPES TO MAKE EVERY MEAL HEART HEALTHY

Fourth Edition

Linda Hachfeld, MPH, RD
Foreword by Jane Brody

Reduce risk of heart disease and stroke with this Mayo Clinic–trusted cookbook packed with heart-healthy tips and 425 recipes for every occasion

Heart disease is the leading cause of death in the US, with nearly half of American adults at risk. But lifestyle changes can lower this risk by as much as 82 percent! Cooking à la Heart is here to help readers ward off heart disease, stroke, and diabetes with:

• 425 delicious, healthy recipes, from Savory Stuffed Mushrooms to Chicken Tandoori and Spicy Pumpkin Bars
• nutrient analysis for every heart-smart recipe (calories, carbs, protein, fat, and more), plus diabetic exchanges
• MIND, DASH (Dietary Approaches to Stop Hypertension), and Mediterranean diet guidelines
• tips on exercise, weight control, and meal planning.

With Cooking à la Heart, eating healthier isn’t difficult or boring—it’s an investment that will keep you enjoying good food for many years to come.

LINDA HACHFELD, MPH, RD, is the former nutrition coordinator for the Mankato Heart Health Program and has volunteered with the American Heart Association for 35 years. She holds a master’s degree in public health and has been a member of the Academy of Nutrition and Dietetics for 40 years. She lives in Minnesota. JANE BRODY has been the New York Times personal health columnist since 1976.
Moimoi—Look at Me!

*High contrast art and silly sounds that babies love*

Kazuo Hiraki, PhD
Illustrated by Jun Ichihara

---

At the University of Tokyo’s baby studies lab, the results are in: This is the book babies choose for themselves!

Imagine you could ask your baby what she wants. In Kazuo Hiraki’s lab at the University of Tokyo, he has done exactly that! When he tracked infants’ eye motion in response to characters on screen, babies gazed transfixed at these brilliant, bull’s-eyed critters for **twice** as long as the competition. Dr. Hiraki named them *Moimoi* (a nonsense word), and a phenomenon was born. This bestselling book from Japan will delight babies everywhere!

- A sensation in Japan with 500,000 books sold across the series since 2017
- Parents rave that *Moimoi* can distract and delight even a crying, fussy baby
- A revolution in high contrast baby books—beyond just black, white, and red
- Readers can vary how they deliver the catchphrase *Moimoi* (“mo-ee mo-ee”) to match the action of each scene!

---

KAZUO HIRAKI, PhD, oversees the Hiraki Lab for baby studies at the University of Tokyo, where he measures babies’ eye motion and brain activity to assess their development and self-awareness. JUN ICHIHARA has illustrated over 30 books for children.

[Ardbeg.c.u-tokyo.ac.jp/en](Ardbeg.c.u-tokyo.ac.jp/en)
[IchiharaJun.com](IchiharaJun.com)

Unlikely best friends will melt hearts in this wry, gentle tale that grapples with death and finds solace in memory

Little bird Hopper lives on top of Reggie the rhinoceros, feasting on all his pesky flies. Hopper depends on Reggie—for yummy flies, for shelter from the rain, and for protection from sneaky lions. Reggie also knows the best silly jokes!

To Hopper, Reggie is invincible . . . but Reggie knows he’s not so young anymore. To prepare Hopper, Reggie makes sure he remembers all their best adventures together. The only problem is Hopper’s habit of exaggerating!

Reggie departs peacefully over three wordless spreads. And when Hopper finds a new crew of oxpecker birds, he brings his hero back to life with a rousing tale. Remember when Reggie chased off three—no, three hundred—sneaky lions . . . ?

Children’s author WERNER HOLZWARTH has also worked in advertising, journalism, and as a professor of visual communications at the Bauhaus. Illustrator MEHRDAD ZAERI also creates drawings in performance with the storytelling group Knopfkino. Both live in Germany.
CAROLIN GÖRTLER is a Germany-based designer and illustrator with over ten years of experience illustrating children’s books, many of which are wimmelbooks. She studied communication design at the University of Applied Sciences in Mainz.

MyBigWimmelbooks.com
FUMIAKI SHINGU was born in Fukuoka, Japan, in 1953. He moved to Tokyo after graduation from design school, and he founded a graphic design company in 1984. His origami kits have been sold in Toys “R” Us and other major outlets in Japan. He is also the author of The Ultimate Book of Origami Animals.

en.Origami-Club.com
The amazing scale of the solar system unfolds before your eyes

Quick: Picture the solar system. Do you see nine planets on tidy rings around the Sun? Then you have been lied to!

It’s not without reason: We have to draw the solar system that way to fit it on a placemat, a lunchbox, or in an ordinary book. But that familiar diagram is wrong about almost everything—and so this is no ordinary book. Seven gatefold pages open out not once but twice, capturing our planetary neighbors at scale.

At a trillion-to-one scale, the Sun is about the size of a dime. And five feet away from the Sun, we find . . . Earth, the size of a pinhead. A trillion-to-one scale is not nearly small enough to fit our solar system into a book (or onto a soccer field)! How small do we need to go? Unfold the next three spreads to find out . . .
2022 Moon Calendar Card

LUNAR PHASES, ECLIPSES, AND MORE!

Kim Long

The classic calendar with lifetime sales of more than 500,000 copies

Loved by fans since 1982, this appealing calendar combines attractive, photo-realistic moons on the front with at-a-glance lunar data on the back. The Moon Calendar fits in just about anywhere—especially stores serving educators, science buffs, stargazers, gardeners, or fishers and hunters (who gauge high tides and bright nights by the moon). Kids love it, too!

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» See also page 31

KIM LONG is the creator of the award-winning Moon Calendar. Between 1984 and 2006, his American Forecaster Almanac was published in 22 annual editions. He is the author or coauthor of many other books, including The Moon Book. He lives in Denver, Colorado.

TheMoonCalendar.com
NEW & NOTABLE

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Tristan Gooley

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Sami Bayly

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Petra Bracht, MD and Mira Flatt

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See also page 30
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Jessica Wapner

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See also The Philadelphia Chromosome, page 32

Immunity
Dr. Jenna Macciochi

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Backlist Highlights