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FALL 2020

COMING SOON

The new book from
internationally
bestselling author

ROBIN SHARMA



ROBIN SHARMA

The 5 AM Club

Own Your Morning, Elevate Your Life

Legendary leadership and elite performance expert Robin Sharma introduced The 5 AM Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity.

Now, in this life-changing book, handcrafted by the author over a rigorous four-year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness.

Part manifesto for mastery, part playbook for genius-grade productivity and part companion for a life lived beautifully, *The 5 AM Club* is a work that will transform your life. Forever.



Self-Help/Personal Growth • 240 pp • Published: December 2018; manuscript available • Rights available: World, all languages excluding Albanian (Albas Publishing House); Armenian (Bookinist); Arabic (Jarir Bookstore); Bahasa Indonesian (PT Gramedia); British Commonwealth incl. ANZ, ex. Canada & India (HCUK); Bulgarian (Ex Libris); Croatian (Koncept Izdavaštvo); Czech (Rybka); Danish, Finnish, Norwegian & Swedish (HarperNordic); Estonian (Pilgrim); French World (La Maisnie); German (Droemer); German audio (Argon); Greek (Dioptra); Hebrew (Keter); Hungarian (Trivium); Indian Subcontinent in English, Assamese, Bengali, Gujarati, Hindi, Kannada, Malayalam, Marathi, Oriya, Tamil & Telegu (Jaico Books); Italian (TEA); Korean (Korea Economic Daily & Business Publications); Latvian (Avots); Lithuanian (Luceo); Montenegrin (Nova Knjiga); Polish (Wydawnictwo R.FM); Portuguese in Brazil (Editora Bestseller); Portuguese in Portugal and Palop (Bertrand Editora); Romanian (Act Si Politon); Russian (AST); Serbian (Vulkan); Slovakian (Eastone); Slovenian (Učila); Spanish and Catalan (Penguin Random House); Thai (SE-ED Publication); Turkish (Pegasus); Ukrainian (KM Books Group); Vietnamese (Tre Publishing House)

ALEXANDER BEZZERIDES

Evolution Gone Wrong

Surprising Stories from the Human Body's Curious Past

A fascinating, irreverent guide to human evolution, and what it means for our bodies today, for fans of Bill Bryson and Mary Roach

Have you ever wondered why humans are so prone to nagging, and often debilitating, aches and pains? The answer lies in our distant past. This book reveals the untold story of our most common anatomical imperfections, from our lousy vision to our aching feet, and explains how evolution missed a few details on the path of human development.

No matter how straight orthodontists make our teeth or how fast we run on our injury-prone legs, we cannot escape our past. Ultimately, our anatomy is a reflection of our history. Exploring the rich and colorful details behind our anatomy, biologist Alexander Bezzerides offers a dramatic new window into the fascinating backstory of the human body.



ALEXANDER BEZZERIDES is a Professor of Biology at Lewis-Clark State College in Idaho, USA, where he teaches a wide range of biology classes from Human Anatomy and Physiology to Entomology. With a background in anatomy and evolution, Alex approaches the study of the human body with with a curiosity for the historical roots of our anatomical imperfections.

HISTORY/Social History • 352 pp • Publishing: April 2021; manuscript available • Rights available: World, all languages ex. U.S. (Hanover Square Press)

LISA MARIE RANKIN

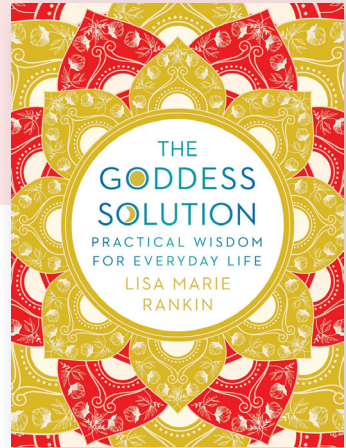
The Goddess Solution

Practical Wisdom for Everyday Life

In this practical spiritual guide, Lisa Marie Rankin shows how to apply ancient goddess wisdom to modern-day scenarios like dating, sex, careers, divorce, conflict and more

You'll learn about goddesses from across various traditions and discover that their wisdom is more relevant than ever. You can connect with Mary Magdalene to identify and rewrite beliefs that are limiting you. The Greek goddess Aphrodite will show you how to infuse your life and your relationships with passion. Durga, a Hindu warrior goddess, will inspire you to stand up for what you know to be right and speak your truth.

The goddess is not some esoteric deity that is out of reach or a spiritual sex bomb that you find on social media. You are the goddess in your current physical form, with your messy human experiences and hidden primal desires. When you learn to befriend all aspects of yourself, you can reclaim your crown and become the most radiant person you know. Through meditation, journaling prompts, prayer and self-care rituals, you can reveal your true goddess nature.



LISA MARIE RANKIN holds an MBA and an MS from Bentley University. As an advocate for women's health, happiness and spirit, she teaches women to reconnect with their bodies, prioritize pleasure and rely on their inner wisdom in order to become goddesses. You can find her online at lisamarierankin.com and on Instagram at [@lisamarie.rankin](https://www.instagram.com/lisamarie.rankin).

BODY, MIND & SPIRIT/Goddess Worship • 320 pp • Publishing: April 2021; manuscript available • Rights available: World, all languages

MARCI IEN

Off Script

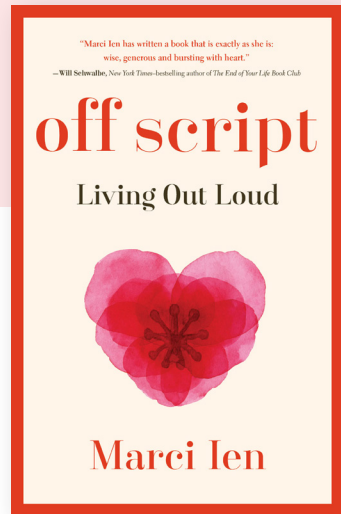
Living Out Loud

Finding Your Voice, Living Out Loud

For over a decade, millions of Canadians started their day with Marci Ien. As a Black female news anchor and, later, the first Black woman in Canada to co-host a national morning show, Marci felt the pressure to stay “on script”—with little room for error. She had to be great. She had to show, every day, that she deserved to be there.

When her career veered sharply away from the news, Marci embraced her new role “off script.” With a greater opportunity to speak her mind on the air, Marci now bravely shares experiences from her own life with viewers and pursues more ways to make a difference in her community.

In *Off Script*, Marci shares personal milestones, tales of resilience and kindness, dramatic moments from her career as a journalist and insights from the many unforgettable people that she’s met and interviewed. Living off script means having the courage to speak up, trust your voice and follow your own formula for what matters most.



MARCI IEN is a co-host of The Social and was the news anchor of Canada AM for fifteen years. A sought-after speaker and moderator, Marci Ien also works with Journalists for Human Rights and World Vision, and was honoured by the Black Business and Professional Association with a Harry Jerome Award.

SELF-HELP/Personal Growth/Success • 272 pp • Available now • Rights available: World, all languages

DANE JENSEN

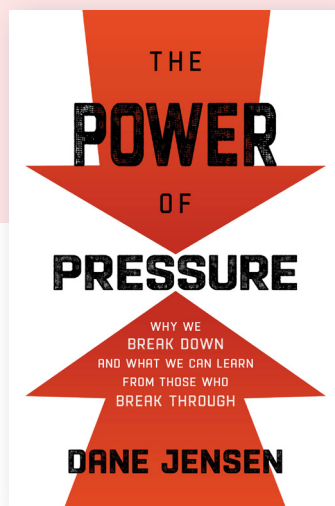
The Power of Pressure

Why We Break Down and What We Can Learn From Those Who Break Through

Be energized, but not overwhelmed

Over the past five years, Dane Jensen has asked questions of thousands of high performers—from Olympic gold medalists to Navy SEALs, politicians, executives and busy parents. While everyone’s experiences under pressure are unique, pressure follows patterns and develops in predictable ways. If we can recognize the patterns, we can improve our ability to sidestep the biological traps that can sabotage us—and use the energy that accompanies pressure to thrive. *The Power of Pressure* combines the insights gathered from Jensen’s work with the latest research in biology and neuroscience to help you:

- understand and use the “pressure equation” of importance, uncertainty and volume
- reduce tension, sleep better and have more energy so you can meet challenges head-on
- recognize pressure moments so you can prepare for when you will feel the heat



DANE JENSEN is the CEO of Third Factor, an instructor at the Smith School of Business at Queen’s University and on the faculty of the Kenan-Flagler Business School at the University of North Carolina at Chapel Hill. At Third Factor, he works to help leaders be more effective, creative and resilient under pressure. His work has spanned twenty-three countries on six continents. Visit him at thirdfactor.com.

SELF-HELP/Personal Growth/Success • 304 pp • Publishing: March 2021; manuscript available • Rights available: World, all languages

KARMA BROWN

The 4% Fix

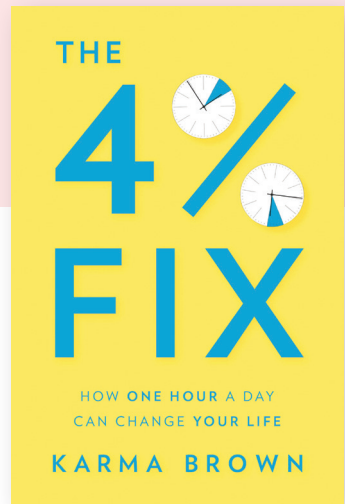
How One Hour Can Change Your Life

How to find guilt-free time for what you really want to do, and why it matters

Award-winning journalist, avid reader and new mom, Karma Brown dreamed of writing her first novel. But between diapers and deadlines, how could she? Like so many of us, she felt stretched taut and hyper-scheduled, her time a commodity over which she had lost control. Although she experienced missteps along the way, after committing to her alarm clock and an online community of early risers, she completed a debut novel that became a national bestseller.

In *The 4% Fix*, Karma Brown reveals the latest research about time management and goal-setting and shares strategies that have worked for her and others. Refreshingly, her jargon-free approach doesn't include time-tracking spreadsheets, tips on how to squeeze in yoga exercises while cooking dinner, or methods that add bulk to those never-ending lists.

How will you use this one hour—only 4% of your day—to change your life?



KARMA BROWN is the best-selling author of five novels including the #1 national bestseller *A Recipe for a Perfect Wife*. A National Magazine Award-winning journalist, she has been published in SELF, Redbook, Today's Parent, Best Health, Canadian Living, Chatelaine and other magazines. Visit her at karmakbrown.com.

SELF-HELP/Self Management/Time Management • 304 pp • Publishing: December 2020; manuscript available • Rights available: World, all languages

FOTINI ICONOMOPOULOS

Say Less, Get More

Unconventional Negotiation Techniques to Get What You Want

Negotiation without fear, for everyone, every where

As a sought-after expert, Fotini Iconomopoulos has been empowering Fortune 500 executives and their teams to achieve their objectives, guiding them through high-stakes scenarios in industries such as professional services, energy, telecommunications, tech and finance. Now for the first time, Iconomopoulos shares her simple and innovative strategies, debunks common negotiation myths and explains why effective negotiation does not follow a one-size fits all approach. In *Say Less, Get More* you'll find out how to:

- Determine your starting position, your final outcome and a strategy to get there
- Manage the negotiation process, overcome obstacles and find common ground
- Develop and foster excellent client relationships and networks



FOTINI ICONOMOPOULOS is a celebrated speaker and negotiation expert and the founder of Forward Focusing. She was recently recognized by the Greek America Foundation with a Top 40 Under 40 Award for her achievements and philanthropic work and was nominated for an RBC Canadian Women Entrepreneur Award. Visit her at forwardfocusing.com.

BUSINESS & ECONOMICS/Negotiating • 288 pp • Publishing: April 2021; manuscript available • Rights available: World, all languages

MARK HENICK

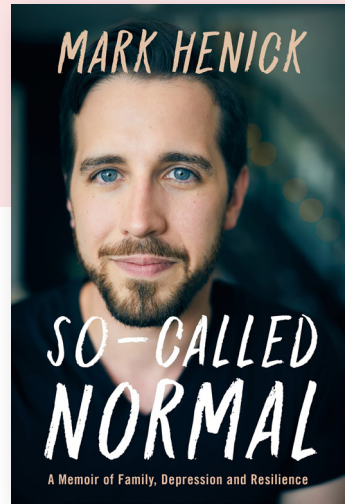
So-Called Normal

A Memoir of Family, Depression and Resilience

“So-Called Normal is beautifully written, heart-wrenching, and hopeful...” —Rosie O’Donnell

When Mark Henick was a teenager in Cape Breton, Nova Scotia, he was overwhelmed by depression and anxiety that led to a series of increasingly dangerous suicide attempts. One night, he climbed onto a bridge over an overpass and stood in the wind, clinging to a girder. Someone shouted, “Jump, you coward!” Another man, a stranger in a brown coat, talked to him quietly, calmly and with deep empathy. Just as Henick’s feet touched open air, the man in the brown coat encircled his chest and pulled him to safety. This near-death experience changed Henick’s life forever.

So-Called Normal is Henick’s memoir about growing up in a broken home and the events that led to that fateful night on the bridge. It is a vivid and personal account of the mental health challenges he experienced in childhood and his subsequent journey toward healing and recovery.



MARK HENICK’S TEDx talk about being saved from death by a stranger is one of the most watched in the world and has been viewed millions of times. He has hosted more than sixty intimate conversations about mental health with notable public figures and celebrities on his podcast, *So-Called Normal*. Currently the CEO and principal strategist for Strategic Mental Health Consulting, Mark Henick is in high demand as an international keynote speaker on mental health recovery.

BIOGRAPHY & AUTOBIOGRAPHY/Personal Memoirs • 336 pp • Publishing: January 2021;
manuscript available • Rights available: World, all languages

GAIL ANDERSON-DARGATZ

The Almost Wife

If you *almost* had everything that you wanted, how hard would you fight to protect it?

Kira is engaged to the man of her dreams: he's charming, handsome, wealthy, and a great dad to their baby Evie and his 13-year-old daughter Olive. After growing up with a troubled relationship with her mother and mostly estranged from her father, Kira craves a close family and secure home, and now she almost has it. The only problem is Aaron's ex-wife, Madison, who's out of control and trying to get to Olive. When Kira brings the girls to her childhood summer home out of town only to find out that Madison has followed them, she panics.

Between the beach and the forest on Manitoulin Island, Kira fights to protect Olive, Evie, and her fiancé, until a dark secret threatens to unravel the life she almost has. With the future she has built hanging in the balance, and her past haunting her at every turn, Kira must choose who to believe and who she wants to be.



GAIL ANDERSON-DARGATZ'S first novel, *The Cure for Death by Lightning*, was a finalist for the Giller Prize, winner of the UK's Betty Trask Award, the BC Book Prize for Fiction, and the VanCity Book Prize. She taught for nearly a decade within the MFA program in creative writing at the University of British Columbia and now mentors writers through her own online forums.

FICTION/Thrillers • 304 pp • Publishing: July 2021; manuscript available • Rights available: World, all languages

DAMHNAIT MONAGHAN

New Girl in Little Cove

A heartfelt debut that reveals how strangers are sometimes a better comfort than friends.

After a teacher scandalizes the fishing village of Little Cove, Newfoundland, by running off with a priest, the school looks to the mainland to fill the job quickly. They want someone who can uphold their Catholic values and keep a motley group of largely uncooperative students in line.

The position is filled by Rachel O'Brien, a young woman desperate for a fresh start after a failed relationship and the death of her father. Rachel is quickly drawn into the island's traditional music and culture, and the personal lives of her students as well as her fellow teacher Doug Bishop. But when her beliefs clash with Church and community, Rachel makes a decision that throws her career into jeopardy.

In trying to help a student, has she gone too far? Only the intervention of the "Holy Dusters," the local women who hook rugs and clean the church, will assure her salvation.



DAMHNAIT MONAGHAN is a former teacher and lawyer with almost sixty publication credits, including flash fiction, creative non-fiction and short stories. Her short prose has won or placed in various writing competitions and been nominated for a Pushcart Prize, Best Small Fictions and Best Microfictions. Visit her at damhnaitmonaghan.com and on Twitter at @Downith.

FICTION/Women • 304 pp • Publishing: March 2021; manuscript available • Rights available: World, all languages ex. U.S. (Graydon House)

BASIL SYLVESTER AND KEVIN SYLVESTER

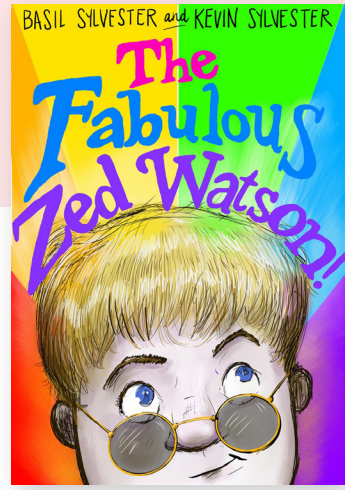
The Fabulous Zed Watson!

The literary scavenger hunt of a lifetime, starring an endlessly endearing non-binary tween, co-authored by a child-parent duo

Zed Watson loves a few things: their name (which they chose themselves!), their big rambunctious family, and monsters. When Zed discovered the mystery surrounding an unpublished novel called *The Monster's Castle*, they were completely hooked. Now Zed is a member of a small but dedicated legion devoted to finding the long-buried text.

When a breakthrough discovery leads Zed to the route that they are sure will take them to the treasure, they know it's time for a road trip. And with the help of their shy, flora-loving neighbour, Gabe, and his sister, Sam, a geologist who is driving back to college in Arizona, Zed and company are soon off on a wild adventure following cryptic clues.

But it's not all fun and games. Gabe doesn't like Zed's snacks, Sam is a bossy driver, and Zed is often misgendered. If Zed and Gabe can combine their strengths, survive Sam's wrath and best the greedy historian who's also hot on the book's trail, they just might find the greatest treasure of all.



BASIL SYLVESTER is a non-binary writer and bookseller.

KEVIN SYLVESTER is the author/illustrator of more than thirty books including *MinRS*, *The Almost Epic Squad: Mucus Mayhem*, and the *Neil Flambé Capers*. He's also a broadcaster and a documentary producer. Visit www.kevinsylvesterbooks.com.

JUVENILE FICTION/LGBT • 250 pp with 40-50 b&w spot illustrations • Publishing: January 2021; manuscript available • Rights available: World, all languages

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