How Not to Die

Discover the Foods Scientifically Proven to Prevent and Reverse Disease

Michael Greger, M.D. with Gene Stone

From the founder of nutritionfacts.org, HOW NOT TO DIE is the vital, empowering guide to the foods proven to help prevent the fifteen leading causes of disease-related death.

Fifteen diseases lead to deaths of 1.6 million Americans every year. 375,000 people succumb to heart disease annually. Brain disease kills 225,000. Digestive cancers: 106,000. What if a doctor told you there was a specific diet that has been proven to help prevent these illnesses?

That doctor is Michael Greger. The founder of NutritionFacts.org, Greger has spent thirty years studying the science that proves how a plant-based diet can prevent disease-related death. In HOW NOT TO DIE, Greger mines his extensive archives and presents the newest studies, offering a powerful book that is the summation of his life's work. Examining the fifteen diseases that are the leading causes of death, Greger explains the nutritional and lifestyle interventions that have been scientifically proven to prevent each illness.

Have a family history of Alzheimer's? The spice saffron has been shown to work as well as the leading drug in treating the disease. Worried about high blood pressure? Flaxseed reduces blood pressure enough to lessen the risk of stroke by 46%. Anxious about cancer? Coffee actually reduces the liver inflammation that leads to cancer, and berries reverse the progression of digestive cancers.

Doctors are good at treating acute illness, but bad at preventing chronic disease. Packed with actionable advice and cutting-edge nutritional science, HOW NOT TO DIE is a persuasive, transformational guide to living a healthier life.

Dr. Michael Greger is a physician, author, and internationally recognized speaker on nutrition, food safety and public health issues. He runs the popular website NutritionFacts.org, a nonprofit, science-based public service site providing free daily updates on the latest in nutrition research. Dr. Greger serves as the Director of Public Health and Animal Agriculture at the Humane Society of the United States.
The Forgetting Time

Sharon Guskin

A hypnotic meditation on what we know and the glory of all we don't: a debut novel about a dying man with questions, a young boy who might have answers, and two mothers caught in the middle.

Noah wants to go home. A seemingly easy request from most four year olds. But as Noah's single-mother, Janie, knows, nothing with Noah is ever easy. One day the pre-school office calls and says Janie needs to come in to talk about Noah, and no, not later, now - and life as she knows it stops.

For Jerome Anderson, life as he knows it has stopped. A deadly diagnosis has made him realize he is approaching the end of his life. His first thought - I'm not finished yet. Once a shining young star in academia, a graduate of Yale and Harvard, a professor of psychology, he threw it all away because of an obsession. Anderson became the laughing stock of his peers, but he didn't care - something had to be going on beyond what anyone could see or comprehend. He spent his life searching for that something else. And with Noah, he thinks he's found it. Soon Noah, Janie and Anderson will find themselves knocking on the door of a mother whose son has been missing for eight years - and when that door opens, all of their questions will be answered.

Sharon Guskin has written a captivating, thought-provoking novel that explores what we regret in the end of our lives and hope for in the beginning, and everything in between. In equal parts a mystery and a testament to the profound connection between a child and parent, THE FORGETTING TIME marks the debut of a major new talent.

PRAISE

"Luminous...A relentlessly paced page-turner and a profound meditation on the meaning of life." -Christina Baker Kline, author of The Orphan Train

"When I wasn't reading The Forgetting Time, I was itching to return to it. And when I was reading it, my mind was exploding with questions about what's possible, what's probable, and how our lives are caught between the two. Provocative, evocative, and fresh, Guskin's book is an explosive debut." -Jodi Picoult

"The Forgetting Time is a magical, wise, soulful page-turner of a novel that brings to mind the early work of Alice Hoffman. I absolutely loved it." -Dani Shapiro, author of Devotion

SHARON GUSKIN lives in Brooklyn with her husband and two sons. This is her first novel.
O's Little Book of Love and Friendship

The Editors of O, The Oprah Magazine

A collection of beautiful essays and personal writing around the themes of love and friendship—the third in our series of inspirational books from O, The Oprah Magazine.

An evocative and heartwarming collection of essays and anecdotes from great writers and celebrated thinkers. The editors of O, The Oprah Magazine have combed through the publication's extensive archives to create O's Little Book of Love and Friendship, featuring the very best writing on those topics from 15 years of O. Among the highlights: a frank, funny, and freewheeling conversation between two of the world's great BFFs, Oprah Winfrey and Gayle King; Lisa Kogan on ghost-writing her pals' dating profiles; Amy Bloom on the tricky parts of love; Julie Orringer on knowing you've found The One; Meg Wolitzer on her glorious gang of four; Paige Williams on coming to terms with the tragic deaths of her sorority sisters; and more. A perfect gift for anyone's nearest and dearest, O's Little Book of Love and Friendship is destined to become a treasured volume that readers will turn to again and again.

Each month, O, The Oprah Magazine helps readers live their best lives, serving up information and inspiration on everything from lasting love to luscious food. With a signature blend of candor and humor, fresh advice and timeless wisdom, the magazine offers people the tools they need to, as Oprah Winfrey says, "become more of who they are"—to love themselves more deeply, to look hopefully toward the future, and to leap wholeheartedly into the adventure of being alive.
Quench Your Own Thirst
Business Lessons Learned Over a Beer or Two
Jim Koch

Founder of The Boston Beer Company, Samuel Adams brewer, & catalyst of American craft beer, Jim Koch tells all when it comes to business, beer, & turning your passion into a successful company.

It looked like an unwinnable David and Goliath struggle: one guy against the mammoth American beer industry. When others balked at Jim Koch's plan to leave his consulting job and start a brewery challenging American palates, he picked out a family recipe and plowed ahead, launching the company that helped to redefine American beer, Samuel Adams.

Quench Your Own Thirst offers unprecedented insight into Koch's whirlwind ride to the top of craft brewing. His innovative company model and savvy business choices offer counter-intuitive lessons that readers can put to work right away.

Koch's anecdotes, quirky musings, and bits of wisdom go far beyond brewing. This book is a fun, engaging guide for building a career or launching a successful business based on your passions. Quench Your Own Thirst is the key to the ultimate dream: being successful while doing what you love.

JIM KOCH is the founder of The Boston Beer Company and brewer of Samuel Adams. He founded the company in 1984 using his great-great grandfather's recipe. Samuel Adams Boston Lager has led the American craft beer revolution for more than 30 years, bringing full-flavored beer to the American beer landscape. The Boston Beer Company has become the leading American craft brewery with annual sales of $904 million, totaling 1% of the U.S. beer market.
The Sound of Gravel

A Memoir

Ruth Wariner

Jeannette Walls’ The Glass Castle meets Escape by Carolyn Jessup, THE SOUND OF GRAVEL is the remarkable true story of one girl's coming-of-age in a polygamous Mormon Doomsday cult.

The Sound of Gravel is Ruth Wariner's unforgettable and deeply moving story of growing up in a polygamous Mormon doomsday community. The thirty-ninth of her father's forty-one children, Ruth is raised on a farm in the hills of Mexico, where polygamy is practiced without fear of legal persecution. There, Ruth's family lives in a home without indoor plumbing or electricity and attends a church where preachers teach that God will punish the wicked by destroying the world.

In need of government assistance and supplemental income, Ruth and her siblings are carted back and forth between Mexico and the United States, where her mother collects welfare and her father works a variety of odd jobs. Ruth comes to love the time she spends in the States, realizing that perhaps the belief system into which she was born is not the one for her. As she enters her teenage years, she becomes a victim of abuse in a community in which opposition toward men is tantamount to arguing with God. Finally, and only after devastating tragedy, Ruth finds an opportunity to escape.

Recounted from the innocent and hopeful perspective of a child, The Sound of Gravel is the remarkable true story of a girl forced to define a place for herself within a community of misguided believers. This is a gripping tale of triumph, courage, resilience, and love.

RUTH WARINER lives in Portland, Oregon. At the age of fifteen, Wariner left Colonia LeBaron, the polygamous Mormon colony where she grew up, and moved to California. She raised her three youngest sisters in California and Oregon. After earning her GED, she put herself through college and graduate school, eventually becoming a high school Spanish teacher. She remains close to her siblings and is happily married. The Sound of Gravel is her first book.
Master of Ceremonies

A Memoir

Joel Grey

Broadway star and Academy Award-winner Joel Grey tells the incredible story of a life lived both in and out of the spotlight.

Willkomen. Bienvenue. Welcome. Joel Grey, the Academy Award-winning Master of Ceremonies in Cabaret finally tells his remarkable life story. Born Joel Katz to a boisterous Jewish-American family in 1930's Cleveland (the son of comedian and singer Mickey Katz), Joel began his life in theater at the age of 10, starring in local Cleveland productions of touring Broadway hits. He was hooked, and the hunt for the spotlight takes him from community theater in Ohio, to seedy, gangster-filled nightclubs in Chicago, and finally to the lights of Broadway and the dizzying glamour of Hollywood.

Master of Ceremonies is a memoir of a life lived in and out of the limelight, but it is also the story of the man behind the stage makeup. Coming of age in a time when being yourself is not only difficult, but dangerous, Joel has to act both on and off stage. Deftly capturing the pain and secrets of an age and time we have only just started to leave behind, Joel's story is one of love, loss, and redemption.

At once a riveting, heartbreaking memoir, thrilling show business tell-all and a portrait of a changing time and nation, Master of Ceremonies is the poignant tour-de-force from a living legend.

JOEL GREY is a Tony, Golden Globe, and Oscar-winning actor, producer, and director. In his seven decades in entertainment, Joel has acted in over a dozen Broadway productions, over twenty films, and countless television appearances. Along with his work on the stage and screen, Joel is a renowned photographer. He lives in New York City.
An Unrestored Woman

Shobha Rao

A debut of astonishing scope and lyricism: searing, intimate portraits of men and women whose lives have reached tipping points.

The twelve paired stories in Shobha Rao's *An Unrestored Woman* trace their origins to the formation of India and Pakistan in 1947, but they transcend that historical moment. A young woman in a crushingly loveless marriage seizes freedom in the only way left to her; a mother is forced to confront a chilling, unforgiveable crime she committed out of love; an ambitious servant seduces both master and mistress; a young prostitute quietly, inexorably plots revenge on the madam who holds her hostage; a husband and wife must forgive each other for the death of their child. Caught in extreme states of tension, in a world of shifting borders, of instability, Rao's characters must rely on their own wits. When Partition established Pakistan and India as sovereign states, the new boundary resulted in a colossal transfer of people, the largest peacetime migration in human history. This mass displacement echoes throughout Rao's story couplets, which range across the twentieth century, moving beyond the subcontinent to Europe and America. Told with dark humor and ravaging beauty, *An Unrestored Woman* unleashes a fearless new voice on the literary scene.

PRAISE

"Rao writes, with equal power, of the turmoil and tragedy of Great Events, but also the small, intimate lives of those doomed to live through them. In her vivid descriptions of other times and places, people rise above or fall beneath the wheel of history, but all have stories to tell and the wonderful Rao to tell them...Transporting." -Karen Joy Fowler

"Rao is a spellbinding storyteller...I tore through these stories, as fearful for these characters as if I'd known them my whole life." -Tania James

"Remarkable...Rao has given us clear-eyed stories of intense ruptures and unexpected connections, searing violence and genuine love." -Nalini Jones

SHOBHA RAO moved to the U.S. from India at the age of seven. She is the winner of the 2014 Katherine Anne Porter Prize in Fiction, awarded by Nimrod International Journal. She has been a resident at Hedgebrook and is the recipient of the Elizabeth George Foundation fellowship. Her story "Kavitha and Mustafa" was chosen by T.C. Boyle for inclusion in the *Best American Short Stories 2015*. She lives in San Francisco.
The Hockey Stick Principles
The 4 Key Stages to Entrepreneurial Success

Bobby Martin

A guide to what to expect when you first start a business, based on the author’s study of 114 different start-ups and their growth patterns.

What if every successful start-up followed a predictable pattern, and by knowing that pattern ahead of time, you could be more successful? In The Hockey Stick Principles, business consultant Bobby Martin shares his study of more than 100 new businesses, from Lending Tree to Under Armour to iContact, to show that every one of them has had a “hockey stick” growth history, starting with a tinkering period, moving through the daunting "blade years" before finally making it to the crucial inflection point that precedes surging growth.

In this simple but incredibly helpful book, Martin takes us through each of those four stages of the hockey stick pattern, giving us a road map that will help any entrepreneur navigate the inevitable ups and downs of their business's early years.

BOBBY MARTIN is the president and cofounder of Vertical IQ, and also cofounded First Research. He speaks frequently about entrepreneurship at universities around the U.S. and at corporate events.
The Good News About What's Bad for You . . . The Bad News About What's Good for You

Jeff Wilser

Two books in one: Here is all the latest research to justify 1) indulging the vices you love, and 2) ditching the "healthy habits" you hate.

Eat more bacon, drink more whiskey, take more naps, lay off all kale, and throw out your multivitamins and standing desk. In The Good News About What's Bad for You . . . The Bad News About What's Good for You, author Jeff Wilser shares all the research that allows you to celebrate your vices and stop feeling bad about not brushing your teeth after eating that extra slice of cake.

This book has two sides to it: one sharing all the good news, the flip side containing all the bad news, making this a fun gifty package that people will want to share and commiserate over with friends.

Impeccably researched and told with wit, charm, and a large dose of humor, the author sprints through a broad range of topics---from coffee to green tea, tequila to Vitamin Water, to apologizing and swearing. Wilser sifts through each study exposing everything from the merits of procrastination to the downsides of yoga.

In an age where so many people bend over backward in pursuit of the most healthy and "pure" lifestyle, this book reminds readers to stop needlessly denying themselves pleasure, and brings them back to the tried-and-true golden rule of "everything in moderation."

JEFF WILSER is a writer whose work has appeared in GQ, New York magazine, Esquire, Mental Floss, The Los Angeles Times, Chicago Tribune, and many other publications, and his TV appearances have ranged from BBC News to The View. He collaborated with Mark Ecko on the book Unlabel: Selling You Without Selling Out. Wilser is also the founding editor of The Plunge, a website for grooms, and his relationship advice has been syndicated via McClatchy to a network of more than two hundred newspapers.
Rise and Fire

The Origins, Science, and Evolution of the Jump Shot--and How It Transformed Basketball Forever

Shawn Fury

An exploration of the play that revolutionized basketball and provided the greatest moments in the sport's history—from Michael Jordan's legacy-defining jumpers to Ray Allen's mastery and more.

The jump shot is the most important play in basketball, and its inception revolutionized the game, spearheading an increase in scoring and bolstering the sport's popularity. Rise and Fire celebrates this crucial shot while tracing its history and shedding light on all corners of the basketball world, from the biggest NBA arenas to the playgrounds of New York City and the barns of Indiana.

Part history, part travelogue, and part memoir, award-winning journalist Shawn Fury praises the jump shot, puzzles over its complexities, and marvels over its simplicity. Impeccably researched and engaging, Rise and Fire bounces from the dirt courts of the first shooters of the '30s to today's NBA courts and state-of-the-art shooting labs, examining everything from how nets and rims affect a shooter to rivalries between shooting coaches to how the three-pointer came to rule the game. The book traces how the jump shot changed basketball history, with interviews and profiles of legendary figures like Jerry West, Bob McAdoo, Ray Allen, and dozens more, plus the first woman ever drafted by the NBA.

Analyzing the techniques and re-creating legendary plays from the greats, Fury creates a technical, personal, historical, and even spiritual examination of the shot. This is not a dry how-to textbook of basketball mechanics; it is a lively tour of basketball history and a love letter to the sport and the shot that changed it forever.

SHAWN FURY is an award-winning journalist who has written for newspapers in Minnesota and North Dakota, and is the author of Keeping the Faith: In the Trenches with College Football's Worst Team.
The Lesbian Sex Haiku Book (with Cats!)

Anna Pulley; Illustrations by Kelsey Beyer

A hilarious collection containing over 350 haiku ALL ABOUT LESBIAN SEX!

Lesbian sex has been confounding people since the dawn of time. What is it that two women do together exactly? The Lesbian Sex Haiku Book (with Cats!), a humorous guide to lesbian sex, dating rituals, and relationships, aims to dispel all myths. Haiku paired with hilarious watercolor illustrations of cats in various stages of sexual awkwardness will enlighten, demystify, remystify, and most importantly entertain as you learn all the aspects involved in girl-on-girl action.

From lesbian pick-up lines:

Pronounce Annie Proulx's name correctly---watch lady's cargo pants fall off.

To icebreaker haiku for first dates:

It has been MANY years, but I'm not done griping about The L Word.

To, of course, the mechanics of lesbian sex:

It's like straight sex but afterwards we ask ourselves, "We just had sex, right?"

Lesbian sex is like water polo---no one really knows the rules.

This laugh-out-loud book is the perfect gift to amuse and educate your friends, loved ones, and lovers.

PRAISE

"Here are the names of some of my favorite advice columnists: Cary Tennis, Anna Pulley, Dan Savage..." - Cheryl Strayed

"Clearly, we're meant to date. It's just a matter of where we go drinking." - Amanda Palmer to @annapulley

ANNA PULLEY is the managing editor of the East Bay Express and is formerly the arts and culture editor at San Francisco's SF Weekly. She's been a repeat guest on Dan Savage's podcast Savage Love and is a sex and relationship columnist for The Chicago Tribune.
The Other Me

Saskia Sarginson

A novel about secret identities in which a daughter must try and figure out how to move forward from her father's past.

THE OTHER ME spans from 1930s Germany to 1990s England as Saskia Sarginson explores whether our identities are tied to where we came from, and if it's possible that sometimes history doesn't get the story right.

In 1986 London, Klaudia is about to start high school. She's embarrassed by her German father, never knowing what he may or may not have done during the war.

In 1995 Leeds, Eliza is a young woman in love—with her life as a dance student, and with her boyfriend Cosmo. But Eliza is living a lie, running away from a past of which she was always ashamed. When her mother dies and she is called home, she can no longer deny her roots, even if it will cost her everything.

And woven throughout the novel is Ernst's story—Ernst is one of two brothers growing up in Nazi Germany. One rallied for the Fuhrer, one held back. One dedicated his life to the Nazi regime, one did not.

When Eliza learns a long-buried family secret, it will completely change how she views her past and her future.

By exploring identity, memory, and history, Saskia Sarginson deftly shows that it is the people we think we know the best who sometimes surprise us the most.

PRAISE

"Outstandingly good. Part-thriller, part-love story, I guarantee you will not be able to put it down." -Sun

"Thumpingly good."-Good Housekeeping

"Gripping."-Marie Claire

"Convincing and compelling...building tension that resonates even after the novel ends."

-Stylist

Saskia Sarginson was awarded an MA in Creative Writing after a BA in English Literature from Cambridge University. Before becoming a full-time author, she was a health and beauty editor on women's magazines, a ghost writer for the BBC and HarperCollins, and a copy-writer and script editor. She lives in south London with her four children. Her first novel, THE TWINS, was chosen for the Richard & Judy autumn book club 2013 and received outstanding international review coverage.
The First Book of Calamity Leek

Paula Lichtarowicz

A singular, beguiling debut about sixteen girls raised in a Garden on a diet of show tunes and twisted creation myths, who begin to ask questions about the world beyond their Wall of Safekeeping.

Calamity, the enthralling 14-year-old narrator of Paula Lichtarowicz's novel, The First Book of Calamity Leek, is trapped in a white room "without a single wormhole for the air to fly away free," her left leg "potted up like a sick rose." The nurses say she is safe now, but Calamity knows better: Aunty prepared her for war, and it has finally arrived. In her inimitable voice, Calamity takes us into the dystopian fairytale world of her childhood, as she and her sisters nurture white roses, memorize the lessons in Aunty's Appendix, and prepare against attack by the Demonmales and Injuns that lurk just outside. But when one of her sisters grows too curious, the troubling questions she raises about life beyond their Wall destabilize everything the girls hold to be true. Calamity's narration, hilarious and sinister and wrenching, pulls you into a world that has been cracked wide open, as much as she would like to deny it.

In the immediacy of its narration and the moral complexity at its core, The First Book of Calamity Leek forces us to confront the belief systems and stories we ourselves live by. Brilliant and provocative, Lichtarowicz's is a voice to be reckoned with, and her fearless debut proves it.

PRAISE

"Wonderfully strange." -Mark Haddon
"This hypnotic debut novel--one of the hottest reads of the year--is no ordinary book...As much a hymn to reading as a gripping story." -Elle
"Like a mash-up of Margaret Atwood and Roald Dahl...Once picked up it's hard to put down." -Lady
"Genius for language and superb imaginative abilities." -The Independent (UK)
"An utterly original, intriguing and intense book which thrills the reader with its story and language. This is the start of a stunning career." -Bidisha
"Exciting and engaging...I couldn't put it down." -Jess Richards

Paula Lichtarowicz was born in Cheshire and studied English literature at Durham University and psychology at the University of London. When not writing, she makes television documentaries. She lives in London. The First Book of Calamity Leek is her debut.
The Universe in Your Hand

A Journey Through Space, Time, and Beyond

Christophe Galfard

Stephen Hawking's protégé and co-writer lifts the veil on the mysteries of our universe in a style that is wonderfully direct.

Quantum physics, black holes, string theory, the Big Bang, dark matter, dark energy, parallel universes: even if we are interested in these fundamental concepts of our world, their language is the language of math. Which means that despite our best intentions of finally grasping, say, Einstein's Theory of General Relativity, most of us are quickly brought up short by a snarl of nasty equations or an incomprehensible graph.

Christophe Galfard's mission in life is to spread modern scientific ideas to the general public in entertaining ways. Using his considerable skills as a brilliant theoretical physicist and successful young adult author, The Universe in Your Hand employs the immediacy of simple, direct language to show us, not explain to us, the theories that underpin everything we know about our universe. To understand what happens to a dying star, we are asked to picture ourselves floating in space in front of it. To get acquainted with the quantum world, we are shrunk to the size of an atom and then taken on a journey. Employing everyday similes and metaphors, addressing the reader directly, and writing stories rather than equations renders these astoundingly complex ideas in an immediate and visceral way.

Utterly captivating and entirely unique, The Universe in Your Hand will find its place among other classics in the field.

CHRISTOPHE GALFARD holds a PhD. in theoretical physics from Cambridge University. He is coauthor with Stephen Hawking and his daughter on their first YA book, George's Secret Key to the Universe. In the past few years, he has given talks, and written a live show, about our universe attended by more than 130,000 people, of all ages and educational backgrounds.
Unforgettable

A Son, a Mother, and the Lessons of a Lifetime

Scott Simon

A moving memoir about NPR host Scott Simon's connection to his mother—inspired by the popular tweets he shared during her death.

I'm getting a life's lesson about grace from my mother in the ICU. We never stop learning from our mothers, do we?

Now in paperback, Unforgettable is the funny, moving, and heartfelt memoir by NPR Weekend Edition Saturday host Scott Simon. Inspired by the tweets Simon sent from his mother's bedside as she lay dying in a Chicago hospital room—tweets that spread around the world and garnered media attention from The New York Times, The New Yorker, The Today Show, and more—in Unforgettable, Simon offers a deeply affecting, inspiring memoir. Simon's mother was a glamorous woman of the Mad Men era who worked in nightclubs, modeled, dated mobsters and movie stars, and was a brave single parent. On the occasion of her death, her son's memories of his life with his mother are laced with her humor and strength. Giving voice to the experience we all have of confronting our parents' deaths, Unforgettable is one man's tribute to his mother's colorful life and graceful death, but it is also a powerful portrait of the universal bond between mother and child.

Scott Simon is one of America's most admired writers and broadcasters, having reported from all over the world and from many wars. He is now the award-winning host of Weekend Edition Saturday. With over 4 million listeners it is the most-listened to news program on NPR. Simon has won a Peabody and an Emmy for his reporting and also has over 1.2 million followers on Twitter.
A Kim Jong-Il Production

The Extraordinary True Story of a Kidnapped Filmmaker, His Star Actress, and a Young Dictator's Rise to Power

Paul Fischer

An Amazon Best Book of the Month. The Orphan Master's Son meets Argo in the extraordinary true story of Kim Jong-Il's 1978 kidnapping of the golden couple of South Korean cinema.

Before becoming the world's most notorious dictator, Kim Jong-Il ran North Korea's Ministry for Propaganda and its film studios. Conceiving every movie made, he acted as producer and screenwriter. Despite this control, he was underwhelmed by the available talent and took drastic steps, ordering the kidnapping of Choi Eun-Hee (Madam Choi) - South Korea's most famous actress - and her ex-husband, Shin Sang-Ok, the country's most famous filmmaker.

Madam Choi vanished first. When Shin went to Hong Kong to investigate, he was attacked and woke up wrapped in plastic sheeting aboard a ship bound for North Korea. Madam Choi lived in isolated luxury, allowed only to attend the Dear Leader's dinner parties. Shin, meanwhile, tried to escape, was sent to prison camp, and "re-educated." After four years he cracked, pledging loyalty. Reunited with Choi at the first party he attends, it is announced that the couple will remarry and act as the Dear Leader's film advisors. Together they made seven films, in the process gaining Kim Jong-Il's trust. While pretending to research a film in Vienna, they flee to the U.S. embassy and are swept to safety.

A nonfiction thriller packed with tension, passion, and politics, A Kim Jong-Il Production offers a rare glimpse into a secretive world, illuminating a fascinating chapter of North Korea's history that helps explain how it became the hermetically sealed, intensely stage-managed country it remains today...

PRAISE

"The 1978 abductions of the South Korean actress Choi-Eun-hee and her ex-husband, the director Shin Sang-ok, in Hong Kong is the true crime at the center of Paul Fischer's gripping and surprisingly timely new book." - The New York Times

"Gripping... the absurd, harrowing, and true story of Choi and Shin's ordeal, which reveals the importance of film as propaganda to the North Korean regime." - Esquire

"Equal parts history, thriller, and farce, Fischer's masterful reporting will keep you engrossed until the very end." - Matt Baglio, coauthor of the New York Times bestseller ARGO: How the CIA and Hollywood Pulled off the Most Audacious Rescue in H...

PAUL FISCHER is a film producer who studied social sciences at the Institut d'Etudes Politiques in Paris and film at the University of Southern California and the New York Film Academy. Paul's first feature film, the documentary Radioman, won the Grand Jury Prize at the Doc NYC festival and was released to critical and commercial acclaim. A Kim Jong-Il Production is his first book.
The Battle of Versailles
The Night American Fashion Stumbled into the Spotlight and Made History

Robin Givhan

Now in paperback, the critically acclaimed account of one of the most important moments in fashion history from a Pulitzer Prize-winning journalist.

On November 28, 1973, the world's social elite gathered at the Palace of Versailles for an international fashion show. By the time the curtain came down on the evening's spectacle, history had been made and the industry had been forever transformed. This is that story.

At the Battle of Versailles, five Americans - Oscar de la Renta, Bill Blass, Anne Klein, Halston, and Stephen Burrows - faced off against the five French designers considered the best in the world - Yves Saint Laurent, Hubert de Givenchy, Pierre Cardin, Emanuel Ungaro, and Marc Bohan of Christian Dior. Against all odds, the American energy and the domination by their fearless models (ten of whom, in a ground-breaking move, were African-American) sent the audience reeling. By the end of the evening, the Americans had transformed their place on the world stage and sowed the seeds for changing the way race, gender, sexuality, and economics would be treated in fashion for decades to come. The in-fighting between ego-inflated designers, the unforeseen obstacles in staging the show on a shoestring, the triumphant win, the vastly different fates of the designers post-show - Robin Givhan's meticulous research brings the event alive and places it firmly in the history of fashion, offering an intimate examination of a single moment that teaches us how the culture of fashion as we now know it came to be.

PRAISE
"A delightful, encyclopedic exploration of the players and leaders in the field.... Readers need not be fashion mavens to enjoy this entertaining episode of history." - Kirkus Reviews

"Givhan paints a captivating portrait of the ethos of the era, from race riots and the Kerner Report to a 'cultural...fascination with black identity' and glamorous nights at the disco, with juicy tales about arrogant designers acting out." - Publishers Weekly

"It was a big deal when American Fashion went to ..."

ROBIN GIVHAN is the fashion critic of The Washington Post, where she covers the news, trends, and business of the international fashion industry, and the former style correspondent for Newsweek and The Daily Beast. She has also contributed to New York and Vogue, among other magazines. In 2006, she won the Pulitzer Prize in criticism for her fashion coverage. The Battle of Versailles is her first book.
Irritable Hearts

A PTSD Love Story

Mac McClelland

"Irritable Hearts striking candor will win McClelland the empathy she deserves." - *The New York Times Book Review.*

Now in paperback, the critically lauded and unforgettable memoir of one woman's s...

"I had nightmares, flashbacks. I dissociated... Changes in self-perception and hallucinations-those are some of my other symptoms. You are poison, I chanted silently to myself. And your poison is contagious."

So begins Mac McClelland's powerful, unforgettable memoir, *Irritable Hearts.*

When thirty-year-old, award-winning human rights journalist Mac McClelland left Haiti after reporting on the devastating earthquake of 2010, she never imagined how the assignment would irrevocably affect her own life. Back home in California, McClelland cannot stop reliving vivid scenes of violence. She is plagued by waking terrors, violent fantasies, and crippling emotional breakdowns. She can't sleep or stop crying. Her life in shambles, it becomes clear that she is suffering from Post-Traumatic Stress Disorder. Her bewilderment about this sudden loss of control is magnified by the intensity of her feelings for Nico, a French soldier she met in Port-au-Prince and with whom she connected instantly and deeply.

With inspiring fearlessness, McClelland tackles perhaps her most harrowing assignment to date: investigating the damage in her own mind and repairing her broken psyche. She begins to probe the depths of her illness, exploring our culture's history with PTSD, delving into the latest research by the country's top scientists and therapists, and spending time with veterans and their families. McClelland discovers she is far from alone: while we f...

PRAISE

Mac McClelland has reported from crisis zones like Myanmar and the Democratic Republic of Congo, but in her memoir *Irritable Hearts* she chronicles a crises she can't leave behind. McClelland learned she had post-traumatic stress disorder only hours after her return from Haiti, where she covered the aftereffects of the devastating January 2010 earthquake. She quickly came to understand the true cost of working in a zone of catastrophic hardship—even those who are not directly affected are damaged... In search of answers, McClelland executed an inward dive into her own history....In the process she draws a valuable portrait of what it is like...

Mac McClelland is the author of *For Us Surrender Is Out of the Question.* She has written for Reuters, Rolling Stone, Mother Jones, the New York Times Magazine, and the New York Times Book Review, among other publications, and won awards from the Society of Professional Journalists, the Sidney Hillman Foundation, the Online News Association, the Society of Environmental Journalist, and the Association for Women in Communications. Her work has also
Year of the Cow
How 420 Pounds of Beef Built a Better Life for One American Family

Jared Stone

This is the story of a man, a cow, and a question: What am I eating?

Year of the Cow follows the trials and tribulations of author and amateur chef Jared Stone as he cooks his way through 420 pounds of beef. After realizing how little he knows about the meat on his plate, Stone decides to buy an entire grass-fed steer straight from a rancher and sets off on a hilarious and inspiring culinary adventure. Along the way he delves into our diets and reflects on the ways previous generations ate and lived their lives. And in the course of preparing dozens of nose-to-tail meals, Stone learns how to pack a freezer full of cow parts, smoke beef jerky in his backyard without attracting neighborhood wildlife, find deliciousness in the less common cuts of meat, and become more mindful of his diet.

Offering an intimate portrait of his family as they ask themselves what's really for dinner and sharing a recipe at the end of each chapter, Stone, in Year of the Cow, invites readers to slow down, connect with their food and family, and discover how to live a life more fully.

PRAISE

"A lively, informative, sometimes-intimate tale from his family's adventure eating a freezer full of beef over two years of culinary and lifestyle changes.... The author braises his book in his family's values [and] Stone's revealing set pieces are warm, winning and welcome. Readers will feel like guests in their home, privy to private fears and joys as well as gastronomic triumphs and catastrophes." - Kirkus Reviews

"Stone is at his best when he tells his own story with an affable, matter-of-fact style that is humorous and touching. His story is fun to consume and easy to digest." - Publishers Weekly

JARED STONE is an award-winning television producer who won an Emmy in 2013 for his work on The Ellen DeGeneres Show. He has worked with several major television networks including ABC, NBC, Fox, The CW, National Geographic, and many others. Stone lives with his family in L.A.
The Skeleton Cupboard: The Making of a Clinical Psychologist

Tanya Byron

Respected psychologist and British media personality, Tanya Byron recounts the unforgettable cases she encountered while training, offering a moving portrait of the making of a young clinician.

In my session with Imogen, the words were still not coming. I had to move past my own frustration and relax. But it is very hard to relax when you are looking into the eyes of a mute little girl who wants to be dead. You don't want to relax; you want to pull her into your arms, hold her, and then shake her until she tells you why. You long to say, "Why do you want to die? You're twelve years old."

Gripping, unforgettable, and deeply affecting, The Skeleton Cupboard recounts the patient stories that most influenced Professor Tanya Byron, covering years of training that forced her to confront the harsh realities of the lives of her patients and the demons of her own family's history. Among others, we meet Ray, a violent sociopath desperate to be treated with tenderness and compassion; Mollie, a talented teenager intent on starving herself; and Imogen, a twelve-year-old so haunted by a secret that she's intent on killing herself. Byron brings the reader along as she uncovers the reasons each of these individuals behave the way they do, resulting in a thrilling, compulsively readable psychological mystery that sheds light on mental illness and what its treatment tells us about ourselves.

PRAISE

"An engaging and compelling account of the training years of a clinical psychologist. In beautiful language, Byron tells the stories of several challenging patients...[revealing] her own concerns and struggles as she narrates others' stories...[and] shows psychology at its best, really connecting with and helping patients, while remaining mindful of the limitations that therapists necessarily have. In narrating these stories, Byron gives a window into the mind of her patients as well as her own mind. We come to understand, to sympathize, and to care." -Elyn R. Saks, author of The Center Cannot Hold

TANYA BYRON is a British clinical psychologist, writer, media personality and a frequent public speaker who has presented countless British TV and radio programs. She writes a weekly column for The Times (UK) and a monthly column for Good Housekeeping (UK). She advises on international policy relating to young people, mental health, and education, and is currently working in China to develop services for children and their families.
Nurture the Wow

Finding Spirituality in the Frustration, Boredom, Tears, Poop, Desperation, Wonder, and Radical Amazement of Parenting

Danya Ruttenberg

How our experiences as parents can become the path to transcendence.

If Anne Lamott's now-classic account of her early days of motherhood, Operating Instructions, had been written by a rabbi, it would be Nurture the Wow. Inspiring, wise, and uplifting--but also laugh-out-loud funny - Danya Ruttenberg's reflections on how the work of raising children can be understood as a spiritual practice shines new light on the experience of parenthood. Ruttenberg illuminates the ways in which religious traditions and sacred texts can help us make sense of the good, the crazy-making, and the confounding work of parenting kids. She asks, "Can ancient ideas - ideas about relationships, drudgery, pain, devotion, and purpose - help to make the hard parts of a parent's job easier and the magical stuff even more so?"

Nurture the Wow is a thoughtful, eye-opening book about parenthood, not parenting. Rather than touting particular child-rearing techniques or philosophies, Ruttenberg explores how a spiritual mindset can transform the grownups' occasionally mind-numbing, occasionally joy-filled work of raising children. Rooted in the Jewish tradition, but incorporating ideas and texts from a wide-range of religious and literary traditions, Nurture the Wow is the perfect gift for expectant mothers or the parents of young children.

PRAISE

"Nurture the Wow is a great reminder to live more fully in the present--a great gift to any child and every parent. Danya Ruttenberg's own story woven with doses of wisdom from religious and spiritual leaders gives this book the perfect balance of head and heart." --Amy Richards, author of Opting In

"Nurture the Wow is the literary equivalent of having a cup of tea with a friend while the children entertain each other in the next room. Danya Ruttenberg is a warm, witty companion, a wise sister in the struggle, offering up nothing short of spiritual ballast." --Elisa Albert, author of After Birth

Danya Ruttenberg was named one of ten "rabbits to watch" by Newsweek and one of the "50 most influential women rabbis" by The Forward. Her writing has appeared in The New York Times, The Atlantic, Salon, and elsewhere. Her first book, Surprised by God, was nominated for a Sami Rohr Prize for Jewish literature and was a Hadassah Book Club selection. She lives in the Chicago area with her husband and children.
An Unrestored Woman

Shobha Rao

A debut of astonishing scope and lyricism: the twelve paired stories in Shobha Rao's AN UNRESTORED WOMAN trace their origins to the formation of India and Pakistan in 1947, but they transcend tha...

A young woman in a crushingly loveless marriage who seizes freedom in the only way left to her; a mother forced to confront a chilling, unforgiveable crime she committed out of love; an ambitious servant who seduces both master and mistress; a young prostitute who quietly, inexorably plots revenge on the madam who holds her hostage; a husband and wife who must forgive each other for the death of their child. Caught in extreme states of tension, in a world of shifting borders, of instability, Rao's characters must rely on their own wits. When Partition established Pakistan and India as sovereign states, the new boundary resulted in a colossal transfer of people, the largest peacetime migration in human history. This mass displacement echoes throughout Rao's story couplets, which range across the twentieth century, moving beyond the subcontinent to Europe and America. Told with dark humor and ravaging beauty, AN UNRESTORED WOMAN unleashes a fearless new voice on the literary scene.

PRAISE

"Shobha Rao writes, with equal power, of the turmoil and tragedy of Great Events, but also the small, intimate lives of those doomed to live through them. In her vivid descriptions of other times and places, people rise above or fall beneath the wheel of history, but all have stories to tell and the wonderful Rao to tell them. This transporting debut will linger in your mind long past the last page." –Karen Joy Fowler

SHOBHA RAO moved to the U.S. from India at the age of seven. She is the winner of the 2014 Katherine Anne Porter Prize in Fiction, awarded by Nimrod International Journal. She has been a resident at Hedgebrook and is the recipient of the Elizabeth George Foundation fellowship. Her work has been published in numerous literary journals, including Tincture, PMS poemmemoirstory, Nimrod, and is forthcoming in Water~Stone Review and Wasafiri Magazine. She lives in San Francisco.
The MindSumo Book

TK

THE MINDSUMO BOOK OF TK will be a book that speaks perfectly to the new generation of college graduates - because it will be created and publicized by the best minds of this new generation.

An unusual event is publishing in which a book is conceived entirely by college students tasked with the assignment to create the book they feel they need the most. THE MINDSUMO BOOK (placeholder title) will be assembled through a series of challenges - the result a book that in form and content speaks to today's graduates in a way no book has before. The creation is newsworthy. The result will be the perfect graduation gift.

THE MINDSUMO BOOK OF TK will be written by one or more members of the MindSumo community. Founded in 2011, Mindsumo, Inc., harnesses the creativity and analytical skills of today's brightest college students to solve the challenges of modern business. The company was launched at the Standford Student Startup Association in February 2012 and is backed by some of the top investors in Silicon Valley, including Voyager Capital, Google Ventures, Data Collective, and StartFund. The MindSumo community ...
Boys in the Trees

A Memoir

Carly Simon

From the iconic and legendary Carly Simon comes the memoir people have been waiting decades to read.

Carly Simon is a household name. She was a staple of the 70's and 80's Billboard charts and famously married to James Taylor with whom she has two children, but there's so much more to the story behind the headlines and famously cryptic lyrics. BOYS IN THE TREES is a rhapsodic, beautifully compelling memoir of a young woman's coming of age amid the glamorous literati and intelligentsia of Manhattan (her father was Richard Simon, co-founder of Simon & Schuster), the pain of loss and betrayal early on in life, and the strength to leave that all behind and forge a path of art, music and love in the golden age of folk and rock.

At once an insider's look into a life lived in the spotlight, a lyric reflection on a particular time in our culture's history, and a beautiful memoir about the pains and joys of love and art as soaring as Patti Smith's JUST KIDS, and shocking as Keith Richard's LIFE, BOYS IN THE TREES is the story Carly Simon has long been waiting to tell the world.
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