

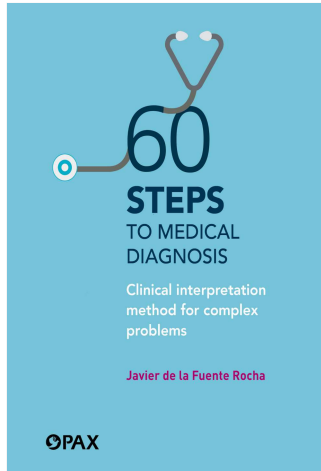


DROPCAP

2023 Frankfurt - Health & Fitness / Cooking
Rights Guide

9/25/2023

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60 Steps to Medical Diagnosis

By Javier de la Fuente Rocha

Dr. De la Fuente, based on his vast professional experience, describes the method for clinical interpretation of complex problems and thus facilitate the diagnostic work of the doctor on his way to discover the problem. With simplicity and depth, the author delves into strategic points such as the information that must be collected, the questions that must be answered, the way in which it must be analyzed, the judgments that must be applied, the relationships that need to be established and how to integrate the final result. All this with the aim of providing the patient with an accurate and timely diagnosis of the disease he suffers in order to undertake adequate treatment.

About The Author(s)

Javier de la Fuente Rocha is a specialist in Internal Medicine (UNAM), a specialist in Clinical Gerontology (University of Paris Descartes), a specialist in Geriatrics (University of Paris Descartes), a foreign assistant in Internal Medicine and Geriatrics (Faculty of Medicine Pitié-Salpêtrière), a Master in Philosophical Anthropology (Universidad del Tepeyac) and a PhD in Contemporary Philosophy (Autonomous University of the State of Mexico). He has had teaching experience as an adjunct professor of the postgraduate specialization course in Internal Medicine at the ISSSTE Hospital Tacuba (1997-2006). He has also been interim tenured professor of the Chair of Comprehensive Basic Nosology (1974) and Comprehensive University Professor of Postgraduate Geriatrics at UNAM (1982). He is currently a tenured professor of the subjects Interpretation of Medical Diagnosis (since 2014), Undergraduate Geriatrics (since 2015), Neurobiology in the master's degree in IPICS Integral Psychotherapy (since 2007) and Health of the Elderly, at the Faculty of Medicine at UNAM. He has had appointments as vice president of the Mexican Council of Geriatrics (2008-2010). He is the author of 60 steps for medical diagnosis (2021), published by Pax.

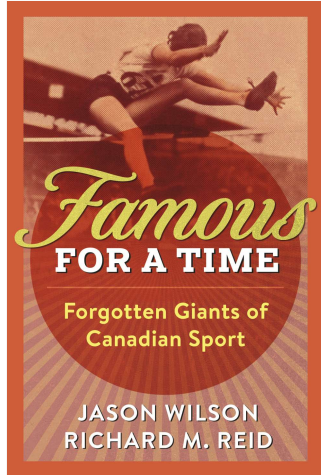
Pax
Publication Date: 6/20/2021

23cm x 17cm (230mm x 170mm)
Page Count: 256
Retail Price (USD): 19.99
Age: 18+
ISBN: 9786077133179

Current Licenses: None

BISAC Codes

- HEALTH & FITNESS / Healing
- MEDICAL / Clinical Medicine
- MEDICAL / Diagnosis



Dundurn Press Ltd.
Publication Date: 6/13/2023

9in x 6in (229mm x 152mm)
Page Count: 264
Retail Price (USD): 21.99
Age: 18+
ISBN: 9781459749955

Famous and Forgotten

By Jason Wilson|Richard Reid

Famous for a Time celebrates Canadian athletes and sporting history.

The cultural impact of sport on a nation is not slight. Famous for a Time explores a number of important, if not well remembered Canadian athletes and the sports they played to help explain the nation's complicated history, sporting and otherwise. It is an exploration that reveals the socio-cultural trends that have shaped Canada since Confederation. Through the prism of some exceptional athletes, the prevailing attitudes of many Canadians toward issues such as class, race, memory, manliness, femininity, and national identity are laid bare. Here, from the sidelines, we find how these attitudes have changed — or not, as the case may be — over time. Besides being fleetingly famous, each example herein offers insight to an important aspect of the nation's narrative. The winners and losers of Canada's games simply mirror the larger questions that have faced Canadian society across three centuries.

About The Author(s)

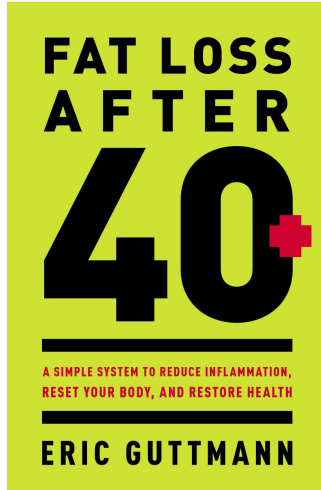
Jason Wilson is a bestselling Canadian historian and a two-time Juno Awards nominated musician. An Adjunct-Professor of history at the University of Guelph, Dr. Wilson has six books to his name and resides in Stouffville, Ontario with his wife Alana and their many pets.

Richard M. Reid is a professor emeritus at the University of Guelph. He is the author of several books including the C. P. Stacy Award-winning African Canadians in Union Blue: Volunteering for the Cause in the Civil War. Professor Reid resides in Guelph, Ontario with his wife Susan.

Current Licenses: English (United States)

BISAC Codes

- SPORTS & RECREATION / History
- HISTORY / Canada / Post-Confederation (1867-)
- BIOGRAPHY & AUTOBIOGRAPHY / Sports



Lioncrest Publishing
Publication Date: 10/11/2022

8.5in x 5.5in (216mm x 140mm)
Page Count: 116
Retail Price (USD): 14.99
Age: 18+
ISBN: 9781544533926

Fat Loss After 40

By Eric Guttmann

First it's five pounds, then ten. Before long, you find yourself fifty pounds overweight and relying on motivation to magically melt the pounds—only your motivation is gone.

Perhaps you've always struggled with weight gain. Or maybe this was never a concern until your forties. For most of us, though, weight gain is a constant battle that becomes harder to win the older we are.

How do we make progress against Mother Nature? When do we stop fighting our own bodies? In *Fat Loss After 40*, retired Naval Officer Eric Guttmann—a health and fitness expert—provides his sensible system for shedding fat without starvation or excessive exercise. He shows you how to adopt a successful mindset and incorporate an elimination diet to reduce inflammation and drop pounds—potentially ten to fifteen in the first thirty days. You'll learn how to reap benefits from fasting, incorporate a single exercise to boost human growth hormone, and use supplements to optimize cellular energy. If you're tired of bearing the burden of excess weight, *Fat Loss After 40* is the inspiration and know-how you need to lose the pounds—for good.

About The Author(s)

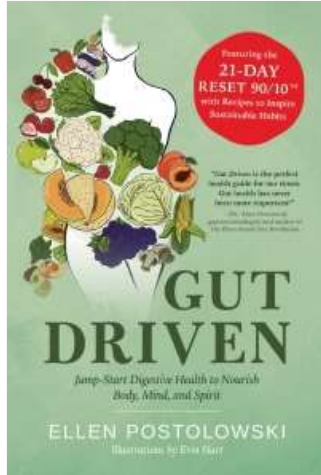


Eric Guttmann is an author and an Ultimate Human Performance (UHP) certified physio/kinesiology expert who served for more than twenty years in active duty as both a Naval Flight Officer (NFO) and a Foreign Area Officer (FAO). With several instruction certifications, including Elite Combat Fitness and Commando Krav Maga, Eric is a US Navy Certified Fitness Leader (CFL) with degrees in Physical Education and National Security Affairs. He studied acupuncture and Eastern medicine. He was also a collegiate track athlete in the javelin, along with judo and gymnastics.

Current Licenses: None

BISAC Codes

- HEALTH & FITNESS / Weight Loss
- HEALTH & FITNESS / Diets



Girl Friday Books
Publication Date: 2/21/2023

9in x 6in (229mm x 152mm)
Page Count: 358
Retail Price (USD): 17.95
Age: 18+
ISBN: 9798218050719

Gut Driven

By Ellen Postolowski

Embrace that self-care goes beyond food, water, and exercise, and take a moment to think about what healthy means to you.

Consider that you are only as healthy as the food you can digest. What you put into your body is essential—but unless your digestive system can effectively process the fuel you give it, even the most nutritious foods can go to waste or cause digestive issues. Our resilient gut microbiome is fundamental to the harmony and balance of cognitive and physical functions. Jump-start optimal well-being with integrative health coach and nutritional food chef Ellen Postolowski, working from the inside out. With a focus on improving gut health—a vital component of whole-body wellness—*Gut Driven* helps you heal your body, achieve balance, and reset your relationship with what you eat.

Postolowski's easy-to-follow and supportive Reset 90/10 plan is a comprehensive three-week plant-based program focused on eliminating inflammatory foods often associated with illness, chronic diseases, and autoimmune issues, and examining coping mechanisms that aren't serving you or healing body, mind, and spirit. Move on to the Maintenance phase, where the author's proven approach to reintroducing eliminated foods one at a time helps you identify and focus on potential sensitivities and intolerances. With over one hundred simple and delicious Maintenance and Reset recipes to support your Reset 90/10 experience—emphasizing whole-food, nutrient-dense meals—*Gut Driven* shows you how to use food as medicine to build a sustainable foundation that works specifically for your unique needs.

About The Author(s)



Integrative health coach and nutritional food chef Ellen Postolowski embraces optimal whole-body well-being by emphasizing the essentials of robust gut health with balance, awareness, and education on and off the plate. Ellen resides in Allendale, NJ, with her husband, Lou, and dog, Dug. She strives to create a ripple effect highlighting the benefits of self-care for all clients with *Gut Driven*. For more information, check out <https://www.chefellen.com/>

Review(s)

"*Gut Driven* is the perfect health guide for our times. Gut health has never been more important!"—Dr. Alan Desmond, gastroenterologist and author of *The Plant-Based Diet Revolution*

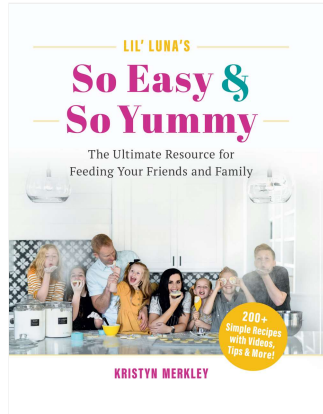
"Chef Ellen Postolowski offers a comprehensive approach to lifelong well-being through fundamental education, mouthwatering health-supporting recipes, and an understanding of how feeling dissatisfaction in crucial areas of life or caring for others without paying attention to self can contribute to poor health. The old adage 'You don't have to set yourself on fire to keep others warm' is a driving force behind Chef Ellen's own health journey, and now she offers us all a solution to feel better and maintain that feeling." —Joanna Puciata, cofounder of and mentor at Amare Vita, teacher at the Institute for Integrative Nutrition

"In this approachable guide, health coach Postolowski provides advice on how to improve gut health ... The science enlightens and the recipes will make it easy to follow the dietary regimen. The result is a solid take on eating right." —*Publishers Weekly*

Current Licenses: None

BISAC Codes

- HEALTH & FITNESS / Nutrition
- COOKING / Health & Healing / General
- HEALTH & FITNESS / Naturopathy



Flashpoint
Publication Date: 10/10/2023

10in x 8in (254mm x 203mm)
Page Count: 312
Retail Price (USD): 34.95
Age: 18+
ISBN: 9781959411451

Lil' Luna's So Easy & So Yummy

By Kristyn Merkley

Cook with joy and feed the ones you love with 200+ recipes for all occasions from the creator of the wildly popular *Lil' Luna* cooking blog.

Need a hand in the kitchen? *Lil' Luna* has you covered. From hearty breakfasts to festive apps to mouthwatering main courses, *Lil' Luna's So Easy & So Yummy* helps you navigate everything from meal prep and party planning to last-minute dinner solutions for your family. With more than 200 go-to, no-fail recipes—many ready in thirty minutes or less!—this innovative and approachable cookbook will revolutionize your mealtime routine. With *Lil' Luna*, you can:

- whip up showstopping breakfast treats,
- bring the best game-day snacks with out of this world dips and bites,
- get cozy with warming soups and stews
- fix tempting veggie sides and bright, flavorful salads,
- celebrate summer with barbecue and picnic classics,
- feel festive with irresistible holiday treats,
- and much more!

Featuring tips, tricks, bonus recipes, and even links to online video instructions, most of the recipes within are designed with a big family or a bunch of friends in mind. Cooking for a smaller crew? Hello leftovers! You'll also find inspiration and support throughout with handy charts, checklists, and meal-planning guides. Whether you're feeding your family or a whole crowd, this crave-worthy cookbook is the ultimate resource for nourishing, tried-and-true recipes that are, above all, so easy and so yummy.

About The Author(s)



Kristyn Merkley has been helping her family and others prepare simple and delicious meals since 2010 through her website, lilluna.com. Her avid following has come to appreciate her tried-and-true approach to helping everyone become successful in the kitchen. *Lil' Luna's So Easy & So Yummy* was created with one goal in mind: to share all of the helpful resources that she relies on—and her love of cooking—with as many people as possible. She lives in Arizona with her husband and six kids.

For more information, check out <https://lilluna.com/>

Review(s)

"Flip through the pages of the *Lil' Luna's So Easy & So Yummy* and you'll want to make every recipe. True to their reputation, Kristyn's recipes are unfussy, approachable and loved by the whole family. This is going to become your go-to resource for every meal of the day!"

—Natasha Kravchuk, author and creator of *Natasha's Kitchen*

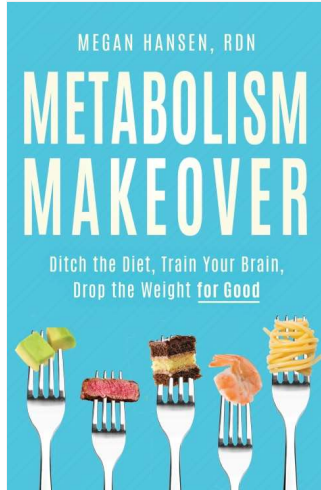
"Kristyn has created such an essential guide for busy families to create memories together through mealtimes. Her cookbook is full of easy, accessible and fun recipes that will make anyone feel as though they can pull off extraordinary meals with ease!"

—Yumna Jawad, Founder of *Feel Good Foodie*

Current Licenses: None

BISAC Codes

- COOKING / Methods / Quick & Easy
- COOKING / Cooking for Kids *



Flashpoint
Publication Date: 5/2/2023

9in x 6in (229mm x 152mm)
Page Count: 120
Word Count: 32500
Retail Price (USD): 24.95
Age: 18+
ISBN: 9781736357989

Metabolism Makeover

By Megan Hansen, RDN

For decades, we've been told that the key to weight-loss success is eating less and exercising more. Both research and experience have proven this theory wrong. Yet we continue to count calories, eliminate carbs, track macros, and cut out entire food groups because the only thing scarier than failing at another diet is trusting ourselves enough to not be on one at all.

It's time to learn how our bodies really work, so we can ditch the diet and take back control. In *Metabolism Makeover*, registered dietitian nutritionist Megan Hansen strips away the complexity and confusion surrounding metabolism and replaces it with a simple framework that will give you the tools to:

- master the six key elements of the Metabolic Ecosystem—blood sugar, lean muscle tissue, movement, stress management, sleep, and gut health—and adjust each element to fit your lifestyle.
- use the Informed Intuitive Eating approach to predict a craving before it starts, manage it once it hits, or prevent it from ever happening in the first place.
- apply the Next Best Choice framework so you can handle anything that pops up, including the Diet Danger Zones (such as vacations and holidays), without going into “f*ck it” mode.

Your body knows how to lose weight and keep it off—you just haven't been given the owner's manual yet. *Metabolism Makeover* has the tools you need to regain control of your appetite, mindset, and life.

About The Author(s)



Megan Hansen, RDN is the founder and CEO of *Metabolism Makeover*--a virtual nutrition coaching business with a focus on weight loss and metabolic health. With a community of almost 30 dietitians and over 5000 past and present clients, Hansen's company is dedicated to the mission of helping their clients learn how to eat like normal people so that they can lose the weight and the food anxiety and keep it off forever. They do this by teaching clients about how their bodies work and helping them increase their metabolism instead of decreasing their calories. This creates a mindset shift around food that allows them to let go of food rules and the all-or-nothing mentality, which in turn creates consistency and results. Hansen lives in Georgia.

Learn more at <https://metabolismmakeover.co/>

Review(s)

"Finally . . . a much-needed antidote to the diet industry's 'eat less, exercise more' mantra! I love Megan's holistic body-and-mind approach to weight loss, and it's the approach that helped me finally break free of dieting and heal my metabolism. She also provides valuable tools for tapping into your subconscious for true behavior change and long-term results. A must read!"—Katie Wells, founder of WellnessMama.com

"Megan is a breath of fresh air in the health-and-wellness space. She is so in tune with the body, and in an approachable way, she helps people learn what works best for them. It's not a one-size-fits-all when it comes to health and weight loss, and no one understands that better than Megan. I highly recommend adding *Metabolism Makeover* to your wellness tool kit."—Lauryn Bosstick, founder of the Skinny Confidential brand and website

"Megan really nailed it by highlighting the importance of building healthy muscle, which is often overlooked in the weight-loss conversation. Great guidebook!"—Dr. Gabrielle Lyon, founder of the Institute for Muscle-Centric Medicine

"Megan's comprehensive and relatable approach to improving metabolism is an absolute game changer for everyone frustrated with feeling stuck in the outdated nutrition philosophy of 'eat less, move more.' *Metabolism Makeover* gives you the playbook necessary for finally feeling empowered and capable of achieving long-term results without feeling deprived!"—Brigid Titgemeier, MS, RDN, LD, IFNCP, and founder of BeingBrigid Functional Nutrition

"If you care deeply about your overall health and well-being and want a guide that truly empowers you to finally conquer your weight management and mindset, put this book on your required-reading list. Megan breaks down the truth about a healthy metabolism and provides actionable steps to make true and lasting changes once and for all. This is a must read!"—Tina Anderson, CEO and cofounder of Just Thrive

"I devoured this book. It made me laugh; it made me cry; it made me think and rethink. I will give this book to all the women in my life who need the sort of empowerment that comes from an educated, funny, and authentic professional. Megan's words are powerful and transformative, and they give readers the courage to embrace themselves as masterpieces AND works in progress. She teaches readers to sink deeply into the unapologetic realness of who they are in all their seasons of life."—Dr. Erin Nitschke, ACE Health Coach, fitness nutrition specialist, and therapeutic exercise specialist

Current Licenses: None

BISAC Codes

- HEALTH & FITNESS / Weight Loss
- HEALTH & FITNESS / Nutrition



Familis
Publication Date: 5/2/2023

10.3in x 8.3in (262mm x 211mm)
Page Count: 128
Retail Price (USD): 24.99
Age: 18+
ISBN: 9781641707381

Oh \$#!% What's for Dinner?

By Maria Sansone

If you ever looked at the clock and thought, Oh \$#!%, what's for dinner? This is your book! Emmy award-winning TV host, social media personality, lifestyle expert, and mom of two, Maria Sansone, knows that when it comes to weeknight dinners... the struggle is real. In *Oh \$#!% What's for Dinner?* Maria shares 65 of her go-to, no-fuss weeknight recipes for real life. No appetizers and no desserts because mama don't have time for that on a weeknight. Quick and easy entrees paired with some tried-and-true sides designed to help you through meal time, in no time. From retro comfort foods like meatloaf, mac and cheese, and chicken pot pie to Sansone family favorites like meatballs, fried spaghetti, pizza, and wedding soup this is a thoughtfully curated collection of fun, kid-friendly, do-able dinners you'll swear by.

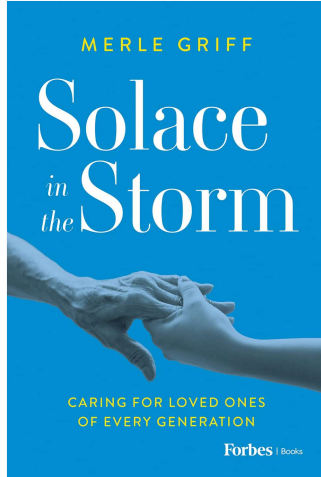
About The Author(s)

Maria Sansone is an Emmy award-winning television host with an illustrious career in broadcasting. She's a media personality, lifestyle expert, tastemaker, and mom of two.

Current Licenses: None

BISAC Codes

- COOKING / Methods / Quick & Easy
- COOKING / Cooking for Kids *
- COOKING / Methods / Low Budget



ForbesBooks
Publication Date: 9/12/2023

9in x 6in (229mm x 152mm)
Retail Price (USD): 19.99
Age: 18+
ISBN: 9798887500706

Solace in the Storm

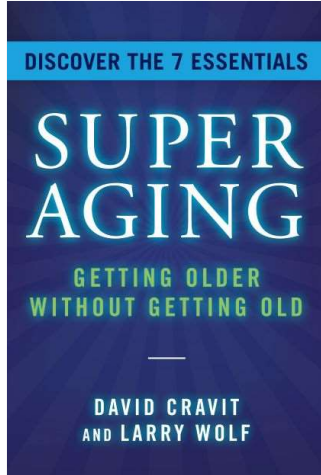
By Merle Griff

Life can change in an instant. Even when the water seems calm, you can be thrown suddenly into the unfamiliar storm of caregiving. Most people will serve as a caregiver at some point in their lives, whether to their children, their spouse, their parents, or even their grandchildren. Despite how common the experience is, it's difficult to find quick, easy, and practical advice to help you survive the never-ending stress of caring for a loved one. For anyone searching for support in moments of family crisis, Dr. Merle Griff's *Solace in the Storm* can be your guide. Griff, a therapist who has helped families overcome the challenges of providing care at all stages of life, offers easy-to-apply solutions to common caregiving problems. Whether it's dealing with uninvited opinions from friends and family members, communicating with healthcare professionals, or finding time for yourself, *Solace in the Storm* provides the direction you need to ride out even the roughest seas. Griff provides stories from people who have been where you are now—and her own life—to help readers get through what seems like the impossible. Caregiving can be needed at any point in your loved ones' lives. In this book, Griff looks at caregiving throughout the human lifecycle, starting with infancy through caring for adult parents. And she gives advice on how friends and family can help, either by lending a hand or by learning what to say—and what not to say. *Solace in the Storm* will serve as your lifelong resource for quick tips, resources, and words of support and encouragement—a companion you will turn to again and again.

Current Licenses: None

BISAC Codes

- MEDICAL / Caregiving
- FAMILY & RELATIONSHIPS / Eldercare



Flashpoint
Publication Date: 4/25/2023

9in x 6in (229mm x 152mm)
Page Count: 256
Word Count: 66000
Retail Price (USD): 26.95
Age: 18+
ISBN: 9781954854864

SuperAging

By David Cravit, Larry Wolf

Get older without getting old!

Welcome to the dazzling new world of SuperAging, where everything you've been taught about aging is challenged. Getting older does not need to mean the end of accomplishment and growth. For SuperAgers, the period after age sixty-five can be one of the most productive and fulfilling times of life.

SuperAging is already a reality for millions. But the science, business, and culture of aging have changed at such a rapid pace that they can be hard to keep up with. That's where authors David Cravit and Larry Wolf can help. They've broken SuperAging down into seven simple components—Attitude, Awareness, Activity, Autonomy, Achievement, Attachment, and Avoidance—and in this groundbreaking book, they show how you can put these forces to work in your own life. From taking control of your health and health care to revolutionary ways of thinking about retirement, money, housing, and even relationships, you'll discover how to make your seventies, eighties, nineties, and beyond some of the best years of your life. Why settle for getting old when you can thrive?

About The Author(s)

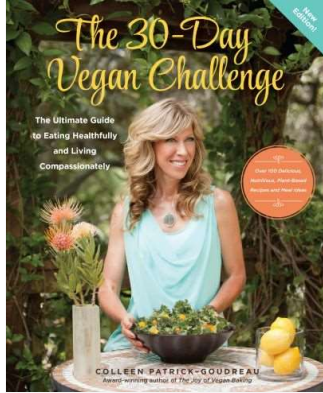
David Cravit has an established profile and track record in reporting on aging and related issues. He is the author of two previous books: *The New Old*, which discusses how the baby boomers reinvented aging, and *Beyond Age Rage*, which examines the so-called war of the generations. He is vice president at ZoomerMedia, the only media company in Canada specializing in the "older" market, and also chief membership officer and chief marketing officer of CARP (Canada's equivalent to AARP). He appears frequently on radio and television as a respected commentator on the new trends and developments driving the emergence of SuperAging.

Larry Wolf's expertise is in identifying important trends and creating opportunities to capitalize on them. He has advised a number of Fortune 500 companies and governments on their branding and communications strategies. Larry founded and developed the Wolf Group from a two-person consultancy into a sizable international advertising agency with offices in seven cities in the United States and Canada. His company helped successfully create and launch many new brands. Most recently, Larry identified a number of trends precipitated by increasing longevity and made use of an unrealized opportunity to unify and brand the key elements that contribute to successful aging.

Current Licenses: None

BISAC Codes

- SOCIAL SCIENCE / Gerontology



Girl Friday Books
Publication Date: 9/6/2022

9.2in x 7.5in (234mm x 190mm)
Page Count: 330
Retail Price (USD): 24.95
Age: 18+
ISBN: 9781944903145

The 30-Day Vegan Challenge

By Colleen Patrick-Goudreau

Take the 30-Day Vegan Challenge and see the difference a plant-based diet makes in your life! Whether you want to improve your overall health, shed a few pounds, demonstrate your compassion for animals, or help the environment, Colleen Patrick-Goudreau, dubbed "The Vegan Martha Stewart" by VegNews magazine, holds your hand every step of the way, giving you the tools, resources, and recipes you need to make the vegan transition - healthfully, joyfully, and deliciously. In this one-stop, comprehensive guide, Patrick-Goudreau: debunks common nutrition myths and explains the best sources of such nutrients as calcium, protein, iron, and omega-3 fatty acids helps you become a savvy shopper, eat healthfully affordably, restock your kitchen, read labels, and prepare nutrient-rich meals without feeling overwhelmed offers practical strategies for eating out, traveling, hosting holiday gatherings, and attending social events provides delicious, nutrient-rich, easy plant-based recipes empowers you to experience the tangible and intangible benefits of living a healthy, compassionate life, including achieving healthful numbers for cholesterol, blood pressure, weight, and more.

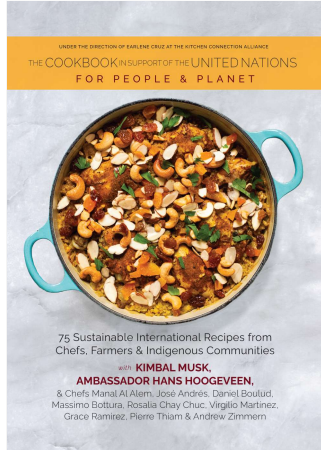
About The Author(s)

Colleen Patrick-Goudreau is the award-winning author of seven books, including the bestselling *The Joy of Vegan Baking*, *Color Me Vegan*, and *Vegan's Daily Companion*. Through her writing, inspiring lectures, and popular podcast "Food for Thought," she has guided thousands of people to living compassionately and healthfully.

Current Licenses: None

BISAC Codes

- HEALTH & FITNESS / Diets
- COOKING / Health & Healing / General



The Cookbook in Support of the United Nations: For People and Planet

By Kitchen Connection

The Kitchen Connection Alliance, in close cooperation with the Food and Agriculture Organization of the United Nations, develops an international cookbook to support the way that we eat for ourselves and for the planet.

Celebrity chefs, organic farmers, indigenous cooks, and food activists share their favorite entrées and side dishes that are not only healthy and delicious but also sustainable. This gorgeous cookbook features full-color photography along with each recipe's nutritional information and estimated carbon footprints for the most climate-friendly dishes, so you can support sustainable food systems from your own kitchen. Learn how to eat better for yourself and for the planet with The Cookbook in Support of the United Nations: For People and Planet, a global collection for global connection.

Familius
Publication Date: 11/1/2022

11in x 8in (279mm x 203mm)
Page Count: 240
Retail Price (USD): 29.99
Age: 18+
ISBN: 9781641705844

About The Author(s)

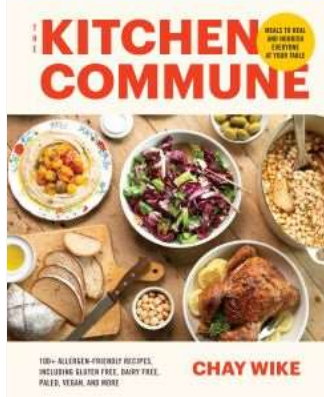
The Kitchen Connection Alliance works with the Food and Agriculture Organization of the United Nations. It uses food as the vehicle to connect people to each other, in support of a better food system and the United Nations Sustainable Development Goals.

Learn more at <https://kitchenconnection.org/>

Current Licenses: None

BISAC Codes

- COOKING / Regional & Ethnic / International
- COOKING / Vegetarian & Vegan



Flashpoint
Publication Date: 1/9/2024

10in x 8in (254mm x 203mm)
Page Count: 240
Retail Price (USD): 35.00
Age: 18+
ISBN: 9781959411185

The Kitchen Commune

By Chay Wike

Featuring more than 100 family-friendly, crowd-pleasing recipes—including gluten-free, grain-free, dairy-free, paleo, vegan, and more—for everyone.

Preparing a meal is an act of love for yourself and the ones you share it with. In this stunning cookbook, Chay Wike, author of the acclaimed home cooking and lifestyle blog *The Kitchen Commune*, offers a guide to reclaiming your health and nourishing your family and friends with easy, delicious, allergen-friendly recipes for all seasons.

With gorgeous photographs and brilliant swaps and tips, the recipes within are endlessly customizable and will inspire readers to:

- Learn how to enliven a simple dish with vibrant sauces like Chay's House Chimichurri, Chipotle Aioli, and Creamy Thai Pesto.
- Start the morning with Fluffy Silver Dollar Pancakes; a Super Green Veg + Fruit Shake; or Beans, Greens + Broken Eggs.
- Enjoy bright and colorful salads and sides, from Chicory Chop Salad to Pan-Roasted Cauliflower with Caper-Currant Relish to grain-free, artisanal breads.
- Prepare show-stopping mains, including Whole Roasted Branzino; Chicken Thighs with Green Olives, Dates, Lemon + Butter Lettuce; and Eggplant Moussaka Bake with Almond Ricotta.
- Satisfy a sweet tooth with Caramel-Pear Galette, Shortbread Tea Biscuits, Dark Chocolate Cake with Sweet Potato Frosting, and much more.

Cooking without certain ingredients doesn't have to be restrictive. Chay emphasizes nutrient-dense whole foods that everyone can enjoy, including updates on familiar classics, easy substitutions with ingredients already in your pantry, and flavorful sauces that will make you want to lick your plate clean. Throughout, *The Kitchen Commune* celebrates the art of eating together. After all, food should be joyful for everyone—and now it can be.

About The Author(s)

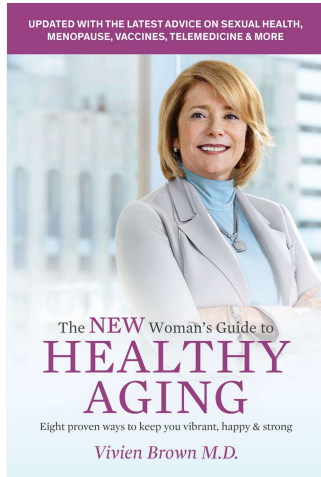
Chay Wike grew up in New York City. Her parents and grandparents are from Cape Town, South Africa, and from a young age she had the privilege of traveling overseas to visit family and was exposed to all kinds of cultures and eating styles. Her path to healing began after the birth of her second child, when she was diagnosed with multiple autoimmune conditions, digestive issues, and, eventually, Lyme disease. Following a string of doctor visits, confusion, and failed medication attempts, Chay decided to take matters into her own hands and reclaim her health naturally. She has since mostly recovered using the undeniable power of functional nutrition and lifestyle medicine. She attended cooking school in Los Angeles in 2007, is a certified integrative health coach, and is the creator of the food-focused wellness blog *The Kitchen Commune*. Today, Chay lives in the Pennsylvania countryside with her husband and their two teenage daughters.

For more information, check out <https://www.thekitchencommune.com/>

Current Licenses: None

BISAC Codes

- COOKING / Health & Healing / Allergy
- COOKING / Entertaining
- COOKING / Specific Ingredients / Natural Foods



Barlow Books
Publication Date: 2/16/2021

9in x 6in (229mm x 152mm)
Page Count: 208
Retail Price (USD): 19.95
Age: 18+
ISBN: 9781988025629

The New Woman's Guide to Healthy Aging

By Vivien Brown MD

This concise guide to healthy aging offers expert advice from a prominent family doctor on the key health issues women need to understand as they age. This guide comes three years after the author's first book on healthy aging, and it contains important new advice on sexual health, vaccines, bone health, and how to talk with your family doctor on the phone or online during this COVID pandemic. As a noted expert on many aspects of women's health, Dr. Brown deals with these issues with her patients in Toronto every day. Practical and informative, this guide covers the top eight issues she believes are most important: nutrition, exercise and sleep, brain health, immunization and disease prevention, menopause, cardiac health, osteoporosis, and sexual health. Sweeping aside the myths and sales tricks that plague women every day, Dr. Brown offers sensible advice based on the latest scientific evidence.

About The Author(s)



Dr. Vivien Brown is a family physician in Toronto and a passionate advocate for women's health. She speaks across Canada and in the U.S. on reducing cancer risks and cancer prevention, adult immunization and vaccinepreventable diseases, stress in the workplace and stress management, health promotion and healthy aging, osteoporosis prevention, menopause, and women's health. Dr. Brown is the North American vicepresident for the Medical

Women's International Association and a former president of the Federation of Medical Women of Canada and the consumer education committee for the North American Menopause Society. She's a board member of the Women's Brain Health Initiative and has served on numerous provincial and federal advisory bodies, including Immunize Canada.

Learn more at <https://drvivienbrown.com/>

Review(s)

"As a cofounder of one of Canada's foremost training and education enterprises in the medical field, and as a former teacher, I know the passion that drives someone to want to share knowledge. Dr. Vivien Brown exemplifies this passion in her medical practice, in her international speaking engagements, in her life. She has made it her mission, as a doctor and as a woman, to spread this knowledge as widely as possible. This book goes a long way toward achieving that goal. Highly recommended for anyone who wants to stay on top of the latest in health advances for women."
Susan Caldwell, founder and strategic advisor: Metrix Group

"With this second edition of A Woman's Guide to Healthy Aging, Dr. Vivien Brown contributes a much needed addition to the cannon of popular medical literature — advice for women on how to do their part to ensure they age as healthfully and vitally as possible, both physically and cognitively. A great communicator and an accomplished physician, Dr. Brown makes sometimes complicated medical issues clear and understandable. This ability to bring a human voice to scientific and medical data has made her an invaluable resource on the board of Women's Brain Health Initiative since its creation in 2012.

"The pace of medical research in the modern world is truly astounding; new discoveries and new understandings seem to come almost daily. It is nearly impossible for most people outside the medical community to keep current, and it is often difficult to understand important new medical recommendations that emerge.

"Thankfully, it is part of your physician's responsibility to keep abreast of the latest research and to explain the conclusions of that research so that you understand the reasons for your doctor's advice. To that end, Dr. Brown has revised the content of many chapters based on the latest research, and she presents the information in a direct and practical way.

"With the inclusion of a new chapter on women's sexual health in ...

Current Licenses: None

BISAC Codes

- HEALTH & FITNESS / Healthy Living
- HEALTH & FITNESS / Women's Health



contact: allison@dropcap.com

Koehler Books
Publication Date: 10/30/2023

9in x 6in (229mm x 152mm)
Retail Price (USD): 16.95
Age: 18+
ISBN: 979-8-88824-132-5

The Sacrifices of Superwomen

By Dr. Andrea D. Sullivan

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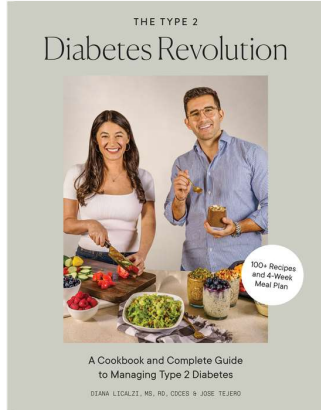
About The Author(s)

Dr. Andrea D. Sullivan was the first African American to receive a PhD in sociology/criminology from the University of Pennsylvania and the first to receive a degree in naturopathic medicine from Bastyr University. She is a licensed naturopathic physician with thirty-six years of experience, a founding member of the American Association of Naturopathic Physicians, and was appointed by the mayor of Washington, DC, to serve on the Board of Medicine. She has also received an honorary doctor of science degree from Sonoran University. A dynamic and inspiring lecturer, author, and TV and radio guest, she is passionate about exposing the effects of racism and sexism on the health and well-being of our society.

Current Licenses: None

BISAC Codes

- HEALTH & FITNESS / Naturopathy
- HEALTH & FITNESS / Homeopathy



Blue Star Press
Publication Date: 10/31/2023

9in x 7in (229mm x 178mm)
Page Count: 272
Retail Price (USD): 22.95
Age: 18+
ISBN: 9781958803196

The Type 2 Diabetes Revolution

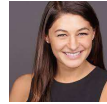
By Diana Licalzi, Jose Tejero

Discover how you can reverse the root cause of type 2 diabetes with this innovative, easy-to-follow guide, which includes a 4-week meal plan and over 100 delicious, high-fiber, plant-based recipes. If you have prediabetes or type 2 diabetes, this approach can help you achieve non-diabetic blood sugar within weeks. The simple lifestyle changes outlined in this book focus on the reversal of insulin resistance—the root cause of high blood sugar. Developed by a registered dietitian and exercise physiologist, The Type 2 Diabetes Revolution uses a revolutionary, science-based program to provide:

- Daily meal plans for 4 weeks, designed to minimize your time in the kitchen
- Simple grocery shopping lists for every week of the meal plan and tips for meal prep
- 100+ high-fiber, plant-based recipes that keep your blood sugar balanced
- Advice on how to create a balanced diet that includes whole, plant-based foods and meat, if desired
- Tips for grocery shopping and how to read nutritional labels
- Guidance on stocking your pantry and knowing which foods to always have on hand
- Useful lessons and tips on how nutrition, exercise, sleep, and stress impact your diabetes health

Start reversing the root cause of type 2 diabetes, eliminate or reduce your need for medication, and lower your blood sugar with The Type 2 Diabetes Revolution.

About The Author(s)



Diana Licalzi, MS, RD, CDCES, is a nationally-recognized Registered Dietitian and Certified Diabetes Care & Education Specialist and holds her Master's in Nutrition Science & Policy. In 2019, Diana co-founded Reversing T2D, a digital health platform that helps individuals reverse, manage, and prevent pre- and type 2 diabetes.

Reversing T2D uses an integrative approach to tackle diabetes focusing on plant-based nutrition, exercise, and mindset. Diana's previous books include *Drinking for Two* and *Mocktail Party*

Learn more at <https://reversingt2d.com/>

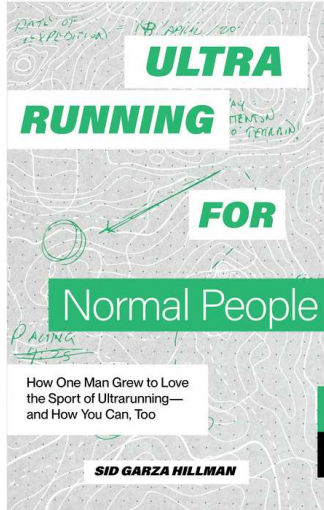


Jose Tejero is an exercise physiologist with a degree in Exercise Science and is the co-founder of Reversing T2D. He has worked alongside nutrition experts and plant-based physicians who treat chronic illnesses, including type 2 diabetes. He observed the positive impact that plant-based diets had on the health of their patients and decided that he would dedicate his career to promoting the benefits of this diet. Jose is passionate about guiding people on the path of developing a healthy lifestyle.

Current Licenses: None

BISAC Codes

- COOKING / Health & Healing / Diabetic & Sugar-Free
- HEALTH & FITNESS / Diseases / Diabetes
- HEALTH & FITNESS / Food Content Guides



Blue Star Press
Publication Date: 2/6/2024

8in x 5in (203mm x 127mm)
Page Count: 164
Retail Price (USD): 14.95
Age: 18+
ISBN: 9781958803387

Ultrarunning is for Normal People

By Sid Garza-Hillman

Whether you're an experienced runner or a complete beginner, this inspiring book will motivate you to train your body and mind to complete one of the hardest physical feats of all—an ultramarathon. When Sid Garza-Hillman stood at the starting line of his first 50-mile-long trail ultramarathon, one thought was at the front of his mind: this was the last place he wanted to be. After all, trail ultrarunning is a very different animal than marathons—in which Sid had barely taken part himself. The trails demand attention, and the long distances demand a shift in perception and mindset. Even in crowded races, runners often find themselves alone and with only their own thoughts. With trail running, a person can be stripped of almost everything—laid bare, vulnerable, and on the verge of quitting. Ultrarunning, at least to Sid, seemed to be a sport for Type-A people who love pain and suffering. But as he became more involved with the sport, he realized that ultrarunning wasn't just for elite athletes. Moms, dads, grandpas, grandpas, young people, old people, people with full-time jobs, and more successfully cross the finish lines of races around the world. Reflecting on his journey from dispassionately running a few miles here and there to running multiple ultramarathons, Sid divulges tips and tricks for how so-called "Normal People" can become successful ultrarunners. Part humorous memoir, part guide for those interested in attempting an ultramarathon for the first time, *Ultrarunning is for Normal People* lays out the struggles, benefits, and life lessons that await anyone who's ready to dive into the world of ultrarunning.

About The Author(s)



Sid Garza-Hillman is the author of three books: *Approaching the Natural: A Health Manifesto*, *Raising Healthy Parents: Small Steps, Less Stress, and a Thriving Family*, and *Six Truths: Live by These Truths and Be Happy. Don't and You Won't*. He holds a BA in Philosophy from UCLA, is a public speaker, podcaster (What Sid Thinks Podcast), certified nutritionist & running coach, Oxygen Advantage breathing instructor, and founder of smallsteppers.com.

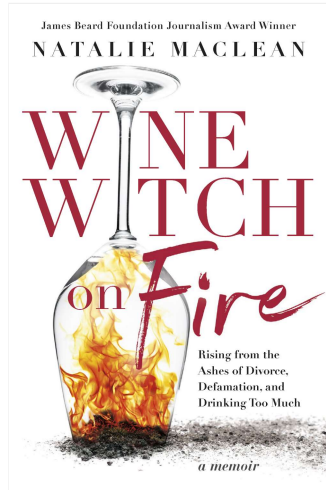
He is the Stanford Inn & Resort's Wellness Programs Director and Race Director of the Mendocino Coast 50K trail ultramarathon.

For more information, check out <https://sidgarzahillman.com/>

Current Licenses: None

BISAC Codes

- SPORTS & RECREATION / Running & Jogging
- SPORTS & RECREATION / Extreme Sports
- HEALTH & FITNESS / Exercise



Dundurn Press Ltd.
Publication Date: 5/9/2023
8.5in x 5.5in (216mm x 140mm)
Page Count: 320
Retail Price (USD): 24.99
Age: 18+
ISBN: 9781459751194

Wine Witch on Fire

By Natalie MacLean

A powerful memoir about how one woman resurrects her life and career in the glamorous but sexist wine industry. Natalie MacLean, a bestselling wine writer, is shocked when her husband of twenty years, a high-powered CEO, demands a divorce. Then an online mob of rivals comes for her career. Wavering between despair and determination, she must fight for her son, rebuild her career, and salvage her self-worth using her superpowers: heart, humour, and an uncanny ability to pair wine and food. Natalie questions her insider role in the slick marketing that encourages women to drink too much while she battles the wine world's veiled misogyny. Facing the worst vintage of her life, she reconnects with the vineyards that once brought her joy, the friends who sustain her, and her own belief in second chances. This true coming-of-middle-age story is about transforming your life and finding love along the way.

About The Author(s)



Natalie MacLean, named the World's Best Drinks Writer, has also won four James Beard Foundation Journalism Awards. She's the bestselling author of *Red, White and Drunk All Over*. She hosts the NYT recommended podcast, *Unreserved Wine Talk*. She lives in Ottawa.

Current Licenses: None

BISAC Codes

- BIOGRAPHY & AUTOBIOGRAPHY / Culinary
- BIOGRAPHY & AUTOBIOGRAPHY / Women