



THE EXPERIMENT

Winter 2023



Retracing the Iron Curtain

A 3,000-MILE JOURNEY
THROUGH THE END AND AFTERLIFE
OF THE COLD WAR

Timothy Phillips

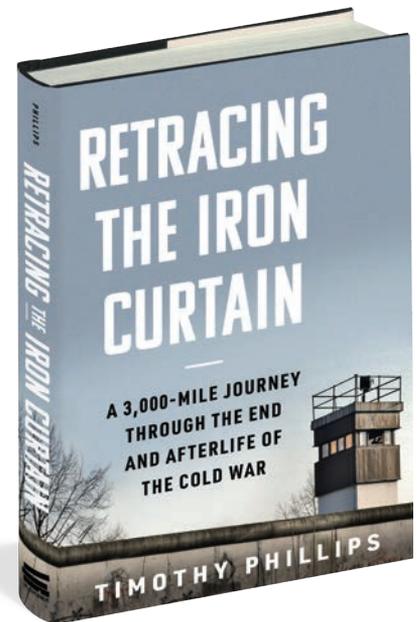
An epic people's history of Europe's fraught East-West divide, by an intrepid author who followed its path from the Arctic to Turkey

In this major new book, author Timothy Phillips traces the length of the Iron Curtain, transporting us across three thousand miles and through eight decades to show how one of the defining stories of the twentieth century continues to shape our world today. The Curtain's fall signaled the end of the Cold War, but these old fault lines have new resonance: After thirty years of peace, Russia is once again making war and reawakening old borderlines.

From deep inside the Arctic Circle to the meeting point of Armenia, Azerbaijan, and Turkey, Phillips explores the borderlands where the world's most powerful ideologies became tangible in reinforced concrete and barbed wire. The people he meets bear vivid witness to times of change: Some look back on the Cold War with nostalgia and affection, while others despise it, unable to forgive the hard and sometimes lost decades that their families, friends, and nations endured. In these historic landscapes lie buried many of the seeds of our world's current disputes—over borders, belonging, and the meaning of progress.



Map by John Gilkes



- ▶ A major new post-Cold War history in which on-the-ground reporting along the former Iron Curtain and Berlin Wall reveals their lasting impact
- ▶ Demystifies the core issues at the heart of today's disputes, including the war in Ukraine
- ▶ Books on Russia and the rise of autocracy—such as Svetlana Alexievich, Masha Gessen, and Timothy Snyder's—are in demand



© Sam James

TIMOTHY PHILLIPS holds a doctorate in Russian and is an expert in British and Russian history. He is the author of *Beslan: The Tragedy of School No. 1* and *The Secret Twenties: British Intelligence, the Russians, and the Jazz Age*, and contributor at BBC News and the *Irish Times*. Originally from Northern Ireland, he now lives in London.

[tsjphillips](https://twitter.com/tsjphillips)

Retracing the Iron Curtain

98 B&W photographs and maps; 480 pages; 6 x 9

Hardcover: \$30.00/UK

ISBN: 978-1-61519-964-8

Rights: USC+OM*

Ships: February



9 781615 199648

The Secret World of Weather

HOW TO READ SIGNS IN EVERY CLOUD, BREEZE, HILL, STREET, PLANT, ANIMAL, AND DEWDROP

Tristan Gooley

Now in paperback: Learn to “see” the hidden weather signs all around, from NYT-bestselling author and nature guru Tristan Gooley

Every sunbeam, cloud, and drop in temperature conveys a secret message—if you know what to look for. In *The Secret World of Weather*, groundbreaking natural navigator Tristan Gooley turns his keen senses to the weather—showing us that it’s more than just a forecast of sun or rain.

The weather is all about how it changes as you walk through the woods or down the street. By “reading” the weather as Gooley does, you’ll unlock the power to tune into nature and enter a secret wonderland of sights and sounds. Learn to spot:

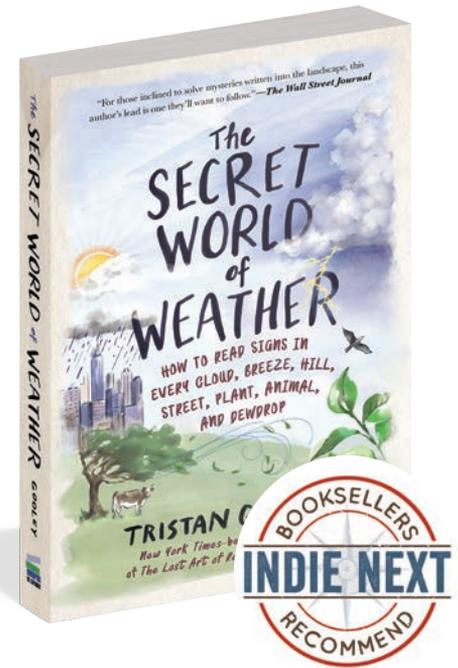
- the way crickets chirp faster as the temperature rises
- how perching birds point out the direction of the wind
- when storms are coming by the sight of clouds taller than they are wide

Once you can read weather’s subtleties, you’ll see your surroundings in a whole new way—and you’ll never consult your weather app again!

“Gooley marshals a riveting compendium of weather-reading skills. . . . He has plenty of facts at his fingertips with which to excite.”—*The Times*

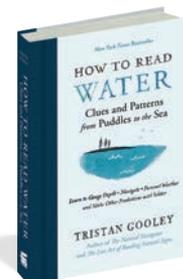
“[An] ingenious collection of tips and tricks. . . . The wealth of wisdom on offer is impressive. Adventurers in the making will find this worth returning to.”—*Publishers Weekly*

“Awakens readers to the wonders of the weather and our respective microclimates.”—*Kirkus Reviews*



- ▶ Tristan Gooley’s newest major work, turning his signature close observation skills to the most remarkable subject: weather
- ▶ Don’t just predict the weather—understand why it works the way it does, on a local scale that reveals the weather at your precise location
- ▶ Gooley’s *How to Read Water* is a NYT bestseller, and *The Lost Art of Reading Nature’s Signs* has 295,000 copies in print
- ▶ An Indie Next Pick

ALSO AVAILABLE



\$19.95 US | UK
978-1-61519-358-5



\$17.95 US | UK
978-1-61519-241-0

The Secret World of Weather

Two 8-page color photo inserts | 37 B&W in-text illustrations; 400 pages; 5 1/2 x 8 1/4

Trade paperback: \$17.95/UK

ISBN: 978-1-61519-148-2

Rights: USC

Ships: February



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© Ben Queenborough

Through his teaching and writing, *New York Times*–bestselling author **TRISTAN GOOLEY** has pioneered a renaissance in the rare art of natural navigation. He has led expeditions on five continents, climbed mountains in three, and studied the methods of tribal peoples in some of the remotest regions on Earth. He lives in the UK.

NaturalNavigator.com  [naturalnav](https://twitter.com/naturalnav)

The Time Nature Keeps

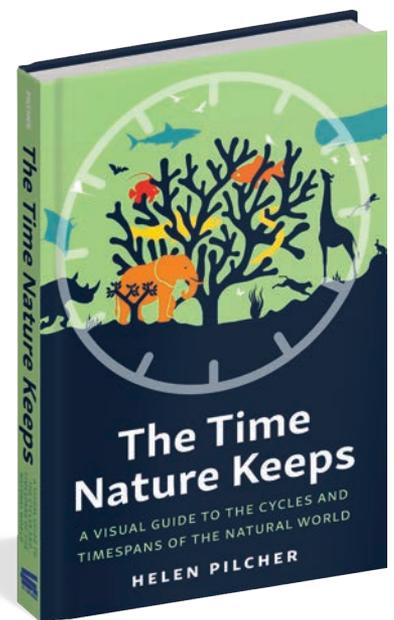
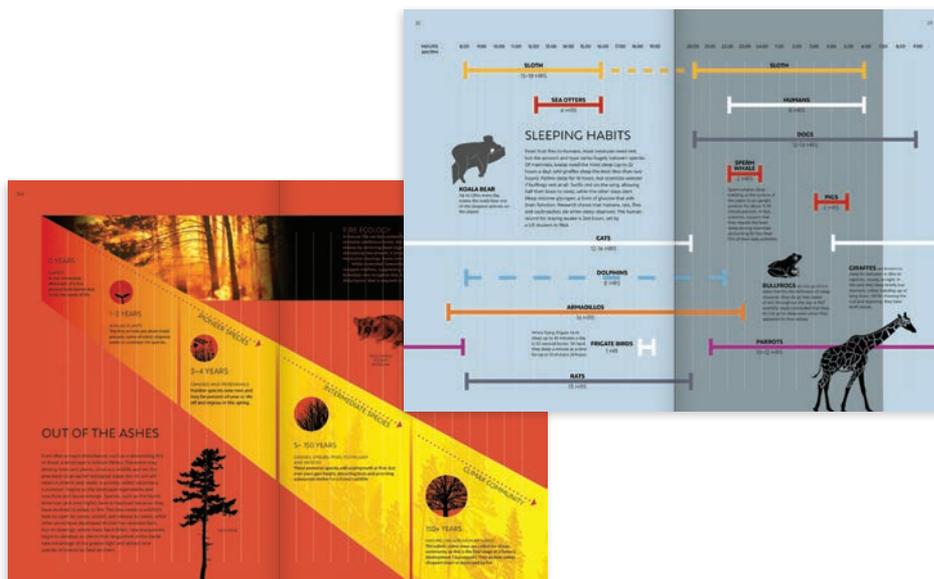
A VISUAL GUIDE TO
THE CYCLES AND TIMESPANS
OF THE NATURAL WORLD

Helen Pilcher

Set your clock to the natural world—and experience eye-opening infographics from nature's longest sleepers to the lightning-fast communications of bacteria

How far do different birds migrate and for how long? How fast do viruses spread in towns versus the countryside—and where are you safest? Do dogs really need more sleep than humans? How long does it take an immortal jellyfish to die? Take an infographic journey of discovery through the animal and plant kingdoms—and become an expert on the rhythms of nature!

As nature draws our attention to its plight, these infographics shed light on the truly remarkable range of the natural world—how plants and animals grow and age, sleep and migrate, and reproduce and die. Spanning ideas both big and small—from evolution to animal behavior—*The Time Nature Keeps* is a visual trove of nature's clocks that explains our world's cadences at a glance.



- ▶ Marvel-worthy nature facts at a glance: life spans, growth rates, reaction times, hibernation habits, and more
- ▶ Edutainment at its finest, from “How long does an immortal jellyfish live?” to “How long does a koala sleep?” (22 hours!)
- ▶ A perspective-altering book for fans of Frans de Waal’s bestselling *Are We Smart Enough to Know How Smart Animals Are?*

DR. HELEN PILCHER is a science writer with a PhD in cell biology. She has written for *Nature*, *The Guardian*, and *New Scientist*. Her book *Life Changing: How Humans are Altering Life on Earth* was *The Times* 2020 Science Book of the Year and was short-listed for the Wainwright Prize for Writing on Global Conservation. She lives in Warwickshire, England.

HelenPilcher.com  [helenpilcher1](https://twitter.com/helenpilcher1)

The Time Nature Keeps

Color photographs and illustrations throughout; 208 pages; 6 x 9 1/4

Paper over boards: \$24.95/UK

ISBN: 978-1-61519-952-5

Rights: USC

Ships: March



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Nursery Earth

ANIMAL BABIES AND WHY THEY MATTER

Danna Staaf

An astonishing safari of infant animals—from baby kangaroos to flamingos to squid—and the essential role they play in Earth’s ecosystems

Nursery Earth shines a spotlight on the world’s baby animals, asking us to turn back the clock on our favorite creatures—and explore how they develop on a level never before seen! Biologist Danna Staaf takes us on a quest seeking out the most fascinating (and sometimes most bizarre) babies, including the elusive newborn Humboldt squid in the Gulf of California, the unusual yet adorable juvenile echidna “puggle,” the baby moth that looks and acts like a venomous snake, and the bug with the grandest entrance in the animal kingdom—the periodical cicada, which cyclically inundates the East Coast. Staaf shows us how important young animals are to the ecosystems they inhabit, not least because of their abundance: At any given moment, most animals in the natural world are babies!

Nursery Earth achieves something improbable, helping us appreciate and love Earth’s baby animals even more than we already do!

Praise for *Monarchs of the Sea*

“*[Monarchs of the Sea]*, like its protagonists, is nimble, fast, surprising, smart, and weird in the very coolest sense of the word. . . . It’s a fabulous read with squishy, slimy delight on every page.”

—SY MONTGOMERY, *New York Times*–bestselling author of *The Soul of an Octopus*

“This crystal-clear book will open your world to wider horizons and much deeper times. . . . Before we can know who we are, we must know who we are here with, and who has come before us.”

—CARL SAFINA, *New York Times*–bestselling author of *Beyond Words: What Animals Think and Feel*

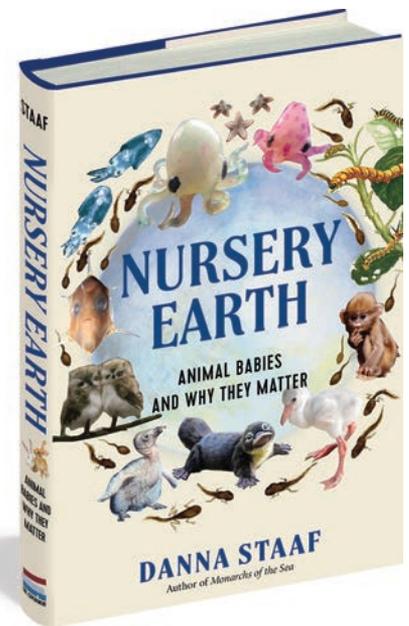
“I loved this book. . . . Staaf’s approach is short and sweet, well-illustrated and strong on playful narrative.” —*Nature*



© Josh Weaver

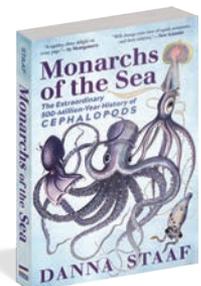
DANNA STAAF has a PhD in invertebrate biology. Her writing on marine life has appeared in outlets like *Science* and *Atlas Obscura*, while her research has appeared in publications like the *Journal of Experimental Biology*, *Aquaculture*, and in numerous textbooks. Staaf is also the author of *Monarchs of the Sea*. She lives in San Jose, California.

DannaStaaf.com [dannastaaf](https://twitter.com/dannastaaf) [dannajoostaaf](https://www.instagram.com/dannajoostaaf)



- ▶ A scientific exploration of the wondrous world of baby animals, explaining why we can’t live without them
- ▶ Research biologist Danna Staaf draws on studies from around the world (including her own) to offer surprises and insights on every page
- ▶ A fresh look at the popular topics of animal behavior and biodiversity for readers of *The Genius of Birds* and *Mama’s Last Hug*

ALSO AVAILABLE



\$15.95 US | £11.99 UK
978-1-61519-740-8

Nursery Earth

8-page color photo insert | 40 B&W photographs and illustrations; 256 pages; 5 1/2 x 8 1/4

Hardcover: \$27.95/UK

ISBN: 978-1-61519-932-7

Rights: US

Ships: March



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Wild Child

NATURE ADVENTURES FOR YOUNG EXPLORERS

Things to Make, Find, and Do in the Amazing Outdoors

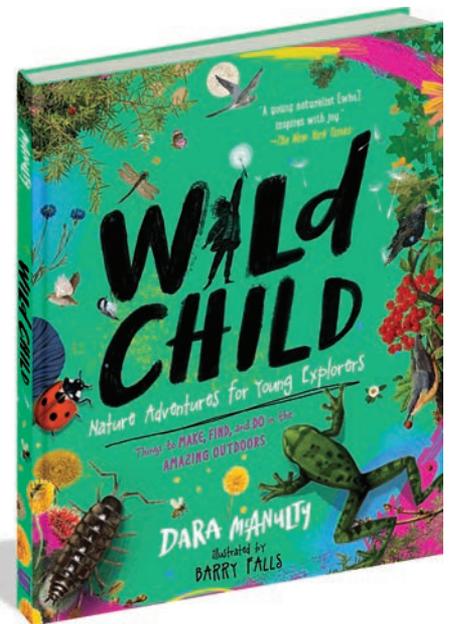
Dara McAnulty

Illustrated by Barry Falls

A gorgeous book to get kids exploring outside— from “a young naturalist [who] inspires with joy” (*The New York Times*)

A walk in the woods with Dara McAnulty is no ordinary hike. At just 17, he has earned international attention for his nature writing and activism—including the 2020 Wainwright Prize for his memoir, *Diary of a Young Naturalist*. Now, in *Wild Child*, Dara introduces kids to the many joys of the natural world.

Lavishly illustrated by Barry Falls, this multisensory journey kicks off with a look out the window—then wanders into the garden, through the woods, up a hilltop, and along the riverbank. Every chapter comes with creatures to find, fantastic facts, and a project to do: Kids will search for grasshoppers and grubs, learn how oak trees depend on blue jays, try “pond dipping,” build a bird feeder—and experience wonder every step of the way.



- ▶ McAnulty's *Diary of a Young Naturalist* took the Wainwright Prize and the Books Are My Bag Readers Award for nonfiction, and it was short-listed for Waterstones Book of the Year
- ▶ Open and eloquent about his autism, McAnulty is also an advocate for neurodiverse youth
- ▶ *Wild Child* has something for every reader: creatures to seek, crafts, poetry, and science facts!
- ▶ Oversize and richly illustrated, it's perfect for nature-loving adults to share with kids ages 7 to 11

Wild Child

Color illustrations throughout; 64 pages; 9 3/4 x 11 3/4

Paper over boards: \$19.95/UK

ISBN: 978-1-61519-916-7

Rights: US+OM*

Ships: March



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DARA McANULTY is an ambassador for the RSPCA and the Jane Goodall Institute, and he is the youngest-ever recipient of the RSPB conservation medal. Soon to start at Cambridge, he lives in County Down, Ireland.

BARRY FALLS has done award-winning illustration work for clients including *The New York Times*, American Airlines, and *The Telegraph*. The author of *It's Your World Now!* and *Alone!*, he lives in Northern Ireland.

DaraMcAnulty.com  [naturalistdara](https://twitter.com/naturalistdara)

Mushrooming

AN ILLUSTRATED GUIDE TO THE FANTASTIC, DELICIOUS, DEADLY, AND STRANGE WORLD OF FUNGI

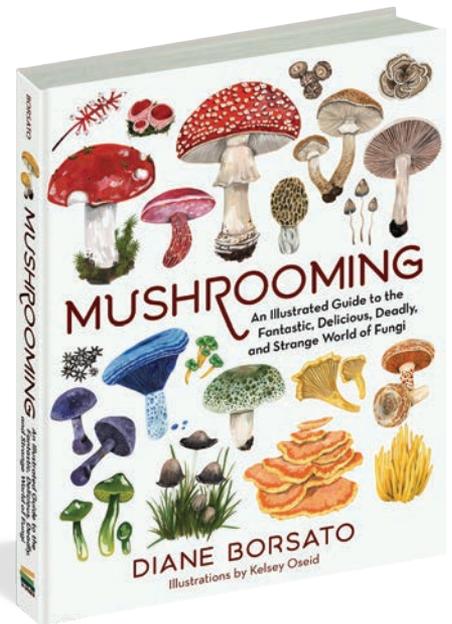
Diane Borsato
Illustrated by Kelsey Oseid

A vibrant, illustrated guide to over 100 common and charismatic mushrooms, with storytelling that explores the connection between humans, fungi, and art

In this charming and colorful illustrated guide, everyone from beginner mushroomers to advanced mycophiles can learn about the edible, the poisonous, and the strange: mushrooms named after fairies and demons, phallic specimens prized as aphrodisiacs, and mushrooms the color of precious jewels. Discover mushrooms that look so much like woodland birds they are shot at by hunters, mushrooms that glow in the dark, and so much more.

Author Diane Borsato also sees mushrooms as a lens for examining human interaction with nature. Her engaging stories show readers how artists use mushrooms to explore the unexpected wilderness of cities, what happens to our bodies after we die, and how we perceive the world and ourselves.

Mushrooming inspires readers to find the joy of the “quiet hunt” anywhere: in the forest, city park, market, and even the museum.



- ▶ 120 irresistible illustrations by Kelsey Oseid pair perfectly with Diane Borsato’s witty storytelling
- ▶ Profiles 100+ fascinating mushrooms from all over the northern hemisphere
- ▶ Interest in mushrooms and foraging has boomed during the pandemic and since the hit documentary *Fantastic Fungi*



Yellow stainer, *Agaricus xanthodermus*

Orange birch bolete, *Leccinum versipelle*

Chanterelle, *Cantharellus cibarius*

Mushrooming

127 color illustrations; 240 pages; 6 3/4 x 8 3/4

Paper over boards: \$24.95/UK

ISBN: 978-1-61519-958-7

Rights: US+OM*

Ships: March



© Yuula Benivolski (L)

DIANE BORSATO is an award-winning artist exhibited in galleries and museums internationally. As associate professor at the University of Guelph in Ontario, she teaches advanced courses in experimental studio.

KELSEY OSEID is an illustrator, author, and amateur naturalist. Her gouache illustrations focus on natural history and astronomy. She lives in Minneapolis, Minnesota.

DianeBorsato.net [diane_borsato](https://www.instagram.com/diane_borsato) | Kelzuki.com [kelzuki](https://www.instagram.com/kelzuki)

The Shortest History of Greece

THE ODYSSEY OF A NATION
FROM MYTH TO MODERNITY

James Heneage

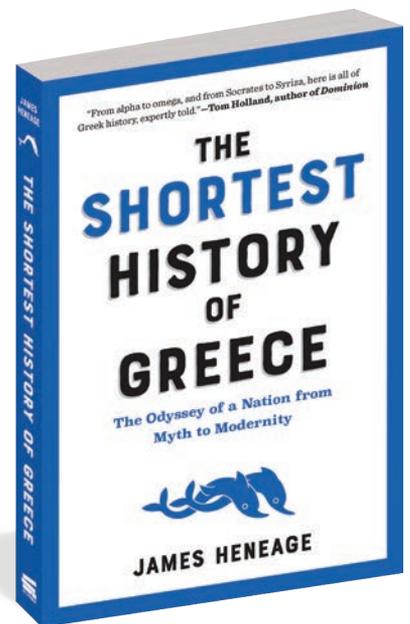
Complete yet compact, from ancient glory to recent struggles, this history of Greece comes with urgent lessons for today

Philosophy, art, democracy, language, even computers—the products of Greek civilization have profoundly shaped our world. Pericles and the Parthenon may be familiar, but what of Epaminondas, the Theban general who saved the Greek world from Spartan tyranny? Alexander the Great's fame has rolled down the centuries, but the glorious Hellenistic Age that followed is largely forgotten. "Byzantine" often conjures a vague notion of decadence and deadly intrigue, yet the thousand-year empire that ruled from Constantinople and saved Europe from invasion twice was, in fact, Greek.

Modern Greece's story, too, is one of catastrophe and triumph, from liberation and expansion, through schism, home-grown dictatorship, Nazi occupation, and civil war to today's nation—battered by austerity, a transit camp for the Middle East's casualties, at the front line of climate change, yet still proud of its values.

The Shortest History of Greece charts the Greek odyssey through three millennia, uncovering vital lessons that can help us fix our own democracies.

"From alpha to omega, and from Socrates to Syriza, here is all of Greek history, expertly told."—[TOM HOLLAND](#), author of *Dominion*

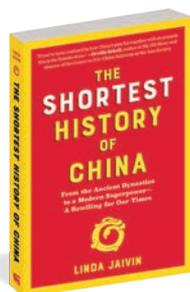


- ▶ History springs to life on the page—with a propulsive narrative, colorful profiles of key people, and 70+ B&W illustrations
- ▶ Explores Greece's outside impact on Western civilization, as the cradle of democracy and a gateway to the Middle East and Asia
- ▶ Of special interest to Greek Americans (roughly 3 million) and American travelers to Greece (1.2 million per year)

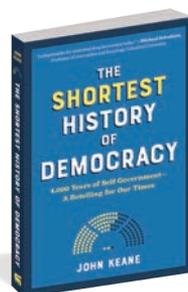


JAMES HENEAGE is the author of four bestselling historical novels set in Byzantium. He founded the Ottakar's chain of bookshops (now owned by Waterstones), chaired the Cheltenham Literary Festival, and set up his own festival dedicated to history with author James Holland: the Chalke Valley History Festival, now in its ninth year. He lives in Wiltshire, England.

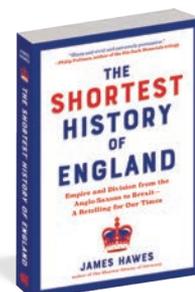
**ALSO IN THE
SHORTEST
HISTORY
SERIES**



978-1-61519-820-7



978-1-61519-896-2



978-1-61519-814-6

The Shortest History of Greece

76 B&W maps and images; 272 pages; 5 1/8 x 7 3/4

Trade paperback original: \$16.95/UK

ISBN: 978-1-61519-948-8

Rights: USC+OM*

Ships: February



The Shortest History of Israel and Palestine

FROM ZIONISM TO INTIFADAS
AND THE STRUGGLE FOR PEACE

Michael Scott-Baumann

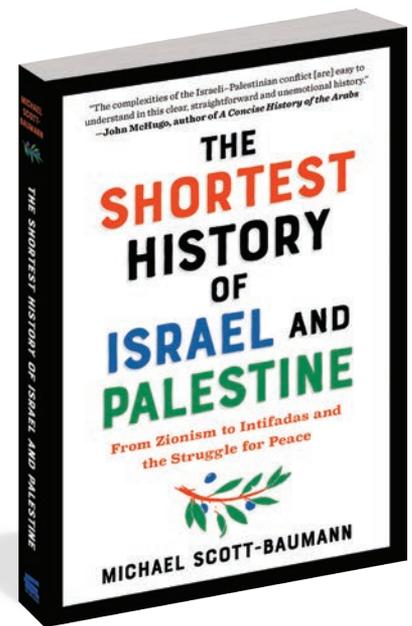
An accessible, balanced history for anyone who wants to understand how the conflict originated and developed over the past century

The ongoing conflict between Israel and Palestine is one of the most bitter struggles in history, with profound global consequences. In this book, Middle East expert Michael Scott-Baumann succinctly describes its origins and charts its history from civil war to the present day. Each chapter offers a lucid explanation of the politics and ends with personal testimony from Palestinians and Israelis whose lives have been impacted by the dispute.

While presenting competing interpretations, Scott-Baumann examines key flashpoints, including the early role of the British, the establishment of the state of Israel in 1948, the Six-Day War of 1967, and President Trump's "Deal of the Century" in 2020. And he delineates the nature of Israeli control of Palestinian territories, along with Palestinian resistance—cutting to the heart of the clashes in recent decades. The result is an indispensable history with analysis of why efforts to restore peace have failed and what it will take to succeed.

"The ideal introduction to the history of the conflict between Israel and the Palestinians. A masterpiece of clarity, concision and balance."

—ADAM SUTCLIFFE, professor of European History at King's College



- ▶ The first book in our Shortest History series to focus on the Middle East—and on an international conflict of vital importance to Western interests
- ▶ An exceptionally clear account of a complex history, including a timeline, a glossary, and personal testimonies revealing the human costs on both sides
- ▶ Publishing on Israel's 75th anniversary, also known as Nakba (the Palestinian Catastrophe)



MICHAEL SCOTT-BAUMANN is a graduate of Cambridge University and has an MA from the School of Oriental and African Studies in London. He has 35 years' experience as a history teacher and lecturer. He has traveled widely in the Middle East and worked as a volunteer under the auspices of the Israeli Committee Against House Demolitions, with whom he conducted field work on the West Bank. He lives in Cheltenham, England.

The Shortest History of Israel and Palestine

45 B&W maps and images; 288 pages; 5 1/8 x 7 3/4

Trade paperback original: \$16.95/UK

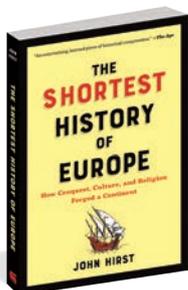
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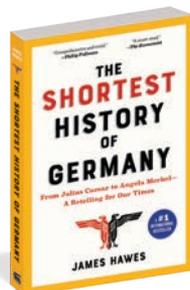
Ships: February



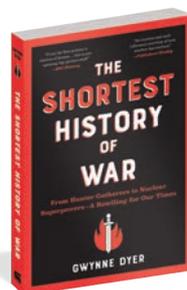
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978-1-61519-914-3



978-1-61519-569-5



978-1-61519-930-3

A Thousand Ways to Pay Attention

DISCOVERING MY ADHD MIND

A Memoir

Rebecca Schiller

Now in paperback: An inside-out view of one woman making a home on a small farm—while grappling with an unexpected ADHD diagnosis

As her young family moves to a homestead in the English countryside, Rebecca Schiller begins suffering frequent falls, uncontrollable rages, and mysterious memory lapses. Doctor after doctor delivers one misdiagnosis after another. When the answer comes, it's something no one expected: severe ADHD.

Compulsively readable and ferociously candid, both a medical mystery and a love song to the landscape Rebecca calls home, this book is a clarion call to anyone wondering if different doesn't have to mean broken.

"Don't miss *A Thousand Ways to Pay Attention*. . . [This memoir] provides a window into what it must be like to have her brain."

—*Minneapolis Star Tribune*

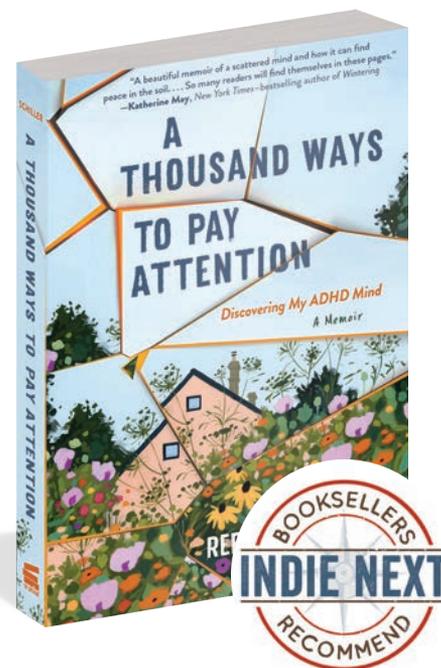
"Rebecca Schiller invites us to expand our understanding of ADHD . . . [and] shows a different side of the condition."—*Salon*

"[An] exquisite and probing narrative. . . Schiller refuses to let the ADHD label end her self-inquiry, instead using it to explore the wonders that arise from being different. . . A complex look into a beautiful mind."—*Publishers Weekly*

"A beautiful memoir of a scattered mind and how it can find peace in the soil . . . unflinching and full of truth. So many readers will find themselves in these pages."

—*Katherine May, New York Times*-bestselling author of *Wintering*

"Like no other book I've ever read: a captivating narrative about a kaleidoscopic brain."—*Edward M. Hallowell, MD, NYT*-bestselling author of *Driven to Distraction* and *ADHD 2.0*



- ▶ Awareness of ADHD is building, and Rebecca Schiller represents its most overlooked group: adult women
- ▶ Vividly captures life with severe ADHD—free of judgment or “fix yourself” advice
- ▶ An IndieNext pick and Another Indie Favorite on the May 2022 bestseller list upon first release
- ▶ Strong reading-group potential, in the vein of *Brain on Fire* and *The Collected Schizophrenias*—now with a reader's guide



© Penelope Fewster

REBECCA SCHILLER is cofounder and trustee of the human rights organization Birthrights and a regular contributor to *The Guardian*. Rebecca and her family raise a motley crew of goats and fowl and work their small homestead in the English countryside to grow food and flowers and restore wildlife.

RebeccaSchiller.co.uk  [rebecca.schiller](https://www.instagram.com/rebecca.schiller)

A Thousand Ways to Pay Attention

2 B&W illustrated maps; 320 pages; 5 1/2 x 8 1/4

Trade paperback: \$16.95/UK

ISBN: 978-1-61519-942-6

Rights: USC+OM*

Ships: April



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The Way of Nagomi

THE JAPANESE PHILOSOPHY
OF FINDING BALANCE AND PEACE
IN EVERYTHING YOU DO

Ken Mogi

This first accessible guide to nagomi shows readers craving calm (or fighting burnout) a path to greater equanimity of mind

In *The Way of Nagomi*, neuroscientist Ken Mogi shows us how life's ups and downs—like calm and stress, or fortune and misfortune—must coexist to create the harmony we deserve. He teaches that nagomi is “a sense of ease, emotional balance, well-being, and calmness”—and it is achieved through the balance of opposite forces. Once we have accepted this first step, we can learn to:

- Maintain happy relationships, even when there's disagreement.
- Try new things while staying true to ourselves.
- Strike a harmonious balance and achieve calm.

Both philosophical and practical, this book weaves the art of nagomi through all areas of life. When cooking, nagomi is a meal with a blend of ingredients; in relationships, nagomi is quality communication; and during cherry blossom season, nagomi is the celebration of beauty and impermanence—and a reminder of the preciousness of life. From health and diet to relationships and work, *The Way of Nagomi* shows us how to find balance in everything we do.

Praise for *Awakening Your Ikigai*

“Really quite a delightful look at sometimes mystifying Japanese traditions.”—*The New York Times Book Review*

“Tapping into that sunrise magic is as simple as creating habits that reflect your ‘ikigai.’”—*Well + Good*

“Ikigai is an additional item you can add to your self-care toolbox.”
—*Bustle*

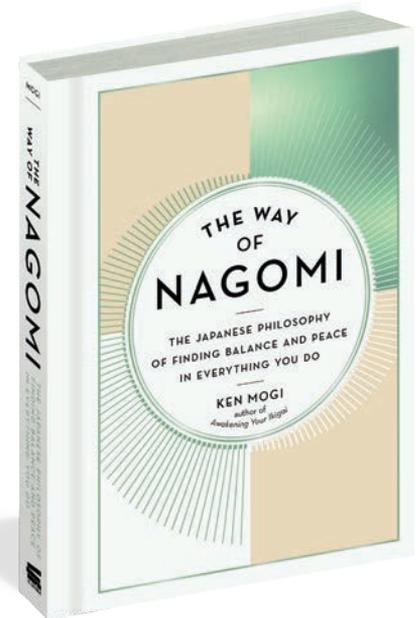
“A must-read.”—*Books for Better Living*



© Satoshi Masuda

KEN MOGI is the author of *Awakening Your Ikigai* and over 100 books in Japanese that cover popular science and self-help. A neuroscientist, writer, and broadcaster, he is also a senior researcher at Sony Computer Science Laboratories and a visiting professor of The University of Tokyo. He lives in Tokyo.

[Twitter](#) [Instagram](#) [LinkedIn](#) **kenmogi** **qualiaken**



- ▶ Japan's foundational lifestyle philosophy, nagomi undergirds wabi-sabi, shinrin-yoku, and more concepts already popular with readers
- ▶ The perfect gift book, in paper over boards and with eye-catching cover foil and embossing
- ▶ From the prolific popular science and self-help author of *Awakening Your Ikigai* (20,900 copies in print)

ALSO AVAILABLE



\$16.95 US | UK
978-1-61519-475-9

The Way of Nagomi

15 B&W Illustrations; 208 pages; 5 1/2 x 7 1/4

Paper over boards: \$18.95/UK

ISBN: 978-1-61519-869-6

Rights: USC+OM*

Ships: December



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Baseball Field Guide

UPDATED & REVISED FOURTH EDITION

An In-Depth Illustrated Guide
to the Complete Rules of Baseball

Dan Formosa and Paul Hamburger

For new and seasoned fans alike, this visual guide demystifies baseball's every rule—updated in 2022!

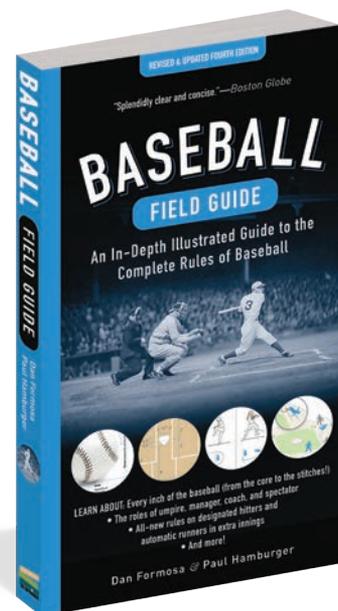
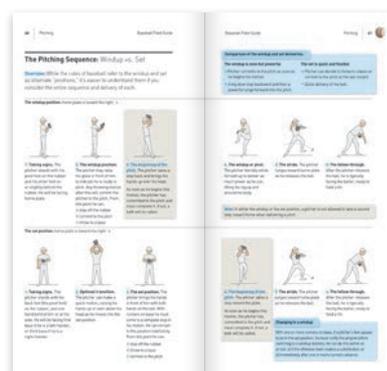
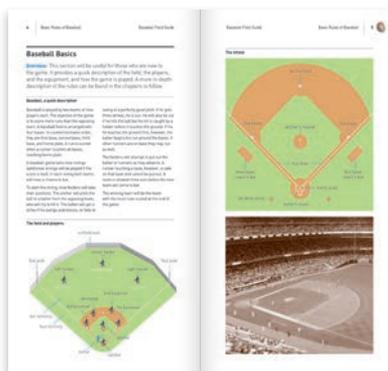
Admit it: Even if you're a devoted fan of America's national pastime, sometimes an umpire's call can be a little baffling. And for newcomers, Major League Baseball's nuanced rules—developed and revised over more than a century—are downright perplexing.

With the latest updates (including the runner on second for extra innings and universal designated hitters), the *Baseball Field Guide* clearly explains:

- rules that apply before, during, and after the game
- equipment specifications and field requirements
- duties of the coaches, managers, and umpires
- rules for spectators (yes, they have rules, too!)
- the simplest explanation anywhere of the Infield Fly Rule, and more!

Designed for quick, intuitive searches, this entertaining reference will help you better understand and enjoy every aspect of the sport.

“Splendidly clear and concise.”—*Boston Globe*



- ▶ MLB's official rules are famously complex and often revised—this fourth-edition guide equips fans with the latest changes
- ▶ 100+ color illustrations and a crisp, visual layout make finding a particular rule fast and easy
- ▶ A fan favorite with over 40,000 Bookscan sales to date
- » **Previous edition:**
978-1-61519-328-8

DAN FORMOSA, PhD, is an award-winning consultant based in Piermont, New York, and New York City. He grew up playing stopball and is a die-hard Yankees fan. **PAUL HAMBURGER**, originally from Brooklyn, is a creative director and recent transplant to Los Angeles. As a Mets fan, he is resentful toward the success of other local baseball organizations.

BaseballFieldGuide.com  danformosa

Baseball Field Guide, Fourth Edition

223 color photographs and illustrations; 272 pages;
5 x 9

Trade paperback: \$17.95/£13.99

ISBN: 978-1-61519-954-9

Rights: World

Ships: March



Cooking à la Heart

FOURTH EDITION

500 Easy and Delicious Recipes to Help Make Every Meal Heart Healthy

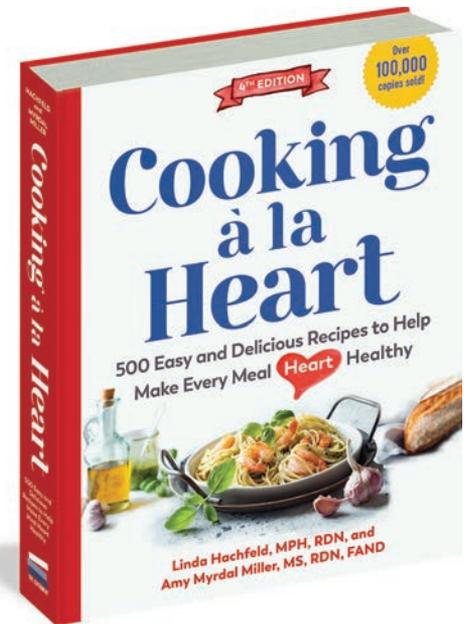
Linda Hachfeld, MPH, RDN, and Amy Myrdal Miller, MS, RDN, FAND

This comprehensive, tried-and-true cookbook returns—with new recipes and photos, plus the latest heart-health recommendations

The Mediterranean and DASH (Dietary Approaches to Stop Hypertension) eating patterns are scientifically proven to be the healthiest for our hearts (and have added brain health benefits). Combined, they make the MIND Diet (Mediterranean Intervention for Neurodegenerative Delay), which further reduces the risk of dementia and Alzheimer’s disease. *Cooking à la Heart* incorporates all three into one nourishing, wholesome, environmentally friendly cookbook that supports a healthy lifestyle with:

- an emphasis on plant-based ingredients, healthy fats, and thoughtful use of dairy, poultry, and lean red meat
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- ▶ Trusted by the Mayo Clinic and Harvard Medical School, with 100,000+ copies sold across three prior editions
- ▶ With 500 tasty, easy-to-follow recipes for every meal, this is the *Joy of Cooking* for heart health
- ▶ Up-to-date nutrition info and lifestyle tips for the one in four American adults at risk of heart disease
- » **Previous edition:** 978-1-891011-09-2

Cooking à la Heart, Fourth Edition

50 color photographs and illustrations; 400 pages; 8 x 9 1/2

Paper over boards: \$35.00/£27.99

ISBN: 978-1-61519-758-3

Rights: World

Ships: January



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LINDA HACHFELD, MPH, RDN, is a bestselling author, medical nutrition therapist, Benjamin Franklin Award recipient, district president for the American Heart Association, and community nutrition coordinator with the NIH-funded Minnesota Heart Health Program. She lives in Mankato, Minnesota.

AMY MYRDAL MILLER, MS, RDN, FAND, is an award-winning dietitian, culinary nutrition expert, public speaker, columnist for *Produce Business* magazine, and president of Farmer’s Daughter Consulting, Inc. She lives in Carmichael, California.

What to Do When Your Child Isn't Talking

EXPERT STRATEGIES TO HELP YOUR BABY OR TODDLER TALK, OVERCOME SPEECH DELAY, AND BUILD LANGUAGE SKILLS FOR LIFE

Updated Second Edition

Nicola Lathey and Tracey Blake

An essential guide to language development—from babbling to first words to full sentences—plus early signs of anxiety, autism, or ADHD

The stress, anxiety, and isolation of the past few years have led to a crisis among young children. Many toddlers who had been chatting away stopped altogether while others never developed language skills at all. Speech and language therapist Nicola Lathey and journalist Tracey Blake are on a mission to get your child back on track—with strategies tailored to specific needs:

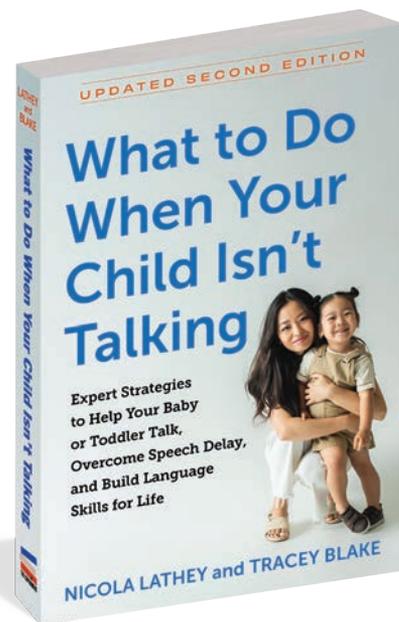
- What if your baby isn't babbling in year one?
- What if your toddler isn't saying their first words in year two?
- What if your child isn't talking in sentences like their peers in year three?

What to Do When Your Child Isn't Talking answers parents' burning questions about their child's development and provides expert strategies to put this advice into practice. With each chapter devoted to a language setback and solution, this book provides practical advice and fun games for parents to steer their children back on track and set them up for success at school and in life.

"In a fun, down-to-earth style, [this book] gives parents practical tools to understand their babies and help them develop speech and language while sharing the excitement of each new word."

—DR. T. BERRY BRAZELTON, professor of pediatrics, emeritus, Harvard Medical School

"A must-read for parents keen to help their child express themselves from the get go. I can't recommend it enough."—*Gurgle magazine*



- ▶ For worried parents of children with speech delay—actionable advice from the forefront of speech therapy
 - ▶ Speech delays have spiked massively due to pandemic isolation and anxiety, prompting concern and attention from pediatric doctors
 - ▶ Winner of the 2014 National Parenting Publications Awards (NAPPA) Parenting Resources Competition, Silver Award (education category)
- » **Previous edition:** *Small Talk*, 978-1-61519-203-8

What to Do When Your Child Isn't Talking

4 B&W diagrams; 336 pages; 6 x 9

Trade paperback: \$17.95/UK

ISBN: 978-1-61519-962-4

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Ships: March



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NICOLA LATHEY is a pediatric speech and language therapist specializing in children under five and the founder of the Owl Centre, which provides assessment and therapy services to children and adults across the whole of the UK. She lives in Cheltenham, England.

TRACEY BLAKE is a *Daily Mail* journalist and editor turned ed-tech entrepreneur who's passionate about early learning and child development. She has two kids and lives in Buckinghamshire, England.

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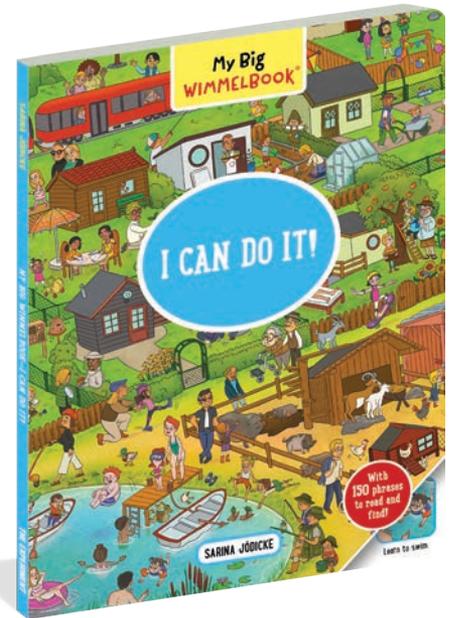
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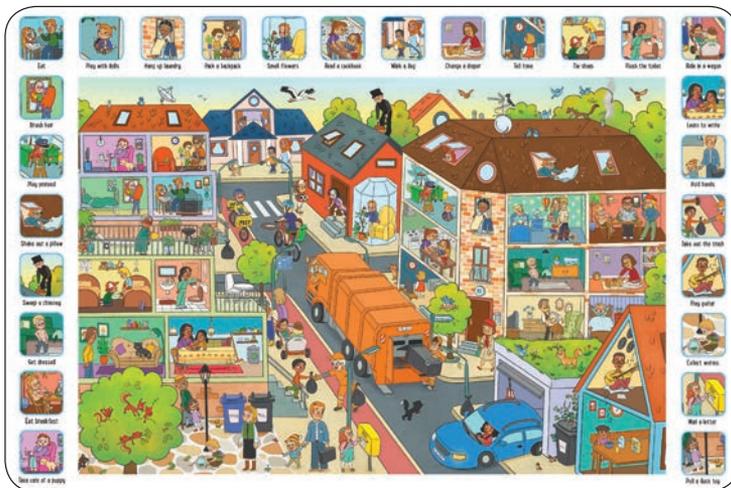
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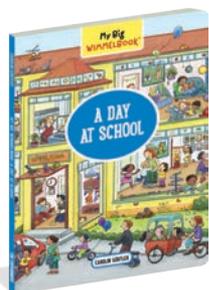
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SARINA JÖDICKE has always had a passion for telling stories through images. As a freelance illustrator, she works with well-known companies from around the world. She lives in Berlin, Germany.

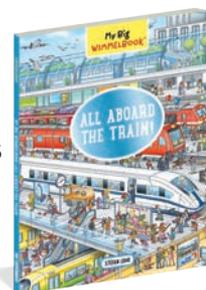
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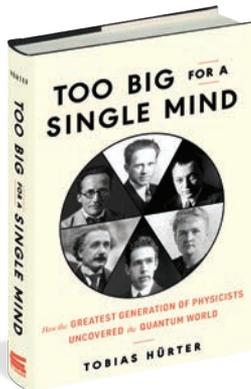
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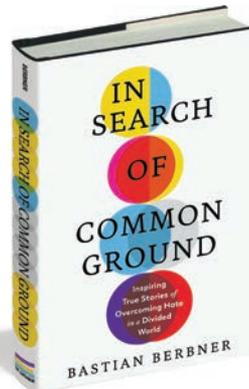


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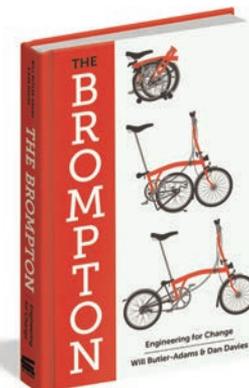


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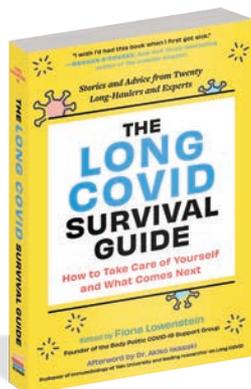


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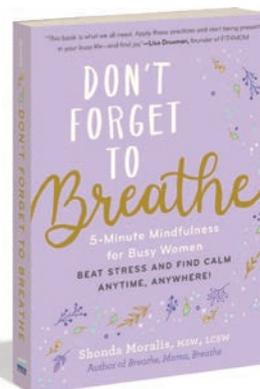


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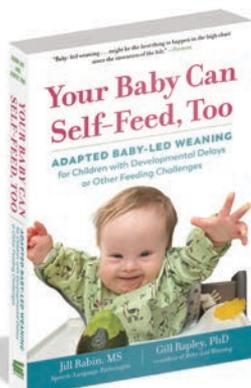


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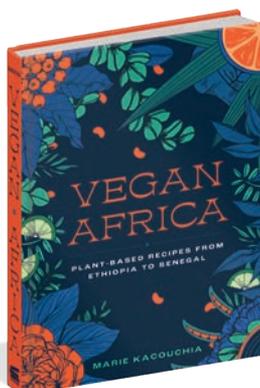


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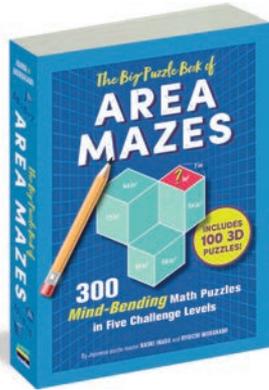


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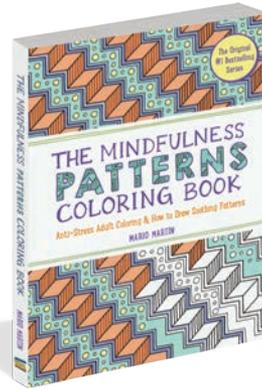


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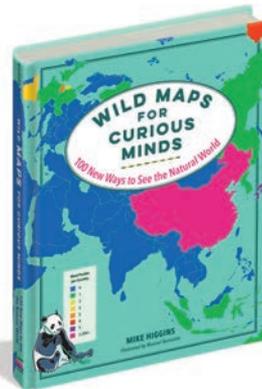


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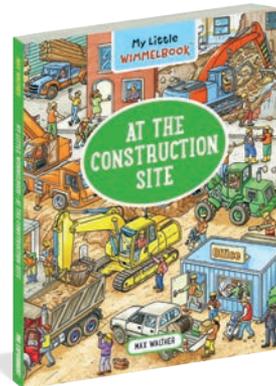
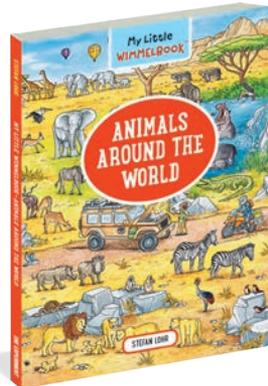
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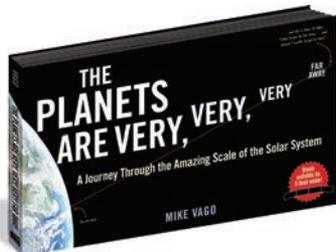
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INDEX

Titles

- 2023 Moon Calendar Card 121
- All Aboard the Train! 119
- Animals Around the World 121
- At the Airport 119
- At the Construction Site 121
- Awakening Your Ikigai 115
- Baseball Field Guide, Fourth Edition . . 116
- Big Puzzle Book
of Area Mazes, The 121
- Blue 120
- Brompton, The 120
- Cooking à la Heart, Fourth Edition . . . 117
- Curious Collection
of Wild Companions, A 121
- Day at School, A 119
- Don't Forget to Breathe 120
- How to Read Water 107
- I Can Do It! 119
- In Search of Common Ground 120
- Long COVID Survival Guide, The 120
- Lost Art of Reading
Nature's Signs, The 107
- Mindfulness Patterns
Coloring Book, The 121
- Monarchs of the Sea 109
- Mushrooming 111
- My Big Wimmelbooks 119
- My Little Wimmelbooks 121
- Nursery Earth 109
- Planets Are Very, Very, Very
Far Away, The 121
- Retracing the Iron Curtain 106
- Secret World of Weather, The 107
- Shortest History of China, The 112
- Shortest History of Democracy, The . . 112
- Shortest History of England, The 112
- Shortest History of Europe, The 113
- Shortest History of Germany, The 113
- Shortest History of Greece, The 112
- Shortest History
of Israel and Palestine, The 113
- Shortest History of War, The 113
- Thousand Ways to Pay Attention, A 114
- Time Nature Keeps, The 108
- Too Big for a Single Mind 120
- Vegan Africa 120
- Way of Nagomi, The 115
- What to Do When Your Child
Isn't Talking 118
- Wild Child 110
- Wild Maps for Curious Minds 121
- Your Baby Can Self-Feed, Too 120

Authors

- Bayly, Sami 121
- Berbner, Bastian 120
- Blake, Tracey 117
- Borsato, Diane 111
- Bortoletti, Manuel 121
- Butler-Adams, Will 120
- Davies, Dan 120
- Dyer, Gwynne 113
- Falls, Barry 110
- Formosa, Dan 116
- Gooley, Tristan 107
- Görtler, Carolin 119
- Hachfeld, Linda 117
- Hamburger, Paul 116
- Hawes, James 112, 113
- Heneage, James 112
- Higgins, Mike 121
- Hirst, John 113
- Hürter, Tobias 120
- Inaba, Naoki 121
- Jaivin, Linda 112
- Jödicke, Sarina 119
- Kacouchia, Marie 120
- Keane, John 112
- Kupferschmidt, Kai 120
- Lathey, Nicola 118
- Lohr, Stefan 119, 121
- Long, Kim 121
- Lowenstein, Fiona 120
- Martín, Mario 121
- McAnulty, Dara 110
- Mogi, Ken 115
- Moralis, Shonda 120
- Murakami, Ryoichi 121
- Myrdal Miller, Amy 117
- Oseid, Kelsey 111
- Phillips, Timothy 106
- Piicher, Helen 108
- Rabin, Jill 120
- Rapley, Gill 120
- Schiller, Rebecca 115
- Scott-Baumann, Michael 113
- Staaf, Danna 109
- Vago, Mike 121
- Walther, Max 119, 121

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