



RODALE

WINTER 2017



RODALE

Dear Booksellers:

Each New Year brings with it an exciting opportunity to hit the reset button on areas of our lives that need a fresh start. Whatever healthy habit readers are planning to focus on, Rodale's Winter 2017 list is filled with inspiring titles, by leading experts, that are sure to motivate and energize them!

By now we know the key to getting fit and healthy starts in our own minds. In *THE LIVING CLEARLY METHOD*, yoga instructor, wellness expert, and wife of actor Alec Baldwin, Hilaria Baldwin, outlines a 5-principle method for using movement and mindfulness to improve how you feel, enable you to eat more healthfully, and inspire you to get off the couch to exercise in fun, unique ways.

For those looking for a more "extreme" approach to wellness, journalist and anthropologist Scott Carney takes us on a thrilling narrative journey into the world of people who push the limits of human endurance in *WHAT DOESN'T KILL US*. These athletes, including Carney himself, take on everything from extreme cold temperatures to shockingly high altitudes—"hacking" both mind and body in order to regain our lost evolutionary strength.

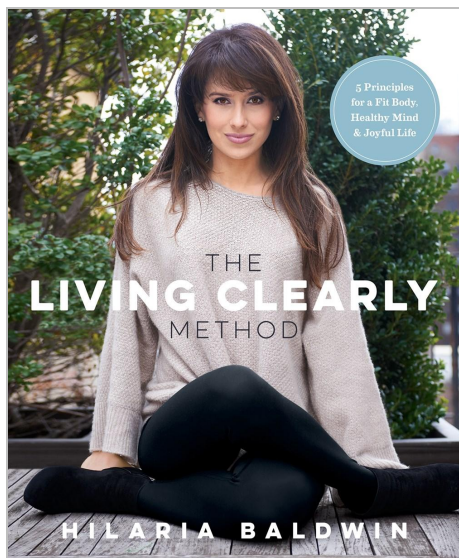
The Winter 2017 list is also filled with titles that offer guidance for navigating some of the biggest moments in our lives. Former editor-in-chief of *Seventeen* magazine and voice behind the wildly popular Badass Babes community Ann Shoket has written the ultimate guidebook for millennial women. *THE BIG LIFE* is sure to become *the* buzz book among young women—think *Lean In* for the millennial set. In *LET IT GO*, decluttering king and organizational guru Peter Walsh addresses those momentous life changes that cause us to downsize—empty nesters and retirees selling large homes, newlyweds blending their households, adult children cleaning out their parents' home after they've passed away. Walsh offers the definitive guide to downsizing, reducing stress, and living simply.

And no matter what we're dealing with, sometimes we need a reminder about the importance of grace, especially under pressure. From the bestselling author of *Adulthood* comes a charming funny guide to modern civility. In her new book, *GRACIOUS*, Kelly Williams Brown sets out to prove that grace is not an inborn quality but something we can all practice and perfect. With wit and wisdom, she gives readers the tools to move smoothly and effectively through whatever life tosses at them.

Whatever you've got planned for yourself in 2017, we're confident there's a Rodale title that can help you make this your best year yet!

All the best,

Gail Gonzales



HEALTH & FITNESS / HEALTHY LIVING

Rodale Books | 12/27/2016

9781623366988 | \$25.99 / \$29.99 Can.

Trade Paperback | 272 pages | Carton Qty: 12

9.1 in H | 7.5 in W

40 full-color photos

Subrights: US/CAN/P exclusive, OM non-exclusive (excluding standard UK/Comm)

MARKETING

- National author publicity
- National radio campaign
- National print features and review
- Online publicity and promotions
- Promotion via authors site and large social audience
- Social media via author, Yoga Vida, Rodale Wellness and Rodale Books
- Advertising in Rodale Magazines
- Paid social and online ads targeting yoga, celebrity
- Rodale Wellness coverage in newsletters, site and online ads
- New Year, New You promotions

The Living Clearly Method

5 Principles for a Fit Body, Healthy Mind & Joyful Life

Hilaria Baldwin

Yoga instructor and wellness expert Hilaria Baldwin's five-principle method for using movement and mindfulness to create an unbreakable mind-body connection.

Hilaria Baldwin knows what it means to be pulled in too many directions. A mother, businesswoman, yoga instructor, and wife of actor Alec Baldwin, she has to work hard to remain centered. Through her life journey, struggles, and personal growth, Baldwin has developed a method that engages five key principles to bring the wisdom, calm, and power of the yoga mat into everyday life. *The Living Clearly Method* is a comprehensive, accessible guide to practicing these principles in a way that will improve how readers feel, enabling them to eat more healthfully and motivating them to get off the couch to exercise in fun, unique ways.

This book demonstrates why communication between mind and body is essential to support the healthiest and most engaged lifestyle possible. Regardless of fitness level, diet, or scheduling demands, readers will find *The Living Clearly Method* packed with practical wisdom, delicious recipes, and workouts that will enhance and beautify any life.

Fitness and wellness expert **Hilaria Thomas Baldwin** (@hilariabaldwin) is the cofounder of Yoga Vida, a yoga studio with locations in Union Square and Noho. Baldwin has been profiled by the *New York Times*, *Elle*, and *Yoga Journal* and been featured as a fitness authority on *TODAY*, *Katie*, *LIVE with Kelly and Michael* and *The Rachael Ray Show*. She released her first workout DVD, *@ Home with Hilaria Baldwin: Fit Mommy-to-Be Prenatal Yoga* in October 2013 from Acacia.

BodyWise

Discovering Your Body's Intelligence for Lifelong Health and Healing

Rachel Carlton Abrams, MD

In the tradition of Christiane Northrup's *Women's Bodies Women's Wisdom*, Dr. Rachel Abrams offers a new approach to treat Chronic Body Depletion, leaving women feeling healthier than ever before.

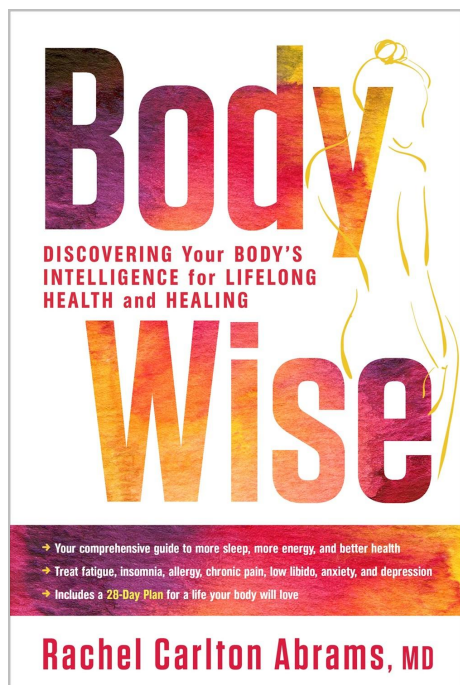
Are you tired? Do you get regular headaches, backaches, or pelvic discomfort? Do you get depressed or anxious? Do you have allergies, rashes, or digestive issues? Have you lost your sex drive? If yes, you may be like 75% of Dr. Rachel Abrams's patients who suffer from Chronic Body Depletion. Of the five primary characteristics of this condition—fatigue, chronic pain, depression and anxiety, allergies and autoimmune issues, and libido loss—most patients experience at least three in some form, and come to Dr. Abrams's integrative practice worried that they may never feel *well* again.

BodyWise presents an integrative approach, complete with a practical 28-day plan, that balances conventional medicine, wellness practices, and your own intuition to heal your body physically and emotionally. Dr. Abrams explains that these symptoms, uncomfortable as they may be, are a sign of the body's intelligence. Our bodies are trying to communicate with us, but we have lost the tools to listen. *BodyWise* teaches women to understand the natural wisdom of the body and to cultivate body intelligence in the five fundamentals of health: eating, sleeping, moving, loving, and finding purpose. Written with the wisdom of a top physician but the warmth and humor of a girlfriend, *BodyWise* is a life-changing work that delivers hope, knowledge, and new strategies for staying healthy while doing it all.

PRAISE

"I wish everyone could have Dr. Rachel Abrams as their personal physician. Very few doctors address the multiplicity of factors Dr. Abrams considers in treating every patient, [and]... no one else I know of blends so much medical knowledge with so much empathy and respect for her patients' instincts. I'd advise any woman who wants to optimize her own health keep a copy of *BodyWise* close by."
—Martha Beck, *New York Times* bestselling author of *Expecting Adam* and *Finding Your Own North Star*, *O Magazine* columnist, and Oprah's life coach

DR. RACHEL ABRAMS, M.D. graduated from Stanford University, received her Medical Degree from UC San Francisco and a Masters Degree in Holistic Health and Medical Sciences from UC Berkeley. She is Board Certified in Family Medicine and Integrative and Holistic Medicine, and she has been a board member of the American Holistic Medical Association since 2013. She currently chairs committees for the Academy of Integrative Health and Medicine. Abrams lives in California with her family.



HEALTH & FITNESS / WOMEN'S HEALTH

Rodale Books | 12/27/2016

9781623367220 | \$24.99 / \$28.99 Can.

Hardcover | 256 pages | Carton Qty: 26

9 in H | 6 in W

Subrights: US/CAN/P exclusive, OM non-exclusive (excluding standard UK/Comm)

MARKETING

- National radio campaign
- National print features and review
- Online publicity and promotions
- Social media via author, Rodale Wellness and Rodale Books
- Paid social and online ads, New Year, New You promotion
- Advertising in Rodale Magazines
- Rodale Wellness coverage in newsletters, site and online ads
- Promotion via authors site, newsletters

THE 11-STEP BEHAVIOR-BASED PLAN
THAT ENDS OVEREATING
AND LEADS TO DROPPING
UNWANTED POUNDS FOR GOOD

BRAIN POWERED WEIGHT LOSS

ELIZA KINGSFORD

Executive Director of Wellspring Weight Loss Programs
WITH DEBORA YOST

HEALTH & FITNESS / DIET & NUTRITION / NUTRITION

Rodale Books | 1/3/2017

9781623368098 | \$26.99 / \$31.50 Can.

Hardcover | 256 pages | Carton Qty: 26

9 in H | 6 in W

Subrights: U.S./Canada/OM

MARKETING

- National radio campaign
- National print features and review
- Online publicity and promotions
- Social media via author, Rodale Wellness and Rodale Books
- Advertising in Rodale Magazines
- Paid social and online ads
- Rodale Wellness coverage in newsletters, site and online ads
- Promotion via authors/Wellspring site, social and newsletters
- Advanced Access and Goodreads Giveaways

Brain-Powered Weight Loss

The 11-Step Behavior-Based Plan That Ends Overeating and Leads to Dropping Unwanted Pounds for Good

Eliza Kingsford Executive Director of Wellspring Weight Loss Camp With Debora Yost

Put an end to overeating and strengthen your brain with the Wellspring weight loss program that's helped more than 10,000 people lose more than 200,000 pounds.

Many of us struggle with weight loss not because we're always hungry, but because our mind succumbs easily to fatty, addictive foods. As the Executive Director at Wellspring Weight Loss Camp, Eliza Kingsford has discovered food addiction begins and ends in the brain. While other diets focus on calorie counting and exercise alone, Wellspring's approach to lasting weight loss teaches you to re-train your mind with a 11-step behavior-altering program. The approach teaches readers to foolproof their health with strategies such as how to:

- Overcome food dependency by learning CBT and DBT concepts, which address underlying aspects of addiction—a major component of Wellspring's program
- Identify surprising food triggers and “thinking errors” that cause lapses and derail diets
- Cross the bridge into healthy obsession where you'll crave healthy food for the rest of your life

With *Brain-Powered Weight Loss* the many thousands of people suffering from food addiction can still get the benefits of attending Wellspring without the high cost and time commitment. Wellspring has seen unprecedented success, and now this immersion program is coming to you in book form.

While many diets fail, readers will find that they can stick to the *Brain-Powered* plan because it goes beyond just diet and exercise. Kingsford will coach them along the way to sustained weight loss and a stronger, healthier brain.

ELIZA KINGSFORD, MA, LPC, is a licensed psychotherapist specializing in weight management, food addiction, body image, and eating disorders. She joined the Wellspring Weight Loss Camp in 2007 and became its executive director in 2014. A certified personal trainer, group fitness instructor, and lifelong athlete, Kingsford has been passionate about combining psychological intervention, nutrition, and exercise during her graduate studies at the University of Colorado. She lives in Boulder, CO.

Wells...

What Doesn't Kill Us

How Freezing Water, Extreme Altitude and Environmental Conditioning Will Renew Our Lost Evolutionary Strength

Scott Carney Foreword by Wim Hof

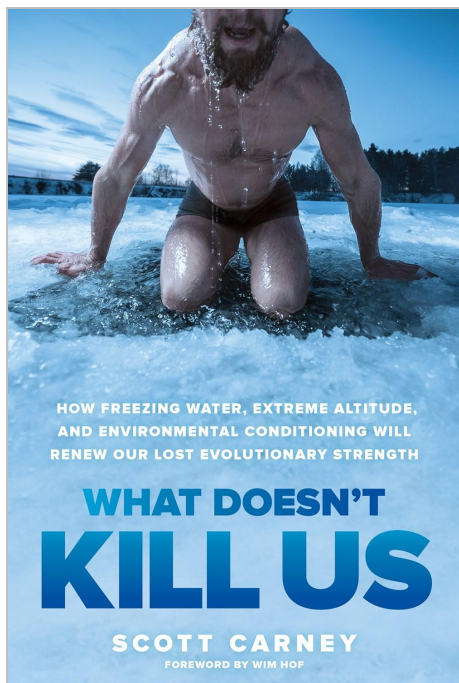
Like *Born to Run*, a journalistic investigation into how people can use environmental conditioning to hack their minds and bodies to do amazing things.

Every year, millions of people push the limits of human endurance. These athletes train in abandoned warehouses and Cross Fitboxes, crawl in mud, trudge through ice-cold pools in Tough Mudders and Spartan races, or run ultra-marathons on treacherous terrain. They share a unifying ideology: The key to human power is to recreate the original environmental conditions of our ancestors to regain our lost evolutionary strength.

Scott Carney, an investigative journalist and anthropologist, studies these extreme athletes who believe that through environmental conditioning, we can fundamentally “hack” our bodies for the better. No one exemplifies this movement better than Dutch fitness guru Wim Hof, whose remarkable ability to control his body temperature in extreme cold has sparked a whirlwind of scientific study.

Carney investigates the fundamental philosophy at the root of this movement in three interlocking narratives. He explores the science of human performance while he examines Hof and the movement’s leaders, all while evolving from an ordinary desk guy to an extreme endurance athlete. The book follows Carney's own journey as he pushes his body and mind to the edge of human endurance including a record-breaking, 28-hour climb up Mt. Kilimanjaro wearing nothing but a pair of running shorts and sneakers.

SCOTT CARNEY is an investigative journalist and anthropologist whose reporting has taken him to some of the most dangerous and unlikely corners of the world. He has been a contributing editor at *Wired* and his work also appears in *Mother Jones*, *Foreign Policy*, *Playboy*, *Details*, *Discover*, *Outside* and *Fast Company*. He lives in Denver, CO.



SPORTS & RECREATION

Rodale Books | 1/3/2017

9781623366902 | \$26.99 / \$31.50 Can.

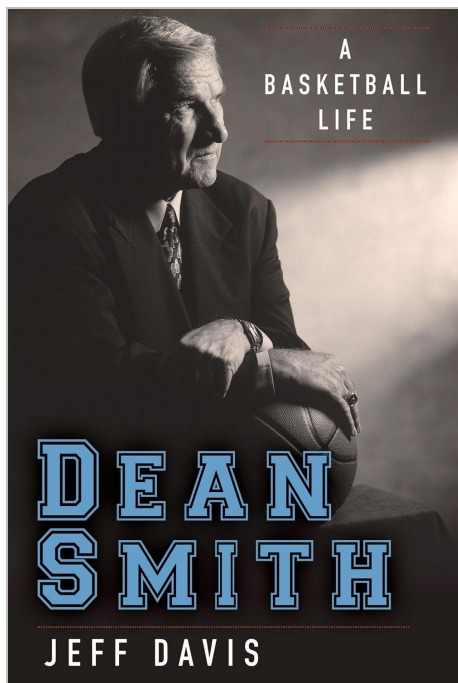
Hardcover | 288 pages | Carton Qty: 24

9 in H | 6 in W

25 black and white photos

MARKETING

- National radio campaign
- National print features and review
- Online publicity and promotions
- Social media via author, Rodale Wellness and Rodale Books
- Advertising in Rodale Magazines
- Paid social and online ads targeting biohacking, military, Cross Fit audiences
- Rodale Wellness coverage in newsletters, site and online ads
- Advanced Access and Goodreads Giveaways



BIOGRAPHY & AUTOBIOGRAPHY / SPORTS

Rodale Books | 2/7/2017

9781623363604 | \$25.99 / \$29.99 Can.

Hardcover | 272 pages | Carton Qty: 26

9 in H | 6 in W

25 b&w photos

Subrights: World Exclusive

MARKETING

- National print features and reviews
- Online publicity and promotions
- Social media via author, Rodale Wellness and Rodale Books
- Targeted Paid social and regional online ads, March Madness timing
- Advertising in Rodale Magazines, brand coverage in book /sites
- Rodale Wellness coverage in newsletters, site and online ads
- Advanced Access and Goodreads Giveaways

Dean Smith

A Basketball Life

Jeff Davis

The definitive biography of legendary former University of North Carolina and Olympic men's basketball coach Dean Smith.

In 36 years as the head men's basketball coach at the University of North Carolina, Dean Smith led teams to a record 879 wins. Among Smith's accomplishments are two NCAA championships and 11 Final Four appearances. He developed 26 consensus All-Americans, five NBA rookies of the year (including Michael Jordan), and 25 first-round draft picks. 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 devout liberal, Smith worked to abolish the death penalty in North Carolina and openly supported gay rights. Five years before the Supreme Court's ruling in *Brown vs. Board of Education*, he pleaded with officials to include black players on the school's basketball team. After his fourth season as head coach, Smith found his most significant recruit in New York City. Charlie Scott became the school's first African-American scholarship recipient, integrating the Atlantic Coast Conference and college basketball in the South. Scott became an All-American, led Carolina to two Final Four appearances, and earned a gold medal in the 1968 Mexico City Olympics. Smith passed away in February 2015 at the age of 83. This is the first biography of Dean Smith, who 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.

Learn Better

Six Strategies for Mastering the Skills for Success in Life, Business and School

Ulrich Boser

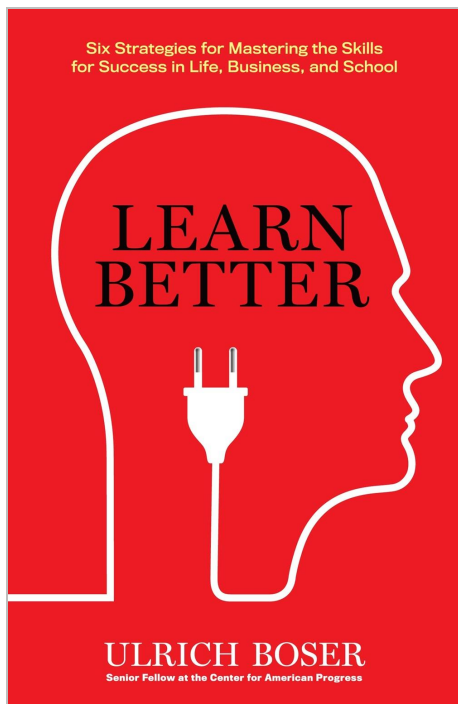
A comprehensive guide to learning better, whatever your life stage.

For centuries, experts have argued that learning was about memorizing information: You're supposed to study facts, dates, and details, burn them into your memory, and then apply that knowledge at opportune times. But this approach to learning isn't nearly enough for the world that we live in today, and in *Learn Better* journalist and education researcher Ulrich Boser demonstrates that *how* we learn can matter just as much as what we learn.

In this brilliantly researched book, Boser maps out the new science of learning, showing how simple techniques like comprehension check-ins and making material personally relatable can help people gain expertise in dramatically better ways. He covers six key steps to help readers “learn how to learn,” all illuminated with fascinating stories like how Jackson Pollock developed his unique painting style and why an ancient Japanese counting device allows kids to do math at superhuman speeds. Boser’s witty, engaging writing makes this book feel like a guilty pleasure, not homework.

Learn Better will revolutionize the way students and society alike approach learning and makes the case that being smart is not an innate ability — learning is a skill everyone can master. With Boser as their guide, readers will be able to fully capitalize on their brain’s remarkable ability to gain new skills and open up a whole new world of possibilities.

ULRICH BOSER is a Senior Fellow at the Center for American Progress, where he writes about social issues. Prior to joining CAP, he was a contributing editor for *U.S. News & World Report* and research director at *Education Week*. His work has appeared in the *New York Times*, *Washington Post*, and *Wall Street Journal*. He is the author of *The Leap* and *The Boston Globe* and national bestseller *The Gardner Heist*. He lives in Washington, D.C. with his wife and two daughters.



SELF-HELP / PERSONAL GROWTH / SUCCESS

Rodale Books | 3/7/2017

9781623365264 | \$24.99 / \$28.99 Can.

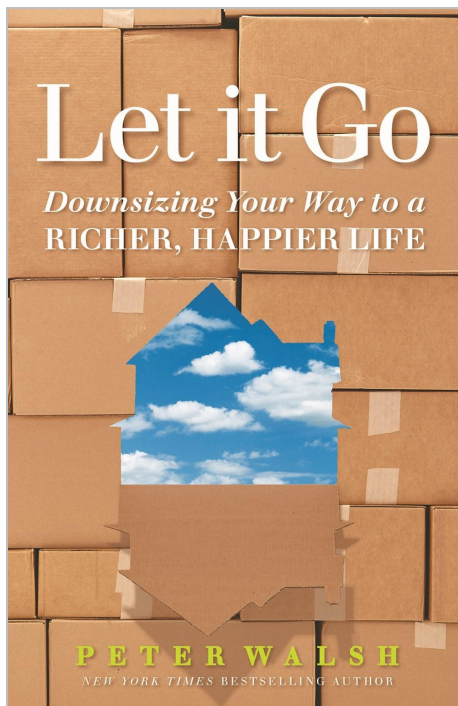
Hardcover | 256 pages | Carton Qty: 22

8.4 in H | 5.5 in W

Subrights: North America

MARKETING

- National radio campaign
- National print features and review
- Online publicity and promotions
- Social media via author, Rodale Wellness and Rodale Books
- Advertising in Rodale Magazines
- Paid social and online ads targeting business and blogs
- Promotion via authors site, events
- Advanced Access and Goodreads Giveaways
- 3+ / 3% offer



Let It Go

Downsizing Your Way to a Richer, Happier Life

Peter Walsh, New York Times Bestselling Author

The definitive guide to downsizing, reducing stress, and living simply.

Sorting through a lifetime's worth of accumulated possessions can be an overwhelming and especially stressful process that millions of Americans discover every year. Downsizing often happens around a momentous life change, whether it's empty nesters and retirees selling their large family home, newlyweds blending their households, workers relocating to an urban area, or adult children cleaning out their parents' property after they've moved into an assisted living facility or passed away.

Decluttering guru Peter Walsh knows the difficulty of downsizing firsthand. Along with six of his siblings, he recently went through the process of downsizing his childhood home and dividing his late parents' family possessions. Walsh relied on his organizational expertise and knack for dealing with the underlying fears that surround an attachment to stuff. Now, in *Let It Go*, he reframes downsizing from an overwhelming chore to a rejuvenating life change. The book features many tips and practical takeaways, such as how to:

- Agree on strategies for dividing heirlooms between siblings *without* drama
- Establish a hierarchy of mementos and collectibles
- Calculate the amount of stuff you can bring into your new life
- Understand the emotional challenges that accompany downsizing

This new phase brings unexpected freedoms, opportunities, and responsibilities, and Walsh walks readers through every step of the process.

PETER WALSH is the author of seven previous books, including the *New York Times* bestsellers *It's All Too Much* and *Enough Already!* and most recently *Lose The Clutter*, *Lose The Weight*. 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 has hosted several TV shows, including *Clean Sweep* and *Extreme Clutter*. He lives in Los Angeles.

HOUSE & HOME / CLEANING, CARETAKING & ORGANIZING

Rodale Books | 2/14/2017

9781623367794 | \$25.99 / \$29.99 Can.

Hardcover | 256 pages | Carton Qty: 22

8.4 in H | 5.5 in W

Subrights: World

MARKETING

- National author publicity
- National radio campaign
- National print features and review
- Social media via author, Rodale Wellness and Rodale Books
- Advertising in Rodale Magazines
- Paid social and online ads targeting retirement, downsizing
- Rodale Wellness coverage in newsletters, site and online ads, tie to Spring cleaning season
- Promotion via authors site and social audience
- Advanced Access and Goodreads Giveaways

What the Dead Have Taught Me About Living Well

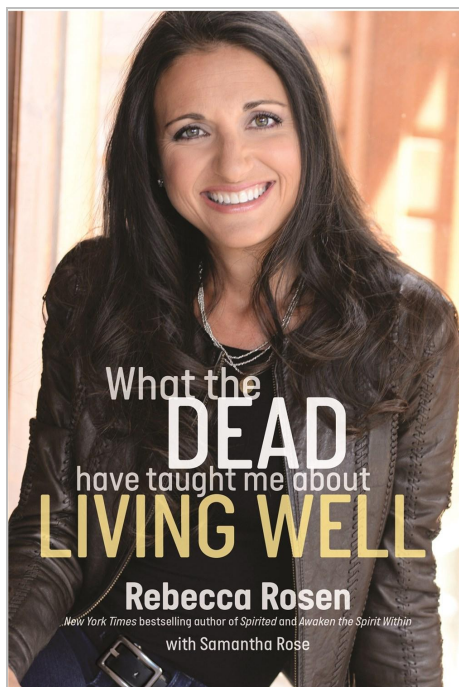
Rebecca Rosen with Samantha Rose

Bestselling author and renowned spiritual medium Rebecca Rosen shares personal insights from the Other Side that help her—and will help you—live your best life.

Are you curious about what's on the other side? From the bestselling author of *Spirited* and *Awaken the Spirit Within*, spiritual medium Rebecca Rosen opens up about her personal life and answers the questions she is asked the most: How does your connection to the Other Side help you navigate *your* day-to-day, real world? Can my departed loved ones help guide me? For the first time, Rosen shares the daily practices and tools that she uses to connect with an infinite wellspring of support from beyond, showing readers how to similarly recognize the “signs” and harness divine guidance into their everyday lives.

Part memoir, part spiritual guide, *What the Dead Have Taught Me About Living Well* walks readers through a day in Rosen's life and reveals how she tunes in to see, hear, and feel the presence of spirits to help support and guide her decisions and actions. Alongside Rosen, readers will begin to connect the dots and “see” the bigger picture as it comes into focus. We are not alone. All of us, Rosen contends, are supported from beyond. Loving spirits are waiting in the wings to help us connect to the deeper meaning in our daily lives—all we need to find are the tools to listen.

REBECCA ROSEN is an international bestselling author, inspirational speaker, and star of Lifetime's *The Last Goodbye*. Known for her accessible style and stunningly accurate ability to connect with the departed, her broad appeal and healing message have led to repeated national media appearances on *Dr. Oz*, *Dr. Phil*, *Entertainment Tonight*, *Fox and Friends*, and more. Rosen regularly tours around the country performing in front of sold-out live audiences. She lives in Denver, CO, with her family.



BODY, MIND & SPIRIT / INSPIRATION & PERSONAL GROWTH

Rodale Books | 2/14/2017

9781623367817 | \$25.99 / \$29.99 Can.

Hardcover | 256 pages | Carton Qty: 26

9 in H | 6 in W

Subrights: US/Canada/P, and OM exclusive

MARKETING

- National author publicity
- National radio campaign
- National print features and review
- Social media via author, Rodale Wellness and Rodale Books
- Advertising in Rodale Magazines
- Rodale Wellness coverage in newsletters, site and online ads
- Promotion via authors social and newsletter
- Advanced Access and Goodreads Giveaways

DR. PITCAIRN'S
COMPLETE GUIDE TO
NATURAL HEALTH
FOR DOGS & CATS



RICHARD H. PITCAIRN, DVM, PhD,
AND SUSAN HUBBLE PITCAIRN

Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats (4th Edition)

Richard H. Pitcairn, DVM, PhD, and Susan Hubble Pitcairn

The definitive guide to natural pet health updated with the latest information on healthy, humane, sustainable diets for the 21st century and natural healing for ailments and illnesses.

Since its first publication more than 30 years ago, *Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats* has sold 500,000 copies and continues to be the go-to resource for health-conscious animal lovers. Now, in the fourth publication of this groundbreaking text, new and old fans of Dr. Pitcairn will enjoy the latest information in natural pet care with 30 percent new material, including a deeper look at what's behind the disturbing rise in chronic illnesses, increased toxins, nutrient depletion, and excess vaccinations. Taking the benefits of fresh, home-prepared diets one step further, the book shares stories of health-conscious animal lovers who have pioneered far more humane, earth-friendly ways to feed dogs and cats, often with amazing boosts to health and longevity. New recipes feature simpler yet more varied ways to create nutritionally complete meals that pets will love and their people will feel good about feeding them.

The Pitcairns, with their trademark compassion and conviction, have long been the trusted name in holistic veterinary care. *Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats* will help people give their beloved animals the healthiest, happiest lives yet.

RICHARD H. PITCAIRN, DVM, PHD, was a teacher and researcher in veterinary medicine at the University of Washington, worked at an SPCA clinic and had a holistic small animal practice for 20 years. He has trained over 500 veterinarians and co-founded the Academy of Veterinary Homeopathy.

SUSAN HUBBLE PITCAIRN, MS, has had a lifelong interest in understanding and promoting natural, sustainable and conscious living and has teamed up with Dr. Pitcairn on this book since its first edition in 1981.

PETS / DOGS

Rodale Books | 3/21/2017

9781623367558 | \$24.99 / \$28.99 Can.

Trade Paperback | 480 pages | Carton Qty: 18

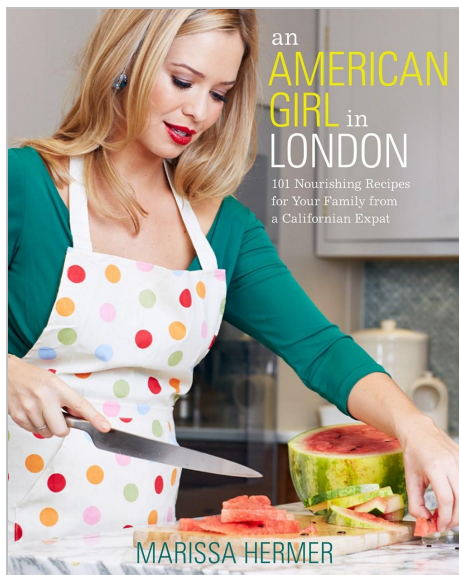
9.1 in H | 7.5 in W

430 b/w illustrations

Subrights: World

MARKETING

- National print features and review
- Online publicity and promotions
- Social media via author, Rodale Wellness and Rodale Books
- Paid social and online ads targeting pet lovers
- Promotions around National Puppy Day, National Pet Day, Responsible Pet Owner's Month
- Advertising in Rodale Magazines
- Rodale Wellness coverage in newsletters, site and online ads



An American Girl in London

101 Nourishing Recipes for Your Family from a Californian Expat

Marissa Hermer

Star of Bravo's hit show *Ladies of London* and restaurateur, Marissa Hermer gives us nourishing, family-friendly recipes inspired by her Californian childhood and current British lifestyle

For Marissa Hermer, a house just isn't a home until pots are simmering on the stove and roasts are fragrant in the oven. In fact, food has always been central to Hermer's sense of place and family—growing up in Southern California, she ate avocados picked from her grandmother's tree and freshly caught fish from Newport Beach.

So when she followed the love of her life to London in 2008, Hermer wasn't quite sure what to expect about the food. On one of their first dates, now-husband Matt took her to the popular Notting Hill location of his beloved Bumpkin restaurants, which feature a traditional British seasonal menu using sustainable ingredients. Hermer was immediately inspired: She started incorporating little California twists into English fare, delighting her two boys at home and eventually, Bumpkin fans all over London.

An American Girl in London is the ultimate cookbook for anyone looking for hearty, family-friendly fare with a healthy twist. From Sourdough Bread And Butter Pudding to Beef Wellington, Marissa Hermer shows you how to amp up the flavors of home and keep you, your family, and friends feeling fit, loved, and completely nourished.

Hermer stars on Bravo's hit show *Ladies of London*, which debuted in 2014 to more than 1.5 million viewers and is now in its second season. The docuseries follows Hermer's personal and professional life, featuring her work at family restaurant Bumpkin and her newest venture, Top Dog.

MARISSA HERMER owns Bumpkin restaurants in London and is the star of Bravo's *Ladies of London*. She lives in London with her husband and children.

Twitter: @MarissaHermer: 18.6 K followers

Facebook: Marissa Hermer: 48,519 followers

Instagram: @marissahermer: 77.6 K followers

COOKING / REGIONAL & ETHNIC / AMERICAN

Rodale Books | 4/4/2017

9781623368159 | \$27.50 / \$31.99 Can.

Hardcover | 256 pages | Carton Qty: 14

10 in H | 7.5 in W

75 color photos

Subrights: US/CAN/P exclusive, OM non-exclusive (excluding standard UK/Comm)

MARKETING

- National author publicity
- National radio campaign
- National print features and review
- Social media via author, Rodale Wellness and Rodale Books
- Paid social and online ads
- Advertising in Rodale Magazines
- Rodale Wellness coverage in newsletters, site and online ads
- Promotion via authors site



The Big Life

Embrace the Mess, Work Your Side Hustle, Find a Monumental Relationship, and Become the Badass Babe You Were Meant to Be

Ann Shoket

The ultimate millennial guidebook to stoke your ambitions, soothe your anxieties, and get your dream life.

Millennial women are changing what it means to be powerful and successful in the world—for everyone. Forever. As former editor-in-chief of *Seventeen* magazine and now the voice behind the popular Badass Babes community, there is no one who knows the evolving values and tastes of young women more than Ann Shoket. She's been a cheerleader for millennial women for more than 15 years, and now she's here to guide them toward their Big Life—a delicious cocktail of passion, career, respect, money, and fulfilling relationships.

The Big Life is packed with actionable guidance combined with personal stories from well-known, uber-successful millennials, plus intimate conversations with a cast of compelling young women and Shoket's own stories from her quest for The Big Life. Readers will learn to tackle all of the issues on heavy rotation in their minds such as:

- How to get respect from a boss who thinks you're lazy, entitled, and self-obsessed
- Why you should forget the drag of networking
- Why you need a "side hustle"
- How to find the guy who honors your ambition

Written in Shoket's friendly and authoritative style, *The Big Life* will help young women recognize their power, learn how to tap into their passion, and create their own version of The Big Life.

ANN SHOKET has been a key architect in shaping the national conversation for millennial women. As editor-in-chief of *Seventeen* from 2007 to 2014, she repositioned the iconic fashion and beauty brand as the most relevant voice for its 13 million readers. *Forbes* named her one of the "Most Powerful Fashion Magazine Editors". Shoket has appeared on *Good Morning America*, *Today*, *The Oprah Winfrey Show*, *The View*, *CNN*, and more. She was also a guest judge for four seasons on *America's Next Top Model*.

SELF-HELP / PERSONAL GROWTH / SUCCESS

Rodale Books | 3/14/2017
9781623368241 | \$24.99 / \$28.99 Can.
Hardcover | 256 pages
8.4 in H | 5.5 in W

Subrights: US/OM

MARKETING

- National author publicity
- National radio campaign
- National print features and review
- Tie-in with author speaking schedule
- Online publicity and promotions
- Social media via author, Rodale Wellness and Rodale Books
- Paid social and online ads targeting women's, celebrity, millennial career/business sites
- Advertising in Rodale Magazines
- Rodale Wellness coverage in newsletters, site and online ads
- Advanced Access and Goodreads Giveaways

Runner's World Train Smart, Run Forever

How to Become a Fit and Healthy Lifelong Runner by Following The Innovative 7-Hour Workout Week

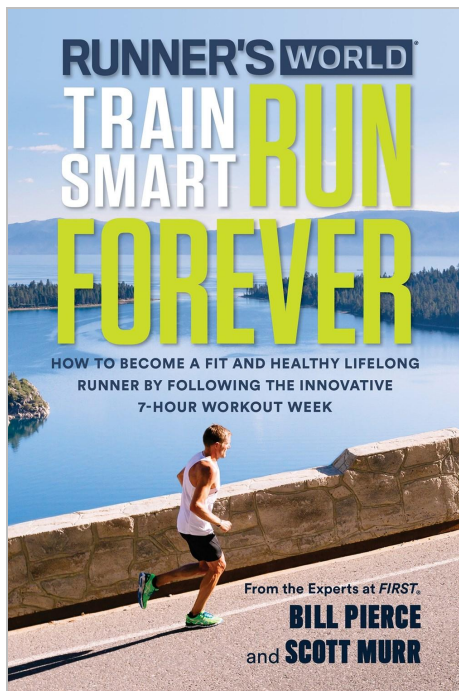
Bill Pierce and Scott Murr

The essential guide to help runners improve their overall health, achieve running longevity, and reach their full potential.

From the experts at the Furman Institute of Running and Scientific Training (FIRST), *Runner's World Train Smart, Run Forever* goes beyond traditional training programs and addresses the types of issues that prevent runners from reaching their full potential. The goal is to turn runners into self-actualized runners: those who follow a training plan, perform cross training, stretch and strength train regularly, eat nutritious meals, and enjoy camaraderie. Bill Pierce and Scott Murr warn runners of the downsides of just running and neglecting overall fitness, as total body health is essential to achieve longevity as a runner.

Runner's World Train Smart, Run Forever is appropriate for all runners, especially aging runners who struggle with getting slower and committed runners who find that their dedicated efforts often lead to injury. It addresses the controversies surrounding the dangers of over training and the stress associated with the constant craving for faster race times. The book culminates in a comprehensive program to enhance overall fitness, improve race times, and support healthy aging.

BILL PIERCE and **SCOTT MURR** are experts at the The Furman Institute of Running and Scientific Training (FIRST) and authors of the popular book *Runner's World Run Less, Run Faster*. Bill Pierce is an experienced marathoner and chair of the Health Sciences Department at Furman University. He lives in Greenville, South Carolina. Scott Murr is an experienced marathoner and 12-time Ironman Triathlon finisher, is director of the Furman Fitness and Aquatics Center. He lives in Greenville, South Carolina.



SPORTS & RECREATION / RUNNING & JOGGING

Rodale Books | 4/4/2017

9781623367466 | \$18.99 / \$21.99 Can.

Trade Paperback | 320 pages | Carton Qty: 24

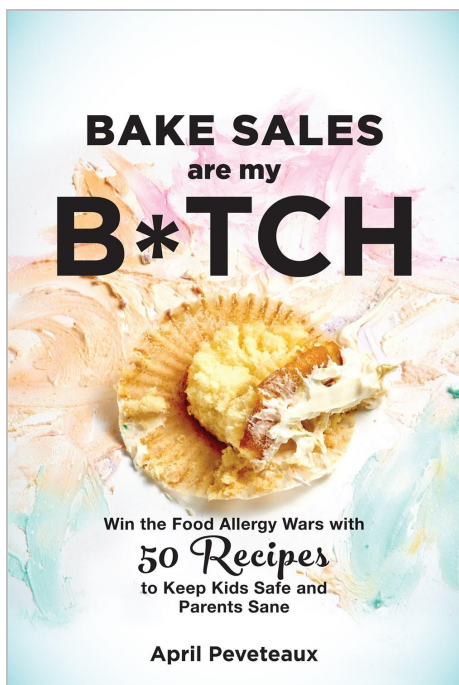
9 in H | 6 in W

Approximately 50 photos

Subrights: World Exclusive

MARKETING

- National print features and review
- Online publicity and promotions
- Social media via Rodale Wellness and Rodale Books
- Advertising in Rodale Magazines
- Rodale Wellness coverage in newsletters, site and online ads
- Advanced Access and Goodreads Giveaways



Bake Sales Are My B*tch

Win the Food Allergy Wars with 50 Recipes to Keep Kids Safe and Parents Sane

April Peveteaux

A comprehensive collection of recipes that manage the eight most common allergies, offering directions on how to adjust to fit any need.

Forty million children are enrolled in elementary school in the United States and every parent of those children is affected in some way by food allergies. Even if a kid is lucky enough to be allergy-free, someone in that child's class or school or after-school program has a food allergy, whether it's peanut, tree nut, dairy, egg, or soy. Add to that food preferences, like vegetarian or vegan, and religious practices, like keeping kosher, and making a simple snack resembles navigating a minefield. Thankfully, Peveteaux, the queen of cooking and cursing, is there to help with *Bake Sales Are My B*tch*.

Peveteaux knows firsthand from her own debilitating food disease that some people have a hard time taking the spectrum of allergies seriously. In *Bake Sales Are My B*tch*, she lays the smack down on those doubters in her signature frank and funny way. She also lends some much-needed guidance and levity to freaked-out parents about a deadly serious subject. Her 50-plus mix-and-match recipes cover the eight major food allergens and everything from school lunches, kids parties, sleepover foods, after-school snacks, and, yes, bake sales.

In addition to her *Gluten Is My Bitch* blog, Peveteaux is now tackling more food issues on her newly launched *Bake Sales Are My Bitch* blog. She is also the advocate for all people with food issues at *Living Without*, the nation's leading magazine for people who have food sensitivities and allergies.

APRIL PEVETEAUX is the creator and cook behind the popular blog *Gluten Is My Bitch* and the author of *Gluten Is My Bitch: Rants, Recipes, and Ridiculousness for the Gluten-Free*, published by Abrams. April was part of the award-winning editing team of *Babble*, and has had numerous television appearances on NBC, CBS, and *Saturday Night Live!* She lives in Los Angeles, California.

COOKING / HEALTH & HEALING / ALLERGY

Rodale Books | 4/11/2017

9781623367206 | \$15.99 / \$18.50 Can.

Trade Paperback | 240 pages | Carton Qty: 32

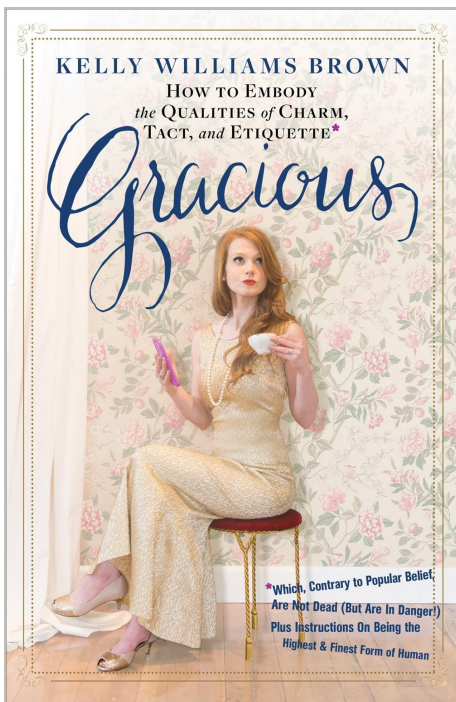
9 in H | 6 in W

Subrights: Territory: World

Subrights: World

MARKETING

- National radio campaign
- National print features and review
- Online publicity and promotions
- Social media via author, Rodale Wellness and Rodale Books
- Paid social and online ads targeting food allergies, holiday promotions tied to recipes
- Advertising in Rodale Magazines
- Rodale Wellness coverage in newsletters, site and online ads
- Promotion via authors site



Gracious

How to Embody the Qualities of Charm, Tact, and Etiquette Which, Contrary to Popular Belief, Are Not Dead (But Are in Danger!) Plus Instructions on Being the Highest & Finest Form of Human

Kelly Williams Brown

From the bestselling author of *Adulting* comes a charming, funny guide to modern civility.

Grace is something that so many of us admire, yet we imagine that it's an inborn quality we could never have. Not so! Anyone can be gracious. It costs nothing more than attention and a little bit of time. We can all practice and perfect our graciousness and, in doing so, elevate being a human to an art form.

This book sets out to revive Graciousness in its most modern iteration, providing guidelines on everything from navigating a business networking event to diffusing a political argument that has broken out in the comment section of your Facebook post (key phrase: Hmm! Well, you've certainly given me a lot to think about!). With the wisdom of gracious folk ranging from professional manners and etiquette experts to the author's mother-in-law, this book explains the perspective, actions—and, sometimes, inaction—that help us move smoothly through whatever life tosses at us. Whether it's navigating work disputes, standing up for what you believe in while respecting the values and thoughts of others, or just making your guest feel really and truly loved, all of us can learn to navigate the world with a little more grace, charm, and strength. Complete with illustrations, practical examples, and the author's signature sense of humor, *Gracious* is the perfect gift—for yourself and for others.

PRAISE

"These are the steps I wish I'd had before I grew up. Wait-What am I talking about? These are steps I will start using today! Kelly Williams Brown writes as charmingly and hysterically as she does helpfully. Get this book and grow up!"

— J.J. Abrams, Writer, Director, Producer

"Fun, chatty, and surprisingly informative.... perfect for the wayward 20-something, or 30-something, or..."

— Publishers Weekly

KELLY WILLIAMS BROWN is the founder of the popular site Adultingblog.com and the *New York Times* bestselling author of *Adulting*. Previously, she was a features reporter and an award-winning humor columnist for the *Statesman Journal*, a daily newspaper in Salem, OR. She lives in Portland, OR, with her husband.

SELF-HELP / COMMUNICATION & SOCIAL SKILLS

Rodale Books | 4/11/2017

9781623367978 | \$22.99 / \$26.99 Can.

Hardcover | 256 pages | Carton Qty: 22

8.4 in H | 5.5 in W

30 b/w illustrations

Subrights: United States, Canada, Open Market

MARKETING

- National author publicity
- National radio campaign
- National print features and review
- Online publicity and promotions
- Social media via author, Rodale Wellness and Rodale Books
- Advertising in Rodale Magazines
- Paid social and online ads targeting college grads, gifting
- Rodale Wellness coverage in newsletters, site and online ads
- Promotion via authors site, blog
- Advanced Access and Goodreads Giveaways
- Special 3+ / 3% offer

The Art of the Cycling Jersey

Iconic Cycle Wear Past and Present

Chris Sidwells

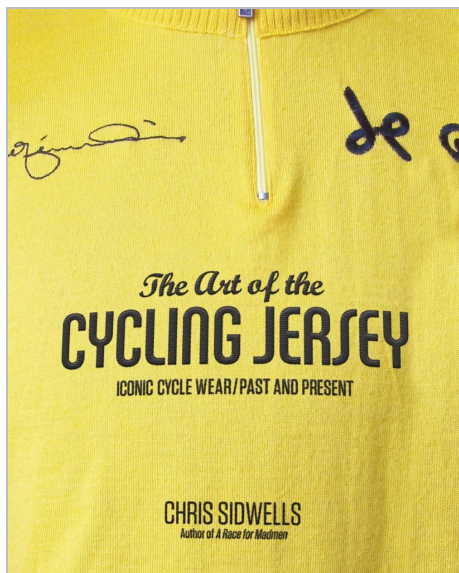
A unique, lavishly presented history of the most iconic item of cycle wear: the jersey.

With a foreword from Bill Strickland, Editor in Chief of *Bicycling* magazine, *The Art of the Cycling Jersey* celebrates the cycling jersey in all its forms. With stunning pictures and pieces of history, this is the story of the cycling jersey told in 192 gorgeous, four-color pages. The pieces covered range from the first simple garments that early cyclists raced in, to the technology-laden jerseys that top riders wear today. This book looks at the iconic jerseys from the early 1900s to today that are associated with great riders and with great teams, the jerseys of champions and nations, and the jerseys that leaders wear in the most famous races.

Cycling jerseys represent many different things. For a cyclist they must be functional. For team sponsors they must stand out and increase brand awareness. For cycling fans they help pick out their favorites or a race or competition leader. Jerseys show who is a world or a national champion. And in some races, jerseys represent a competitor's nationality.

But cycling jerseys have evolved into something bigger than all those things. Some jerseys are iconic, others stylish, and some are beautiful. They can evoke good times or bad times, success or failure. Above all, jerseys mark the great occasions of cycling, they speak of its history, its personalities and its style. And all jerseys have an element of art in their design.

CHRIS SIDWELLS is a bestselling author, journalist, photographer, and broadcaster who reports on every aspect of cycling and cycles. His work has been featured in *Cycle Sport*, *Cycling Weekly*, *Men's Fitness*, and *GQ*, and he is the author of *A Race for Madmen: A History of the Tour de France*, *Tour Climbs: The Complete Guide to Every Mountain Stage on the Tour de France*, *The Long Race to Glory: How the British Came to Rule the Cycling World*, and *Complete Bike Manual*. He lives in the United Kingdom.



SPORTS & RECREATION / CYCLING

Rodale Books | 6/13/2017
 9781623367374 | \$27.99 / \$32.50 Can.
 Hardcover | 192 pages
 10 in H | 8 in W
 200 color photos

Subrights: US/CAN/P Exclusive Only

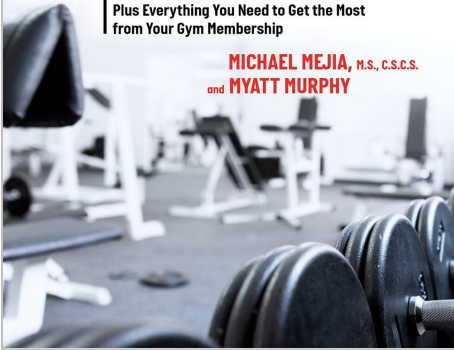
MARKETING

- National print features and review
- Online publicity and promotions
- Social media via author, Rodale Wellness and Rodale Books
- Bicycling Magazine articles, newsletters, social
- Advertising in Rodale Magazines
- Rodale Wellness coverage in newsletters, site and online ads
- Promotions around Tour De France, Father's Day, National Bike to Work Day

The Men's Health GYM BIBLE

INCLUDES HUNDREDS OF EXERCISES FOR
WEIGHTLIFTING AND CARDIO
Plus Everything You Need to Get the Most
from Your Gym Membership

MICHAEL MEJIA, M.S., C.S.C.S.
and **MYATT MURPHY**



SPORTS & RECREATION / BODYBUILDING & WEIGHT TRAINING

Rodale Books | 4/18/2017

9781623368111 | \$22.99 / \$26.99 Can.

Trade Paperback | 336 pages | Carton Qty: 24

10.9 in H | 8.5 in W

675 black and white photos

Subrights: World exclusive

MARKETING

- Online publicity and promotions
- Brand support via social, newsletters
- Social media via author, Rodale Wellness and Rodale Books
- Advertising in Rodale Magazines
- Online promotion around beach season

The Men's Health Gym Bible (2nd edition)

Michael Mejia, M.S., C.S.C.S, and Myatt Murphy

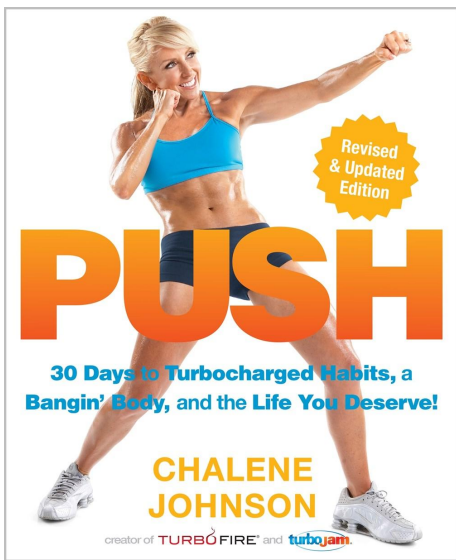
A revised and updated version of the ultimate resource for the total gym experience, backed by the authority of *Men's Health*.

First published in 2006, *The Men's Health Gym Bible* is the ultimate resource for the total gym experience, backed by the authority of *Men's Health*. Authors Michael Mejia, M.S., C.S.C.S. and Myatt Murphy teach readers how to use various types of gym equipment for optimal strength and cardiovascular fitness. The book includes hundreds of exercises for strength and cardio equipment like free weights, stability balls, treadmills, stationary bikes and more.

The new edition of the *Men's Health* backlist title is revised with 30 percent new material including exercises and expert fitness advice for up-to-date equipment like TRX suspension training and kettle bells. It will also feature approximately 75 all-new black-and-white photographs (in addition to the more than 600 photos in the first edition) to demonstrate proper form and technique for every new exercise. How-to information on gym memberships, contracts and fitness classes will help any novice step into the gym for the first time. This book will appeal to anyone trying to get the most out of their fitness goals.

Michael Mejia, M.S. C.S.C.S. is a fitness advisor to *Men's Health*, the coauthor of *The Men's Health Home Workout Bible*, and the workout designer for *The Testosterone Advantage Plan*. He lives in Plainview, NY.

Myatt Murphy, C.S.C.S. has written for *Men's Health* for two decades and is the author of five *Men's Health* titles, including *The Body You Want in the Time You Have*, *Ultimate Dumbbell Guide*, *Testosterone Transformation* and *Push Pull Swing!* He continues to write articles on exercise, lifestyle...



HEALTH & FITNESS / DIET & NUTRITION / DIETS

Rodale Books | 1/3/2017

9781623368692 | \$19.99 / \$22.99 Can.

Trade Paperback | 320 pages | Carton Qty: 18

9.1 in H | 7.5 in W

75 color photos

MARKETING

- National radio campaign
- National print features and review
- Online publicity and promotions
- Social media via author, Rodale Wellness and Rodale Books
- Paid social targeting Beachbody and fitness
- Online advertising and features in Rodale Wellness

PUSH

30 Days to Turbocharged Habits, a Bangin' Body, and the Life You Deserve!

Chalene Johnson, Creator of Turbofire and Turbojam

Revised and updated paperback edition of best-selling book PUSH by fitness superstar Chalene Johnson.

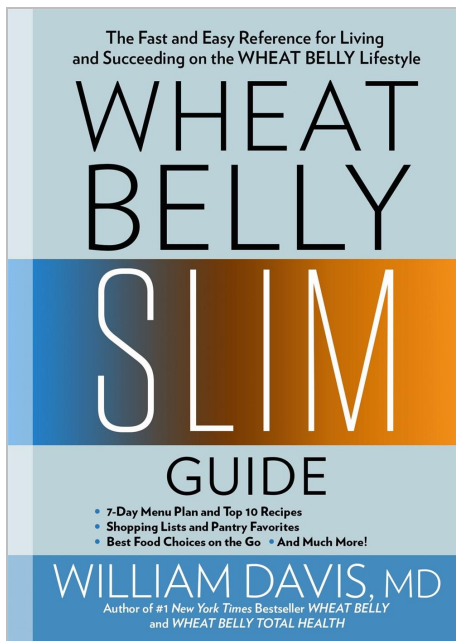
Chalene Johnson built a fitness empire from the ground up, selling over 10 million DVDs and helping legions of loyal fans shed pounds and transform their lives with her trademark enthusiasm and energy.

The revised and updated paperback edition of the best selling book *PUSH* distills the wisdom that has made her a fitness queen into a totally unique 30-day system that helps readers reset their priorities, get their lives together, and lose weight *for good*. This book is revised and updated with a brand new chapter and foreword by the original author.

Chalene gives readers the life-changing tools they need to change their habits with 30 days of practical steps that include pinpointing goals, reverse-engineering a course of action to achieve them, and kicking the clutter—whether that means junk food, draining exercise regimens, or toxic relationships. In one month, readers will learn how to create layers of accountability and support so that success is their only option.

Additionally, Chalene shares 30 ridiculously easy and delicious Throw-and-Go Recipes that she (a self-confessed mess in the kitchen) created herself. And, of course, no book from Chalene would be complete without a workout! Chalene guides readers to find their *soul mate* workouts—the exercise they'll love for life and that will never feel like work. Finally, she gives readers the Bangin' Body Workout: the 30 moves they need for total body fitness, for life!

CHALENE JOHNSON is a motivational speaker, *New York Times* Best Selling author, and fitness celebrity. The first female to host two #1 infomercials, Chalene has sold over 10 million DVDs. Chalene is the CEO of business and lifestyle coaching company Team Johnson, where she has taught her personal and business development systems to hundreds of thousands of people. She lives in Laguna Beach, CA.



HEALTH & FITNESS / DIET & NUTRITION / DIETS

Rodale Books | 1/3/2017

9781623368548 | \$8.99

Trade Paperback | 160 pages | Carton Qty: 96
7 in H | 5 in W

Subrights: U.S. and non-exclusive open market.

MARKETING

- National radio interview campaign
- Print features and reviews
- Online publicity and promotions
- Social media outreach
- Cross promotion with *Wheat Belly*
- Promoted in Rodale magazines, e-newsletters, and websites
- Promoted on author's web sites, WheatBellyBlog.com

Wheat Belly Slim Guide

The Fast and Easy Reference for Living and Succeeding on the Wheat Belly Lifestyle

William Davis, MD Author of #1 New York Times Bestseller
Wheat Belly and Wheat Belly Total Health

This quick and handy guide to grain-free living includes a comprehensive grocery and pantry list, a guide to carb counting, grain-free alcoholic beverages, easy recipes, and much more.

Through the *New York Times* bestseller *Wheat Belly*, millions of people learned how to reverse years of chronic health problems by removing wheat from their daily diets. Now, Dr. William Davis has created a portable guide, perfect for quick reference at the grocery store. *Wheat Belly Slim Guide* supplies you with an extensive grocery and pantry list, safe sweeteners, safe thickeners, safe flours, a guide to carb counting (including reference tables), good food sources of prebiotic fibers, grain-free alcoholic beverages, top ten easy recipes, top ten best reasons you might have cravings, and advice on how not to make common mistakes.

WILLIAM DAVIS, MD, is a *New York Times* bestselling author and a cardiologist who advocates unique, insightful, and cutting-edge strategies to help individuals discover the health hidden within them. His blog, wheatbellyblog.com, has been visited by millions of people. Dr. Davis has also appeared several times on *The Dr. Oz Show* and *CBS This Morning*. His *Wheat Belly Total Health* program has become a public television special, now airing nationwide. He lives in Wisconsin.

Index

Abrams, M.D., Rachel Carlton; BodyWise: Discovering Your Body's Intelligence for Lifelong Health and Healing	4
American Girl in London, An: 101 Nourishing Recipes for Your Family from a Californian Expat ; Marissa Hermer.	12
Art of the Cycling Jersey, The: Iconic Cycle Wear Past and Present ; Chris Sidwells.	17
Bake Sales Are My B*tch: Win the Food Allergy Wars with 50 Recipes to Keep Kids Safe and Parents Sane ; April Peveteaux.	15
Baldwin, Hilaria; The Living Clearly Method: 5 Principles for a Fit Body, Healthy Mind & Joyful Life	3
Big Life, The: Embrace the Mess, Work Your Side Hustle, Find a Monumental Relationship, and Become the Badass Babe You Were Meant to Be ; Ann Shoket.	13
BodyWise: Discovering Your Body's Intelligence for Lifelong Health and Healing ; Rachel Carlton Abrams, M.D.	4
Boser, Ulrich; Learn Better: Six Strategies for Mastering the Skills for Success in Life, Business and School	8
Brain-Powered Weight Loss: The 11-Step Behavior-Based Plan That Ends Overeating and Leads to Dropping Unwanted Pounds for Good ; Eliza Kingsford.	5
Brown, Kelly Williams; Gracious: How to Embody the Qualities of Charm, Tact, and Etiquette Which, Contrary to Popular Belief, Are Not Dead (But Are in Danger!) Plus Instructions on Being the Highest & Finest Form of Human	16
Carney, Scott; What Doesn't Kill Us: How Freezing Water, Extreme Altitude and Environmental Conditioning Will Renew Our Lost Evolutionary Strength	6
Davis, Jeff; Dean Smith: A Basketball Life	7
Davis, William, MD; Wheat Belly Slim Guide: The Fast and Easy Reference for Living and Succeeding on the Wheat Belly Lifestyle	20
Dean Smith: A Basketball Life ; Jeff Davis.	7
Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats (4th Edition) ; Richard H. Pitcairn, D.V.M.	11
Gracious: How to Embody the Qualities of Charm, Tact, and Etiquette Which, Contrary to Popular Belief, Are Not Dead (But Are in Danger!) Plus Instructions on Being the Highest & Finest Form of Human ; Kelly Williams Brown	16
Hermer, Marissa; An American Girl in London: 101 Nourishing Recipes for Your Family from a Californian Expat	12
Johnson, Chalene; PUSH: 30 Days to Turbocharged Habits, a Bangin' Body, and the Life You Deserve!	19
Kingsford, Eliza; Brain-Powered Weight Loss: The 11-Step Behavior-Based Plan That Ends Overeating and Leads to Dropping Unwanted Pounds for Good	5
Learn Better: Six Strategies for Mastering the Skills for Success in Life, Business and School ; Ulrich Boser.	8
Let It Go: Downsizing Your Way to a Richer, Happier Life ; Peter Walsh.	9
Living Clearly Method, The: 5 Principles for a Fit Body, Healthy Mind & Joyful Life ; Hilaria Baldwin.	3
Mejia, Michael; The Men's Health Gym Bible (2nd edition)	18
Men's Health Gym Bible (2nd edition), The ; Michael Mejia	18
Peveteaux, April; Bake Sales Are My B*tch: Win the Food Allergy Wars with 50 Recipes to Keep Kids Safe and Parents Sane	15
Pierce, Bill, Ed.D.; Runner's World Train Smart, Run Forever: How to Become a Fit and Healthy Lifelong Runner by Following The Innovative 7-Hour Workout Week	14
Pitcairn, Richard H., D.V.M.; Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats (4th Edition)	11
PUSH: 30 Days to Turbocharged Habits, a Bangin' Body, and the Life You Deserve! ; Chalene Johnson.	19
Rosen, Rebecca; What the Dead Have Taught Me About Living Well	10
Runner's World Train Smart, Run Forever: How to Become a Fit and Healthy Lifelong Runner by Following The Innovative 7-Hour Workout Week ; Bill Pierce, Ed.D.	14
Shoket, Ann; The Big Life: Embrace the Mess, Work Your Side Hustle, Find a Monumental Relationship, and Become the Badass Babe You Were Meant to Be	13
Sidwells, Chris; The Art of the Cycling Jersey: Iconic Cycle Wear Past and Present	17
Walsh, Peter; Let It Go: Downsizing Your Way to a Richer, Happier Life	9
What Doesn't Kill Us: How Freezing Water, Extreme Altitude and Environmental Conditioning Will Renew Our Lost Evolutionary Strength ; Scott Carney.	6
What the Dead Have Taught Me About Living Well ; Rebecca Rosen.	10
Wheat Belly Slim Guide: The Fast and Easy Reference for Living and Succeeding on the Wheat Belly Lifestyle ; William Davis, MD.	20