workman

WINTER 2023

THIS IS MY HAPPY PLACE

EASY SIT
Sukhāsana

You Are Strong and Worthy
(See page 22.)
For thousands of years, Indian cooks created saucy, brothy, gravy-rich dishes filled with the bewitching flavors of their native spices. And when the outside world, starting with Britain, discovered these foods it was love at first taste. Soon that magical thing that the British called “curry” started traveling the globe, creating a trail that the beloved author, Raghavan Iyer, celebrates in this fascinating and lively cookbook filled with recipes, history, lore, anecdotes, and beautiful illustrations.

On the Curry Trail takes readers from curry’s origins in India to its dynamic impact on the food of neighboring countries across Asia, to the Middle East, Africa, Europe, Oceania, and finally the Americas. A way of making pure comfort food that’s also alive with scintillating flavors, curried dishes not only turn up everywhere from Nepal to Nigeria to remote Fiji, but have become iconic—think Jamaican goat curry and the American South’s Country Captain Chicken. Iyer’s versions of these and 48 other international curries are irresistible, simplified for home kitchens and local markets, and designed to deliver stunning flavor—like Chicken Lemongrass Curry with Potatoes from Vietnam, Red Lentils with Ginger from Ethiopia, British Curry House Vindaloo, Pork Meatballs in a Creamy Curry Sauce from Denmark, and Prawn Curry with Darkened Cinnamon from Sri Lanka.

On the one hand, it’s a classic story of the exciting things that happen in the kitchen when cultures accommodate new flavors and techniques. On the other, it’s unique, capturing what’s so special about curry and how, in Raghavan’s telling, the dish creates lasting connections with diverse cultures wherever it goes.

Raghavan Iyer, a James Beard and IACP Award winner, is the author of Indian Cooking Unfolded, 660 Curries, Betty Crocker’s Indian Home Cooking, and The Turmeric Trail: Recipes and Memories from an Indian Childhood. He is a spokesperson and recipe consultant for General Mills, Target, and Canola, among others. Mr. Iyer is also host of the Emmy-winning documentary Asian Flavors. His articles have appeared in Eating Well, Cooking Light, Fine Cooking, Saveur, and Gastronomica. Born in Mumbai, Mr. Iyer lives with his family in Minneapolis, Minnesota.
**Curried Deviled Eggs**

By Anne Chubich

Full-color illustrations throughout; 208 pages; 7” x 9 1/2”
Paper over board: $30.00/$38.00 Can.
ISBN: 978-1-5235-1121-1

Ships: February

**On the Curry Trail**

- A fresh and original story of curry’s travels across the globe—sure to appeal to food lovers and armchair adventurers alike.

- By an IACP Award–winning Teacher of the Year and author of 660 Curries and Indian Cooking Unfolded, with 97,000 copies in print

- 50 recipes for the world’s favorite comfort food, with delicious offerings from India to Mexico, Jamaica to Japan.

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**The Curry Paste Trilogy**

Three EUA & Oceania

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**THE CURRY PASTE TRILOGY**

Soupinda print.

I am going to bring a bit of Thai to the entire country outside of Thai in a series of recipes with this chapter. You can find it in the first, second, and third sections. This chapter is going to be an introduction to the curry spices that are used in Thai cooking. You can find it in the first section.

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What to Expect®

Pregnancy Journal and Organizer

The All-in-One Pregnancy Diary

Heidi Murkoff

Announcing the revised, updated, and reimagined What to Expect Pregnancy Journal and Organizer—with more than 1 million copies in print, it’s the bestselling and hardest-working gift for every expectant parent and the natural companion to What to Expect When You’re Expecting, America’s pregnancy bible. Elegantly designed to look like a contemporary journal and with a removable O-band that makes the diary more personal once you start using it, it is a daily companion to help every expectant mom keep track of it all.

For this new journal, all the text is up to date to reflect the fifth edition of What to Expect, plus there’s more room to write and a dedicated space for your partner to jot down their thoughts and memories. Also new is a postpartum tracker to chart the highs and lows of your “fourth trimester.” An all-in-one write-in book, filled with prompts, it works as a journal and daily diary to record all those memorable moments in the making of your baby, from that positive pregnancy test to those precious ultrasounds, first kick to first contraction to first cuddle. Stay organized and keep track of provider visits, questions you want to ask the doctor, shopping lists, medications, birthing plans, and emergency phone numbers. And, finally, it’s the cherished place to write down everything you’ll want to remember about these extraordinary nine months. Its compact design means it can go everywhere you go—and once baby comes, it’s an invaluable keepsake.

• The bestselling What to Expect Pregnancy Journal and Organizer, with over 1 million copies in print
• Completely revised, updated, and redesigned to function like a contemporary journal (no wire-O) with a removable O-band
• A hardworking journal for every moment of your pregnancy, and a cherished keepsake to remember those amazing nine months
• The What to Expect series has 42 million copies in print

WHAT TO EXPECT is a registered trademark of What to Expect LLC.
Announcing a direct Spanish-language translation of the fifth edition of *What to Expect® When You’re Expecting*, America’s pregnancy bible with more than 20 million copies in print. A translation that is lively, conversational, and accessible, it is perfectly suited for the Spanish-speaking American audience for which it is intended.

And the audience is huge. Spanish-speakers are the fastest-growing linguistic group in the United States, and approximately 60% of this population of over 38 million people are millennials. The translation is also suited to all the different forms of Spanish spoken in the Americas. *Qué puedes esperar*—which has more than 300,000 copies in print—is just what’s needed for the mother-to-be who either doesn’t speak English or doesn’t feel comfortable enough with her English; for the doctor who is having trouble communicating with a patient; for the expectant parents at a stressful time.

Filled with must-have information, practical advice, realistic insight, easy-to-use tips, and lots of reassurance, readers will also find the very latest on prenatal screenings, which medications are safe, and the most current birthing options—from water birth to gentle c-sections. Your pregnancy lifestyle gets equal attention, too: eating (including food trends) to coffee drinking, working out (and work) to sex, travel to beauty, skin care, and more. Expecting multiples? There’s a chapter for you. Expecting to become a dad? This book has you covered, too.

All medical and health information is up-to-the minute, including COVID-19 and vaccines, and it even addresses the most contemporary lifestyle trends: juice bars, tattoos, baby bump posting on social media, and more.

*Qué puedes esperar* is available in ebook format and audio worldwide via Audible. It is also translated to appeal to the broad range of the over 38 million Spanish-speaking Americans.

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**Qué puedes esperar cuando estás esperando**

*Heidi Murkoff*

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*Heidi Murkoff is the author of the *What to Expect®* series of pregnancy and parenting books with over 42 million copies in print in 36 languages, also available in ebook format and audio worldwide via Audible. She is also the creator of *WhatToExpect.com* and the *WhatToExpect* app, which reach over 18 million expecting and new parents, and the *What to Expect* Project, a nonprofit organization dedicated to helping at-risk moms around the world expect healthier pregnancies, safer deliveries, and healthy, happy babies. Her *What to Expect* podcast is a production of iHeart Radio. Visit Heidi on Twitter and Instagram @HeidiMurkoff or via @WhattoExpect or WhatToExpect.com.*
Our Brave Foremothers

Celebrating 100 Black, Brown, Asian, and Indigenous Women Who Changed the Course of History

Rozella Kennedy • Illustrated by Joelle Avelino

Inspired by her own foremothers’ legacies and the friendships formed throughout her life, Rozella Kennedy centers and celebrates the stories of 100 Black, Brown, Asian, and Indigenous women—both famous and little-known—who changed the course of US history in her debut book, Our Brave Foremothers.

Featuring women of color changemakers, risk-takers, and visionaries, artists, scientists, activists, and more, the book is a rich collection of short biographies detailing the women’s accomplishments, hardships, passions, and joys alongside inspirational quotes from the women and beautifully detailed artwork by illustrator Joelle Avelino. Each spread also includes an actionable prompt that encourages readers to impact the world around them in positive ways, as a tribute to the foremothers in the book and their own.

Meet Pura Belpré, who, after being hired as New York City’s first Latina librarian in 1921, became a champion of Puerto Rican folklore and introduced bilingual story hours and Dia de Reyes celebrations. Politician Thelma Garcia Buchholdt, whose 1974 election to the Alaska House of Representatives made her the first Filipina American legislator. Charlotte Forten Grimké, whose diaries provide a unique lens into the life of an African American woman in the antebellum period, and Lorraine Hansberry—Broadway’s first Black woman playwright and author of the groundbreaking play A Raisin in the Sun. And legends who are still with us, including labor and women’s rights activist Dolores Huerta.

Each is a portrait of power and resilience and reminds us that we all have an opportunity to change the world, in ways big and small.

Rozella Kennedy (left) has dedicated her work and life to uplifting issues of culture, belonging, authentic allyship, and intercultural celebration and solidarity. She is the creator of the Brave Sis Project and the Director of Impact and Equity for the global consulting firm Camber Collective. A native New Yorker, she now lives on the West Coast with her husband and their Caribbean potcake dog, Pippa.

Joelle Avelino (right) is a Congolese and Angolan illustrator and animator. She lives in London.
The Big Feelings Survival Guide
A Creative Workbook for Mental Health
Alyse Ruriani

What do Lizzo, Naomi Osaka, Pete Davidson, Mayim Bialik, Selena Gomez, Jonathan Van Ness, Kevin Love, and millions of other people have in common? Mental health issues. And they are speaking out because there’s a growing mental health crisis in America, exacerbated by the pandemic and affecting people of all ages. Now comes a book uniquely positioned to help. Grounded in the evidence-based treatment called DBT—dialectical behavior therapy—The Big Feelings Survival Guide is like a series of mini-art therapy sessions that require nothing more than honesty and a pencil to yield insight, understanding, and true self-care.

Created by art therapist Alyse Ruriani, this innovative, interactive workbook is filled with creative exercises that help readers identify their big feelings and behaviors and target the results and triggers of those feelings: stress, anxiety, depression, OCD, PTSD, ADHD, and more—in order to find ways to help build what DBT calls “a life worth living.” The exercises are deceptively simple yet richly thought out: draw a safe space for yourself, scribble out angry impulses, explore the mind-body connection by matching emotions with somatic sensations, embrace confusion by working through a maze with different paths, act out rebellious urges by painting a messy rainbow, create a character—Fear, Sadness, Anger—drawing its portrait and describing its attributes. The book is organized by emotion and includes tips, quizzes, and other practical help as well as background information on DBT. The tone is warm and knowing, the exercises fun, and the promise very real, with a clinical underpinning to each page of therapy.

Alyse Ruriani is an illustrator, mental health advocate, and art therapist. She holds a BFA in Graphic Design and an MA in Art Therapy and Counseling and works as an art therapist and counselor, primarily for young adults. She’s also worked with organizations such as Active Minds, the National Council for Behavioral Health, Janssen Pharmaceuticals, and the American Foundation for Suicide Prevention. She lives in Chicago.

© Ellen Oanes

• A uniquely warm and accessible book targeting the growing mental health crisis, particularly among young people

• Grounded in the evidence-based treatment called DBT—dialectical behavioral therapy—which teaches people how to live in the moment and handle stress, anxiety, depression, and other big feelings

• Filled with art prompts, quizzes, and other interactive illustrated material on every page

The Big Feelings Survival Guide
Full-color illustrations throughout; 128 pages; 6 1/2" x 8 1/2"
ISBN: 978-1-5235-1593-6
Ships: April
You Are Strong and Worthy
Celebrating the Yogi in All of Us
Harmony Willow Hansen

Don’t be fooled by all the skinny young white women on the covers of yoga magazines. Yoga is for everyone. For yogis of all different ages, all different colors, all shapes and sizes, all genders. Yogis in wheelchairs or with other disabilities. No matter who you are—You Are Strong and Worthy. And you will see yourself in these pages.

A beautiful and uplifting celebration of both yoga and inclusivity, You Are Strong and Worthy inspires with more than 100 full-color illustrations of diverse bodies doing every kind of a yoga pose, plus quotes and mantras that promote a feeling of self-acceptance. The work is the passion of Harmony Willow Hansen, a Brooklyn-based artist and Instagram influencer who didn’t fit the yogi stereotype and was made to feel like an outsider because of it. And like another Workman author, Jessamyn Stanley (Everybody Yoga and Yoke, together with more than 90,000 copies in print), Hansen took that experience of exclusion and turned it on its head.

Her yogis, painted with warmth and joy, are older people, pregnant people, disabled people. They accept themselves, they take chances, they know they’re amazing, they know they belong. And they exude a confidence and positivity that make this book a gift for anyone who does yoga, because it gets to the core of the generosity and spirit of this beloved practice.

Welcome to the mat—there’s room for everyone.

Harmony Willow Hansen is a practicing yogi and illustrator whose commitment to spreading positivity, growth, and acceptance through her art grew out of her own experiences of exclusion in the yoga community. Find her on Instagram @harmonywillowstudio.

• A beautiful and uplifting celebration of yoga for everyone
• The power of inclusivity in action through dozens of full-color illustrations of yoga poses performed by a diverse range of bodies, plus mantras that inspire and motivate
• By an up-and-coming Instagram artist and influencer with over 60K followers
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