THE EXPERIMENT
Fall 2020
Frontlist & Key Backlist
DISTRIBUTED BY WORKMAN PUBLISHING
NEW RELEASES

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BECAUSE EVERY BOOK IS A TEST OF NEW IDEAS
EMMA FARRARONS, an illustrator and graphic designer who lives and works in London, is the author of The Mindfulness Coloring Book (two volumes) and Moments of Mindfulness. Born in the Philippines, Farrarons grew up in Paris before studying illustration at Edinburgh College of Art and at École Nationale Supérieure des Arts Décoratifs. She also designs children’s books.

EmmaFarrarons.com
Immunity

THE SCIENCE OF STAYING WELL

The Definitive Guide to Caring for Your Immune System

Dr. Jenna Macciochi

A bold new look at the silent wonder that is the immune system—and what we can do to sustain and improve it

The immune system is our first line of defense against the hordes of microbes that threaten us constantly. Just like our heart and our lungs, it works around the clock to keep us alive—and with the outbreak of coronavirus, no one can take it for granted. Immunity answers the question everyone is asking now: What can I do to strengthen my immune system? Dr. Jenna Macciochi has studied the interplay of immunity, lifestyle, and health for over twenty years, and her book is filled with authoritative guidance on:

• the best foods to eat to strengthen your immune system
• the importance of movement, and how often to exercise
• the essential link between immunity and sleep
• its surprising connection to your mental health.

Macciochi also debunks common myths, explores why some people never get ill, and explains how germs—those pesky invaders—can actually be good for us. The immune system is the foundation of your health . . . and Immunity is your essential handbook to staying well in the modern world.

The new science of immunity, written by an expert with over twenty years of experience

From cutting-edge cancer treatments to the fight against coronavirus, immunology is changing the face of modern medicine

Packed with evidence-based tips readers can use to bolster their immune response

Explores the immune system’s essential functions beyond fighting germs, from detecting rogue cells to healing wounds

Dr. Jenna Macciochi, an immunologist, has spent over twenty years researching the impact of lifestyle on the immune system. She is a lecturer at the University of Sussex and a certified fitness instructor. Her writing has been featured in The Times (UK), Women’s Health, Marie Claire, Glamour, and Metro, among other outlets. She lives in Brighton with her husband and their five-year-old twins.
The Good Ancestor

HOW TO THINK LONG-TERM IN A SHORT-TERM WORLD

Roman Krznaric

A call to save ourselves and our planet by targeting the root of our inaction: extreme short-sightedness

“The most important question we must ask ourselves is: Are we being good ancestors?” So said Jonas Salk, who cured polio in 1953. Salk saved millions of lives, but he refused to patent his cure or make any money from it. His radical rethinking of what we owe future generations should be an inspiration to us all, but it has hardly taken hold: Businesses can barely see past the next quarter; politicians can’t see past the next election. Markets spike, then they crash in speculative bubbles. We rarely stop to consider whether we’re being good ancestors . . . but the future depends on it.

Here, leading public intellectual, philosopher, and bestselling author Roman Krznaric explains six practical ways we can retrain our brains to save our future—such as adopting Deep Time Humility (recognizing our lives as a cosmic eyblink) and Cathedral Thinking (starting projects that will take more than one lifetime to complete). His aim is to inspire a “time rebellion”—to shift our allegiance from our generation only, to all humanity, present and future.

“Full of revelations for everyone who cares about the legacy they leave.”—The Edge, U2

HARDCOVER
$25.95 US | $33.95 Can. | USC+OM*
5 1/2 x 8 | 288 pages
30 B&W illustrations and diagrams

Political Science/Public Policy/ Environmental Policy (POL044000)
978-1-61519-730-9 | No. 779730
SHIPS OCTOBER

► A radical new approach to protecting our planet: Change our thinking today to save tomorrow
► Long-term thinking is the cure for “digital distraction” brought on by the daily avalanche of tweets, alerts, stock tickers, and breaking news
► Thought experiments help readers shift their perspective (How would I want us to act today, if I didn’t know which generation I’d be born into?)
► Encourages us to become “time rebels” like climate activist Greta Thunberg

ROMAN KRZNARIC is a public philosopher who writes about the power of ideas to change society. His books include Empathy, The Wonderbox, and Carpe Diem Regained, and have been published in more than twenty languages. He studied at the universities of Oxford, London, and Essex, where he received his PhD. He is a founding faculty member of The School of Life.

RomanKrznaric.com    RomanKrznaric
A groundbreaking investigation into the hidden mental health effects of border walls, revealing the harm they bring to all who live near them

Today, there are at least seventy border walls: from the US–Mexico border to the seventeen thousand miles of barbed wire that wall off Bangladesh from India, as well as the five-layer fence between Saudi Arabia and Iraq. Border walls protect us, the argument goes, because they keep danger out. But what if the walls themselves endanger everyone who lives near them—on both sides?

In this thoroughly reported, eye-opening work, science journalist Jessica Wapner reveals the unforeseen mental health effects of security walls—including depression and anxiety, despondence, excitability, suicidal ideation, paranoia, and more. Doctors first noticed these conditions proliferating among people who lived along the Berlin Wall, and they gave the overarching affliction a name: wall disease. Wapner builds on this research, following the trail of psychological harm around the world today. Weaving together interviews with those living up against walls and expert testimonies from psychologists, economists, geographers, and other specialists, Wapner explores the growing epidemic of wall disease—and illuminates how neither those “outside” nor “inside” are immune.

Jessica Wapner

TRADE PAPERBACK ORIGINAL
$12.95 US | $16.95 Can. | World
5 x 7 1/2 | 128 pages
French flaps

Social Science/Emigration & Immigration (SOC007000)
978-1-61519-734-7 | No. 779734
SHIPS AUGUST

Wherever we fall along the political divide, we would do well to understand the psychological toll of living up against a border wall

As new security barriers proliferate around the world, and as more are called for, it’s urgently necessary that we tune in to this emerging mental health crisis

Wall Disease expands on Jessica Wapner’s New Yorker piece on this topic

See also The Philadelphia Chromosome, page 32


JessicaWapner.com
Race is not a biological reality. Racism thrives on our not knowing this.

Racist pseudoscience is on the rise—fueling hatred, feeding nationalism, and seeping into our discourse on everything from sports to intelligence. Even the well-intentioned repeat stereotypes based on “science,” because cutting-edge genetics are hard to grasp—and all too easy to distort. Paradoxically, these misconceptions are multiplying even as scientists make unprecedented discoveries in human genetics—findings that, when accurately understood, are powerful evidence against racism. We’ve never had clearer answers about who we are and where we come from, but this knowledge is sorely needed in our casual conversations about race.

How to Argue With a Racist enables us to have responsible, enlightened discourse by illuminating what modern genetics actually can and can’t tell us about human difference. We know now that the racial categories still vexing society do not align with observable genetic differences. In fact, our differences are so minute that, most of all, they serve as evidence of our shared humanity.

“A seriously important work.”—Bill Bryson

How to Argue With a Racist
WHAT OUR GENES DO (AND DON’T) SAY ABOUT HUMAN DIFFERENCE
Adam Rutherford

ADAM RUTHERFORD, PhD, received his doctorate in genetics from University College London. He is also the author of A Brief History of Everyone Who Ever Lived, a finalist for the National Book Critics Circle Award, as well as The Book of Humans and Creation. He has presented many award-winning programs, including Inside Science for the BBC. He lives in London.

AdamRutherford.com
Patricia Roberts-Miller, PhD, is a professor of rhetoric and writing at the University of Texas at Austin, where she has taught the class Rhetoric of Racism since 2013. Her books include Fanatical Schemes: Proslavery Rhetoric and the Tragedy of Consensus, Voices in the Wilderness: Public Discourse and the Paradox of Puritan Rhetoric, and Demagoguery and Democracy.
The Hidden Life of Ice

DISPATCHES FROM A DISAPPEARING WORLD

Marco Tedesco
with Alberto Flores d’Arcais
Foreword by Elizabeth Kolbert

A pioneering researcher’s illuminating account of Arctic ice—its secret history and dire future

Barely inhabited, the Arctic is an alien world to most of us. It also holds critical clues about the future of our planet. In The Hidden Life of Ice, Marco Tedesco invites us to Greenland, where he and his fellow scientists are doggedly researching the dramatic changes afoot. Following the arc of his typical day at work, Tedesco unearths the secrets in the ice—from evidence of long-extinct “polar camels” to the fantastically weird microorganisms living at freezing temperatures in cryoconite holes.

Tedesco weaves together the bald facts on climate change with poetic reflections on this endangered landscape, the epic deeds of great Arctic explorers, and the legends of the rare local populations. The Hidden Life of Ice is more than a diatribe on climate—it’s a moving tribute to a beautiful place that may be gone too soon.

MARCO TEDESCO is a research professor at the Lamont-Doherty Earth Observatory of Columbia University and adjunct scientist at the NASA Goddard Institute for Space Studies (GISS). An expert on polar regions, he is frequently quoted in The New York Times and other publications. He lives in New York.

ALBERTO FLORES d’ARCAIS has reported on topics like civil wars, drug trafficking, and the Arab Spring since the 1980s.

ELIZABETH KOLBERT is the Pulitzer Prize–winning author of The Sixth Extinction.
SAMI BAYLY recently completed her degree in natural history illustration at the University of Newcastle. She’s drawn to the weird and wonderful—finding the beauty and importance in all living things, regardless of their appearance—and is eager to share her appreciation with others. A Curious Collection of Peculiar Creatures is her first book. She lives in Newcastle, Australia.

SamiBayly.com
Monarchs of the Sea
THE EXTRAORDINARY
500-MILLION-YEAR HISTORY
OF CEPHALOPODS

Danna Staaf

An epic and fun history spanning from the mollusks that invented swimming to the octopuses and other intelligent cephalopods of today

Before mammals, there were dinosaurs. And before dinosaurs, there were cephalopods—the ancestors of modern squid, octopuses, and more creatures—Earth’s first truly substantial animals. Essentially inventing the act of swimming, cephalopods presided over an undersea empire for millions of years—until fish evolved jaws, and cephalopods had to step up their game or risk being eaten. To keep up, some streamlined their shells and added defensive spines, while others abandoned the shell, opening the gates to a flood of evolutionary innovations: masterful camouflage, fin-supplemented jet propulsion, and intelligence we’ve yet to fully measure. Monarchs of the Sea is an epic, witty history about these bizarre but beautiful creatures that ruled the seas—and still captivate us today.

“A squishy, slimy delight on every page.” —Sy Montgomery, bestselling author of The Soul of an Octopus

“Will open your world to wider horizons and much deeper times.” —Carl Safina, bestselling author of Beyond Words: What Animals Think and Feel

DANNA STAASF earned a PhD in invertebrate biology from Stanford University and has been studying cephalopods for decades. Her writing on marine life has appeared in Science, Atlas Obscura, and many other outlets, while her research has appeared in the Journal of Experimental Biology, Aquaculture, and others, as well as in numerous textbooks. She lives with her family in Northern California.

Cephalopodiastritist.com

TRADE PAPERBACK
$15.95 US | $21.00 Can. | World
5 1/2 x 8 1/4 | 256 pages
33 B&W photographs and illustrations
Nature/Animals/Marine Life
978-1-61519-740-8 | No. 779740

NEW RELEASES
SEPTEMBER

SHIPS AUGUST
Celebrating 10 years of natural navigation with Tristan Gooley: an update to the guide that started it all—now with a preface and 20 color photos

Before GPS, before the compass, and even before cartography, humankind was navigating. A windswept tree, the depth of a puddle, or a trill of birdsong could point the way home—and they still do, if you know how to look. Whether exploring in the mountains or on a lunch break, anyone with a curious mind can find their bearings. In *The Natural Navigator*, adventurer and navigation expert Tristan Gooley unlocks the clues hidden all around us: in the sun, moon, stars, clouds, weather patterns, lengthening shadows, changing tides, plant growth, habits of wildlife, and more. This tenth anniversary edition includes a new preface and twenty color photographs from Gooley’s archive. A decade later, *The Natural Navigator* continues to remind us that we can locate south by joining the horns of the crescent moon—and find adventure in our own backyards.

“Deeply poetic . . . Gooley provides ample instructions, complete with diagrams of wind patterns and tide heights, for living and traveling like a natural navigator.”

—The Wall Street Journal

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 is the only living person to have both flown and sailed solo across the Atlantic.
In this deluxe set, a New York Times–bestselling author makes us apprentices in the forgotten art of examining nature’s patterns

Gooley begins to teach the singular way he senses signs in the wild that most people overlook in How to Read Nature. In The Natural Navigator, he shows how to find our way by the stars, rivers, clouds, and more. And New York Times bestseller How to Read Water is Gooley’s deep dive into everything from puddles to the sea, teaching navigators at any experience level to hear the whispers of water. Also included: a pocket field guide to kick-start your own adventures!

“Equal parts alfresco inspiration, interesting factoids, how-to instructions, and self-help advice.”
—The Wall Street Journal, on How to Read Nature

“This fascinating book is filled with surprising facts.”
—Washington Post, on The Natural Navigator

“Gooley’s . . . observations are breathtaking as he patiently explains how to see.”—Forbes, on How to Read Water

Boxed Set
$52.00 US | $67.50 Can. | USC

Sports & Recreation/Outdoor Skills
SPO030000
978-1-61519-744-6 | No. 779744
SHIPS OCTOBER

► The perfect gift for nature lovers: three beloved books, plus a limited edition field guide, all in a lovely box!
► The Natural Navigator (see opposite) is handsomely repackaged in paper over boards to match How to Read Nature and How to Read Water
► Gooley’s brand of nature observation aligns perfectly with trends like forest bathing, while appealing to the traditional outdoorsperson
► Combined, Gooley’s books have 340,000 copies in print
► See also page 33
Welcome to Wine
AN ILLUSTRATED GUIDE TO ALL YOU REALLY NEED TO KNOW

Madelyne Meyer

The world of wine is more welcoming than ever in this short but comprehensive guide!

Calling all wine newbies and wine nerds: This illustrated guide is refreshing as a rosé and flavorful as a merlot. As Madelyne Meyer would be the first to tell you, you don’t need a book to enjoy wine . . . but knowing more about your favorite glassful can be a pleasure all its own. In Welcome to Wine, Meyer pairs her expert knowledge with 200 witty, whimsical illustrations that make all the essentials crystal clear—so you can get to the good part sooner!

- Food pairings and the art of wine tasting
- Serving temperature (without getting hung up on precision!)
- Key wine regions and exactly how wine is made

From choosing wine for a date night to training your nose to pick up “notes,” this is the friendliest guide to wine.

MADELYNE MEYER is the marketing manager for the Wine Cellars of Aarau in Switzerland—her family’s business for five generations. She trained at wineries in California, where she earned a certified wine specialist degree; and studied wine marketing and management at the INSEEC Wine and Spirits Institute in Bordeaux. She lives in Aarau, Switzerland.

Edvin-Uncorked.com
MEGAN ROSSI, PhD, RD, aka the Gut Health Doctor, is internationally considered one of the most influential gut health specialists. A practicing dietitian and nutritionist for the last decade and with an award-winning PhD in gut health, Rossi also leads research at King’s College London and is the founder of the Gut Health Clinic on Harley Street. She is from Australia and lives in London.

The go-to lifestyle guide for a happy gut, with easy-to-understand assessments and 50 gut-loving recipes

If you ask Dr. Megan Rossi about the best investment you can make in your future, she’ll tell you: Look after your gut. Seventy million Americans suffer from gut-related issues, diagnosed or otherwise. But it’s not just about gut symptoms: Whatever our wellness goals are—weight management, improved fitness, healthier skin, stronger immunity, or even happiness—gut microbes can be our best allies.

Dr. Rossi opens Love Your Gut with easy-to-follow questionnaires that will help readers discern their current health status and craft a personal action plan. She follows with evidence-based strategies on everything from sleep to yoga; expert advice on dealing with IBS, food intolerance, and other challenges; and over fifty delicious meal ideas: from Banana, Fig, and Zucchini Breakfast Loaf to Creamy Pistachio Pesto Pasta. (Did you know your gut microbes crave variety? Ideally 30 different plant-based foods each week!) Love Your Gut makes it fun and easy to supercharge your digestive health and transform your well-being—from the inside out.

“Learn to love your gut with this jam-packed book.”

—Jamie Oliver

TRADE PAPERBACK ORIGINAL
$19.95 US | $25.95 Can. | USC+OM* 7 1/2 x 9 3/4 | 304 pages 85 color photographs

Health & Fitness/Diseases/Gastrointestinal (HEA039010)
978-1-61519-706-4 | No. 779706 SHIPS DECEMBER

– A comprehensive guidebook with bright graphics and a step-by-step action plan
– UK edition quickly rose to #1 on Amazon and has been featured everywhere from The Times to BBC
– Glowing endorsements from Jamie Oliver, Deliciously Ella, and others
– 70 million Americans suffer from digestive issues (heartburn, acid reflux, IBS, indigestion, constipation, diarrhea, and more)
GEORGIA McDERMOTT is a recipe developer, food stylist, food photographer, blogger, content creator, and social media manager. She writes, cooks, and photographs gluten-free, FODMAP-friendly, and pescatarian recipes on her blog. She lives and works in Melbourne, Australia.

Georgeats.com Instagram: @Georgeats

FODMAP Friendly
95 VEGETARIAN AND GLUTEN-FREE RECIPES FOR THE DIGESTIVELY CHALLENGED

Georgia McDermott

The low-FODMAP cookbook vegetarians have been waiting for, with 95 delicious recipes to help manage IBS and food intolerances

What's a FODMAP? These hard-to-digest carbs lurk in dairy and certain produce, and avoiding them is the only proven way to quell symptoms of irritable bowel syndrome. But vegetarians trying to go low-FODMAP have faced a shelf full of meat-centric cookbooks—until now. Here are ninety-five vegetarian, vegan-friendly, and gluten-free recipes that will settle your gut and satisfy your cravings:

• lighter meals (such as Olive and Parmesan Polenta Squares)
• hearty fare (Pepper, Pesto, and Goat Cheese Galette)
• and desserts (Vanilla Bean Pavlova with Roasted Lemony Strawberries)!

As the mouth-watering photos attest, you can feel great without giving up taste. This is low-FODMAP—made friendly!
Vegan Intermittent Fasting
LOSE WEIGHT, REDUCE INFLAMMATION, AND LIVE LONGER—THE 16:8 WAY
Petra Bracht, MD, and Mira Flatt

The definitive (and first!) vegan guide to intermittent fasting for weight loss and improved health—with over 80 recipes to keep you fuller longer

Intermittent fasting has emerged as an evidence-based revolution in health and wellness. You can start at any time and lose weight while still eating the foods you love. In the popular 16:8 method, you eat 2 to 3 times over 8 hours, then fast for 16 hours (which, of course, includes time spent asleep). The result: weight loss, a stronger immune system, increased longevity, and so much more.

In Vegan Intermittent Fasting, Petra Bracht, MD, and Mira Flatt guide readers through the transition to a fasting lifestyle, with medically supported advice and over 80 satisfying vegan recipes:

• refreshing breakfasts, including Strawberry Basil Bowls
• satisfying lunches, such as Rainbow Summer Rolls
• protein-packed dinners, like Smoked Tofu Potato Salad and “Chili sin Carne”
• healthy desserts; for example, Chocolate Cardamom Truffles.

Live healthier—and longer—with this complete vegan guide to intermittent fasting.
The Professional Yoga Teacher’s Handbook
THE ULTIMATE GUIDE FOR CURRENT AND ASPIRING INSTRUCTORS

Set Your Intention, Develop Your Voice, and Build Your Career

Sage Rountree

For yoga teachers at every stage of their careers—not a what-to-teach guide but a how-to-teach guide

There’s so much more to teaching yoga than doing yoga—from building a relationship with a studio (or opening your own) to navigating client relationships, publicizing classes, and avoiding burnout. Sage Rountree has been training yoga teachers for over a decade, and she’s heard the same concerns over and over: How can I help my students best? How can I keep my teaching fresh? How can I make smart choices around my schedule, my money, and the next steps in my career?

The Professional Yoga Teacher’s Handbook speaks directly to these concerns in a warm, friendly voice—boosting teachers’ confidence in their ability to construct a heartfelt, balanced class, and to build a career that suits them. Rountree includes stories from her own experience, journal prompts, and thoughtful exercises to help aspiring yoga teachers discern their path, and to provide current yoga teachers with much-desired continuing education. This is the book every yoga teacher needs!

“A must-have resource for every yoga teacher and every teacher in training!”
—Tiffany Cruikshank, founder of Yoga Medicine

SAGE ROUNTREE, PhD, E-RYT 500, is co-owner of the Carolina Yoga Company and director of its teacher trainings. Her nine books include Everyday Yoga, Lifelong Yoga, and Teaching Yoga Beyond the Poses. She teaches nationwide and online at the Kripalu Center, Yoga Vibes, Core Strength for Real People, and Sage Yoga Teacher Training. She lives in North Carolina.

SageRountree.com

Yoga is a $16 billion industry in the US, with over 37 million practitioners and 650,000 teachers

Many studios offer teacher trainings to their advanced students, but leave them adrift after that

By the coauthor of Teaching Yoga Beyond the Poses (15,000 copies sold since May 2019)

Guidance for every step, from embarking on your career to continuing education

Incorporates the Yoga Alliance’s 2019 updates to their teacher training standards
Making Space
HOW TO LIVE HAPPIER BY SETTING BOUNDARIES THAT WORK FOR YOU
Jayne Hardy

Essential advice for anyone who feels put-upon by life, on how to carve out your place in a busy world

Our boundaries—the limits we place on what we will and won’t tolerate—establish the dynamics of our parenting, jobs, relationships . . . everything. Healthy boundaries create a space where we feel safe, clear, and confident about who we are and what we want. But drawing those lines is often wrongly criticized as selfish, and making space is harder and harder in our ever-encroaching world.

In this practical guide, Jayne Hardy—founder and CEO of The Blurt Foundation—helps us reexamine how our boundaries are working for or against us, and she guides us to better protect our physical, emotional, and digital spaces. Packed with friendly advice and easy journaling exercises, Making Space reminds those of us on the edge of burnout to stop and ask: “Is this kind to me, too?”

“We’re all worthy of boundaries that keep us safe, happy, and healthy. . . It’s not our role in life to sidestep, duck, move out of the way to make life easier for others. It’s truly not. We’re allowed to take up space, too. We’re allowed to feel joyous, heard, seen, significant, equal, lit up by life, and as though we matter.”—from the Introduction

JAYNE HARDY is the founder and CEO of The Blurt Foundation, a social enterprise dedicated to helping those affected by depression. She has spoken and written widely about her own experiences of depression and self-care. In 2016, Jayne led the viral #WhatYouDon’tSee social media campaign. She lives in Cornwall with her husband, their daughter, and their dog.

BlurtItOut.org  JayneHardy_
STACIE SWIFT, mom to three children under four, juggles the demands of freelance work and family while aiming to be the positive voice we all need to hear now and then. To deal with the things millions of people battle through each day, she draws and writes about them and shares them online. Her Instagram following continues to grow daily. She lives near Cambridge, UK.

You Are Positively Awesome
GOOD VIBES AND SELF-CARE PROMPTS FOR ALL OF LIFE’S UPS AND DOWNS
Stacie Swift

A trending Instagram artist brightens our outlook with sunny artwork—and real-world wisdom

Sometimes it feels as though we’re the only ones struggling. We compare our wobbly days to a constant stream of shiny social media photos. You Are Positively Awesome is a reminder that we, too, deserve attention and kindness—and that no one has it together all the time. Full of friendly advice, this colorful little book will help you:

• Develop self-compassion (even on stormy days)
• Set boundaries that are kind to yourself and others
• Separate worth from wealth, age, and relationship status
• And shine like the twinkletastic star you are!

PAPER OVER BOARDS
$14.95 US | $19.95 Can. | USC
6 1/2 x 6 1/2 | 144 pages
100 color illustrations
Self-Help/Personal Growth/Self-Esteem (SEL023000)
978-1-61519-726-2 | No. 779726
SHIPS SEPTEMBER

You Can’t Pour From an Empty Cup

STACIE SWIFT, mom to three children under four, juggles the demands of freelance work and family while aiming to be the positive voice we all need to hear now and then. To deal with the things millions of people battle through each day, she draws and writes about them and shares them online. Her Instagram following continues to grow daily. She lives near Cambridge, UK.

StacieSwift.com Instagram StacieSwift

6-copy display
$89.70 US
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978-1-61519-742-2
No. 779742
LAURA HIDDINGA is a journalist and writes for LotteLust, a Dutch online magazine for women who want to learn about sexuality, have fun, and fantasize. She lives in Amsterdam, in the Netherlands—a country widely regarded as boasting the most progressive sex education and sexual values in the world.
These 125 exquisitely agonizing brainteasers put readers’ wits—and survival instincts—to the test!

One sheep and ten lions are in a pen. The lions all want to eat the sheep, but any lion who does will fall asleep. Any sleeping lion will be eaten by another lion, who will fall asleep in turn. Assume all ten lions are impeccable logicians and refuse to share. What happens?

In *Perilous Problems for Puzzle Lovers*, Alex Bellos collects 125 ingenious brainteasers that have confounded and intrigued solvers over the last thousand years—many dangerous to your person, and all dangerous to your pride. Friendly hints and fascinating history accompany every fiendish puzzle, so that—as you wrestle with wordplay, grapple with geometry, and scraibble for survival—you’ll meet whip-smart thinkers of yore, eccentric novelists, and a poodle with allegedly supernatural powers. Will you make it out with your puzzling pride intact? And what about the sheep?

“Think of the best storyteller you know and the coolest teacher you ever had, and now you’ve got some idea of what Alex Bellos is like.”

—Steven Strogatz, author of *The Joy of x*
Hello new One, and how do you do? I’ll call you Two if that’s all right with you!

Hello Numbers! What Can You Do? begins with nothing and then adds One . . . again, and again, and again! Soon, lonely number One meets Two, Three, Four, and Five—all eager to show off what they can do. Three can make a line, or a triangle. Four can make a square, or a pyramid! Written by a math professor and a poet, this is the perfect “next step up” from basic learn-to-count books. Come play with shapes and numbers—in vivid color and Seussian rhyme!

EDMUND HARRISS is a math professor at the University of Arkansas. He invented the building toy Curvahedra and coauthored the coloring books Patterns of the Universe and Visions of the Universe.

HOUSTON HUGHES is an Individual World Poetry Slam competition finalist; he produced the acclaimed album Growing Up, Not Old, and he performs all across the US. Both authors live in Arkansas.

BRIAN REA illustrates the “Modern Love” column in The New York Times, teaches at the ArtCenter College of Design, and has exhibited in Paris, New York, and Barcelona. He lives in Los Angeles.
Kids can spend hours exploring these panoramic puzzles packed with look-and-find learning and fun.

Based on our popular My Big Wimmelbook® series, here are My Big Wimmelpuzzles! Fully 3 x 2 feet wide when assembled, these action-packed floor puzzles will keep little ones captivated as they seek out the critters and characters featured on the box.

Just like their oversize board-book counterparts, My Big Wimmelpuzzles encourage early learners to use their imaginations to describe what’s happening in every scene—from the hapless vacationers about to tip their canoe in Animals Around the World, to the baby ankylosaurus learning how to knock down a tree in Dinosaurs. It’s an effortless introduction to literacy, and an adventure in hands-on learning. In Wimmelworld, kids are the storytellers!

**Dinosaurs**
MY BIG WIMMELPUZZLE

FLOOR PUZZLES
$16.95 US | $21.95 Can. | World
3 x 2 feet | 48 pieces
Box: 11 3/4 x 9 x 3 inches
SHIPS SEPTEMBER

Dinosaurs
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**Animals Around the World**
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MONIKA PARCIAK worked as a graphic designer in advertising agencies before she graduated in design at the University of Applied Sciences Düsseldorf. Since then she has worked as a freelance illustrator and graphic designer. She lives and draws in Neuss and is always looking forward to Christmas.

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An adorable menagerie of animals bring their little ones along to the polls—showing young readers what to expect on Election Day

Voting is serious business . . . for grown-ups. But for kids, it can be an exciting neighborhood activity (where you get a sticker)! Take it from these fourteen irresistible animal families who are thrilled to go vote (and sure to inspire adults to be model voters):

If you are a hatchling and you go with your turtle to vote . . . you may come out of your shell at the sign-in desk.

If you are a joey and you go with your kangaroo to vote . . . you may jump for joy when it’s your turn to enter the booth.

If you are a kid and you go with your grown-up to vote, you will grow up to vote yourself, no kidding!

JAN ZAUZMER, a graduate of Princeton and Stanford Law School, has published civic opinion pieces in The Philadelphia Inquirer, Baltimore Sun, and the Memphis Commercial Appeal, among other outlets. She lives near Philadelphia.

ANDREW ROBERTS holds an MFA from the School of Visual Arts in New York City. A professional illustrator and animator, he lives in Portland, OR. AndrewDraws.com
Veggie from the Start
EASY VEGAN AND VEGETARIAN FOODS FOR BABIES AND UP

Rachel Boyett

These 70 nutritious, plant-based recipes give little ones the best possible start on solid foods

More and more families are cooking vegetarian meals to nourish their children—and help save the planet. But when first introducing solid foods, many parents worry about providing adequate nutrition without meat. *Veggie from the Start* assuages these fears with wholesome recipes rooted in the ethos of baby-led weaning (BLW).

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- Dinner and dessert: Sweet Potato Tostadas, Magic Curry, and Nice Cream

From vegetarian families to families who simply seek to eat more veggies, and from BLW converts to the BLW-curious, all will find this an essential resource.

RACHEL BOYETT is a mother of three and lifelong vegetarian. She posts her family’s veggie and vegan weaning trials on her popular Instagram. Her style of cooking and creating recipes has evolved as her family has grown, and now she’s a firm believer in one meal for all in the family. She lives in London.

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See also A Brief History of Everyone Who Ever Lived, page 32

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