



LEVEL UP!

RODALE WINTER 2016



WINTER 2016

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RODALE

Dear Booksellers,

Level up! That's our cover theme for this season, which is chock-full of books that help you do just that—join us and level up your life, in all areas of wellness.

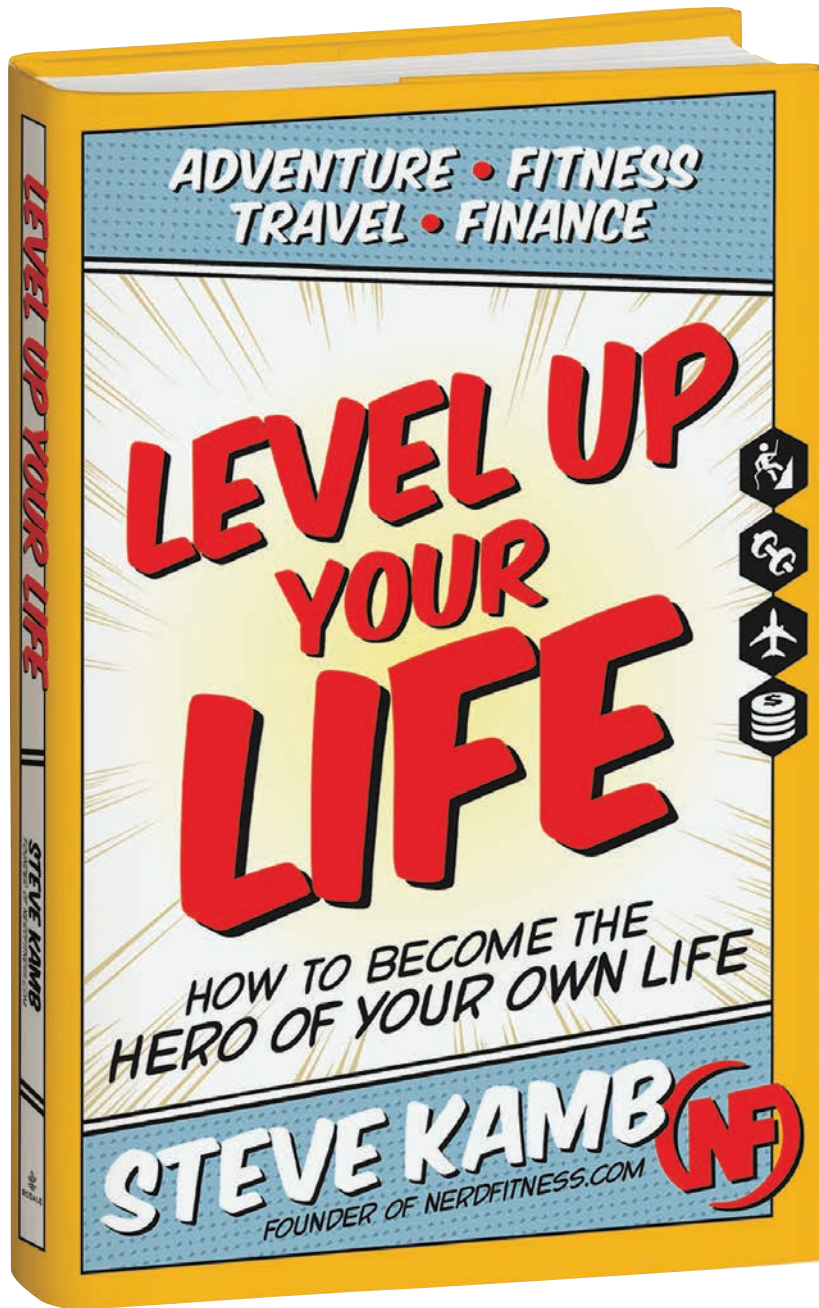
Happiness can be defined as achieving balance, enjoying abundance, and getting away from everyday stress. It is also, according to ***Operation Happiness*** author Kristi Ling, a skill you can learn—and her science-based, 3-step program will help readers cultivate lasting healthy and joyful lives. And let's face it, who among us hasn't felt overwhelmed by our fast-paced, always-plugged-in modern lives? In ***The Urban Monk***, Pedram Shojai, creator of the popular Well.org site and *The Health Bridge* podcast, shows readers how to overcome the pressures and stresses of modern life by combining ancient Eastern wisdom and modern-day life hacks to live balanced and satisfying lives. Steve Kamb, the founder/creator of NerdFitness.com, also offers a unique take on how to live life to the fullest in the digital world with his first book, ***Level Up Your Life***. Instead of losing themselves for hours at a time "leveling up" imaginary characters in video games, readers learn how to change their lives (in the areas of health, fitness, travel, finance, etc.) and begin collecting real-world experiences that are every bit as amazing as the characters they love.

Taking it to the next level continues with **November Project**, a group-fitness phenomenon that has taken the world by storm. In their highly anticipated first book, Brogan Graham and Bojan Mandaric distill the principles of their grassroots, high-octane mission and give readers the tools they need to get off the couch, build their own community, and join the movement. In ***Easy Breezy Prosperity***, transformation specialist and holistic healer Emmanuel Dagher shows readers how to discover and nurture prosperity through daily practices that align their lives with their spiritual cores. And reality star and entrepreneur Kristin Cavallari shows women how to achieve balance in all facets of their lives in ***Balancing in Heels***.

So turn the page to embark on your own personal quest for awesome Rodale books that promise to make your customers healthy and happy!

Mary Ann Naples

Publisher



Level Up Your Life

How to Become the Hero of Your Own Life

STEVE KAMB

The ultimate manual for designing one's own personal Epic Quest of Awesome, from the founder/creator of NerdFitness.com

LEVEL UP YOUR LIFE TEACHES READERS HOW TO CHANGE THEIR LIVES AND BEGIN COLLECTING REAL-world experiences that are as amazing as video game characters. Targeted at those who grew up playing video games, the book shows how to take the best elements from the things they love—movies, video games, television, and pop culture—to transform their lives in extraordinary ways. They learn how to design their own personal Epic Quest of Awesome through sections dedicated to health, fitness, travel, and finance.

For each discipline, Steve Kamb leads readers through their own journey, from determining what kind of game they want to play to their financial leveling structure, their personal Origin Story (every hero has a great origin story), and what their Level 50 character will look like. He also shows them how to build their own quest lists and how to hack their productivity, habits, and willpower so they build momentum. He shows readers how to build in rewards and accountability, how to add members to their party, and even find their own personal Yoda or Morpheus to help them along the way. Kamb also covers Restarts and Extra Lives, or how readers can keep going when they get scared or stuck.

STEVE KAMB is the force behind Nerd Fitness, which began as a simple blog but has since evolved into a worldwide community of nerds helping each other make positive changes in their lives. He lives in Nashville, TN.

JANUARY

ISBN 978-1-62336-540-0

PAPER OVER BOARD \$19.99 / \$22.99 Can.

SELF-HELP / PERSONAL GROWTH

5½" × 8⅞" • 240 pages

50 illustrations • 2-color throughout

E-book ISBN: 978-1-62336-541-7

MARKETING

- National author publicity
- National radio interview campaign
- National print features and reviews
- Rodale Wellness features and promotion
- Online publicity and promotions
- Social media via author, Nerd Fitness, and Rodale Wellness platforms
- Promoted in Rodale magazines, e-newsletters, and Web sites
- Promoted via author's Web site, NerdFitness.com

Easy Breezy Prosperity

The Five Foundations for a
More Joyful, Abundant Life

EMMANUEL DAGHER

FOREWORD BY PEGGY McCOLL

A prescriptive, holistic guide to discover and nurture prosperity and align your life with your spiritual core

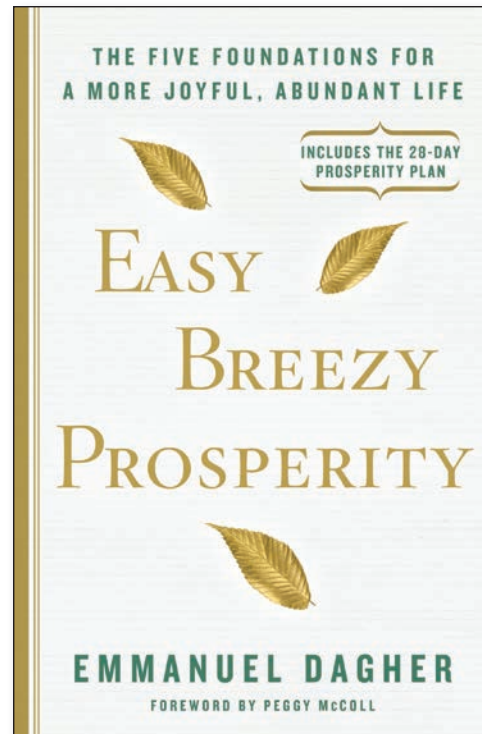
IN *EASY BREEZY PROSPERITY*, EMMANUEL DAGHER redefines what real prosperity means and offers readers tactics to expand and enrich themselves well beyond financial goals. By examining how and why we treat money the way we do, Dagher shows readers how to realize the success they've already created and cultivate the clarity needed to attract more of it in their daily lives. Each chapter is designed to empower readers, leaving them feeling optimistic not just about their working lives and finances, but their entire life's path.

Dagher shares his own story and those of his clients and fans who have turned their lives around using his meditations, rituals, and exercises. He also includes a 28-day plan with simple yet effective daily practices readers can use, such as:

- Expressing gratitude each morning for all that they have
- Cultivating a healthy relationship with money through "money healing" practices
- Seeking out opportunities to be of service through their time, energy, gifts, or abilities
- De-cluttering their space and mind to allow positivity to enter

These strategies allow readers to take action, strengthen self-confidence, build a supportive network, and enjoy a more joyful, more abundant life.

EMMANUEL DAGHER is a transformation specialist, holistic health practitioner, and teacher who helps others create positive shifts in their lives. He is the author of *Easy Breezy Miracles*. He lives in Van Nuys, CA.



JANUARY

ISBN 978-1-62336-621-6

HARDCOVER \$19.99 / \$22.99 Can.

SELF-HELP / PERSONAL FINANCE

5½" × 8⅞" • 224 pages

E-book ISBN: 978-1-62336-622-3

MARKETING

- National radio interview campaign
- National print and online features and reviews
- Rodale Wellness features and promotion
- Social media via author and Rodale Wellness platforms
- Promoted in Rodale magazines, e-newsletters, and Web sites
- Promoted via author's Web site, EmmanuelDagher.com, and e-newsletters

NOW PUBLISHING IN FALL 2016

Dean Smith

A Basketball Life

JEFF DAVIS

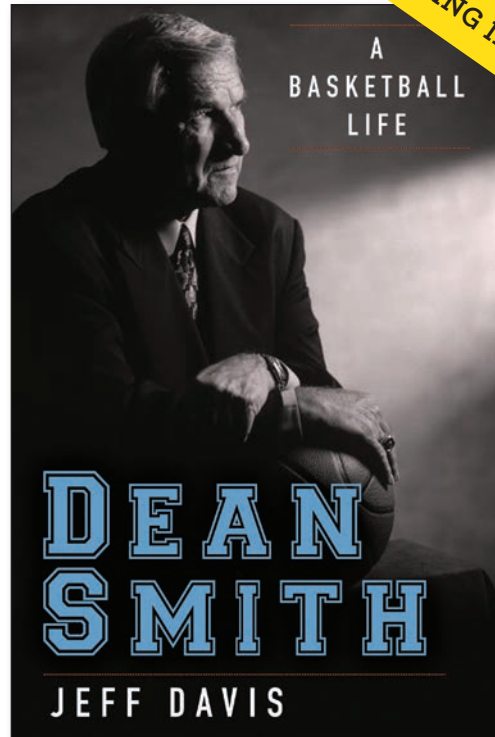
A definitive biography of the late legendary former University of North Carolina and Olympic men's basketball coach

IN HIS 36 YEARS AS THE MEN'S BASKETBALL COACH at the University of North Carolina, Dean Smith's teams won a record 879 games. That record has since been surpassed by three coaches, including Smith's long-time nemesis, Mike Krzyzewski of Duke University, but none is more highly regarded than Dean Smith. Among Smith's accomplishments are two NCAA championships, 30 seasons with at least 20 wins, and 11 Final Four appearances. Smith is one of only three men to coach championship teams in the NCAA, NIT, and Olympics, and the only one to play for an NCAA champion and Olympic champion.

But Smith's basketball accomplishments tell only part of his story. A liberal Democrat who held progressive ideals since his Depression-era Kansas childhood, Smith worked hard to abolish the death penalty in North Carolina, openly supported gay rights, and endorsed Barack Obama early in his 2008 candidacy for President. In 1949, five years before the Supreme Court's historic ruling in *Brown vs. Board of Education*, he pleaded in vain with school officials to include black players on his high school's basketball team. But 16 years later, after his fourth season as the head basketball coach at North Carolina, Smith ventured to New York City and came back to Chapel Hill with the most significant recruit of his tenure—Charlie Scott, who became the school's first African-American scholarship recipient.

Dean Smith takes stock of this extraordinary man whose ideas and philosophies have shaped the best of what college basketball has been and should aspire to be in the future.

JEFF DAVIS is a five-time Emmy Award-winning sports journalist and author of *Papa Bear* (a *Chicago Tribune* bestseller) and *Rozelle*. He lives in Evanston, IL.



JANUARY

ISBN 978-1-62336-360-4

HARDCOVER \$27.99 / \$32.50 Can.

SPORTS / BIOGRAPHY

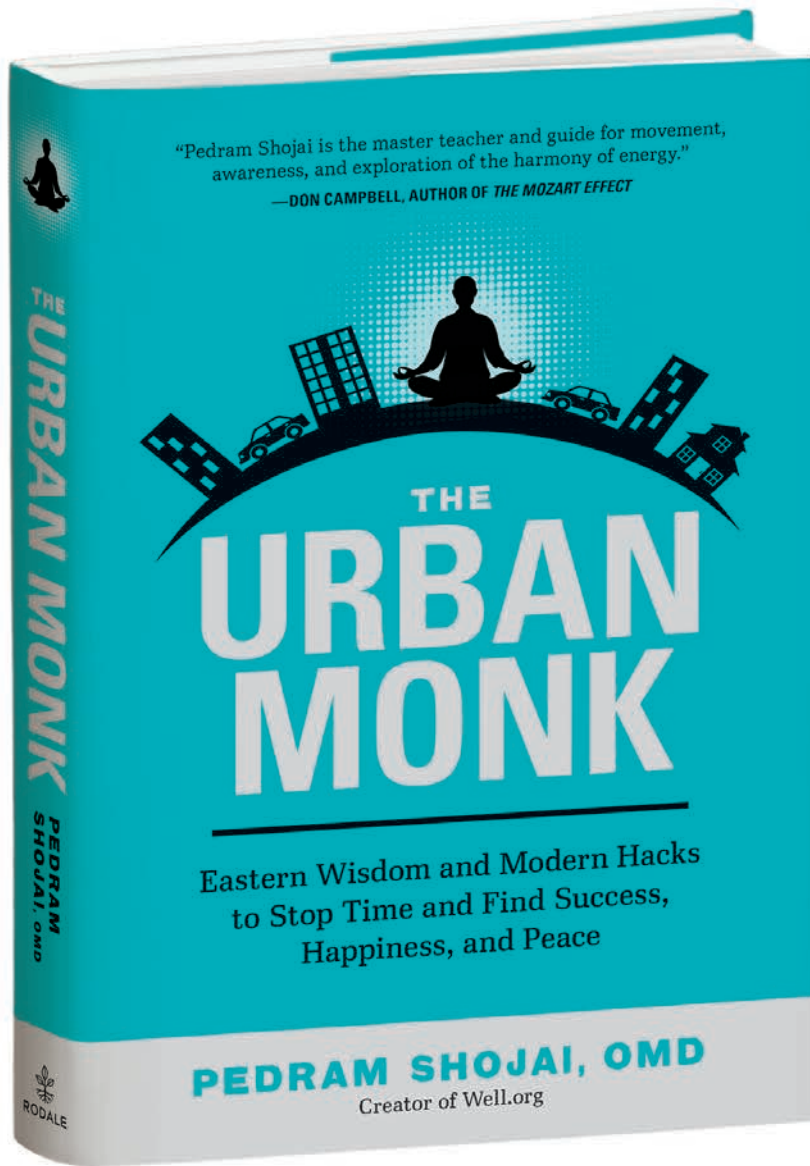
6" × 9" • 416 pages

16 pages of black-and-white photographs

E-book ISBN: 978-1-62336-361-1

MARKETING

- National radio interview campaign
- National print features and reviews
- Online publicity and promotions
- Social media via Rodale Books
- Local author publicity in North Carolina
- Promoted in Rodale magazines, e-newsletters, and Web sites



The Urban Monk

Eastern Wisdom and Modern Hacks
to Stop Time and Find Success, Happiness, and Peace

PEDRAM SHOJAI, OMD

Acclaimed Zen Master and the cohost of the #1 health podcast on iTunes *The Health Bridge* helps people to simplify their busy lives

WE ALL STRUGGLE TO DISCOVER SATISFACTION AND CONTENTMENT IN THE MODERN WORLD AND YET THE more gadgets we buy, the more things seem to get worse. What are we all missing? What will it take for us to find our centers? Pedram Shojai shares how the centeredness and calm of Zen masters is attainable in today's fast-paced world and guides readers to become "urban monks," who interact with demanding careers, families, and environments in a grounded way.

Based on a lifetime of study, *The Urban Monk* uses Eastern medicine techniques (such as meditation) to help readers overcome a variety of pain points, such as stress, fatigue, weight gain, negative self-image, and loneliness.

PEDRAM SHOJAI, OMD, is the founder of Well.org, editor of *BeMore!* Magazine, producer of the movies *Vitality* and *Origins*, and the cohost of *The Health Bridge* podcast. He is also an acclaimed Qigong master, master herbalist, and Doctor of Oriental Medicine. Shojai conducts seminars and retreats around the world and is the founder of the Taoist Path School of Alchemy. He is also an ordained priest of the Yellow Dragon Monastery in China. Shojai lives in Irvine, CA.

FEBRUARY

ISBN 978-1-62336-615-5

HARDCOVER \$25.99 / \$29.99 Can.

SELF-HELP / PERSONAL GROWTH

6" × 9" • 288 pages

E-book ISBN: 978-1-62336-616-2

MARKETING

- National author publicity
- National radio interview campaign
- National print and online features and reviews
- Rodale Wellness features and promotion
- Social media via author and Rodale Wellness platforms
- Promoted in Rodale magazines, e-newsletters, and Web sites
- Promotional support and advertising from Well.org and its newsletters
- Cross-promotion with author's documentaries
- Promoted via author's Web site, TheUrbanMonk.com

Vertical Gardening

Grow up, Not Out, for More Vegetables and Flowers in Much Less Space

DEREK FELL

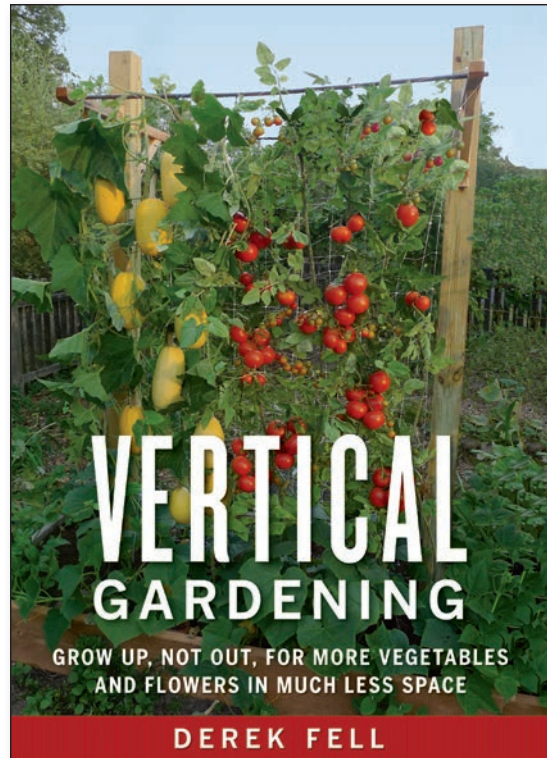
An innovative, effortless, and highly productive growing system that uses bottom-up and top-down supports for a wide variety of plants in both small and large garden spaces

RENOWNED AUTHOR AND PHOTOGRAPHER DEREK Fell shares his successful methods for growing vegetables, flowers, and fruit vertically. Whether the goal is armloads of flowers, a bountiful vegetable garden, or a productive fruit harvest, readers will discover how small strips of soil, bare walls, and simple trellises, arches, and supports can be transformed into grow-up or grow-down gardens with just a few inexpensive supplies. Plants in a vertical garden grow, climb, and twine upward to create a striking landscape that saves space, requires little effort, produces high yields, and reduces pest and disease problems.

Fell has experimented with thousands of plant varieties, and he recommends the best climbers for space-saving vertical gardens. In addition, many ground-level plants make good companions underneath and alongside climbing plants, so readers can combine different types of plants to create a lush curtain of flowers, foliage, and vines.

Accented with photographs of the author's own vertical methods, trellised plants, hanging planters, container gardens, and plant towers, *Vertical Gardening* shows how beautiful, productive, and rewarding a vertical garden can be.

DEREK FELL is a writer and photographer and the author of more than 100 books. He lives and gardens in Bucks County, PA, at historic Cedaridge Farm, where he cultivates an award-winning garden of flowers, fruits, and vegetables.



ISBN 978-1-60529-083-6

PAPERBACK \$23.99 / \$27.50 Can.

GARDENING

6½" × 9⅛" • 384 pages

100 color photographs

25 black-and-white illustrations

E-book ISBN: 978-1-60961-399-0

The Man's Guide to Women

Scientifically Proven Secrets from
the "Love Lab" About What Women
Really Want

JOHN GOTTMAN, PhD,
JULIE SCHWARTZ GOTTMAN, PhD,
DOUG ABRAMS, RACHEL CARLTON
ABRAMS, MD

A great "philosopher" once said "Trying to understand women is like trying to smell the color 9."

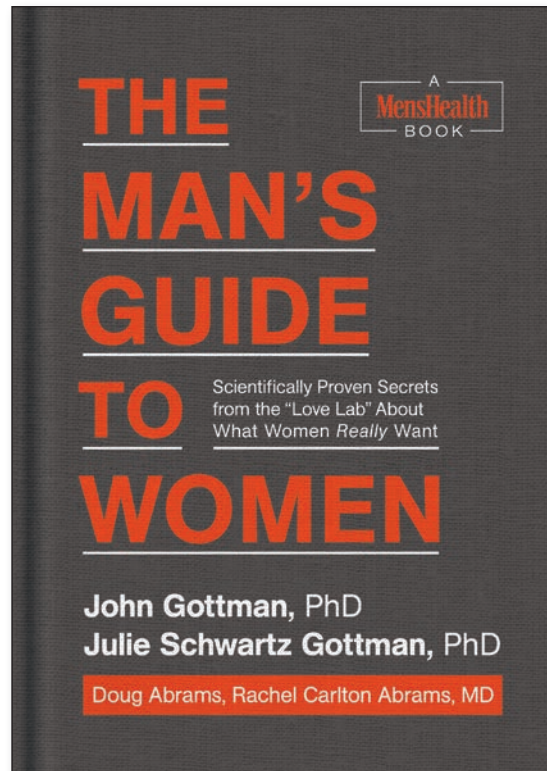
BUT THE FACT IS, MEN CAN UNDERSTAND WOMEN to their great benefit. All they need is the right teacher. And arguably there is no better teacher than John Gottman, PhD, a world-renowned relationships researcher and author of the bestselling *7 Principles of Making Marriage Work*.

His new book, written with wife Julie Gottman, a clinical psychologist, and Doug Abrams and Rachel Carlton Abrams, MD, is based on 40 years of scientific study, much of it gleaned from the Gottman's popular couples workshops and the "Love Lab" at The University of Washington. It's written primarily for men because new research suggests that it is the man in a relationship who wields the most influence to make it great or screw it up beyond repair.

The Man's Guide to Women offers the science-based answers to the question: what do women really want in a man? The book explains the hallmarks of manhood that most women find attractive and helps men hone those skills to be the man she desires.

JOHN AND JULIE GOTTMAN are researchers and relationships experts. They live in Seattle, WA.

DOUG AND RACHEL ABRAMS, MD, are coauthors of *The Multi-Orgasmic Man* and *The Multi-Orgasmic Couple*. They live in Santa Cruz, CA.



FEBRUARY

ISBN 978-1-62336-184-6

HARDCOVER \$24.99 / 28.99 Can.

RELATIONSHIPS

6½" x 9½" • 256 pages

25 black-and-white illustrations

E-book ISBN: 978-1-62336-185-3

MARKETING

- Confirmed coverage in *Men's Health*
- National radio interview campaign
- National print features and reviews
- Rodale Wellness features and promotion
- Online publicity and promotions
- Social media via author, *Men's Health*, and Rodale Wellness platforms
- Promoted via author's Web site, Gottman.com

Lose the Clutter, Lose the Weight

The Six-Week Total-Life Slim Down
PETER WALSH

The ultimate guide to uncluttering your life and controlling your weight

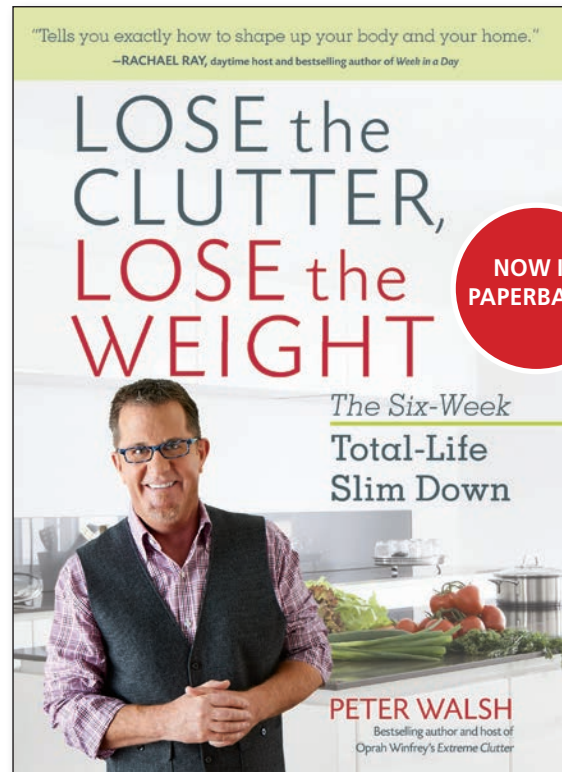
A RECENT STUDY SHOWED THAT PEOPLE WITH cluttered homes were 77 percent more likely to be overweight or obese. Why? Organizational pro Peter Walsh thinks it's because you can't make your healthiest choices in a disorganized environment. In *Lose the Clutter, Lose the Weight*, Walsh arms readers with a simple 6-week plan to clear their homes of excess stuff and their bodies of excess pounds. With a dietitian-approved eating plan, exercise physiologist-developed exercise program, room-by-room organizing guide, quizzes to help readers get to the root of their problems, and testimonials from the volunteers who followed this plan and saw great results—from significant weight loss to calmer minds and more organized, happy, and efficient lives—*Lose the Clutter, Lose the Weight* is the only book to help readers clear the clutter and zap the pounds.

"Peter Walsh is truly a guru."—**NATE BERKUS, designer and author of *The Things That Matter***

"Cuts through the mess of organizational and weight loss noise out there and tells you exactly how to shape up your body and your home."—**RACHAEL RAY, daytime host and bestselling author of *Week in a Day***

"This book will change lives."—**DAVID TOLIN, PhD, author of *Buried in Treasures***

PETER WALSH is the author of six previous books, including the *New York Times* bestsellers *It's All Too Much* and *Enough Already!* He is a popular organization expert who appears regularly on *The Rachael Ray Show* and writes a quarterly column for *O the Oprah Magazine*. He lives in Los Angeles.



FEBRUARY

ISBN 978-1-62336-667-4

PAPERBACK \$15.99 / \$18.50 Can.

DIET

6½" × 9⅛" • 320 pages

93 black-and-white photographs

E-book ISBN: 978-1-62336-485-4

MARKETING

- Print feature campaign
- Online publicity and promotions
- Social media via author and Rodale Wellness platforms
- Promoted via authors' Web site, PeterWalshDesign.com

The Canyon Ranch Way

Simple Shifts to Slim Down, Shape Up, and Transform Your Mind, Body, and Life—for Good

THE EXPERTS OF CANYON RANCH
WITH MARISA BELGER

From one of the top names in integrative wellness, a customizable guide for lifelong health

THERE'S A GLOW THAT EMANATES FROM THE MEN and women who commit to a weeklong experience at a Canyon Ranch resort. The brightness in their eyes and the color in their cheeks may be the result of a yoga class or brisk hike, but these signs of vitality also come from a deeper place: the tools and knowledge to commit to health for *life*.

Now, the Canyon Ranch experience is accessible to all in *The Canyon Ranch Way*, where Ranch experts highlight the five areas that lead to a healthy weight and overall wellness: food and nutrition, movement, better sleep, less stress, and integrative medicine. This guide focuses on simple, palatable shifts that readers can make to dramatically improve every aspect of their health and wellness:

- Treating food as wholesome fuel for the body—not mere numbers of calories
- Eating mindfully to avoid overeating even healthy foods
- Tracking sleep patterns and energy levels to pinpoint issues
- Hacking popular restaurant orders to enjoy meals out without sacrificing health

CANYON RANCH is recognized worldwide as the gold standard for healthy vacations, with a mission to inspire people to make a commitment to healthy living. It has destination resort locations in Tucson, AZ, and Lenox, MA; and Canyon Ranch SpaClub® day spas in Las Vegas and onboard 19 luxury cruise ships.



photo credit: Canyon Ranch

FEBRUARY

ISBN 978-1-62336-171-6

HARDCOVER \$27.50 / \$31.99 Can.

DIET

7½" × 9½" • 224 pages • 50 color photographs

E-book ISBN: 978-1-62336-172-3

MARKETING

- National print features and reviews
- Rodale Wellness features and promotion
- Online publicity and promotions
- Social media via Canyon Ranch and Rodale Wellness platforms
- Promotional support from Canyon Ranch



photo credit:
Tec Petaja

Balancing in Heels

My Journey to Health, Happiness, and Making It all Work

KRISTIN CAVALLARI

Entrepreneur and reality star Kristin Cavallari shows women how to achieve balance in all facets of life

KRISTIN CAVALLARI IS BEST KNOWN FOR HER TIME ON THE HIT REALITY SERIES *LAGUNA BEACH* AND follow-up show, *The Hills*. But Cavallari is so much more than a reality star. Since her time on MTV, she has had a hand in multiple business ventures, including jewelry design for her company, Emerald Duv, her own line of shoes for the company Chinese Laundry, and most recently a self-titled lifestyle app that has had more than 150,000 downloads. Besides that, she's the mother to two young boys, wife to Jay Cutler, quarterback for the Chicago Bears, and is a frequent guest and commentator on E! Network. Cavallari is busier than ever and her fans always ask her the same question: How does she balance it all?

In *Balancing in Heels*, Cavallari answers just that question and more, sharing how she juggles all facets of her life with style and grace. Chapters focus on everything from health and wellness, fitness, fashion, and being a successful businesswoman to more private matters of motherhood and her relationship with Jay. Shot in Nashville where they spend a lot of time, this beautiful volume is an intimate look at the woman behind the fame and the perfect gift for her many fans.

KRISTIN CAVALLARI is a television host, designer, and entrepreneur. Cavallari starred in MTV's hit reality series *Laguna Beach* and follow-up show, *The Hills*, set in LA. Cavallari's other television credits include a recurring role on *The League*, *Dancing with the Stars*, and her cohosted E! Network show *The Fabulist*. She is a designer with her own shoe line with Chinese Laundry and a jewelry line with Emerald Duv. Cavallari splits her time between Chicago, IL, and Nashville, TN, with her husband, Chicago Bears quarterback Jay Cutler, and their two sons.

MARCH

ISBN 978-1-62336-638-4

PAPER OVER BOARD \$26.99 / \$31.50 Can.

LIFESTYLE

7½" × 9½" • 272 pages • 75 color photographs

E-book ISBN: 978-1-62336-639-1

MARKETING

- National author publicity
- Select author appearances
- National radio interview campaign
- National print features and reviews
- Rodale Wellness features and promotion
- Online publicity and promotions
- Social media via author and Rodale Wellness platforms
- Promoted in Rodale magazines, e-newsletters, and Web sites

Bicycling

Fuel Your Ride

Complete Performance Nutrition
for Cyclists

MOLLY HURFORD

WITH NANCI GUEST, MSc, RD, CSCS

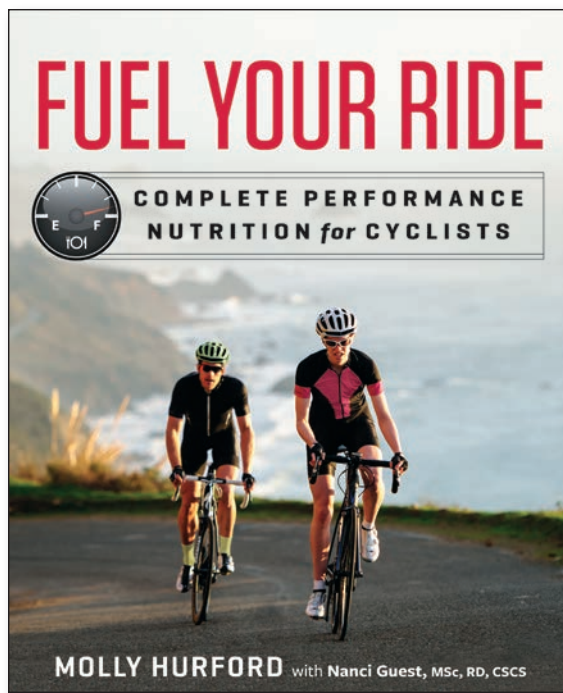
**A comprehensive guide to performance
nutrition for cyclists**

ON A MISSION TO HELP CYCLIST'S BUILD A DIET that will fuel and cater to their performance, *Fuel Your Ride* pushes a simple, clean, omnivorous approach to eating for any rider, accommodating cyclists training anywhere from 5 to 40 hours a week. Chapters are broken down by meal, but also include sections on hydration, supplements, gut health, and weight loss—everything a cyclist needs to know to reach peak performance. The text includes recipes that will appeal to a wide range of people within the dietary spectrum, but without pontificating complicated or abstract diet theories or using atypical ingredients and intensive cooking preparations. For example, instead of a 20-ingredient list for a gluten-free pancake, the book showcases a recipe that involves just sweet potatoes, eggs, and a bit of cinnamon with maple syrup.

Fuel Your Ride is a readable, interesting, and sometimes humorous diet and nutrition book that pushes the fun without losing the science.

MOLLY HURFORD is a writer-at-large for *Bicycling* magazine and a Level 3 coach with USA Cycling. Prior to working with *Bicycling*, Molly was an editor at *Cyclocross Magazine*. She lives primarily on the East Coast, but spends most of her time on the road chasing races and good cycling weather.

NANCI GUEST, MSc, RD, CSCS, is a registered dietitian with both the Ontario and BC College of Dietitians. She's a certified personal trainer and certified strength and conditioning specialist, was the director of sport nutrition and head dietitian for the Vancouver 2010 Winter Olympic Games, and is the current dietitian for the Pan Am Games. She lives in Toronto.



MARCH

ISBN 978-1-62336-619-3

PAPERBACK ORIGINAL \$19.99 / \$22.99 Can.

SPORTS / BICYCLING

7½" × 9⅞" • 256 pages

25 black-and-white illustrations

E-book ISBN: 978-1-62336-620-9

MARKETING

- Confirmed coverage and advertising in *Bicycling*
- National print and online features and reviews
- Rodale Wellness features and promotion
- Social media via author, *Bicycling*, and Rodale Wellness platforms
- Promoted in Rodale magazines, e-newsletters, and Web sites
- Simultaneous direct-response online marketing campaign
- Promoted via author's Web site, MollyHurford.com

Operation Happiness

Why Happiness Isn't Something You Find, But Something You Do

KRISTI LING

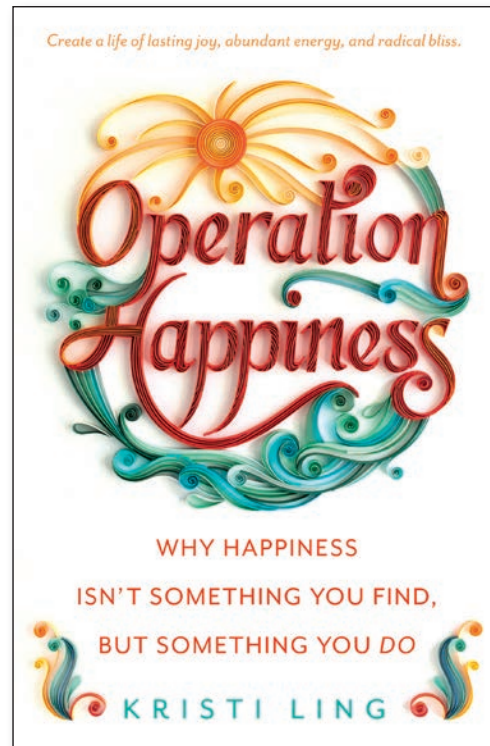
An inspirational 3-step program that reveals happiness is a skill that can be learned and mastered

IN *OPERATION HAPPINESS*, HAPPINESS STRATEGIST and life coach Kristi Ling teaches readers how to create immediate, positive shifts in their lives by proving that happiness is a skill that can be cultivated, learned, and mastered—much like playing an instrument.

After experiencing multiple devastating events, Ling spent years studying the science of happiness and focused on identifying and testing specific emotional support tools. During this process, she discovered something that goes against everything we've been lead to believe about happiness: It isn't just something you feel; it's something you *do*. Based on this discovery, Ling narrowed down the road to happiness to three powerful steps: Change Your View, Change Your Mornings, and Create New Habits, the foundational principals for *Operation Happiness*.

Part memoir and part how-to, *Operation Happiness* combines compelling personal stories, inspiring perspective shifts, and big ah-ha moments with specific how-to's and clear actionable steps to help readers create a solid foundation for sustainable happiness that will propel them into a new, light-filled way of living.

KRISTI LING is a happiness strategist and award-winning speaker who works with individuals and organizations on building a firm foundation for lasting happiness and success. She has been featured in numerous media outlets, is a contributing blogger for *The Huffington Post* and *Aspire Magazine*, and hosts a popular podcast on Clear Channel's iHeartRadio and iTunes, *Happy, Free, and Wild with Kristi Ling*. She lives in Los Angeles, CA.



MARCH

ISBN 978-1-62336-594-3

HARDCOVER \$24.99 / \$28.99 Can.

SELF-HELP

5½" × 8⅞" • 288 pages

E-book ISBN: 978-1-62336-595-0

MARKETING

- National radio interview campaign
- National print and online features and reviews
- Rodale Wellness features and promotion
- Social media via author and Rodale Wellness platforms
- Promoted in Rodale magazines, e-newsletters, and Web sites
- Simultaneous direct-response online marketing campaign
- Promoted via author's Web site, KristiLing.com, and e-newsletters
- Special 3+ / 3% retail offer

Dr. Neal Barnard's Program for Reversing Diabetes

The Scientifically Proven System for Reversing Diabetes without Drugs

NEAL D. BARNARD, MD

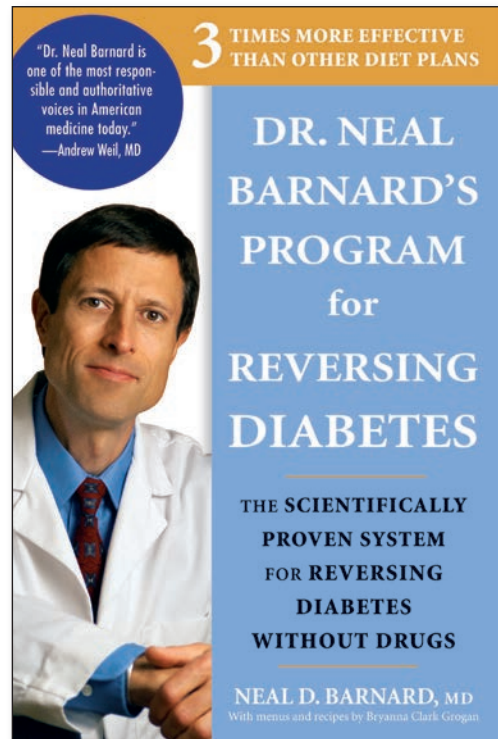
A life-changing program that's three times more effective in controlling blood sugar than the standard dietary regime

UNTIL DR. NEAL BARNARD'S SCIENTIFIC BREAK-through, most health professionals believed that diabetes was an irreversible condition. This groundbreaking book shows that this is simply not true.

With Dr. Barnard's program, readers will eat regular meals throughout the day, building each meal around his New Four Food Groups: vegetables, fruits, whole grains, and legumes. This new style of eating improves how a diabetic's body responds to insulin—thereby reversing the defining symptoms of diabetes.

The public television special *Taking Control of Diabetes with Dr. Neal Barnard* debuted for the first time around the publication of the paperback edition and has aired repeatedly, bringing positive attention to his book.

NEAL D. BARNARD, MD, is an adjunct associate professor of medicine at George Washington University School of Medicine and president of the nonprofit Physicians Committee for Responsible Medicine. Dr. Barnard is the author of numerous books, including *Breaking the Food Seduction* and *Foods That Fight Pain*. His scientific articles have appeared in prestigious journals such as *Diabetes Care*, the *American Journal of Cardiology*, the *Journal of the American Dietetic Association*, and *Scientific American*.



ISBN 978-1-59486-810-8

PAPERBACK \$15.99 / \$18.99 Can.

HEALTH

6" × 9" • 288 pages

E-book ISBN: 978-1-60529-776-7

The Perennial Matchmaker

Create Amazing Combinations with Your Favorite Perennials

NANCY J. ONDRA

Foolproof ideas for pairing favorite perennials with an array of harmonious plant partners

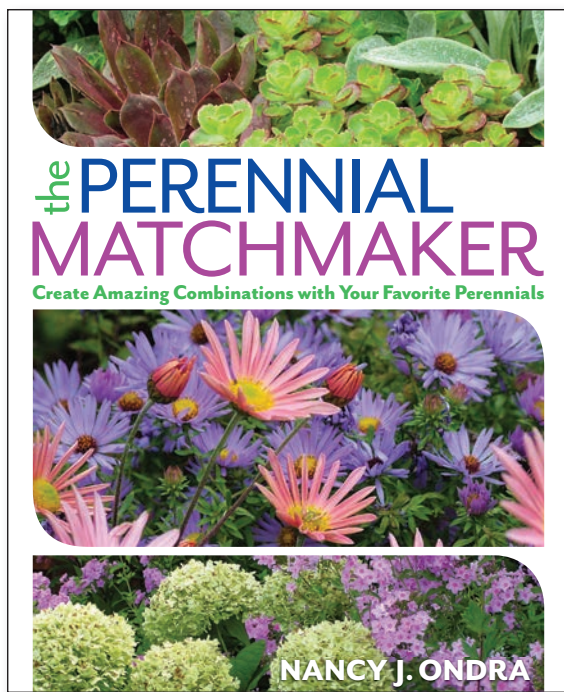
PLANNING A SPECTACULAR PERENNIAL GARDEN just got easier! Forget the time-consuming research needed to determine if one short, spreading flower will look good with a tall, stately grass. Plantswoman Nancy J. Ondra has spent 30 years experimenting with plant combinations, and she shares her one-plant-at-a-time approach for choosing plant partners.

By focusing first on one perennial and its attributes, gardeners can select companion plants that complement it to create an endless number of groupings with eye-catching color combinations, dramatic textural displays, and stunning seasonal effects.

The Perennial Matchmaker features 90 individual perennial profiles, 300 exquisite photographs of plant partnerships, and Ondra's insight into the array of plants, including annuals, bulbs, grasses, shrubs, and other perennials, that make great combinations. Each profile features dozens of ideas for pairings, the reasons why the pairings will work, and region-specific choices.

Whether the reader is just starting with perennials or is a long-time gardener who wants to elevate plantings for a more cohesive look, *The Perennial Matchmaker* is the go-to guide for creating stunning plant medleys. And the matchmaker angle is easy to understand—it's a favorite perennial looking for friends!

NANCY J. ONDRA is the author or coauthor of more than a dozen gardening books. She grows a wide variety of ornamental and edible plants at Hayefield, her 4-acre homestead in Bucks County, PA.



MARCH

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Unseen City

The Majesty of Pigeons, the Discrete Charm of Snails & Other Wonders of the Urban Wilderness

NATHANAEL JOHNSON

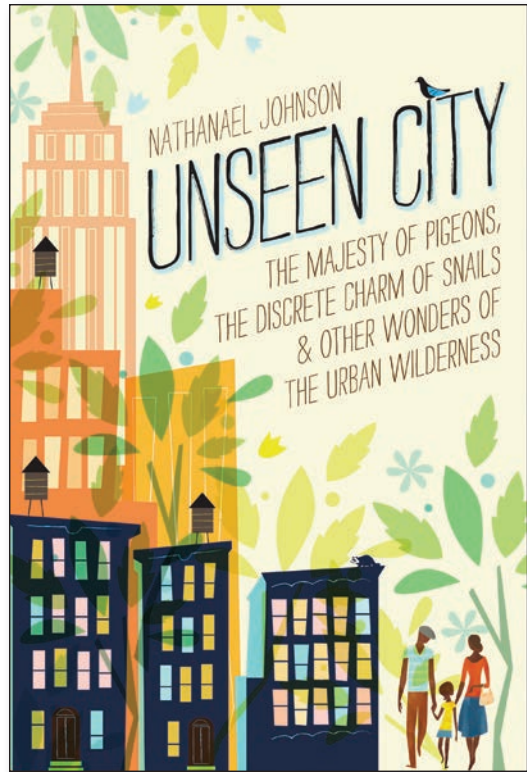
A father searches an urban jungle to find the beauty of nature for his family in everyday city life

IT ALL STARTED WITH NATHANAEL JOHNSON'S decision to teach his daughter, Josephine, the names of every tree they passed as they walked up the hill to day-care in San Francisco, CA. It was a ridiculous project, not just because she couldn't even say the word "tree" yet, but also because *he* couldn't name a single one of them. When confronted with the futility of his mission, his instinctive response was to expand it, Don Quixote style, until its audacity obscured its stupidity. And so the project expanded to include an expertise in city-dwelling birds (the raptors, the shockingly shrewd crows, the gulls, the misunderstood pigeons), rodents (raccoons, rats, squirrels), and tiny crawling things (the superpowers of snails, the vast intercontinental warfare of ants).

There's an unseen world all around us. There are wonders that we walk past every day without noticing. Johnson has written a book that will widen the pinhole through which we see the world. What does the world look like through the eyes of a peregrine falcon, or a raccoon, or an ant? What does a sidewalk Ginkgo balboa "see?" What would you learn each morning if you understood how to speak pigeon? If we look closely enough, Johnson believes that the walk to the subway can be just as entrancing as a walk through the forest.

Each chapter allows readers to follow the author, his wife, and his daughter as they search for meaning in urban nature.

NATHANAEL JOHNSON is the food writer for *Grist* and teaches at the University of California, Berkeley, Graduate School of Journalism. He lives in San Francisco.



APRIL

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The Estrogen Window

The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced—through Perimenopause, Menopause, and Beyond

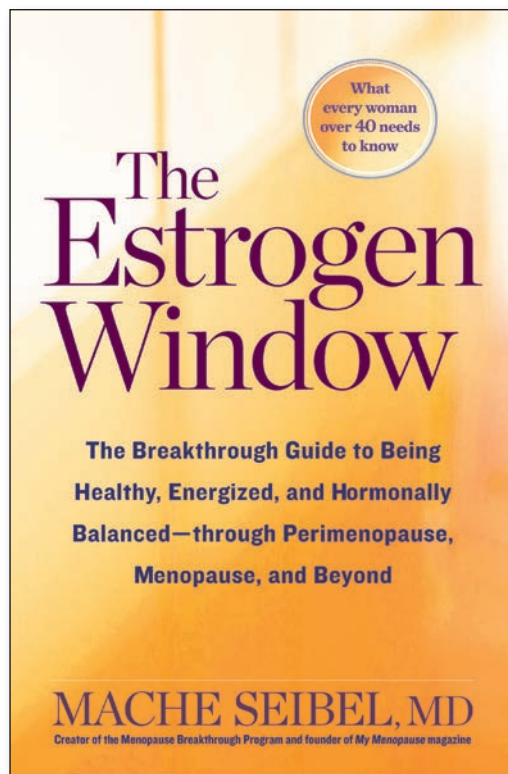
MACHE SEIBEL, MD

The definitive book on hormonal health for menopausal women

WHEN ADMINISTERED AT THE RIGHT TIME, ESTROGEN therapy can lead to substantial improvements in a woman's quality of life. Yet, for more than a decade, women have been told about many worrisome side effects of hormone replacement therapy—including an increased risk of cancer, blood clots, and heart disease. In *The Estrogen Window*, Dr. Mache Seibel shows that *not* taking estrogen at the right time following menopause actually increases the risk of suffering one of those events. Falling estrogen levels also increase a woman's risk for heart disease and Alzheimer's, as well as osteoporosis.

Dr. Seibel presents groundbreaking research that proves how every woman has an "estrogen window," an ideal time to begin estrogen replacement, which can minimize menopausal symptoms such as hot flashes, night sweats, mood swings, fractured sleep, brain fog, irritability, and weight gain. Not only can women safely take estrogen during this window, but taking the hormone this way provides a wide range of health benefits that guarantee women increased protection from the very conditions they have been led to fear most.

MACHE SEIBEL, MD, is one of America's leading experts on women's health and menopause. He served on the Harvard Medical School faculty for 20 years and is the editor of *My Menopause* magazine, which won a 2013 Web Health Award. Dr. Seibel contributes to *The Huffington Post* and appears regularly on *Today*, *Inside Edition*, and PBS. He lives in Boston.



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Runners of North America

A Definitive Guide to the Species

MARK REMY

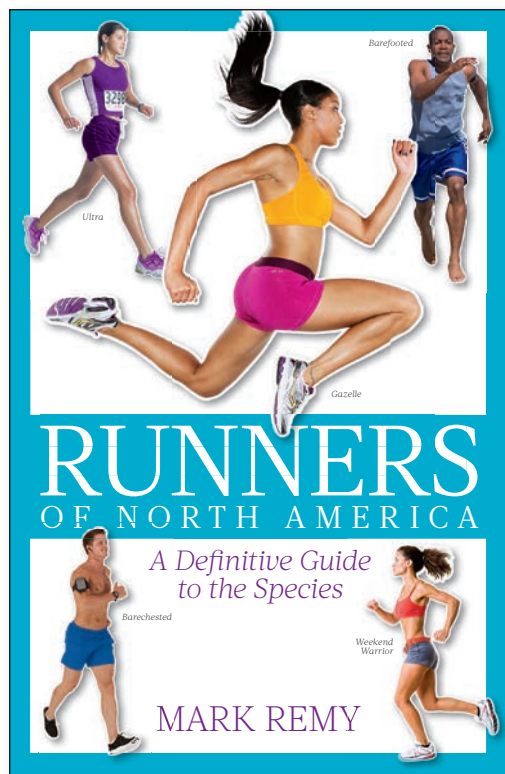
The perfect gift for runners—and for anyone seeking to better understand their bizarre behavior

IF THERE'S ONE THING THAT MARK REMY KNOWS, it's running. After 25 marathons and a career writing for and about runners in *Runner's World*, he is well equipped to dissect the running world and the odd creatures that make up its population.

Runners of North America is a playful, user-friendly handbook designed to help us understand this brightly clad species and their quirky behavior. With chapters like "Diet and Nutrition" and "Mating Habits," *Runners of North America* examines and explains the lives of runners from every conceivable angle—while delivering plenty of laughs along the way. (Imagine a chimpanzee channeling Dave Barry channeling Jane Goodall.)

As the author knows very well, one of the defining characteristics of runners is a fascination with, well . . . runners. This guide will therefore prove irresistible to its subjects, as well. Illustrated with line drawings that capture the humor and tone of the book, this is the runners' version of *The Official Preppy Handbook* and is sure to make readers laugh, identify with, and poke fun at the ridiculous things that runners do, all the while highlighting what makes belonging to this group uniquely entertaining.

MARK REMY is a writer and runner based in Portland, OR, where he lives with his wife, two children, dog, and cat. He spent 7½ years at *Runner's World*, the world's leading running publication, before leaving in 2014 to become a writer at large. He is the author of *RunnersWorld.com's* popular Remy's World column and author of *The Runner's Rule Book*, *The Runner's Field Manual*, and *C is for Chafing* (2011).



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November Project: THE BOOK

Get Fit, Build Community
& Grab Life by the Balls

**BROGAN GRAHAM AND BOJAN
MANDARIC WITH CALEB DANILOFF**

The high-octane group-fitness phenomenon that shows how everyone can take their workouts with them wherever they go

NOVEMBER PROJECT: THE BOOK IS THE STORY OF how two way-outside-the-box fitness fanatics are flipping the fitness industry on its head and making the world a better place, one city at a time. No facility. No machines. Just two dudes and a tribe of thousands.

What started 4 years ago as a monthlong workout pact between two friends has grown into a national fitness phenomenon. November Project espouses free, all-weather, outdoor group sweats that turn strangers into friends and connect everyone to the city in which they live. It's been described as everything from flash-mob fitness to "the fight club of running clubs" to a cult.

In *November Project: THE BOOK*, Graham and Mandaric chronicle their fitness movement's genesis, evolution, operations, membership, "secret sauce," and its future—and along the way, show readers how to get fit and societally engaged. The book also includes detailed, illustrated workouts and advice on starting grassroots tribes, civic engagement and how the city can be used as a gym, growing membership, and the most effective use of social media.

BROGAN GRAHAM and **BOJAN MANDARIC** met on the Northeastern University crew team. Through their passion for fitness, this high-spirited duo formed November Project in 2012. They live in Boston.

CALEB DANILOFF is a contributor to *Runner's World* magazine. His work has appeared in numerous outlets and he has received multiple awards, including a nomination for a Pushcart Prize.



APRIL

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First Ladies of Running

21 Intimate Profiles of Running's
Female Pioneers

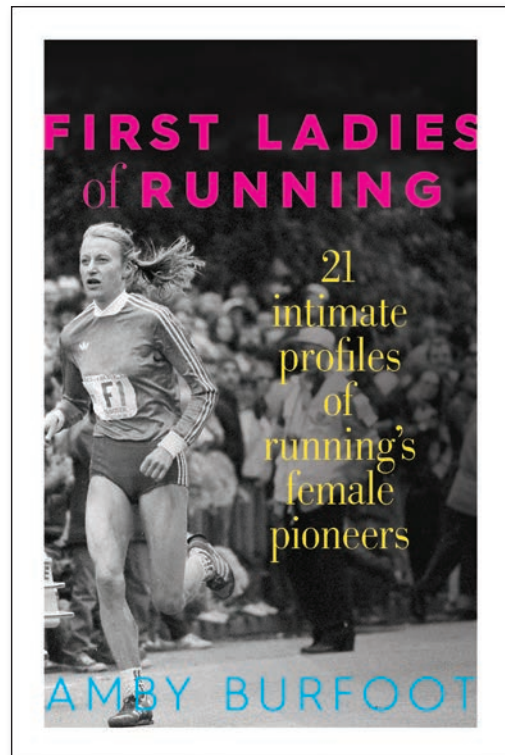
AMBY BURFOOT

Profiles of the women who have shaped the
face of running for a new generation

AMBY BURFOOT HAS BEEN FOLLOWING THE women's running movement for 50 years and in this book, Burfoot presents 20 inspiring stories of women runners from the 1960s, 70s, 80s, and 90s, including an incredible profile of Joan Benoit Samuelson, who won the first ever Olympic Women's Marathon in Los Angeles, in 1984. From there, women's running grew in popularity. Ten years later, in 1994, Oprah Winfrey—the ultimate queen of media—ran her first marathon, and Amby Burfoot was there to chronicle the effect it had on the women's running world. Running became *the* sport for women to embrace, setting into motion a widespread women's running boom that continues unabated to this day, with women now making up 50 percent of the running population.

The other equally divine women featured in *First Ladies of Running*, including legends such as Grete Waitz and Kathrine Switzer, personify inspiration. Women struggled against entrenched cultural and gender barriers, and they refused to give up. They believed too strongly in their individual rights, personal goals, and gender equality—and they loved running too much—to let it go. This book is a beautiful tribute to the pioneers of women's running and a gift of inspiration and empowerment for female runners everywhere.

AMBY BURFOOT has been a *Runner's World* editor since 1978. He is the 1968 winner of the Boston Marathon and has run countless races with many of the women detailed in this book. He is the author of several running-related books and has contributed material to countless others. He lives in Mystic, CT.



APRIL

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SPORTS / RUNNING

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25 black-and-white photographs

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**RECENTLY
PUBLISHED**

Dr. Kellyann's Bone Broth Diet

The 21-Day Plan to Lose Weight and Lose Wrinkles

DR. KELLYANN PETRUCCI, MS, ND

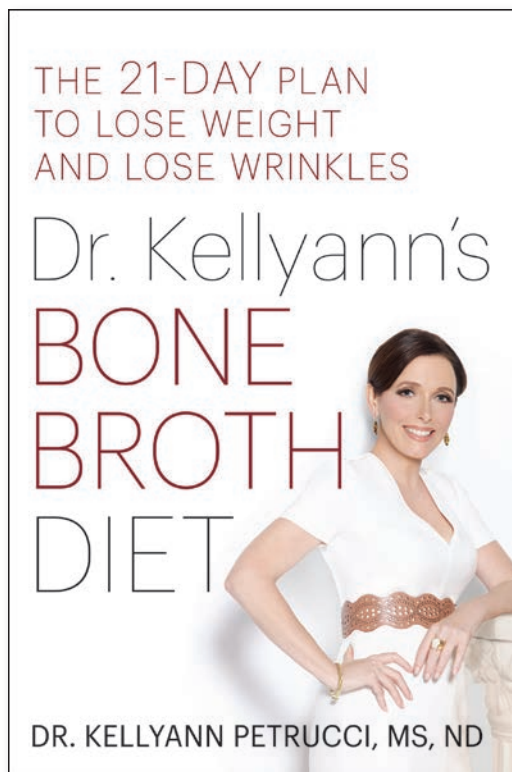
A 21-day plan to lose up to 20 pounds and achieve more youthful skin centered on the newest health craze: bone broth

THE *NEW YORK TIMES* SAYS IT "RANKS WITH GREEN juice and coconut water as the next magic potion in the eternal quest for perfect health." ABC News calls it "the new juice craze." Celebrities like Gwyneth Paltrow and Kobe Bryant are hooked on it. It's bone broth—and it's the core of *Dr. Kellyann's Bone Broth Diet*.

The cornerstone of naturopathic physician and weight loss specialist Kellyann Petrucci's booming health practice, bone broth is packed with fat-burning, skin-tightening collagen; has anti-inflammatory properties; and helps to heal the gut. Dr. Petrucci couples delicious bone broth recipes with a groundbreaking intermittent fasting plan, helping readers achieve spectacular weight loss and more youthful looking skin in just 21 days.

Dr. Petrucci walks readers through the science of why bone broth works, then arms them with a plan to lose weight safely and easily—with no cravings, weakness, or hunger pains. She introduces readers to simple but gourmet recipes for beef, turkey, chicken, and fish bone broths and soups that are loaded with flavor and nutrients, as well as easy ways to cut down on time spent in the kitchen. With easy resistance training routines and mindful meditation exercises, this book gives readers everything they need to succeed.

DR. KELLYANN PETRUCCI, MS, ND, is a board-certified naturopathic physician and certified nutrition consultant with a thriving practice in Birmingham, MI. She is also a concierge doctor for celebrities in Los Angeles and New York. She lives in Bucks County, PA.



DECEMBER

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DIET

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The Women's Health Body Clock Diet

Reset Your Brain-Belly Signal to Defeat Cravings and Drop Pounds!

LAURA CIPULLO, RD

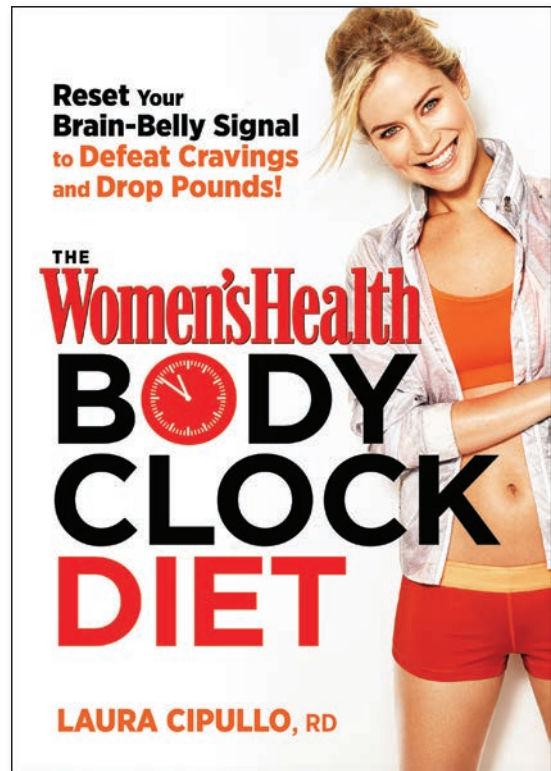
An hour-by-hour eating and exercise plan that helps women avoid hormone-driven "temptation times" and lose weight for good

THE WOMEN'S HEALTH BODY CLOCK DIET PROVIDES readers with round-the-clock calorie control to finally eliminate the guesswork around dieting and the inadvertent cheating that sabotages good intentions.

Researchers have identified four key times of the day after 11 a.m. when women's hormones cause significant fluctuations in energy and metabolism, revving it high or leaving it sluggish, triggering extreme hunger or allowing satisfaction on fewer calories. Large surveys show that women who understand their hunger cues and can tailor their eating and exercising routines to specific times of the day will lose twice as much weight as those who don't follow a weight-loss timing plan.

The Women's Health Body Clock Diet offers readers a 3-phase plan to reset their body clocks for fast initial weight-loss and the tools to improve blood sugar stability for long-term body shape maintenance. Its innovative mindful eating plan helps women overcome the cravings that lead to high-calorie overeating. The 30-day meal plan offers recipes, shopping lists, and a daily exercise "to-do list" virtually guaranteeing compliance and significant weight loss.

LAURA CIPULLO is a registered dietitian, certified diabetes educator, and president of the New York chapter of the International Association of Eating Disorder Professionals. She lives and works in New York City. **WOMEN'S HEALTH** is an award-winning lifestyle magazine published by Rodale Inc.



DECEMBER

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DIET

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60 black-and-white photographs

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