

SAFARI

A PHOTICULAR BOOK

Created by Dan Kainen

Written by Carol Kaufmann

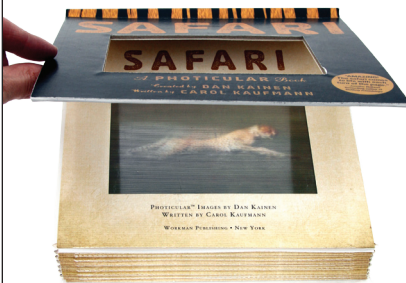
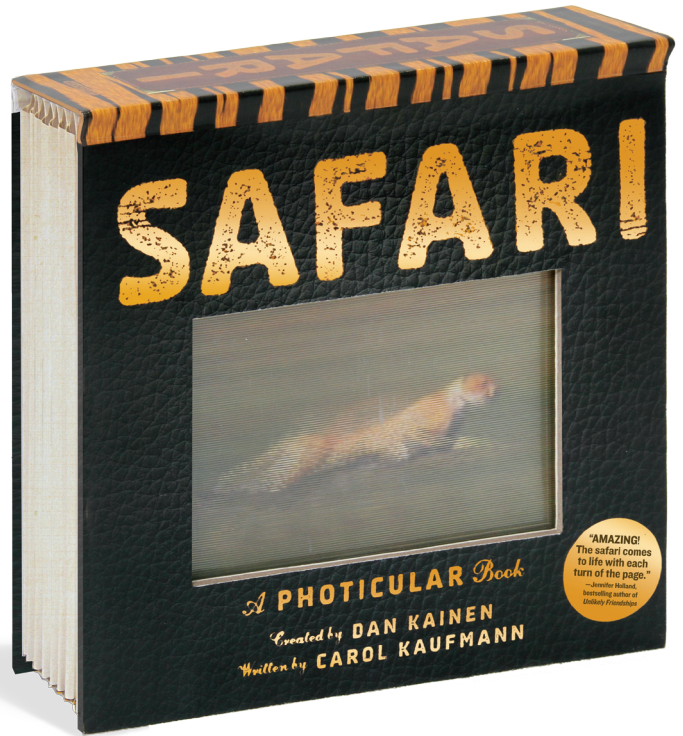
Once before, we introduced a brand-new idea with a challenge: You won't believe your eyes. The book was *Gallop!*, the technology was Scanimation®, and the result was a bestseller with 2.7 million copies in print. Now we're back with another dazzling idea, and this time for the whole family: The book is SAFARI, it uses never-before-seen Photicular™ technology, and the result is breathtaking.

SAFARI is a magical journey. Readers, as if on safari, encounter eight wild animals that come alive. Using an innovative lenticular-based technology, precision sliding lenses, and original four-color video imagery, each image is like a 3-D movie on the page, delivering a rich, fluid, immersive visual experience. The cheetah bounds. The gazelle leaps. The African elephant snaps its ears. The gorilla munches the leaves off a branch. It's mesmerizing, as visually immediate as a National Geographic or Animal Planet special.

Accompanying the images is SAFARI, the guide: It begins with an evocative journal of a safari along the Mara River in Kenya and interweaves the history of safaris. Then for each animal there is a lively, informative essay and an at-a-glance list of important facts. It's the romance of being on safari—and the almost visceral thrill of seeing the animals in motion—in a book unlike any other.

Dan Kainen is an inventor, artist, and photographer. His curiosity and passion for holography and imaging technology has led to three patents in that field, the latest of which is the basis for the Photicular technology used in SAFARI. He lives in New York City, and his website is dankainen.com.

Carol Kaufmann is a freelance writer and editor whose work for National Geographic and other publications has taken her from the Pacific Ocean's floor to the top of the Atlas Mountains. She lives in Alexandria, Virginia.



➤ **Breathtaking new technology—realistic, full-color, fluid images that come alive in your hands**

➤ **Photicular technology presented by the publisher of *Gallop!* and other Scanimation books with over 5.2 million copies in print**

➤ **Experience a safari up close—the animals run, stalk, bound across the page—and evocative, informative text is a you-are-there journal of the trip**

➤ **Foil-stamped, embossed cover**

➤ **Gift book of the season, for all ages**

SAFARI

Full color; 8 Photicular images; 16-page insert; 8" x 8"

Paper over board: \$24.95/\$28.95 Can.

ISBN: 978-0-7611-6380-0

No. 16380

Ships: September

6-copy counter display:

\$149.70/\$173.70 Can.

ISBN: 978-0-7611-7289-5

No. 27289

16-copy floor display:

\$399.20/\$463.20 Can.

ISBN: 978-0-7611-7290-1

No. 27290



THINNER THIS YEAR

A YOUNGER NEXT YEAR BOOK

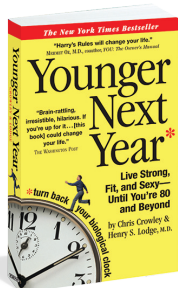
Chris Crowley and Jen Sacheck, Ph.D.

Flying in the face of our quick-fix culture, the *New York Times* bestselling *Younger Next Year* and its sequel, *Younger Next Year for Women*, crossed the 1,000,000-copy milestone by essentially telling readers to work out six days a week. Forever. This same honest, no shortcuts approach is woven into the DNA of THINNER THIS YEAR.

Chris Crowley, the memorable patient and coauthor of *Younger Next Year*, partners with Jen Sacheck, a nutritionist and exercise physiologist from Tufts University, and in lively, alternating chapters they spell out a weight-loss plan that will have readers lose up to 25 pounds in the first six months—and keep it off for life. The message is straightforward and based on the most up-to-date nutritional science: Avoid “dead,” i.e., nutrient-poor, foods, particularly the SOFAS (solid fats, added sugars) choices that comprise more than a third of our diet. Design your plate to be 50% vegetables and fruits, 25% whole grains, and 25% lean proteins. Skip the supplements. Never drink your calories. And exercise.

Exercise, the authors emphasize, is the great flywheel of weight loss. And whereas *Younger Next Year* told you why to exercise six days a week—THINNER THIS YEAR tells you how to eat and how to exercise, from the best aerobic workouts to a lifetime supply of 25 whole-body strength exercises—the “Sacred 25”—that will build muscle, protect joints, and add mobility. Exercise will do more than anything else to put off 70% of “normal” aging until the very end and eliminate 50% of serious illness and injury.

Chris Crowley is the coauthor of *Younger Next Year* and *Younger Next Year for Women*. Until his retirement in 1990, he was a litigator and partner at Davis Polk & Wardwell in New York City. **Jen Sacheck, Ph.D.**, is a nutritionist and exercise physiologist at the Friedman School of Nutrition Science and Policy at Tufts University. Mr. Crowley lives in New York and Lakeville, Connecticut; Dr. Sacheck lives in Concord, Massachusetts.

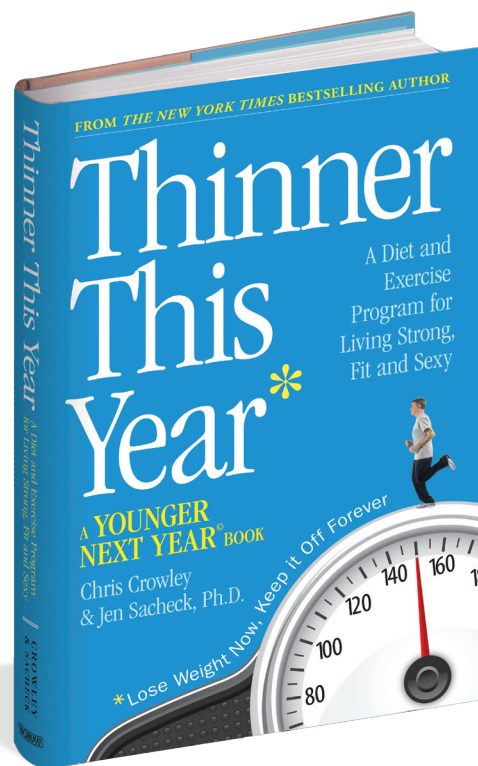


ALSO BY CHRIS CROWLEY (WITH HENRY S. LODGE, M.D.):
See page 66.

Younger Next Year
ISBN: 978-0-7611-4773-2
No. 14773

Younger Next Year for Women
ISBN: 978-0-7611-4774-9
No. 14774

Younger Next Year Journal
ISBN: 978-0-7611-4469-4
No. 14469



➤ **Get thinner this year, be thinner for life**

➤ **A *Younger Next Year*® book, following the series that has over 1 million copies in print**

➤ **A science-based, no-nonsense weight-loss program combining the latest nutritional findings with the 25 “Sacred Exercises”**

➤ **How to put off 70% of the normal problems associated with aging and eliminate 50% of serious illness and injury**

➤ **Advertising in *The New York Times* and NPR sponsorship**

➤ **20-city author tour**

➤ **National radio satellite tour**

THINNER THIS YEAR

B/W illustrations; 384 pages; 6" x 9"

Hardcover: \$25.95/\$29.95 Can.

ISBN: 978-0-7611-6800-3

No. 16800

Ships: November



THE ART OF PROCRASTINATION

A GUIDE TO EFFECTIVE DAWDLING, LOLLYGAGGING AND POSTPONING

John Perry

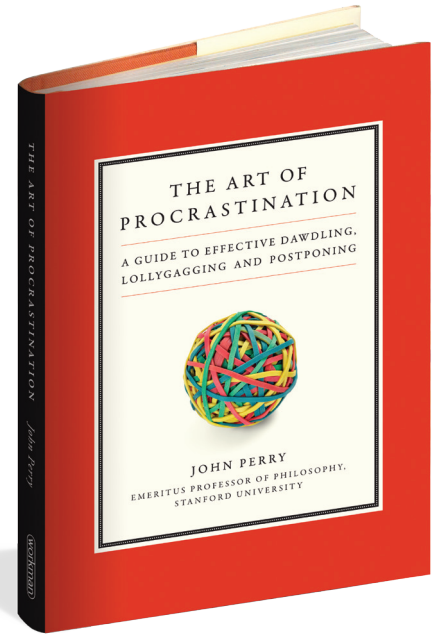
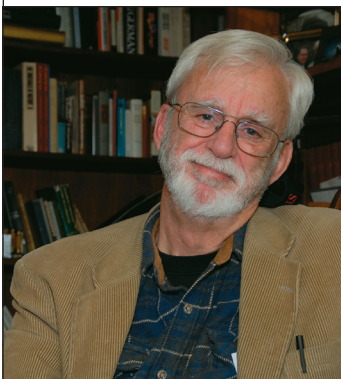
This is not a book for Bill Gates. Or Hillary Clinton, or Steven Spielberg. Clearly they have no trouble getting stuff done. For the great majority of us, though, what a comfort to discover that we're not wastrels and slackers, but *doers* . . . in our own way. It may sound counterintuitive, but according to philosopher John Perry, you can accomplish a lot by putting things off. He calls it "structured procrastination":

In 1995, while not working on some project I should have been working on, I began to feel rotten about myself. But then I noticed something. On the whole, I had a reputation as a person who got a lot done and made a reasonable contribution. . . . A paradox. Rather than getting to work on my important projects, I began to think about this conundrum. I realized that I was what I call a structured procrastinator: a person who gets a lot done by not doing other things.

Celebrating a nearly universal character flaw, THE ART OF PROCRASTINATION is a wise, charming, compulsively readable book—really, a tongue-in-cheek argument of ideas. Perry offers ingenious strategies, like the defensive to-do list ("1. Learn Chinese . . .") and task triage. He discusses the double-edged relationship between the computer and procrastination—on the one hand, it allows the procrastinator to fire off a letter or paper at the last possible minute; on the other, it's a dangerous time suck (Perry counters this by never surfing until he's already hungry for lunch). Or what may be procrastination's greatest gift: the chance to accomplish surprising, wonderful things by not sticking to a rigid schedule. For example, Perry wrote this book by avoiding the work he was supposed to be doing—grading papers and evaluating dissertation ideas. How lucky for us.

John Perry is an emeritus professor of philosophy at Stanford University and currently teaches at UC Riverside.

He is the co-host of the nationally syndicated public radio program Philosophy Talk, and winner, in 2011, of an Ig Nobel Prize in Literature for the essay "Structured Procrastination." He lives with his wife in Palo Alto, California.



☛ **A gift for the procrastinator in everyone's life**

☛ **Funny, wise, offbeat, compulsively readable—and filled with useful tips, tactics, and strategies**

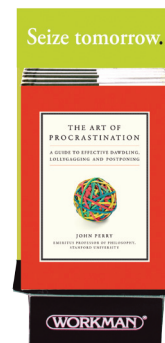
☛ **By the co-host of the weekly radio show *Philosophy Talk* and emeritus professor of philosophy at Stanford University**

☛ **An impulse jacketed hardcover, sophisticated cartoons included**

☛ **12-city author tour**

☛ **National radio satellite tour**

☛ **Advertising including *The New Yorker* and NPR sponsorship**



THE ART OF PROCRASTINATION

B/W line drawings; 112 pages; 5" x 7"

Hardcover: \$12.95/\$14.95 Can.

ISBN: 978-0-7611-7167-6

No. 17167

Ships: August

8-copy counter display:

\$103.60/\$119.60 Can.

ISBN: 978-0-7611-7287-1

No. 27287



"It doesn't get much cooler than bringing a robot to life. Trust me. This book will show you how."

—Andrew Stanton, film director and creator of *WALL-E*, Pixar Animation Studios

RECYCLED ROBOTS

Robert Malone

Robots and kids: a perfect combination. From R2-D2 to the Transformers to *WALL-E*, robots are a source of endless fascination. Now comes an irresistible book and kit that shows how to make ten different robots—that move—out of the most ordinary things from around the house. By delivering an experience that's so much richer than putting together a model, this book gets to the essence of creativity and imaginative problem-solving and shows how to be an inventor, designer, and engineer all in one.

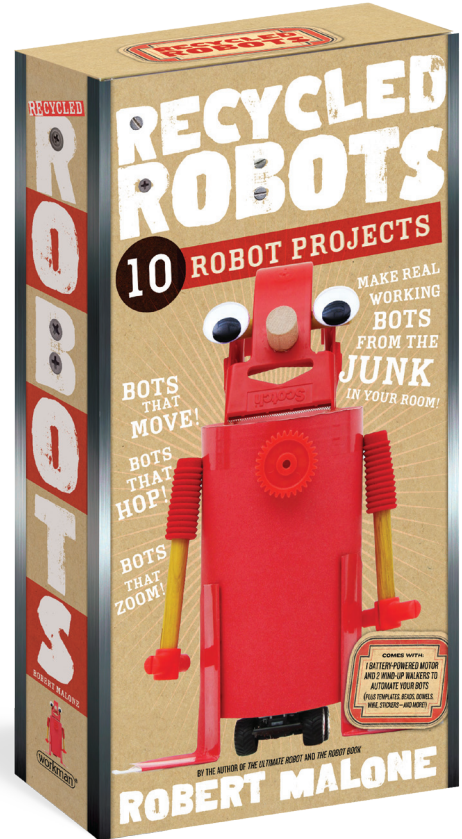
Created by robot expert Robert Malone, chairman of the Automation Hall of Fame, the plans are ingenious and include a materials list (rounding it up is like a treasure hunt!) plus step-by-step directions illustrated with detailed, full-color photographs. The kit includes all the essential accessories: a battery-operated motor and two windup walkers, plus templates, dowels, beads, wire, mounting squares—and googly eyes.

Transform a leftover action figure into Armorbot. Start with a few paper cups, and presto, Cupbot. Repurpose cardboard boxes and tubes into the endlessly adaptable Boxbot—it even has a rotating head. From the tiny Hopbot—put it on the floor and you'll see how it got its name—to giant Styrobot, here are ten plans to make a roomful of robotic wonders.

Robert Malone is the author of *The Robot Book* and *Ultimate Robot*. He has taught art and design at *Parsons and Pratt* and is now a professor at the *New York School of Interior Design*. An authority on robots, he's made appearances on *60 Minutes*, *the History Channel*, and *Good Morning America*, and has been interviewed by *Barbara Walters*. He lives in *New York City*.



Cardbot



Build amazing robots that move by hacking old toys and repurposing household junk

10 hands-on projects, illustrated step-by-step in full color

A complete kit: includes a motor, windup walkers, templates, dowels, googly eyes, and more

40-city radio giveaway campaign

Authorless event kit

Regional holiday catalog advertising

RECYCLED ROBOTS

Book and kit with motorized components; four-color photos throughout; 144 pages; 6" x 11 3/4"

Paper: \$26.95/\$31.95 Can.

ISBN: 978-0-7611-5466-2

No. 15466

Ships: October

6-copy counter display:

\$161.70/\$191.70 Can.

ISBN: 978-0-7611-7288-8

No. 27288



THE FREELANCER'S BIBLE

EVERYTHING YOU NEED TO KNOW
TO HAVE THE CAREER OF YOUR
DREAMS—ON YOUR TERMS

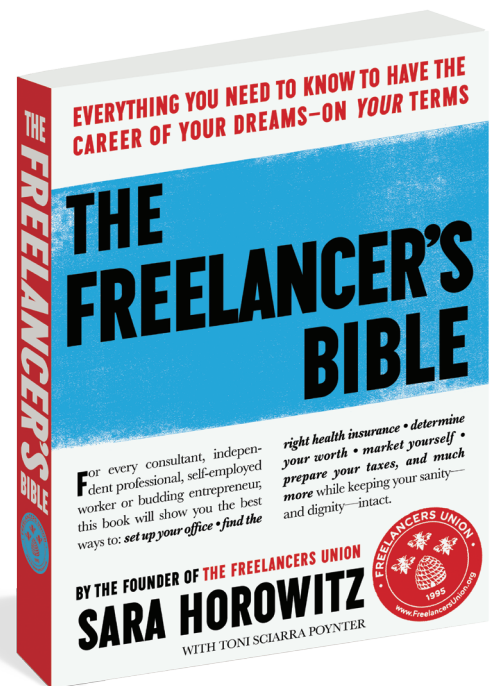
Sara Horowitz with Toni Sciarra Poynter

Amazingly, one-third of the American workforce is freelance—that's 42 million people who have to wrestle with not just doing the work, but finding the work, then getting paid for the work, plus health care, taxes, setting up an office, marketing, and so on. Now help is here, and consultants, independent contractors, the self-employed, "solopreneurs," and everyone else living a freelancer's life will never be alone again but instead can be part of a strong and vibrant community.

Written by the authority on freelance working, Sara Horowitz, MacArthur "Genius" Fellow and founder of the national Freelancers Union and, most recently, the Freelancers Insurance Company, *THE FREELANCER'S BIBLE* will help those new to freelancing learn the ropes, and will help those who've been freelancing for a while grow and expand. It's the one-stop, all-encompassing guide to every practical detail and challenge of being a nimble, flexible, and successful freelancer: the three essentials of getting clients and the three most important ways to keep them happy. Five fee-setting strategies. Thirteen tactics for making it through a prolonged dry spell. Setting up a home office vs. renting space. The one-hour contract. A dozen negotiating dos and don'ts. Building and maintaining your reputation. Dealing with deadbeats. Health Insurance 101. Record-keeping and taxes. Productivity, including a quiz: "What Is Your Ideal Day?" Building a community. Subcontracting and other strategies for taking your freelancing career to the next level. Retirement plans, plans for saving for education, and how to achieve financial freedom.



Sara Horowitz founded the organization that became the Freelancers Union in 1995 and then launched the Freelancers Insurance Company in 2008. She is a MacArthur "Genius" Fellow, one of Forbes' Top 30 Social Entrepreneurs (2011), and a writer whose work appears in the *Huffington Post* and *The Atlantic* online. She is Cornell-, Columbia-, Harvard-, and SUNY-educated, and comes from a long line of labor lawyers. Ms. Horowitz lives in Brooklyn, New York.



☛ **The bible for every consultant, independent professional, self-employed worker, or solopreneur**

☛ **One-third of the American workforce is made up of independent workers—that's 42 million people**

☛ **By the MacArthur "Genius" Fellow and founder of the national Freelancers Union and Freelancers Insurance Company**

☛ **A complete and comprehensive guide, covering everything from getting started to setting prices to taxes, health insurance, dealing with clients, marketing, and much more**

☛ **10-city author tour**

☛ **National radio satellite tour**

THE FREELANCER'S BIBLE

Two color; 496 pages; 6" x 8"

Paper: \$17.95/\$20.95 Can.

ISBN: 978-0-7611-6488-3

No. 16488

Ships: October



“Gary Small is the expert to listen to if you’re concerned about your memory.”

—Jerome Yesavage, M.D., Stanford University School of Medicine

THE ALZHEIMER’S PREVENTION PROGRAM

KEEP YOUR BRAIN HEALTHY FOR THE REST OF YOUR LIFE

Gary Small, M.D., and Gigi Vorgan

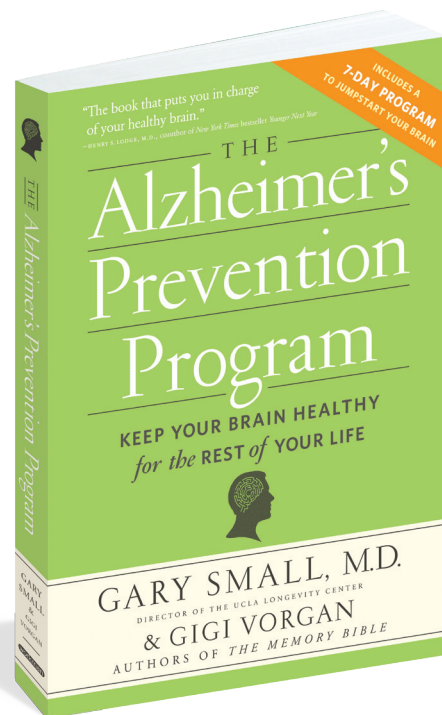
Want to keep Alzheimer’s at bay for years—ideally, forever? Prevention is the way, and this is the guide. Now in paperback and updated throughout, THE ALZHEIMER’S PREVENTION PROGRAM is essential for everyone with a family history of Alzheimer’s, and for the 80 million baby boomers who worry whenever they forget someone’s name. It’s the book that shows how to strengthen memory and avoid everyday lapses. How to incorporate the top ten brain-protecting foods into your diet. How to cross-train your brain, exercising both the right and left hemisphere. And how to reduce stress, a risk factor for developing dementia and Alzheimer’s, through meditation and 11 other relaxation strategies.

Written by the *New York Times* bestselling authors of *The Memory Bible*, this book is an easy-to-follow regimen based on the latest comprehensive research into Alzheimer’s disease, and especially the critical connection between lifestyle and susceptibility. The paperback edition is updated with a brand-new section that answers the most compelling questions asked of Dr. Small after publication of the first edition, including: the power of exercise to offset a genetic predisposition; antibodies that can clear Alzheimer’s plaques from the brain; and promising new treatments, from drugs to deep brain stimulation.

It’s the science-based, breakthrough program that will bring mental clarity to every day and help you take control of your brain’s health.

Gary Small, M.D., is director of the UCLA Longevity Center. Named one of the world’s leading innovators in science and technology by *Scientific American*, he appears frequently on *Today*, *Good Morning America*, *PBS*, and *CNN*. He is also author of the bestselling *The Memory Bible*.

Gigi Vorgan has written, produced, and appeared in numerous feature films and television shows. She is the coauthor of five other books with her husband, Dr. Gary Small.



➤ **The breakthrough program to prevent the onset of Alzheimer’s, now in paperback**

➤ **By the go-to authority on Alzheimer’s and longevity**

➤ **Huge market: An American is diagnosed with Alzheimer’s every 70 seconds; by mid-century, a new case will develop every 30 seconds**

➤ **The hardcover edition has 42,000 copies in print**

➤ **Featured selection of the Book-of-the-Month Club**

➤ **25-city author tour**

➤ **National radio satellite tour**

THE ALZHEIMER’S PREVENTION PROGRAM

B/W photos and charts; 304 pages; 6" x 8 1/2"

Paper: \$13.95/\$16.95 Can.

ISBN: 978-0-7611-7222-2

No. 17222

Ships: November

HARDCOVER EDITION AVAILABLE:

\$24.95/\$28.95 Can.

ISBN: 978-0-7611-6526-2

No. 16526



“Through intriguing recipes balancing hard science, nostalgic whimsy, and their trademark easygoing humor, this dynamic duo will surely cast their confectionery spell, spawning new legions of passionate candymakers.”

—Michael Laiskonis, former executive pastry chef at Le Bernardin

THE LIDDABIT SWEETS CANDY COOKBOOK

HOW TO MAKE TRULY SCRUMPTIOUS CANDY IN YOUR OWN KITCHEN!

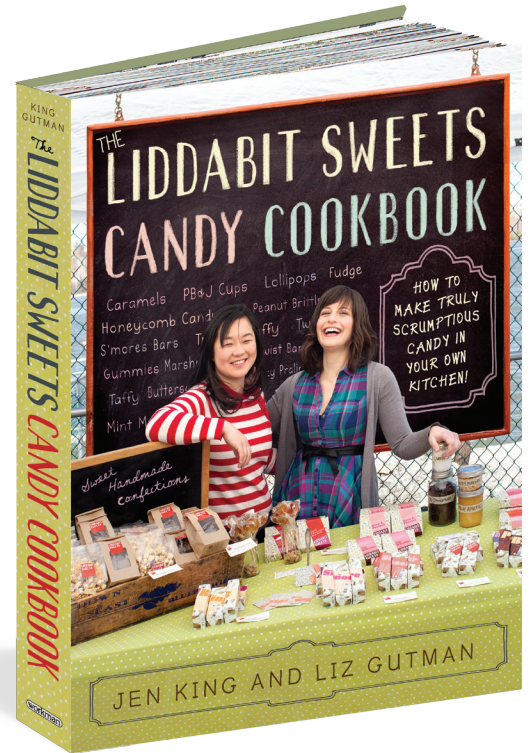
Liz Gutman and Jen King

Chocolate Mint Meltaways. PB&J Cups. Chai Latte Lollipops. Cherry Cordials, Spicy Pralines, and the cult favorite, Beer and Pretzel Caramels. Plus candy bars—the Twist Bar, the Nutty Bar, the Coconut-Lime Bar, inspired by commercial favorites (Snickers, Twix) but taken to new heights of deliciousness. *And* the French-style sea salt caramels that Daniel Boulud claimed were better than those he’d tasted in France. Yes, you really can make these sublime treats at home thanks to Liz Gutman and Jen King, the classically trained pastry chefs who traded in their toques to make candy—and now lead the candy-craft movement as proprietors of Liddabit Sweets, the Brooklyn confectionery whose products have drawn the attention of *The Early Show*, *Fox and Friends*, the Cooking Channel, *O, The Oprah Magazine*, *Real Simple*, *Food & Wine*, *GQ*, and more.

Doing for candymaking what *Jeni’s Splendid Ice Cream* did for ice cream, THE LIDDABIT SWEETS CANDY COOKBOOK is the perfect marriage of sugar and spice, packed with 75 foolproof recipes, full-color photographs, and lots of attitude.

The approachable recipes, offbeat humor, and step-by-step photographs remind us that home candymaking is meant to be fun. The flavor combinations, down-to-earth advice, and easy directions make this the guide to turn to whether making candy for a treat, a holiday, a gift, or a bake sale.

Liz Gutman and Jen King became friends while attending the French Culinary Institute’s pastry program. Sharing a passion for locally produced, superior-quality ingredients and a love for (okay, obsession with) sweets, they opened Liddabit Sweets in 2009. They both live, eat, and dream in sugar in Brooklyn, New York.



How to make delectable, decadent candies at home

From the media-savvy founders of Liddabit Sweets, whose extraordinary candies have been featured on *The Early Show* and the Cooking Channel, and in *O, The Oprah Magazine*, *Real Simple*, *GQ*, and more

75 recipes for chocolates, brittles, nougats, caramels, lollipops, and better-than-store-bought versions of classic candy bars, including Snickers and Twix

Includes helpful technique photos

12-city author tour

National radio satellite tour

THE LIDDABIT SWEETS CANDY COOKBOOK

Four-color photos throughout; 256 pages; 7" x 9 3/8"; flexibound

Paper: \$18.95/\$22.50 Can.

ISBN: 978-0-7611-6645-0

No. 16645

Ships: September

6-copy counter display:

\$113.70/\$135.00 Can.

ISBN: 978-0-7611-7307-6

No. 27307



THE SOCIALITE WHO KILLED A NAZI WITH HER BARE HANDS

AND 163 OTHER FASCINATING PEOPLE WHO DIED THIS YEAR

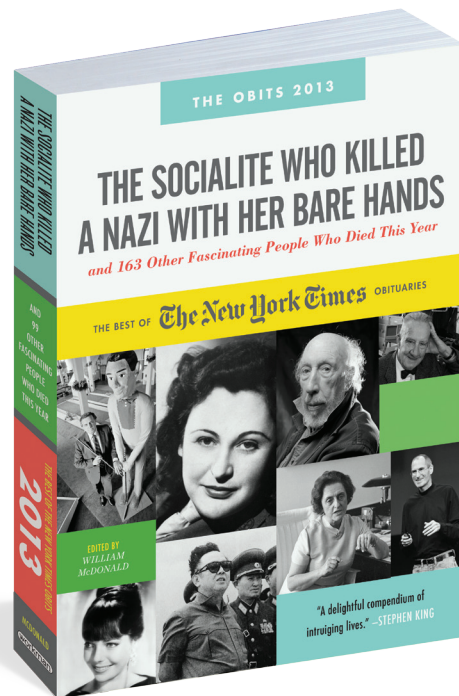
THE BEST OF *THE NEW YORK
TIMES* OBITUARIES, 2013

Edited by William McDonald

Returning for its second year but reimagined in a new impulse format, with a new title, new cover, new mission, and new sensibility, here is *THE SOCIALITE WHO KILLED A NAZI WITH HER BARE HANDS*, a pithier, quirrier, more giftable collection of the 164 best page-turning obituaries from *The New York Times*.

Written by top journalists, each story is a gem of a bio, a full life in miniature. There's the famous: Steve Jobs, including the story of how he was reunited with a sister he never knew, the novelist Mona Simpson. And the almost famous: Ruth Stone, a poet who worked in relative obscurity until she won the National Book Award at the age of 87. The behind-the-scenes, like Arch West, inventor of the Dorito, who pulled America's snacks out of the 1950s doldrums and created a \$5-billion-a-year product, and the out-there, like self-styled anarchist and maverick artist (and real estate mogul and museum director) Bob Cassilly, who died at the controls of his bulldozer while building "Cementland" in St. Louis. And because of the chronological organization of the book, the stories, one next to the other, make for an addictive-as-salted-peanuts book: Mark O. Hatfield, the celebrated antiwar Republican senator from Oregon, next to Nancy Wake of the title, the impoverished New Zealander who grew up to become a high-society hostess and heroine of the French Resistance—the socialite who did, indeed, kill a Nazi with her bare hands.

William McDonald has been the obituaries editor at *The New York Times* since 2006. He started at the Times in 1988 and held numerous editorial positions, including being on the team that won the 2001 Pulitzer Prize for the series "How Race Is Lived in America." He lives in New York City.



☛ **The year's most interesting obituaries from *The New York Times***

☛ **A compelling impulse gift for the curious—biography lovers, history buffs, news junkies, and everyone who turns to the obituaries first for their personal view of people and history**

☛ **The second annual edition of the book Stephen King called "a wonderful book filled with curtain calls. Count me among those on my feet and applauding like mad."**

☛ **Advertising in *The New York Times***



THE SOCIALITE WHO KILLED A NAZI WITH HER BARE HANDS

Two color; photos throughout; 352 pages; 6" x 8"

Paper: \$12.95/\$14.95 Can.

ISBN: 978-0-7611-7087-7

No. 17087

Ships: October

6-copy counter display:

\$77.70/\$89.70 Can.

ISBN: 978-0-7611-7309-0

No. 27309



STAR WARS® ORIGAMI

36 AMAZING PAPER-FOLDING
PROJECTS FROM A GALAXY
FAR, FAR AWAY. . . .

Chris Alexander

Foreword by Tom Angleberger

Kids love origami—and what could be cooler than transform-
ing a piece of paper into Boba Fett, Princess Leia, Yoda,
or R2-D2? And not just any paper, but custom-designed
paper illustrated with art from the movies. STAR WARS®
ORIGAMI marries the fun of paper folding with the obses-
sion of *Star Wars*. Like *The Joy of Origami* and *Origami on
the Go*, together with over 215,000 copies in print, this book
puts an original spin on an ancient art. And like *Star Wars®
Scanimation®* (408,000 copies in print) and *Star Wars® Fandex®*
(280,000 copies in print), it's a fresh take on *Star Wars* mania.

Chris Alexander is a master folder and founder of the
popular website StarWarsOrigami.com, and here are 36 models,
clearly explained, that range in difficulty from Youngling
(easy) to Padawan (medium), Jedi Knight (difficult), and Jedi
Master (tricky!). A front section introduces origami definitions
and basic folds. Bound in the back is the book's unique folding
paper, two sheets for each figure. Illustrated with original art, it makes each cre-
ation—the essential lightsabers, the Death Star, and much more—true to the movies.

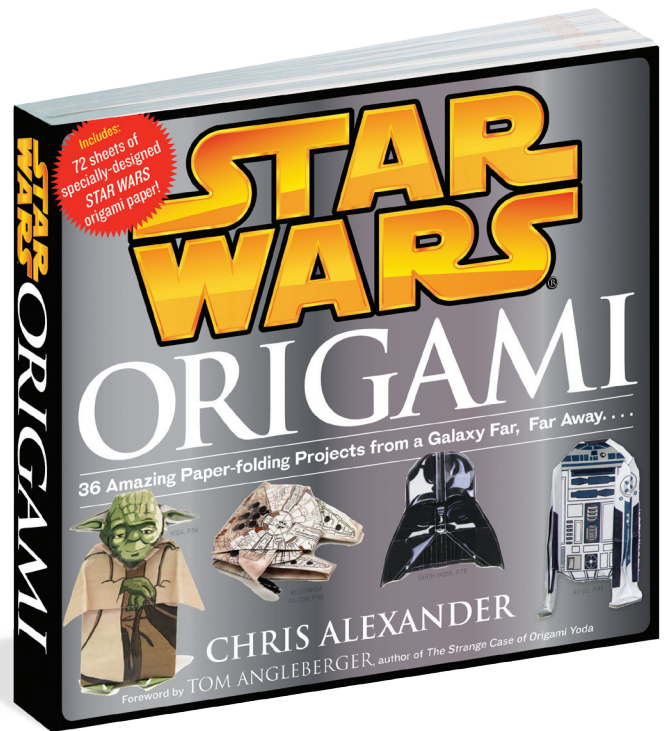
Star Wars Origami includes a foreword by Tom Angleberger, author of the *New
York Times* bestsellers *The Strange Case of Origami Yoda* and *Darth Paper Strikes
Back*, and is scheduled to be published at the same time as Angleberger's upcoming
book, *The Secret of the Fortune Wookiee*.

Chris Alexander began doing
origami at the age of four. Since then
he's created dozens of original designs,
many of them *Star Wars* themed.
He has a large *Star Wars*
fan base and tours
the country folding
at conventions and
museums. He lives in
Lancaster, California.



Boba Fett's
Slave 1 before . . .

. . . and after



The spirited
astromech droid
R2-D2, 29 folds later.

Perfect marriage of two
passions—*Star Wars* and origami
(*Star Wars Scanimation*: 408,000
copies in print and *Star Wars
Fandex*: 280,000 copies)

Comes with 72 sheets of specially
designed *Star Wars* origami paper

Foreword by Tom Angleberger,
author of the *New York Times*
bestseller *The Strange Case of
Origami Yoda* and the upcoming
Secret of the Fortune Wookiee
(Amulet Books), in stores at the
same time as STAR WARS ORIGAMI

For ages 9 and up

Targeted fan marketing at
Comic-Con, *Star Wars Celebration*,
and other events

Authorless event kit



STAR WARS ORIGAMI

Full color throughout; 272 pages plus 72 sheets of origami
paper; 8 1/2" x 8"

Paper: \$17.95/\$20.95 Can.

ISBN: 978-0-7611-6943-7

No. 16943

Ships: July

8-copy counter display:

\$143.60/\$167.60 Can.

ISBN: 978-0-7611-7291-8

No. 27291



SEX AGAIN

RECHARGING YOUR LIBIDO

Jill Blakeway, LAc, with Colleen Kapklein

Despite what you see on movies and TV, Americans have less sex than people in any other country. One in three women, of all ages, reports a lack of interest in sex, and more than 40 million Americans in relationships are having no sex at all. But rather than feeling complacent about it, most couples would like to have that interest back. The desire for desire is a feeling few women forget—or abandon.

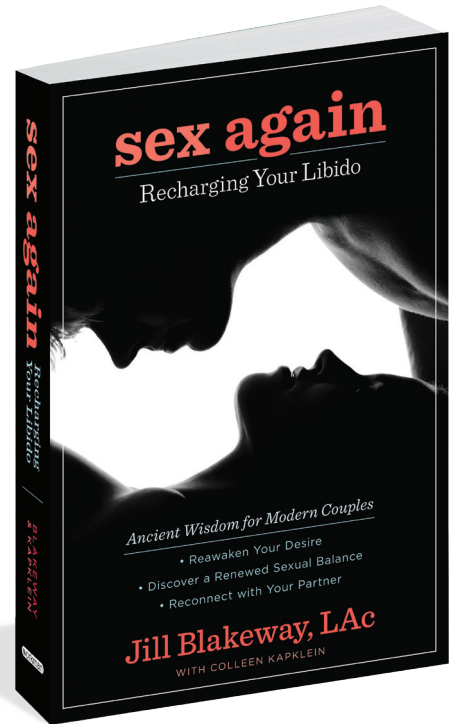
Combining Eastern wisdom and techniques with a Western medical perspective, Jill Blakeway—called a “fertility goddess” by *The New York Times* for her bestseller, *Making Babies*—shows women how to revive their libidos and rekindle their sex lives. Assessments and quizzes help the reader place herself and her partner on the scale of yin and yang. Jill then shows how to keep these opposites—passive/active, accepting/initiating, cool/hot—in correct balance. Specific meditations and breathing techniques help unblock qi (pronounced *chee*), the essential energy that flows through the body. There are chapters on specific elements of love-making: massage, kissing, positions, orgasms—having them, holding them, making them last. And finally, “Sex in Six,” a six-week program of reclaiming an active, satisfying, and possibly better-than-ever-before sex life.

The book is full of case studies, fun “Do It Now” suggestions, and “He Said” boxes written by the author’s husband and medical partner, Noah Rubinstein. It addresses common sexual dysfunctions, healthy hormones, and herbal remedies. *SEX AGAIN* provides a path to balance and emotional wisdom—individually and as a couple.

Jill Blakeway, LAc, coauthor of *Making Babies*, makes regular appearances on television (*The Early Show*, *Fox News*, *CNN*) and radio (*Sirius*, *Martha Stewart*). Founder of New York’s YinOva center, she is a licensed and board-certified acupuncturist, clinical herbalist, author, and speaker. She lives with her husband in New York City and upstate New York.



Colleen Kapklein, a former editor at Warner Books, is the cowriter of *The pH Miracle*, *The Diet Code*, and other health and alternative health titles.



➤ **How to re-energize your sexuality through an inspired combination of Eastern and Western wisdom and techniques**

➤ **For the one in three women of any age who has lost interest in sex and wants to feel that desire again**

➤ **A six-week program to bringing a woman and her partner to a deeper emotional, sexual, and loving relationship**

➤ **Includes exercises, meditations, quizzes, practical tips, and case histories**

➤ **National radio satellite tour and radio giveaways**

SEX AGAIN

Two color; spot illustrations; 352 pages; 6" x 9"

Paper: \$16.95/\$19.95 Can.

ISBN: 978-0-7611-7169-0

No. 17169

Ships: December



THE ENCORE CAREER HANDBOOK

Marci Alboher

Introduction by Marc Freedman

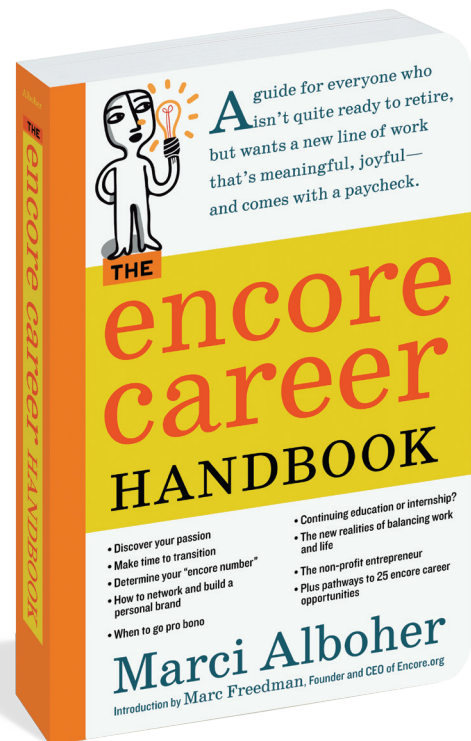
Nine million baby boomers have already skipped retirement to enjoy meaningful work instead, and another 31 million are hoping to join them soon—that’s 40 million people embarking on encore careers, and 40 million readers who will be looking for help in figuring out how to make this transition. Covering everything those readers will need to know, *THE ENCORE CAREER HANDBOOK* is a road map to finding passion, purpose, and a paycheck in the second half of life.

Marci Alboher, a career expert and vice president of Encore.org, the leading think tank on boomers, work, and social purpose, has written the career-change bible for adults age 45 and older. A comprehensive, nuts-and-bolts guide, filled with inspiring stories of other encore careerists and answering—in extensive FAQ sections—the concerns of its readers, it’s the one book that anyone making a late-career shift will need. It includes assessments and quizzes to help identify passions and interests. How far in advance to plan a transition—but also how to handle a sudden, unexpected layoff. How to determine your “encore number,” the amount of money you need to live. How to update a résumé. Use social media like LinkedIn. Combat age discrimination. Navigate health insurance. Determine the value of going back to school. And finally, specific pathways to 25 viable encore careers.

An encore career is about legacy, for an audience that has reached that point in their lives when it’s time to move from making money to making a difference. It’s about finding the work you’d do out of love, with the added bonus of getting paid.



Marci Alboher is a vice president of Civic Ventures and Encore.org, the leading think tank on boomers, work, and social purpose. Author of *One Person/ Multiple Careers*, she created the *Shifting Careers* blog and column for The New York Times, where she has contributed hundreds of freelance articles. She also created the Yahoo! blog *Working the New Economy*. Her work and commentary have been featured in USA Today, and on Today and National Public Radio, as well as in countless print and Web publications.



How to find passion, purpose, and a paycheck in the second half of life

For the 9 million people now in an encore career, and the 31 million soon to follow

A complete guide, from identifying an encore to education, finances, networking, the nuts and bolts of a new job, and more

By the vice president of Encore.org, the go-to experts on boomers, social purpose, and retirement, with an introduction by Marc Freedman, founder and CEO of Encore.org

25-city author tour

National radio satellite tour

THE ENCORE CAREER HANDBOOK

Two color; rounded corners; 320 pages; 6" x 9"

Paper: \$15.95/\$18.95 Can.

ISBN: 978-0-7611-6762-4

No. 16762

Ships: December



UNBELIEVABLY GLUTEN-FREE!

125 DELICIOUS RECIPES:
DINNER DISHES YOU NEVER
THOUGHT YOU'D BE ABLE
TO EAT AGAIN

Anne Byrn

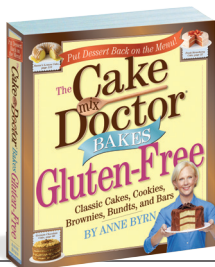
Unbelievably gluten-free pizza! Unbelievably gluten-free fried chicken! Unbelievably gluten-free pasta! Plus breads, dumplings, fritters, pies, cakes, puddings, and more. For the 30 million Americans who have an allergy or sensitivity to gluten—and their families, who want to reclaim the dinner experience of everyone eating the same thing—Anne Byrn creates 125 amazing dishes where the gluten is gone, and never missed.

Author also of *The Cake Mix Doctor Bakes Gluten-Free*, and other cookbooks, with a total of over 3.5 million copies in print, Anne Byrn knows how to deliver incredible flavors. She replaces wheat, barley, and rye with gluten-free ingredients and employs creative techniques for achieving flawless textures and consistencies. These are recipes that taste as good—not *almost* as good—as they should: Tomato Panzanella Salad. Baked French Onion Soup. Spaghetti Carbonara. Grilled Chicken and Pesto Pizza. The Best GF Meat Loaf. Plus dessert: Warm Lemon Pudding Cake, Gluten-Free Red Velvet Cake, Fresh Orange Cupcakes, Old-Fashioned Peach and Blueberry Cobbler, and Gluten-Free Saucepan Brownies.

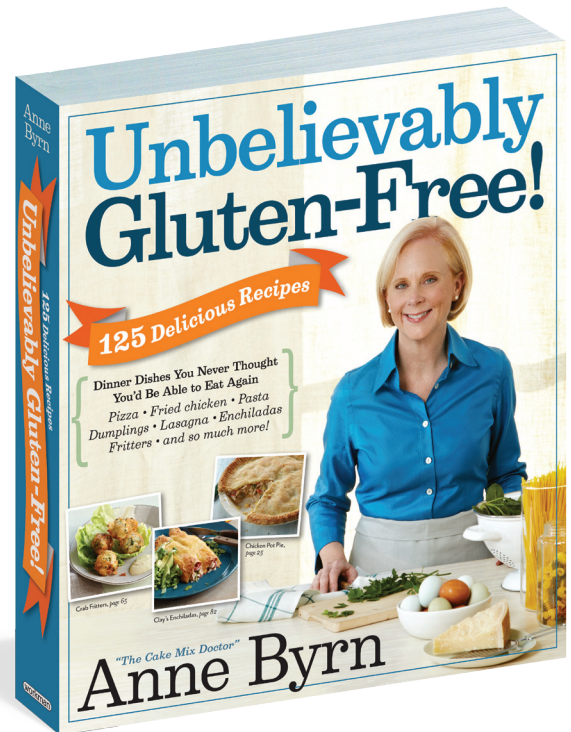
Includes how to convert favorite recipes and tips for eating gluten-free on a budget.

Anne Byrn is the author of the bestselling *Cake Mix Doctor* series and *The Dinner Doctor*™, with over 3.5 million copies in print. She makes frequent appearances on Good

Morning America and QVC. She lives in Nashville, Tennessee, with her family. Her website is www.cakemixdoctor.com.



FOR THE COMPLETE LISTING OF THE CAKE MIX DOCTOR® TITLES, see pages 88–89.



➤ **Anne Byrn, whose books, including *The Cake Mix Doctor Bakes Gluten-Free*, have over 3.5 million copies in print, cooks gluten-free**

➤ **For the 30 million Americans—and their families—who are gluten-intolerant or sensitive to gluten**

➤ **Unbelievably gluten-free fried chicken, pizzas, pastas, meat loaves, cakes, brownies, and so much more**

➤ **Full-color photographs throughout**

➤ **24-city author tour**

➤ **National radio satellite tour**

UNBELIEVABLY GLUTEN-FREE!

Four-color photos throughout; 416 pages; 7" x 8"

Paper: \$18.95/\$22.50 Can.

ISBN: 978-0-7611-7168-3

No. 17168

Ships: October

6-copy counter display:

\$113.70/\$135.00 Can.

ISBN: 978-0-7611-7308-3

No. 27308



MY FIRST BIRD BOOK AND BIRD FEEDER

Sharon Lovejoy

A great way to introduce kids to nature and the joys of bird-watching, **MY FIRST BIRD BOOK AND BIRD FEEDER** combines a full-color illustrated field guide and activity book with a custom-designed, sky blue window feeder.

Sharon Lovejoy, author of *Toad Cottages and Shooting Stars*, *Sunflower Houses*, and other uplifting nature and gardening titles that together have more than 276,000 copies in print, brings her expertise and artistic sensibility to this joyous guide to 34 backyard birds, from the zippy Ruby-throated Hummingbird to the clever Chickadee, who grows extra brain cells during the winter to help remember hidden stashes of food. Lively text delves into each bird's diet, behavior, range, nests, habitat, and calls; the watercolor illustrations are expressive and meticulously detailed. Additionally, readers will learn how to create a bird journal and whip up a batch of bird food.

The feeder is generous, shaped like a house, fully open in the front for the birds, and with side windows and a porthole for the viewer. The roof protects the feed, and the bottom lip folds open for easy cleaning. Two suction cups hold the feeder to a window.

Birding is a great family activity. Workman's previous *The Bird Book & The Bird Feeder* had over 1 million copies in print.

Sharon Lovejoy is an award-winning nature and gardening author and illustrator whose books include *Sunflower Houses*; *Toad Cottages and Shooting Stars*; *Trowel and Error*; and *Roots, Shoots, Buckets and Boots*. For over 20 years, she has taught nature classes to students and teachers across the country and abroad. Ms. Lovejoy divides her time between California and Maine.



The feeder draws the birds to your window; the book helps you identify them.

MY FIRST BIRD BOOK AND BIRD FEEDER

Four-color illustrations throughout; 112 pages; 6" x 6"; packaged with a bird feeder, 6 3/4" x 10 1/4" x 3"

Paper: \$21.95/\$26.95 Can.
ISBN: 978-0-7611-6599-6
No. 16599

Ships: September

FOR THE COMPLETE LISTING OF SHARON LOVEJOY TITLES, see pages 34–35, 72, & 85.



➤ A full-color field guide and bird feeder for every home with children and a window

➤ By Sharon Lovejoy, award-winning nature and garden writer whose books for Workman have 276,000 copies in print

➤ Workman's previous *The Bird Book & The Bird Feeder* had over 1 million copies in print

➤ Learn about, identify, attract, and observe 34 popular North American backyard birds

➤ Comes with a sky blue biodegradable plastic feeder with windows on all sides and a snap-down lip for easy cleaning

➤ For ages 6 and up

➤ 15-city author tour

➤ National radio satellite tour

➤ Authorless event kit

DANCERS AMONG US

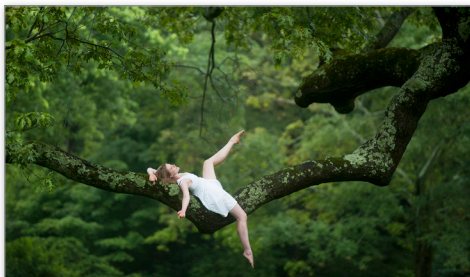
A CELEBRATION OF JOY IN THE EVERYDAY

Jordan Matter

The mystery of the body in motion. The surprise of seeing what seems impossible. And the pure, joyful optimism of it all. DANCERS AMONG US presents one thrilling photograph after another of dancers leaping, spinning, lifting, kicking—but in the midst of daily life: on the beach, at a construction site, in a library, a restaurant, a park. With each image the reader feels buoyed up, eager to see the next bit of magic.

Photographer Jordan Matter started his Dancers Among Us Project by asking a member of the Paul Taylor Dance Company to dance for him in a place where dance is unexpected. So, dressed in a commuter's suit and tie, the dancer flew across a Times Square subway platform. And in that image Matter found what he'd been searching for: a way to express the feeling of being fully alive in the moment, unself-conscious, present.

Organized around themes of work, play, love, exploration, dreaming, and more, DANCERS AMONG US celebrates life in a way that's fresh, surprising, original, universal. There's no photoshopping here, no trampolines, no gimmicks, no tricks. Just a photographer, his vision, and the serendipity of what happens when the shutter clicks.



Jordan Matter is a portrait photographer whose work has been featured on Today, CBS, NBC, and the BBC, in The Daily News, Time Out New York, the Huffington Post, and Slate, and on blogs and newspapers around the country and the world. His first book was Uncovered. Mr. Matter lives with his wife and two young children in New York.



☛ A book filled with joy and wonder

☛ Breathtaking photographs of dancers in the midst of the everyday—on the beach, catching a subway, crossing the street, working at a construction site

☛ The Dancers Among Us Project is already an online phenomenon, with more than 750,000 unique visitors coming to Matter's website

☛ At \$17.95, a unique gift that affirms the joy of life

DANCERS AMONG US

Four-color photos throughout; 240 pages; 7 3/4" x 9 1/8"

Paper with flaps: \$17.95/\$20.95 Can.

ISBN: 978-0-7611-7170-6

No. 17170

Ships: October

8-copy counter display:

\$143.60/\$167.60 Can.

ISBN: 978-0-7611-7285-7

No. 27285



THE FASHION DESIGNER'S HANDBOOK AND FASHION KIT

LEARN TO SEW AND BECOME A DESIGNER IN 33 FABULOUS PROJECTS

Marjorie Galen

Young girls love fashion. They love *Project Runway*. They love expressing themselves through what they wear. And they want to be fashion designers. It's the No. 1 dream job for girls ages 8 to 12, according to *The New York Times*. Here in one kit is everything a girl needs to know to start designing and sewing clothes—a lively, full-color book that comes with a doll-size dress form, 24 reusable patterns, rick rack, embroidery thread, a tape measure, and a piece of fabric printed in three vibrant patterns.

THE FASHION DESIGNER'S HANDBOOK AND FASHION KIT features 33 projects that range from super easy dresses for 11½-inch fashion dolls (including Barbie) all the way to “girl-size” projects for the designer to make and wear herself. It shows how to think and work like a designer—from finding inspiration to sketching to developing a personal style. Getting to know fabrics, fibers, and materials; working with patterns; and creating original designs using the dress form.

The Mod Mini 1-2-3 Skirt. The No-Sew Sock Dress. Little Red Cape and Coco Jacket. Every project is clearly explained in step-by-step instructions and requires little to no adult help.

Marjorie Galen is the author of *Summer Crafts: Fun and Creative Summer Projects for the Whole Family*, which was nominated for *ForeWord* magazine's *Book of the Year Award* in 2006. She's contributed to magazines including *Country Living* and *Martha Stewart Living*, and written quilting patterns and books with quilter *Denyse Schmidt*. She lives in *Palisades, New York*, with her two children.



➤ **A wonderful introduction to making and designing clothes for tween girls, whose No. 1 dream job is to be a fashion designer, according to *The New York Times***

➤ **THE BOOK: a 136-page, full-color guide to sewing and fashion design, packed with fashion ideas and step-by-step instructions**

➤ **THE KIT: with a doll-size dress form, 30 projects to make fashion doll clothes, 3 projects for “girl-size” clothes, 24 reusable patterns, tape measure, rick rack, embroidery thread, and three different prints of fabric in a single mini bolt**

➤ **For ages 8 and up**

➤ **13-city author tour**

➤ **Regional holiday catalogs**

THE FASHION DESIGNER'S HANDBOOK AND FASHION KIT

Kit with dress form, fabric, rick rack, measuring tape, and thread; 9½" x 10"; 136-page book; 7" x 9⅞"; includes four-color photos throughout

Paper: \$25.95/\$29.95 Can.
ISBN: 978-0-7611-5479-2
No. 15479

Ships: September

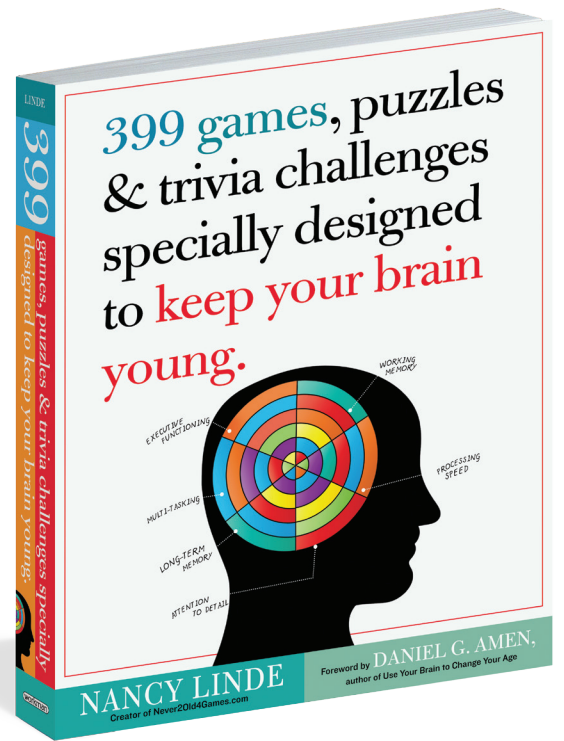


399 GAMES, PUZZLES & TRIVIA CHALLENGES SPECIALLY DESIGNED TO KEEP YOUR BRAIN YOUNG.

Nancy Linde
Foreword by Daniel G. Amen, M.D.

Based on the science that shows that people middle-aged or older who solve word games and brainteasers have a significant cognitive advantage over those who do not, 399 GAMES, PUZZLES & TRIVIA CHALLENGES is the illustrated game book specifically created to cross-train the brain. Here are 399 games to stretch, challenge, and push the reader, all of which stimulate the formation of neurons—literally, regrowing the brain.

Plus they're not only good for you, but just plain good—these games are fun. 399 GAMES, PUZZLES & TRIVIA is a lively mix of challenges, riddles, and brainteasers—all vetted by a neuroscientist who specializes in aging brains and designed to work the six key areas of cognitive function that are vulnerable in normal aging: long-term memory, working memory, executive functioning, attention to detail, multitasking, and processing speed. The games are arranged from easiest to most difficult and are labeled according to which cognitive functions they exercise so they can be mixed and matched into a custom “workout.” In just 15 minutes a day, anyone can improve his brain’s strength, flexibility, and long-term health.



Nancy Linde created and runs *Never2Old4Games.com*, an online subscription service for activities professionals working with senior citizens. She has produced, written, and directed more than a dozen documentary films, including the PBS series *NOVA*. She lives in Belmont, Massachusetts.

Daniel G. Amen, M.D., is a clinical neuroscientist, psychiatrist, and brain imaging expert, and is the bestselling author of 28 books, including *Change Your Brain, Change Your Life* and *Use Your Brain to Change Your Age*.

- **Cross-train the brain!**
- **For the millions of readers age 50 and up**
- **Create a customized workout with games that exercise six different cognitive functions**
- **Created by Nancy Linde, founder of the website *Never2Old4Games.com*, and vetted by neuroscientist Dr. Philip Harvey**
- **Illustrated throughout**
- **National radio satellite tour**
- **Advertising in *Brain World* and promotion with *BookPage***

399 GAMES, PUZZLES & TRIVIA CHALLENGES SPECIALLY DESIGNED TO KEEP YOUR BRAIN YOUNG.

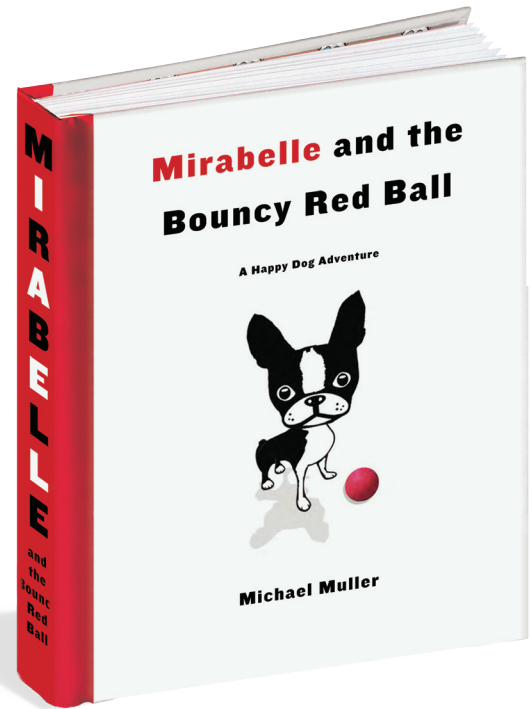
Two color; illustrations throughout; 464 pages; 7 1/4" x 9 1/4"
Paper: \$15.95/\$18.95 Can.
ISBN: 978-0-7611-6825-6
No. 16825
Ships: September



MIRABELLE AND THE BOUNCY RED BALL

MIRABELLE AND THE BUTTERFLY

MIRABELLE GOES FOR A WALK



Michael Muller

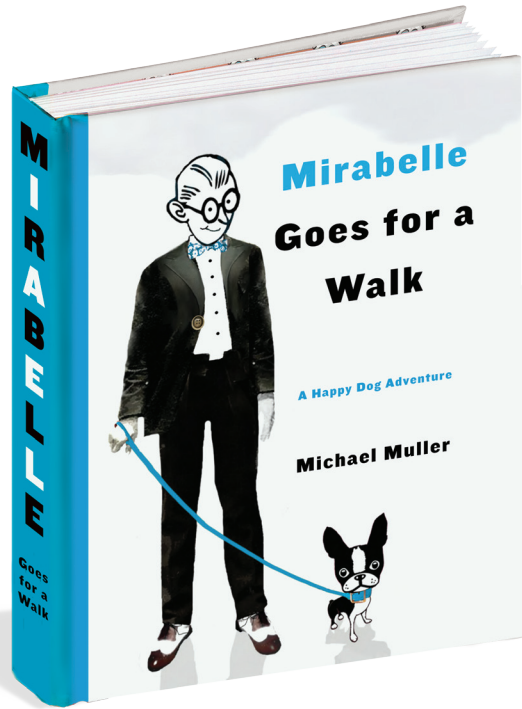
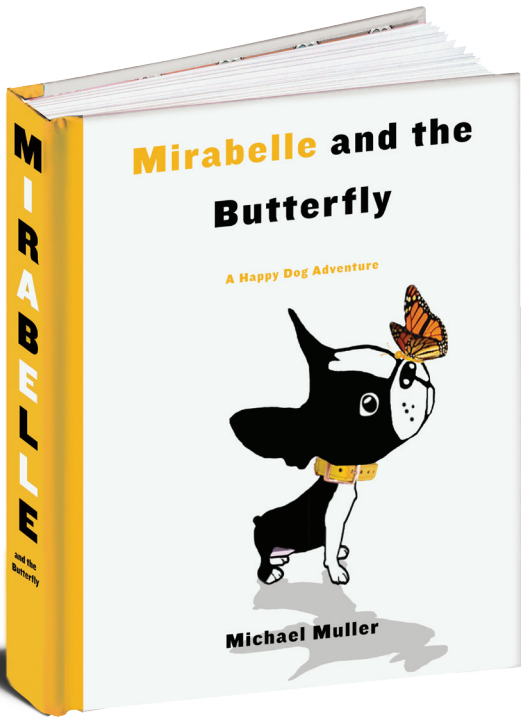
Meet Mirabelle and Mr. Muller—an irresistible Boston terrier and her devoted owner. They discover the joy of the simple and the pleasure of the everyday—playing catch, chasing a butterfly—in a fresh, appealing new series of board books.

With her oversized head, black-and-white features, and round, wide-set eyes, Mirabelle is the most expressive of dogs.

She looks inquisitive, feisty, happy, smart, and eager. Eager for what? For adventure! Together with her owner, Mr. Muller, in his bow tie and big eyeglasses, Mirabelle fills her days with activities like playing catch with a red rubber ball or going for a late-afternoon walk and stopping at an ice cream truck. Mirabelle and Mr. Muller know what every little kid knows—the simplest thing can be endlessly fascinating and fun.



Michael Muller is a photographer, collage artist, and proprietor of the Mirabelle line of greeting cards. He and Mirabelle, a real Boston terrier, began their lives together in 2006. They live in Washington, D.C., and online at adventuresofmirabelle.com.



The smart look of the Mirabelle books is as original and iconic as Mirabelle herself, combining strong black lines, bright spots of color, and bits of photography to create seamless collages. The text of each story is a dialogue between Mr. Muller, who asks questions, and Mirabelle, who replies with her actions—perfect prompts for parents to take the Mr. Muller part and the child to answer in the role of Mirabelle.

➤ **Introducing a new, irresistible character—Mirabelle, a Boston terrier—and board book series**

➤ **A fresh new look for a board book, mixing smart design, collage art, and the expressive, appealing characters of Mirabelle and Mr. Muller**

➤ **The joy of the simple—what every child knows**

➤ **Padded covers**

➤ **For ages 2–5**

➤ **“Come Play with Mirabelle” campaign including die-cut Mirabelle for in-store display**



MIRABELLE . . .

Full color; 10 spreads; 4 3/4" x 6"

Board book with padded cover: \$6.95/\$7.95 Can. each

And the Bouncy Red Ball
ISBN: 978-0-7611-7165-2
No. 17165



And the Butterfly
ISBN: 978-0-7611-7166-9
No. 17166



Goes for a Walk
ISBN: 978-0-7611-7164-5
No. 17164



12-copy counter display:
\$83.40/\$95.40 Can.
ISBN: 978-0-7611-7286-4
No. 27286

“No wonder the First Family chose Dawn to train their dog.”

—Dr. Ian Dunbar, Founder, Association of Pet Dog Trainers

TRAINING THE BEST DOG EVER

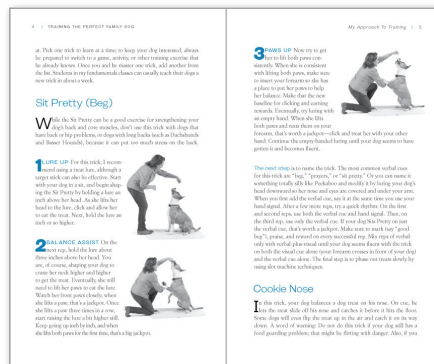
A 5-WEEK PROGRAM USING THE POWER OF POSITIVE REINFORCEMENT

Dawn Sylvia-Stasiewicz and Larry Kay

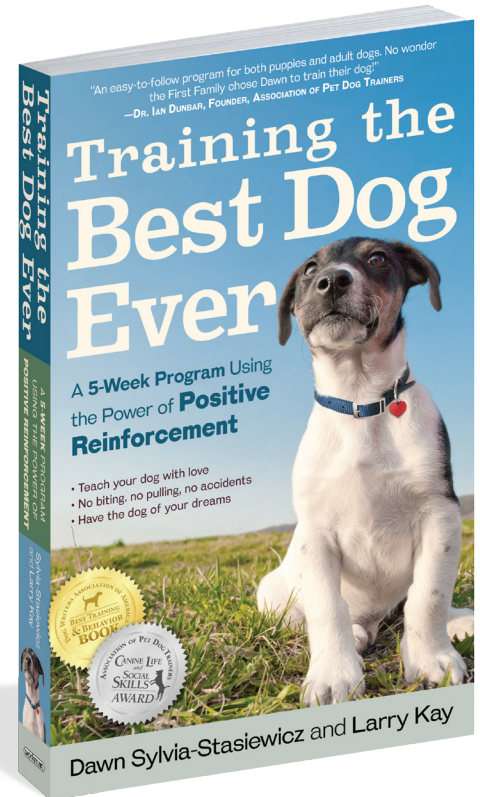
- Best Training and Behavior Book of the Year —the Dog Writers Association of America
- Winner, the first-ever Association of Pet Dog Trainers Book Award for Promoting Canine Life and Social Skills

TRAINING THE BEST DOG EVER, originally published in hardcover as *The Love That Dog Training Program*, is a book based on love and kindness. It features a program of positive reinforcement and no-fail techniques that author Dawn Sylvia-Stasiewicz used to train the White House dog, Bo Obama, and each of Senator Ted Kennedy’s dogs, among countless others.

TRAINING THE BEST DOG EVER relies on trust and treats, not choke collars; on bonding, not leash-yanking or reprimanding. The five-week training program takes only 10 to 20 minutes of practice a day and works both for puppies and for adult dogs that need to be trained out of bad habits. Illustrated with step-by-step photographs, the book covers hand-feeding; crate and potty training; and basic cues—*sit*, *stay*, *come here*—as well as more complex goals, such as bite inhibition and water safety. It shows how to avoid or correct typical behavior problems, including jumping, barking, and leash-pulling. Plus: how to make your dog comfortable in the world—a dog that knows how to behave in a vet’s office, is at ease around strangers, and more. In other words, the best dog ever.



Dawn Sylvia-Stasiewicz trained Bo Obama and each of Senator Ted Kennedy’s Portuguese Water Dogs. She was a professional dog trainer for more than 20 years, ran the popular Merit Puppy dog training classes, and trained and boarded animals for the Washington elite. **Larry Kay**, creator of the award-winning Animal Wow dog care DVD for kids, writes for Dog Fancy. He lives in Sherman Oaks, California.



Originally published in hardcover as *The Love That Dog Training Program*, named **Best Training and Behavior Book by the Dog Writers Association of America**

A five-week, no-fail program that uses the power of trust, bonding, and positive reinforcement—no choke collars, no squeezing, no leash-yanking

“Senator Kennedy and I saw firsthand just how powerful Dawn’s methods are: Our dogs are spirited, yet reliable; loving and loved.”
—Victoria Reggie Kennedy

TRAINING THE BEST DOG EVER

Two color; photos throughout; 304 pages; 6" x 10"

Paper: \$14.95/\$17.95 Can.

ISBN: 978-0-7611-6885-0

No. 16885

Ships: September

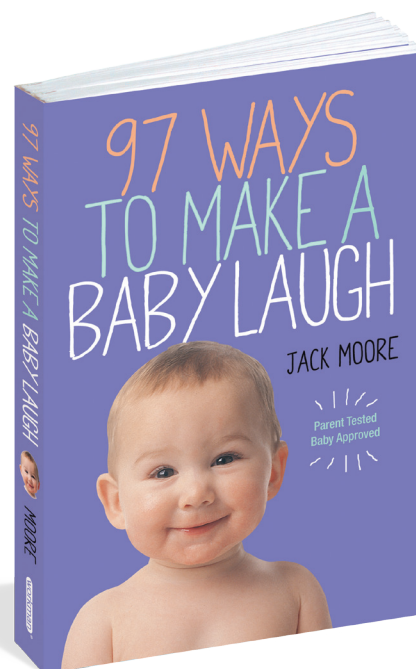


97 WAYS TO MAKE A BABY LAUGH

Jack Moore

Chortle. Giggle. Titter and guffaw. And smile, smile, smile. The happiest of books is back, in full, glorious, happy color. It's the perfect shower gift. Essential for grandparents. The most cheerful book in the parenting section. An impulse bestseller when it was originally published in black and white, with over 320,000 copies in print, 97 WAYS TO MAKE A BABY LAUGH is even more delicious—and more giftable—with full-color photographs of the babies and an appealing 4" x 6" chunky format that's also the perfect size for counter displays and spinner racks.

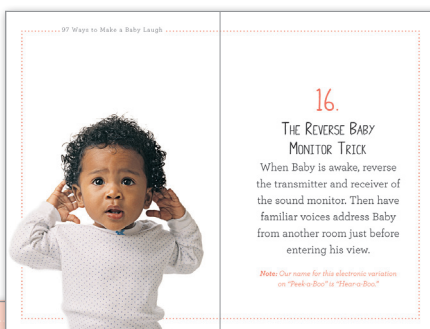
These 97 games, sight gags, parlor tricks, and practical jokes require no special talent, use just the simplest household items as props, and actually work. Babies will be entertained—and adult readers will rediscover the joy of surrendering to sheer silliness. Get baby giggling with the Exaggerated Sneeze “ah-ah-ah-ah-CHOO!” The Live Jack-in-the-Box (Dad goes in large cardboard box, family sings “Pop Goes the Weasel,” and Dad jumps out at the last line). Three-Card Monte for Babies, using plastic cups and a lemon. Plus the top ten peek-a-boo variations, Yodeling in the Canyon, the Disappearing Noodle, Baby Channel Surfing, and oldies-but-goodies including Baby’s Stinky Feet. It’s the joy of letting loose and laughing with your baby.



☛ **The perfect shower gift—essential for new parents and grandparents**

☛ **The irresistible bestseller, with 320,000 copies in print, now even more delicious in full color and a chunky format**

☛ **The Top Ten Peek-a-Boos, the Disappearing Noodle, Baby’s Stinky Feet, Yodeling in the Canyon, and other proven ways to tickle every baby’s—and grown-up’s—funny bone**



Jack Moore was an advertising consultant and comedy writer. A natural entertainer of children, he became an expert at making babies laugh when his son, Brick, was born.

97 WAYS TO MAKE A BABY LAUGH

Four-color photos throughout; 208 pages; 4" x 6"

Paper with flaps: \$8.95/\$10.95 Can.

ISBN: 978-0-7611-7235-2

No. 17235

Ships: October

12-copy counter display:

\$107.40/\$131.40 Can.

ISBN: 978-0-7611-7284-0

No. 27284

