

**HOUGHTON MIFFLIN HARCOURT  
BOOKS & MEDIA  
RIGHTS GUIDE, ADULT LIST**

**LONDON BOOK FAIR 2020**



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## TABLE OF CONTENTS

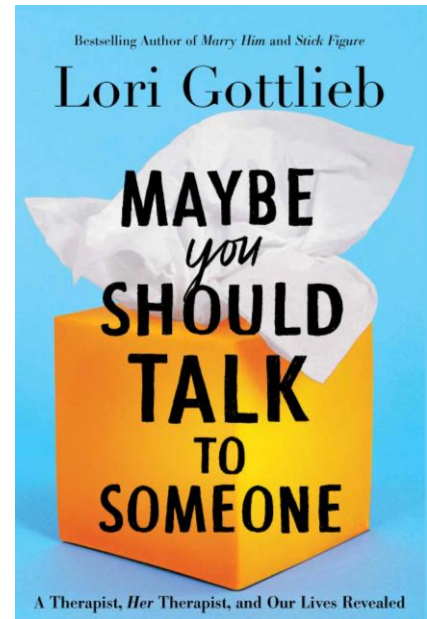
<b>Recently Published Nonfiction.....</b>	<b>3-4</b>
<b>Upcoming Nonfiction.....</b>	<b>5-11</b>
<b>Fiction.....</b>	<b>12-14</b>
<b>Lifestyle.....</b>	<b>15-24</b>
<b>Cookbooks.....</b>	<b>25-32</b>
<b>List of Subagents.....</b>	<b>33</b>

## RECENTLY PUBLISHED NONFICTION

### Lori Gottlieb

#### **MAYBE YOU SHOULD TALK TO SOMEONE: A Therapist, Her Therapist, and Our Lives Revealed**

In this *New York Times* bestseller, therapist and author Lori Gottlieb gives the reader an eye-opening look at the therapeutic process – from the therapist’s perspective. She introduces the reader to a narcissistic Hollywood producer; a young newlywed recently diagnosed with a terminal illness; a senior citizen threatening to end her life; and a 20-something who can’t stop hooking up with the wrong guys. As Gottlieb guides them, she discovers that helping other people recognize their blind spots does not cure her of her own: all of a sudden, her own life has gone off the rails. Enter Wendell, the therapist who helps Gottlieb unearth the hidden roots of her current crisis, gradually transforming her as a therapist, patient, mother, and human being. **MAYBE YOU SHOULD TALK TO SOMEONE** lets readers peer in as both the therapist and her patients struggle to answer: How can I be happy? What am I willing to live with? How do we grow and change? This book offers an enlightening and thoroughly entertaining tour of an elusive process.



LORI GOTTLIEB is the author of **MARRY HIM** and **I LOVE YOU, NICE TO MEET YOU**. She also writes the “Dear Therapist” columnist in *The Atlantic*. **MAYBE YOU SHOULD TALK TO SOMEONE** has sold over 225,000 copies and has spent 23 weeks on the *New York Times* bestseller list.

*“If you have even an ounce of interest in the therapeutic process, or in the conundrum of being human, you must read this book.”*—Susan Cain, NYT best-selling author of *Quiet: The Power of Introverts in a World that Can’t Stop Talking*

*“Gottlieb is an utterly compelling narrator: funny, probing, savvy, vulnerable. She pays attention to the small stuff — the box of tissues and the Legos in the carpet — as she honors the more expansive mysteries of our wild, aching hearts.”*—Leslie Jamison, author of *The Recovering: Intoxication and its Aftermath*

*“This is a daring, delightful, and transformative book. Lori Gottlieb takes us inside the most intimate of encounters as both clinician and patient and leaves us with a surprisingly fresh understanding of ourselves, one another, and the human condition....”*—Arianna Huffington, Founder, Huffington Post and founder & CEO, Thrive Global

**Memoir**

**Translation rights**

**Editor: Bruce Nichols**

**Pub month: April 2019**

**Finished copies available**

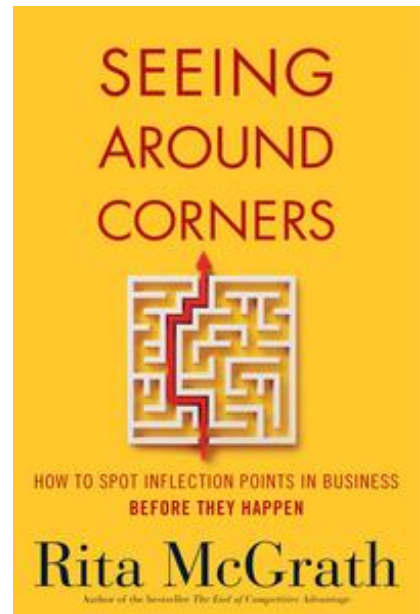
**Rights sold:** **UK/British Commonwealth:** Scribe (via agent); **Arabic:** Dar Altanweer; **Brazil/Portuguese:** Autentica; **complex Chinese:** Walkers Cultural Co.; **simplified Chinese:** Guomai Culture & Media; **Czech:** Euromedia; **Danish:** Bilgrav; **Dutch:** Arbeiderspers; **French:** Éditions Guy Trédaniel; **French Canada:** Éditions Guy St Jean; **German:** Hanser; **Greek:** Opera; **Hebrew:** Kinneret; **Hungarian:** 21.Szazad; **Indonesian:** Gramedia Pustaka Utama; **Italian:** Mondadori Libri; **Korean:** Cocoon; **Lithuanian:** Baltos Lankos; **Mongolian:** Bolorsudar; **Norwegian:** Tiden Norsk; **Polish:** Proszynski; **Romanian:** Litera; **Russian:** Exmo; **Serbian:** Vulkan; **Slovak:** Ikar; **Slovenian:** UMco; **Spanish:** Ediciones Urano; **Thai:** B2S; **Turkish:** Teas; **Ukrainian:** Book Chef; **Vietnamese:** Alpha.

## **Rita McGrath**

### **SEEING AROUND CORNERS: How to Spot Inflection Points in Business Before They Happen**

Columbia Business School professor and business consultant Rita McGrath uses timely and topical case studies to show that one of the best ways for businesses to advance is by developing the ability to pinpoint subtle trends that have been gestating for a while but are now at an inflection point to take off in a major way. By being able to spot these developing trends, smart companies can learn how to benefit from them before they become an everyday global reality. *Seeing Around Corners* will provide both a real prescriptive overview of how to become a trend-spotter and a clear road-map for how best to capitalize on these trends.

RITA MCGRATH is a veteran consultant and speaker.



#### **Rights sold:**

**Complex Chinese:** CommonWealth Magazine

**Simplified Chinese:** CITIC

**Hungarian:** Pallas Athéné

**Korean:** Chungrim

**Portuguese/Brazil:** Saraiva Educacao

**Business**

**World rights**

**Editor: Rick Wolff**

**Pub month: September 2019**

**Finished copies available**

## UPCOMING NONFICTION

### Anonymous

#### **BECOMING DUCHESS GOLDBLATT**

Becoming Duchess Goldblatt is two stories: that of the reclusive real-life writer who created a fictional character out of loneliness and thin air, and that of the magical Duchess Goldblatt herself, a bright light on Twitter amidst the darkness of social media. Fans around the world are drawn to Her Grace's voice, her wit, her life-affirming love for all humanity, and the fun and friendship of the community that's sprung up around her.

@DuchessGoldblat (81 year-old literary icon, author of *An Axe to Grind*) brings people together in her name: in bookstores, museums, concerts, and coffee shops, and along the way, has brought real friends home—foremost among them, Lyle Lovett.

**“The only way to be reliably sure that the hero gets the girl at the end of the story is to be both the hero and the girl yourself.” — Duchess Goldblatt**

*"This book is, like Duchess Goldblatt herself, nothing you expect and everything you need. It's a memoir not just of one life (failures and triumphs laid bare) but also of a second self—its creation, its evolution, its improbable splendor. We may never deserve Duchess Goldblatt and her magnanimity, but her inventor most certainly does."*

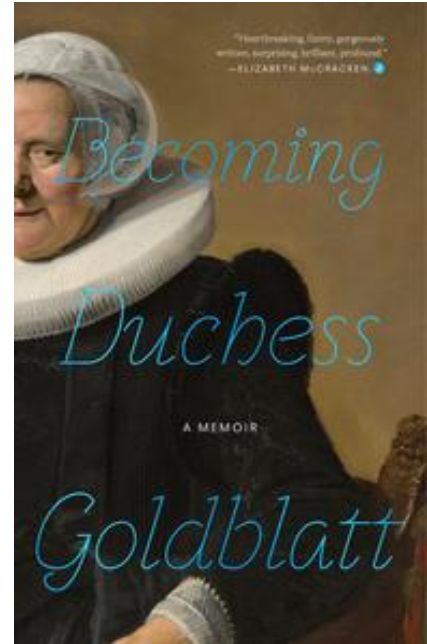
—Rebecca Makkai, author of the Pulitzer Prize and National Book Award finalist *The Great Believers*

*"The question I am most often asked by readers out in the world, is, 'Who is Duchess Goldblatt?' The correct answer is, 'She is the Universe's secret admirer, a made-up & hilarious octogenarian who lives on Twitter, who delivers love and demands it in equal, astonishing measure.' This book is...a meditation on what it means to start again in the oddest way possible. It is also heartbreaking, funny, gorgeously written, surprising, brilliant, profound, the book only Duchess Goldblatt herself could have written."*

—Elizabeth McCracken, bestselling author of *Bowlaway* and *The Giant's House*

*"After reading this unforgettable memoir, I figured out who Duchess Goldblatt is: all of us. Behind her brilliantly witty and uplifting message is a remarkable vulnerability and candor that reminds us that we are not alone in our struggles—and that we can, against all odds, get through them. As though casting a magic spell on her readers, she moves, inspires, and connects us through her unvarnished humanity. It was, for this therapist, a form of therapy I didn't know I needed."*

—Lori Gottlieb, *New York Times*-bestselling author of *Maybe You Should Talk to Someone*



**Memoir**

**World English**

**Translation rights: Friedrich Agency**

**Editor: Naomi Gibbs**

**Pub month: July 2020**

**Manuscript available**

**Shaun King**  
**MAKE CHANGE**

**With a foreword by Bernie Sanders**

As a leader of the Black Lives Matter movement, Shaun King has become one of the most recognizable and powerful voices on the front lines of civil rights in our time. Here he offers an inspiring look at the moments that have shaped his life and considers the ways social movements can evolve in this hyper-connected era. He shares stories from his efforts fighting police brutality, while providing a roadmap for how to stay sane, safe, and motivated in even the worst of political climates. In the foreword, current U.S. presidential candidate Bernie Sanders offers an enthusiastic endorsement of Shaun King’s activism:

**“Brothers and sisters: We are in a time that can often feel frightening, but I am convinced that together we will not only endure it, but come through it better than we are today. Shaun and I still have hope in our future because we know that when ordinary people stand together and fight for justice, anything is possible.”**

SHAUN KING was recently named by *Time* magazine as one of the 25 Most Influential People on the Internet. He covers civil rights issues for The Intercept and is a writer in residence at the Harvard Law School Fair Punishment Project. Earlier this year, King launched the media platform the North Star, which has hundreds of thousands of members and subscribers. His podcast The Breakdown is one of the most popular in the news and politics category on Apple, with over 100,000 subscribers.

*“A captivating memoir of change. A hope-filled sermon for change. A tactical blueprint for how we can each make change. Make Change is all three and all the more towards an equitable and just world.”*

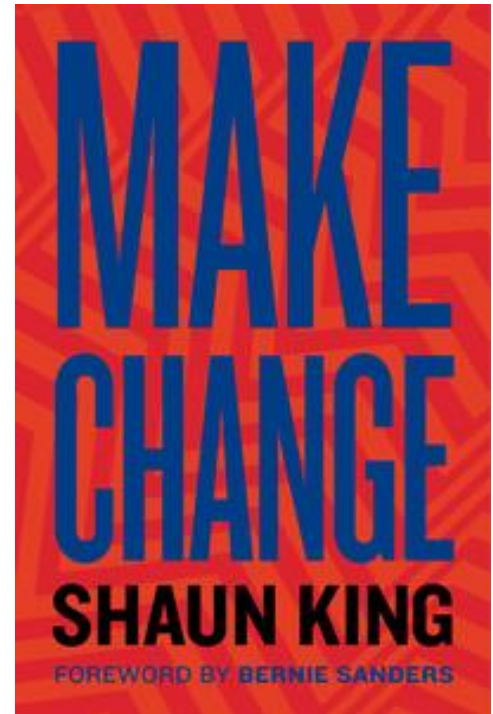
—Ibram X. Kendi, National Book Award-winning author of *Stamped from the Beginning* and *How to Be an Antiracist*

*“Thank you, Shaun, for being a natural humanitarian who always stands up for marginalized communities. In Make Change, Shaun brings awareness to problems big and small around the world—then shows us exactly how we can work together to actually solve them.”*

—Cardi B, Grammy Award-Winning Rapper

*“We are at a crucial, pivotal time in our world, and every one of us has a responsibility to take actions that make a difference. Make Change breaks down for us what this actually looks and feels like so that we can all walk our talk.”*

—Megan Rapinoe, Activist and Captain of U.S. Women’s Soccer Team



**Social Justice**

**World rights**

**Editor: Kate Napolitano**

**Pub month: April 2020**

**Finished copies available**

**Sinead O'Connor**  
**AUTOBIOGRAPHY**

Few superstar musicians of our time have engendered as much controversy—and love—as Sinead O'Connor. She has moved millions of fans with her exquisite vocals, and endured hysterical press coverage (and even blacklisting) for her attacks on the Catholic Church, feuds with Madonna, public breakdowns, and unconventional relationships. Now, in an intimate, lyrical memoir, the enigmatic O'Connor candidly recounts her difficult Dublin childhood, her meteoric rise, a disastrous, infamous Saturday Night Live appearance, and, most importantly, her music: how she creates powerful songs and performances that live in our playlists and our memories.



Rights sold:

**UK/Commonwealth:** Penguin Ireland

**Czech:** Mlada Fronta

**Italian:** Mondadori Libri

**Memoir**

**World rights**

**Editor: David Rosenthal**

**Pub month: March 2021**

**Manuscript expected May  
2020**

## **Bill Perkins**

### **DIE WITH ZERO: Getting All You Can from Your Money and Your Life**

How should we spend our limited time on earth? Financial advisors urge us to work hard to maximize our earnings, save as much as possible, and reap the rewards in retirement. Multi-millionaire Bill Perkins disagrees with that approach. In his view, if you spend a lifetime working and die with a lot of money left over, you've missed the opportunity to enjoy your money – or, if you are wealthy, to give it away – during your lifetime. DIE WITH ZERO will teach you Perkins' techniques for finding an optimal balance between short-term pleasures and long-term rewards across your adult lifespan. From Perkins the reader will learn how to:

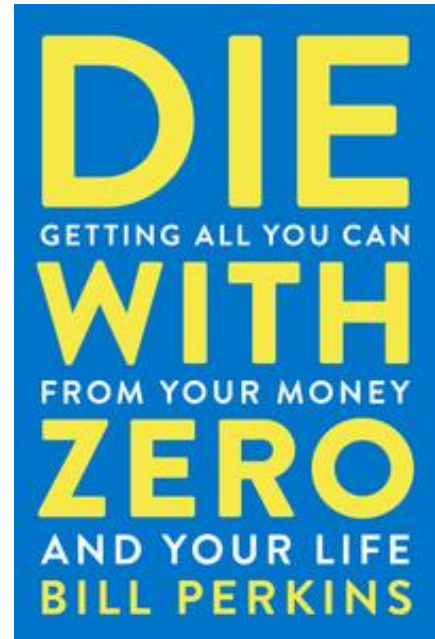
- Maximize your experiences, the amount of enjoyment or fulfillment you get at each age, by creating an “experiences curve.”
- Convert earnings to experiences by plotting your “net worth curve.”
- Decide whether to invest in or delay an experience, at any age, by plotting your “spend curve.”
- Replace your bucket list with “time buckets,” a simple tool to help you plan when to have certain experiences while you are healthy enough to enjoy them.

In addition to his business achievements, BILL PERKINS is a well-known international poker player, with more than 100,000 Instagram followers.

#### Rights sold:

**German:** Finanzbuch

**Japanese:** Diamond



**Business/Personal Finance**

**World rights**

**Editor: Rick Wolff**

**Pub month: May 2020**

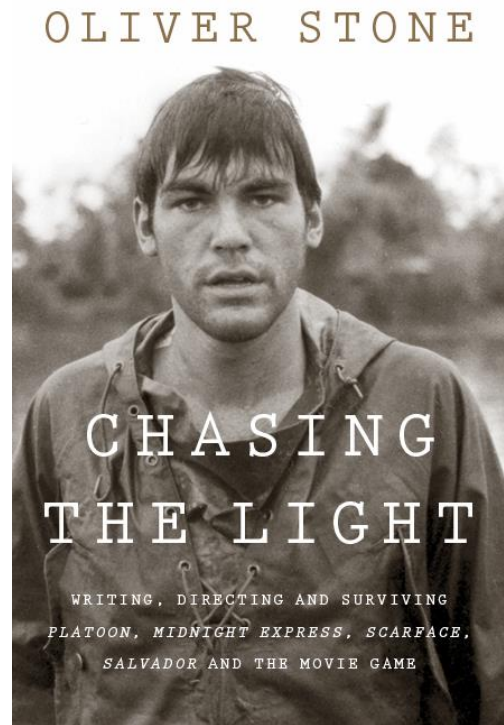
**Finished copies available in April**



## **Oliver Stone**

### **CHASING THE LIGHT: Writing, Directing and Surviving Platoon, Midnight Express, Scarface, Salvador and the Movie Game**

Oliver Stone has some memories to share, not all of them happy. Well before *Platoon* launched him to international stardom, the acclaimed writer and director of films like *Midnight Express*, *Scarface*, and *Salvador* struggled to break out. He'd been wounded as an infantryman in Vietnam and spent years writing unproduced scripts while driving taxis in New York, finally venturing westward to Los Angeles and a new life. Stone, now 72, reflects on those formative years with in-the-moment details from his highest and lowest moments: We see his first meeting with Al Pacino about his script for *Platoon* (and Pacino's attempts to star in Stone's screenplay for *Born on the Fourth of July*), the looming throes of cocaine addiction while shooting his first feature, *The Hand*, and the interminable hustles required to secure production money for the controversial *Salvador* (starring James Woods), plus a true insider's look at Hollywood during its years of upheaval in the 1970s and '80s.



#### **Rights sold:**

**UK & Commonwealth:** Octopus (via agent)

**French:** L'Observatoire

**German:** Finanzbuch

**Italian:** La Nave di Teseo

**Russian:** Alpina

**Memoir**

**Translation rights**

**Editor: David Rosenthal**

**Pub month: July 2020**

**Manuscript available**

## **Neal Thompson**

### **THE FIRST KENNEDYS: An Immigrant Maid, Her Bartender Son, and the Humble Roots of a Dynasty**

Based on newly released archives, this is a first-ever look at the original Kennedys: Patrick and Bridget, who came to America during the Irish famine and had five children. Patrick died when his only surviving son was an infant. However, Bridget single-handedly triumphed in the new world, clearing a path that would lead her great-grandson to the White House.

Yet, few people know the story of Bridget Murphy. This book seeks to remedy that, painting a vivid picture of Bridget's scrappy and entrepreneurial success; her rise from maid to hairdresser to shop owner as a poor but driven Irish immigrant widow. She played a vital part in establishing Kennedy values: hard work, ambition, helping neighbors and community – qualities that would carry future generations to great heights. The latter part of the book will look at her son P.J., a quiet and compassionate listener who ventured into politics and whose success would allow his first-born son to go to college – Harvard – and complete the Kennedys' assimilation into the top tier of American families.

This is an exile story, a refugee story, an underdog story, a love story, a mother and son story. It's also a revisionist history: while the 20th century Kennedys left behind the inconvenient truth of their meager beginnings, this book shines a light on the strength and resilience of their founding matriarch.

NEAL THOMPSON, the grandson of Irish immigrants, is a student of Irish-American history. He successfully pushed the Kennedy Library to catalog and open its archives on P.J. Kennedy. Thompson has written for the *Wall Street Journal*, *Washington Post*, *Esquire*, *Outside*, and others. He has appeared on NPR, ESPN, and The Daily Show.

#### **Biography/History**

#### **World English**

**Translation rights: Rob Weisbach Creative Management**

**Editor: Bruce Nichols**

**Pub month: October 2021**

**Proposal available**

**Silke Rose West and Joseph Sarosy**  
**HOW TO TELL STORIES TO CHILDREN**

As ancient as walking, storytelling is one of the oldest and most essential skills known to man. Stories are how we share information, how we create our sense of history and community, and how we find meaning in the world around us.



Telling original stories is part of what makes us human, but it has become a lost art. In **HOW TO TELL STORIES TO CHILDREN**, educators Silke Rose West and Joseph Sarosy have distilled the key ingredients for storytelling into a surprisingly simple technique for creating original, imaginative stories from the events, objects, and activities in your child’s day. A tantrum over a lost toy becomes a story of a toy that wanders off in search of adventure. A fight between siblings inspires a story about a quarrel between squirrels in the park.

Stories can help children manage their emotions, empathize with others, and better understand the complex world we live in. But more importantly, storytelling cultivates a rich and meaningful bond between parent and child, building intimacy and trust. No two stories are ever the same, and good stories are as diverse as the people who tell them. Complete with practical advice, helpful storytelling prompts, and a touch of science to explain why stories enrich our lives, this book teaches readers how to discover the stories that are already inside them, just waiting to be told.

SILKE ROSE WEST grew up in Germany and is a native German speaker. She is now a Waldorf teacher who has taught kindergarten for over thirty years. Renowned for her puppet shows and storytelling, she consults with teachers and schools. JOSEPH SAROSY is the author of **A FATHER’S LIFE**, a book of stories about his time in nature with children, a 2019 NIEA Awards finalist. He is a contributing writer for **Fatherly** and writes a successful blog at [offgridkids.org](http://offgridkids.org).

**Parenting**

**World rights**

**Editor: Sarah Pelz**

**Pub month: June 2021**

**Manuscript available**

**Illustrations throughout**

## FICTION

### Jasper DeWitt **THE PATIENT**

In a series of online posts, Parker H., a young psychiatrist, chronicles the harrowing account of his time working at a dreary mental hospital in New England. Through an internet message board, Parker hopes to tell the world of his effort to cure one bewildering patient. We learn, as Parker did on his first day at the hospital, of the facility's most difficult, profoundly dangerous case – a 30-year-old man who was originally admitted to the hospital at the age of 6. This patient has no known diagnosis. His symptoms seem to evolve over time. Every person who has attempted to treat him has been driven to madness or suicide. Desperate and fearful, the hospital's directors keep him strictly confined and allow minimal contact with staff for their own safety, convinced that releasing him would unleash catastrophe on the outside world. Parker, brilliant and overconfident, takes it upon himself to discover what ails this mystery patient and finally cure him. The young doctor wins official permission to begin treatment, but from his first encounter with the patient, things spiral out of control and, facing a possibility beyond his wildest imaginings, Parker is forced to question everything he thought he knew.



JASPER DEWITT is the pseudonym for an American journalist. This is his first novel.

#### Rights sold:

**ANZ:** HarperCollins Australia  
**Brazil/Portuguese:** Planeta Brasil  
**Bulgarian:** Bard  
**Croatian:** Znanje  
**Czech:** Euromedia  
**Dutch:** Luitingh Sijthoff  
**Estonian:** Tammerraamat  
**German:** Heyne  
**Korean:** Haewadal  
**Polish:** Agora  
**Portugal/Portuguese:** Editora 2020  
**Romanian:** Litera  
**Russian:** Exmo  
**Serbian:** Publik Praktikum  
**Spanish:** Penguin Random House / Grijalbo  
**Ukrainian:** BookChef

#### **World rights**

**20th Century Fox Films**  
partnered with **New Regency**  
and acquired film rights at  
auction with **Ryan Reynolds**  
as producer

**Editor: Jaime Levine**

**Pub month: July 2020**

**Manuscript available**

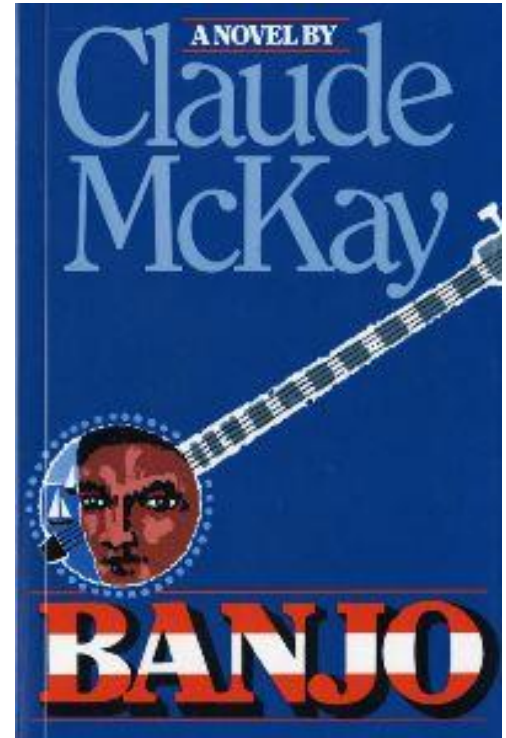
**Claude McKay**  
**BANJO**

Lincoln Agrippa Daily, known to his drifter cohorts on the 1920s Marseille waterfront as Banjo, passes his days panhandling and dreaming of starting his own little band. At night, Banjo and his buddies prowls the rough waterfront bistros, drinking, looking for women, playing music, fighting, loving, and talking – about their homes in Senegal, the West Indies, or the American South; about Garvey's Back-to-Africa Movement; about being Black. When Ray, a writer, joins the group, it triggers Banjo's rediscovery of his African roots and his feeling that, at last, he belongs to a race weighted, tested and poised in the universal scheme.

HMH also controls rights to A LONG WAY FROM HOME, McKay's memoir of his time traveling through France, Britain, North Africa, and Russia, encountering personalities like Charlie Chapin, H.G. Wells, Leon Trotsky, and W.E.B. Du Bois along the way. A new McKay classic, ROMANCE IN MARSEILLE, was just published by Penguin Classics in February of this year.

CLAUDE MCKAY (1889-1948) is widely regarded as one of the most important literary and political writers of the interwar period and the Harlem Renaissance. Born in Jamaica, he moved to the United States in 1912 to study at the Tuskegee Institute. In 1928, he published his most famous novel, HOME TO HARLEM, which won the Harmon Gold Award for Literature. In 1977 he was named the national poet of Jamaica.

**Rights sold:**  
**French:** L'Olivier



**World rights**

**Originally published 1929**

**PDF available**

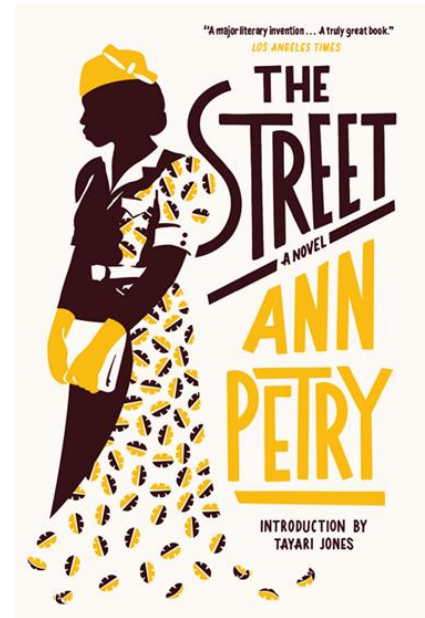
**Ann Petry**  
**THE STREET**

Originally published in 1946, *THE STREET* follows Lutie Johnson, a single mother whose efforts to claim a share of the American Dream for herself and her young son meet frustration at every turn in 1940s Harlem. Opening a fresh perspective on the realities and challenges of black, female, working-class life, *THE STREET* became the first novel by an African American woman to sell more than a million copies. It resonates today no less than it did at first publication.

Last fall, novelist Tayari Jones, author of the bestseller *AN AMERICAN MARRIAGE*, published an appreciation of this novel in the *New York Times*, in which she says:

**“Petry is the writer we have been waiting for; hers are the stories we need to fully illuminate the questions of our moment, while also offering a page-turning good time. Ann Petry, the woman, had it all, and so does her insightful, prescient and unputdownable prose.”**

*THE STREET* will be the May 2020 selection for the PBS NewsHour/*New York Times* book club, “Now Read This.” Tayari Jones will appear on NewsHour to promote the book, and will write about *THE STREET* for both sites throughout May.



**Rights sold:**

**UK/Commonwealth:** Virago/Little Brown

**Brazil/Portuguese:** Carambaia

**Dutch:** Atlas Contact

**French:** Belfond

**German:** Nagel & Kimche

**Italian:** Mondadori

**Spanish:** Seix Barral

**Introduction by Tayari Jones**

**World rights**

**January 2020 reissue**

**Finished copies available**

## LIFESTYLE

**Karen Alpert**

### **MAMAS DON'T LET YOUR BABIES GROW UP TO BE A-HOLES**

As fans of Karen Alpert's beloved parenting blog Baby Sideburns know, sometimes kids act like real a-holes, whether it's throwing tantrums at the grocery store, or kicking the airplane seat in front of them, or refusing to brush their teeth at night. But rather than add two more jerks to this world, Alpert is on a mission to mold her children into kind, self-sufficient, law-abiding citizens, and she wants to help you do the same.



In *MAMAS DON'T LET YOUR BABIES GROW UP TO BE A-HOLES*, Alpert explains how she's raising her kids to become halfway decent adults, sharing her wisdom on topics like self-sufficiency (You are not your kiddo's servant), creativity (Picasso's mom didn't tell him to draw the eyes in the right place); discipline (If they say "I hate you," then you're probably doing it right); and much more. By a regular mom, for regular moms, this guide is as entertaining as it is easy to follow. Along with hilarious real-life exchanges with her own kids, Alpert also includes prescriptive lists and amusing illustrations. The unfiltered advice in this book makes it a must-read for any parent with a sense of humor.

In addition to running her successful parenting blog, KAREN ALPERT is the *New York Times*-bestselling author of *I HEART MY LITTLE A-HOLES*, published in 2014.

**Humor/Self-help**

**World English**

**Translation rights: Chalberg & Sussman**

**Editor: Deb Brody**

**Pub month: March 2021**

**Manuscript available**

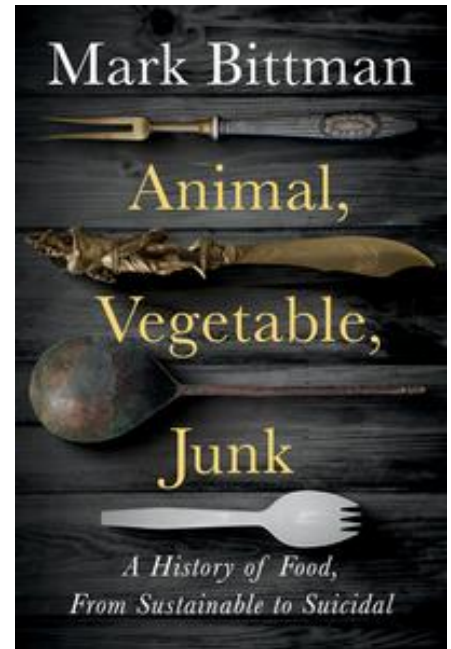
**Mark Bittman**

**ANIMAL, VEGETABLE, JUNK: A History of Food, from Sustainable to Suicidal**

The history of homo sapiens is usually told as a story of technology or economics. But there is a more fundamental driver: food. How we hunted and gathered explains our emergence as a new species and our earliest technology; our first food systems, from fire to agriculture, tell where we settled and how civilizations expanded. The quest for food for growing populations drove exploration, colonialism, slavery, and even capitalism.

A century ago, food was industrialized. Since then, modern agriculture and food production have written a new chapter of human history, one that's driving both climate change and global health crises. Best-selling food authority Mark Bittman offers a panoramic view of the story and explains how we can rescue ourselves from this wrong turn.

MARK BITTMAN is the author of 30 acclaimed books, including the beloved HOW TO COOK EVERYTHING series. His TED Talk has more than 4 million views, and for more than two decades his popular and compelling stories appeared in the *New York Times*. HMH published Bittman's HOW TO EAT in March, which was sold to Scribe in the UK/ANZ.



**Anthropology/History**

**World English**

**Translation agent: Miller  
Bowers & Griffin Lit Agency**

**Editor: Bruce Nichols**

**Pub month: January 2021**

**Manuscript available summer  
2020**



**Danae Horst**

**HOUSEPLANTS FOR ALL: How to Fill Any Home with Happy Plants**

Turn over a new leaf with HOUSEPLANTS FOR ALL. Instead of picking up whatever catches your eye at the store and hoping it survives your home and lifestyle, use the plant profile quiz to find your perfect match. No matter if you're always busy and can't remember to water, if you live in the shadow of a skyscraper, or if you contend with drying winter air: there is a plant that will thrive with you. After finding the right plants for your home, this book helps you to master plant care, complete



with projects and tips for which containers work best, the best plants for small places, how to help pets and plants coexist, and solutions to

problems like pests, root rot, and lack of nutrients. The author's beautiful photos throughout serve as inspiration for plant parents-in-training. Whether you're an experienced gardener or have never owned anything more than a fake ficus, this book is the perfect guide for happy plants in your home.

DANAE HORST has worked as an interior photo stylist,

photographer, and editorial director and plant care columnist at Jungalow Studio. She founded the Los Angeles-based plant boutique and plant styling studio, Folia Collective, which has been named one of the 30 Cutest Plant Shops Around the World by The Venue Report.

**houseplants for all**  
HOW TO FILL ANY HOME *with* HAPPY PLANTS



**How-to**

**World rights**

**Editor: Deb Brody**

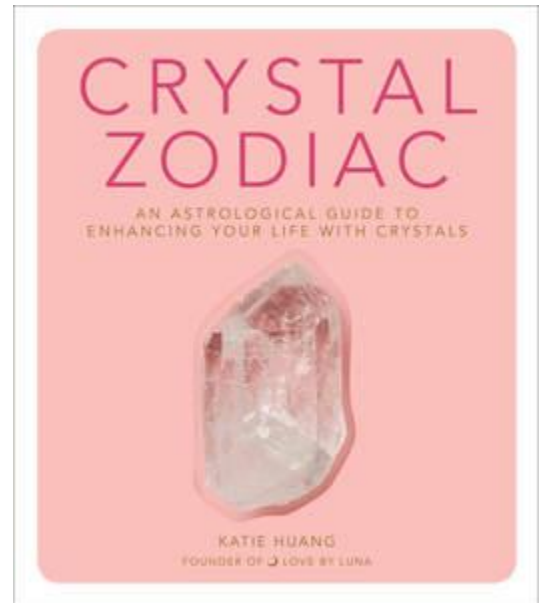
**Pub month: April 2020**

**Finished copies available**

**Katie Huang**  
**CRYSTAL ZODIAC**

For anyone new to the benefits of crystal healing and astrology or for those who have been practicing for years. CRYSTAL ZODIAC breaks down the practical applications of crystals, showing how they powerfully work together to prioritize personal growth and mindfulness. Readers will learn which crystals to use for their zodiac signs and major planetary placements in their natal charts, how these placements impact different areas of their lives, and customized rituals to harness the energy of each sign. By understanding the best crystals for their astrological profile, readers will become more attuned to their own—and others’—communication styles, emotional needs, and love languages, gaining all the tools they need to form or enrich a wellness routine that feels tailor-made for them.

KATIE HUANG is the founder of Love by Luna, a leading astrological lifestyle brand, and co-owner of MoonBox, an international subscription box service aligned with the lunar cycle. She has been featured in *Allure*, *Teen Vogue*, BuzzFeed, and *Time Out London*, among other outlets.



**Mindfulness/Self-Help**

**World rights**

**Editor: Olivia Bartz**

**Pub month: April 2020**

**Finished copies available**

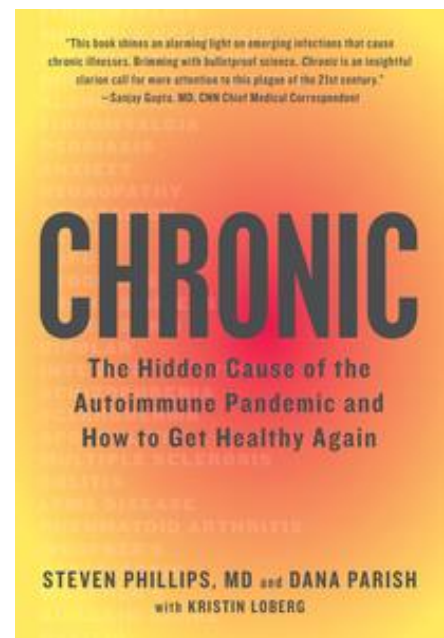
## **Steven Phillips, MD and Dana Parish**

### **CHRONIC: The Hidden Cause of the Autoimmune Pandemic and How to Get Healthy Again**

In this eye-opening book, Dr. Steven Phillips and his former patient, singer-songwriter Dana Parish, reveal striking evidence that a broad range of microbes, including the Lyme bacterium, cause a variety of recurrent conditions and autoimmune diseases. CHRONIC explores the science behind common infections that are difficult to diagnose and treat, debunking beliefs widely held by doctors and patients alike.

Dr. Phillips was an internationally renowned physician specializing in complex chronic diseases when he became a patient himself. After nearly dying from his own mystery illness, he experienced firsthand the medical community's ignorance about pathogens that underlie a deep spectrum of serious conditions—from Lyme disease, fibromyalgia, lupus, multiple sclerosis, chronic fatigue syndrome, and rheumatoid arthritis to depression, anxiety, and neurodegenerative disorders. Parish, too, watched her health spiral after twelve doctors missed an underlying infection that caused heart failure and other sudden debilitating symptoms. Now, they've united on a mission: to change the current model of simply treating symptoms—often with dangerous, lifelong drugs—and shift the focus to finding and curing root causes of chronic diseases that affect millions around the world.

STEVEN PHILLIPS, MD is a Yale-trained physician and researcher who lectures internationally. He regularly appears in the media as an expert on Lyme and other chronic infections, and has treated over 20,000 patients from nearly twenty countries. DANA PARISH is an award-winning singer/songwriter for Sony/ATV who has become a powerful voice for change in the field of Lyme disease.



**Health/Science**

**World rights**

**Editor: Deb Brody**

**Pub month: May 2020**

**Manuscript available**

#### **Estimates of autoimmune illness by country, from the Environmental Protection Agency.**

**Brazil - 17.75 million**  
**China - 118 million**  
**Israel - 1.7 million**  
**Italy - 2.3 million**  
**Korea - 4.4 million**  
**Japan - 10.8 million**  
**Germany - 7 million**  
**France - 5.7 million**  
**Holland - 1.5 million**  
**Scandinavia - 2 million**  
**UK - 4 million**

*"This book shines an alarming light on emerging infections that cause chronic illnesses. Brimming with bulletproof science, Chronic is an insightful, clarion call for more attention to this plague of the 21st century." -Sanjay Gupta, MD, CNN Chief Medical Correspondent*

*"History will reflect back upon this book as a revelation for millions living with chronic illness. It's a fascinating, superbly researched dive into the mysteries of autoimmune diseases and provides critical insights to patients and clinicians. A valuable book that is bold, iconoclastic, and addresses one of the most important and challenging problems facing modern medicine with compassion, love, and hope." -Ying Zhang MD, PhD, Professor of Molecular Microbiology and Immunology, Johns Hopkins University*

**Julia Rucklidge and Bonnie Kaplan**

**THE NEW BRAIN RX: The Cutting-Edge Science of Treating Anxiety, Depression, ADHD, and Other Mental Health Disorders with Nutrition**

What if the key to treating mental illness can't be found at the pharmacy, but instead lies in the very foods and nutrients we eat?

We are in the midst of a mental health crisis. Despite the billions of dollars spent on pharmaceutical research and the rising popularity of antidepressants, we are more depressed and anxious than ever. But what if we're looking for solutions in the wrong place? Scientists Bonnie Kaplan and Julia Rucklidge have dedicated their careers to researching the role that diet and nutrition play in our mental health. Together, they have published nearly 300 peer-reviewed studies that reveal the healing power of nutrients and the surprising role they play in brain health. In this paradigm-shifting book, Kaplan and Rucklidge share their groundbreaking research for the first time and explain how to feed your brain to stabilize your mood, stave off depression, and become more resilient to daily stressors.

NEW BRAIN RX reveals the hidden causes of the rising rates of depression – from the nutrients in our soil to our reliance on processed food – and explains why a diet rich in fresh fruits, vegetables, legumes, fish, and olive oil is healthiest for your brain. Complete with more than thirty delicious, mood-boosting recipes, this book is your complete guide to a healthier, happier brain.



JULIA J. RUCKLIDGE, PhD is a Professor of Clinical Psychology at the University of Canterbury, Christchurch, New Zealand. She was named in the top 100 Most Influential Women in New Zealand in 2018. Her 2014 TEDx talk has been viewed over 1.29 million times. BONNIE J. KAPLAN, PhD is a Professor Emerita in the Cumming School of Medicine at the University of Calgary in Canada. In 2019, she was awarded the prestigious Dr. Rogers Prize, a national award given every two years in Canada for research or clinical work in complementary, alternative, integrative health. She lives in Calgary, Canada.



**Mental Health/Diet**

**World rights**

**Editor: Sarah Pelz**

**Pub month: April 2021**

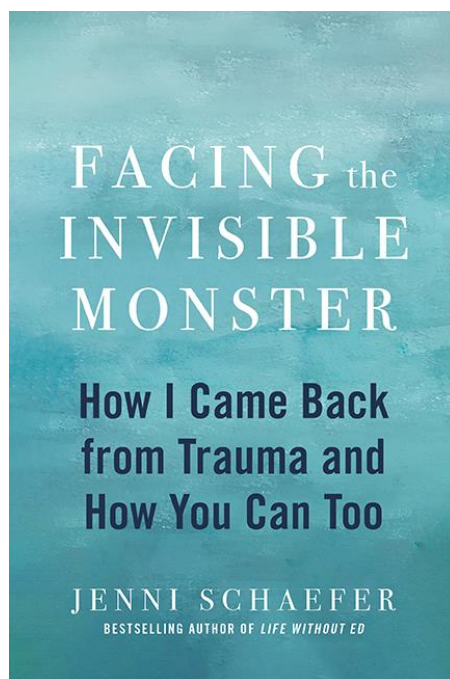
**Manuscript available summer 2020**

## **Jenni Schaefer**

### **FACING THE INVISIBLE MONSTER: How I Came Back from Trauma, and How You Can Too**

At the height of her career as a mental health expert, Jenni Schaefer was admitted to a psychiatric hospital. She had already battled and overcome anorexia, so this time around, her diagnosis shocked her—she had PTSD. In this revelatory book, Schaefer discloses the truth about PTSD: it can happen to anyone. She delves into her own trauma—rape at the hands of an abusive boyfriend—and shares the steps she took on the journey to recovery. By including original research about the condition and its treatments, Schaefer paints a new, fuller picture of PTSD that will shatter stigmas and right readers' misconceptions about trauma.

JENNI SCHAEFER is a sought-after expert on eating disorders, trauma, and post-traumatic stress disorder (PTSD). She is currently a Senior Fellow at The Meadows treatment facility and an Ambassador with the National Eating Disorders Association.



**Mental health**

**World rights**

**Editor: Deb Brody**

**Pub month: January 2021**

**Manuscript available**

## **Amy Shah**

### **I'M SO EFFING TIRED: A Proven Plan to Beat Burnout, Boost Your Energy and Reclaim Your Life**

Why are we so effing tired?

Does it feel like life is too busy, days are too short, and being tired has just become the norm? Many people – especially women – with these symptoms are told that it's because of their age, or workload, or, worse, that it's just "normal." In fact, women of all ages are suffering from an epidemic of fatigue and burnout. But exhaustion doesn't have to be the new normal. Inspired by her personal wellness journey, integrative medical doctor Amy Shah has created a program to help people regain their energy and reclaim their lives. The key is tapping into the powerful energy trifecta: the complex relationship between the gut, immune system, and hormones. Drawing on her background in nutrition, allergy, and immunology, Dr. Shah explains how to transform one's life by changing:

- **What You Eat:** fiber-rich vegetables like onions, asparagus, and fermented foods, coupled with Dr. Shah's hormone-balance tea will tamp down inflammation and heal the gut.
- **When You Eat:** intermittent fasting – eating in a restricted window of time – works wonders for energy, but only if it's timed to one's natural circadian rhythm.
- **Why You're Stressed:** Herbs like ginseng and Maca help calm the adrenal system, and Dr. Shah's stress-busting exercises ease anxiety and increase energy.



AMY SHAH, MD is a double board-certified medical doctor and nutrition expert with training from Cornell, Columbia, and Harvard Universities. Drawing from her background in internal medicine and allergy/immunology, she has dedicated her practice to helping patients feel better and live healthier through her integrative

and holistic approach to wellness. Her website is [www.amymdwellness.com](http://www.amymdwellness.com).

**Health/Science**

**World rights**

**Editor: Sarah Pelz**

**Pub month: March 2021**

**Manuscript available May 2020**



## David Yi **PRETTY BOYS**

In this color-illustrated skin-care and beauty guide, Very Good Light founder David Yi consults the experts on male beauty – Beyoncé’s make-up artist Sir John, Emily Weiss of Glossier, and Youtuber Patrick Starr among others – to help men get their perfect glow. Yi addresses common skin concerns like acne and aging. The book also

**These leading Hollywood stars are changing the face of Asian America**

by David Yi Look  
10/13/2019 11:00:00 AM



LOS ANGELES – "I love being Asian," says the teen actor, Dallas Liu, at our photoshoot in Echo Park.

launch in 2016, Very Good Light has been featured in the *New York Times*, *Los Angeles Times*, CNN, Forbes, *Teen Vogue*, *Allure*, *Vogue*, Refinery29, and more.

unearths surprising beauty icons from history and around the world like Alexander the Great and even today’s K-Pop stars. From Frank Ocean’s exact skin-care routine to Ryan Reynolds’s perfectly styled hair, from Rami Malek’s subtle eye-liner to a full-face look à la the drag queen Soju, PRETTY BOYS will teach readers how to look the way they want to be seen.



DAVID YI is the founder and editor of Very Good Light, a men’s beauty publication. The site, geared towards Generation Z, is all about redefining masculinity from a beauty lens. Since its

### **How-to**

### **World rights**

**Editor: Jenny Xu**

**Pub month: March 2021**

**Proposal available,  
manuscript expected June  
2020**

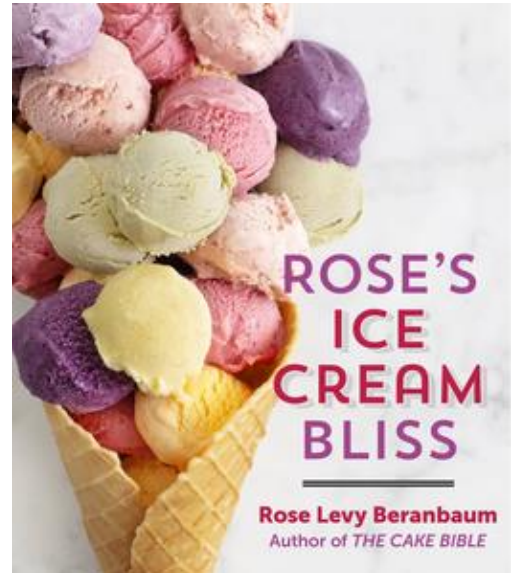


## COOKBOOKS

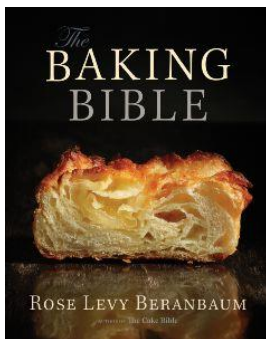
### Rose Levy Beranbaum

#### **ROSE'S ICE CREAM BLISS**

With Rose's easy-to-follow, meticulously tested, and innovative recipes, perfect ice creams and other frozen treats are simple to churn up anytime. Here she gives her foolproof base method, plus all the tips and info you need to know--on machines, ingredients, techniques, and her own unique discoveries (for example, an easier method of mixing custard bases without needing to "temper" them; how to substitute for glucose by microwaving corn syrup; and how adding milk powder can help prevent ice crystals). Flavors include classics and new twists: Lemon Ginger, Peanut Butter and Chocolate Fudge, Cherry Vanilla, Brown Sugar with Black Pepper, Roasted Corn, and Red Wine, plus mix-ins, toppings, and "ice cream social" desserts like waffle cones, ice cream sandwiches, ice cream cake, and more.



ROSE LEVY BERANBAUM is the James Beard Award award-winning author of twelve cookbooks.



#### **THE BAKING BIBLE**

(Fall 2014)

Rights sold:

**Complex Chinese:** Red Publishing

**Simplified Chinese:** Beijing Science and Technology

This magnum opus draws from Rose's passion and expertise in every category of baking. As is to be expected from the woman who's been called "the most meticulous cook who ever lived," each sumptuous recipe is truly foolproof—with detail-oriented instructions that eliminate guesswork, "plan-aheads," ingenious tips, and highlights for success. From simple everyday crowd-pleasers (Coffee Crumb Cake Muffins, Gingersnaps, Gooseberry Crisp) to show-stopping stunners (Chocolate Hazelnut Mousse Tart, Mango Bango Cheesecake, White Christmas Peppermint Cake) to bakery-style pastries developed for the home kitchen (the famous French Kouign Amann), every recipe proves that delicious perfection is within reach for any baker.

**Cookbook**

**World rights**

**Editor: Stephanie Fletcher**

**Pub month: May 2020**

**Finished copies available in April**

**Paper over board  
8 x 9 Inches  
320 pages**

**James Briscione and Brooke Parkhurst**  
**FLAVOR FOR ALL: Everyday Recipes & Creative Pairings**

Fans were ravenous for more recipes from James Briscione and Brooke Parkhurst, authors of *The Flavor Matrix*, so they're serving up 100 new recipes in *FLAVOR FOR ALL*, drawing on the same flavor principles as their previous book. This is a practical, cookable book with delicious and accessible recipes for everyday life, but featuring unique twists based on scientifically approved flavor pairings. Some of the recipes include Seared Steak with Almond-Cherry Pesto; Brown Butter, Maple, and Pear Pork Roast; Better-Than-It-Sounds Milk-Poached Fish with Basil; and Chocolate and Red Wine Bread Pudding. The book will explain why it is that certain flavors taste so good together and provide tips on how to coax the maximum amount of flavor from your ingredients. This new cookbook will appeal to both chemistry aficionados and casual cooks alike, with simple recipes that fit into an everyday menu.



**Cookbook/Science**

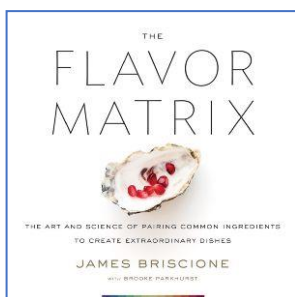
**World rights**

**Editor: Stephanie Fletcher**

**Pub month: September 2020**

**Manuscript available**

**Paper over board**  
**9 x 9 Inches**  
**304 pages**

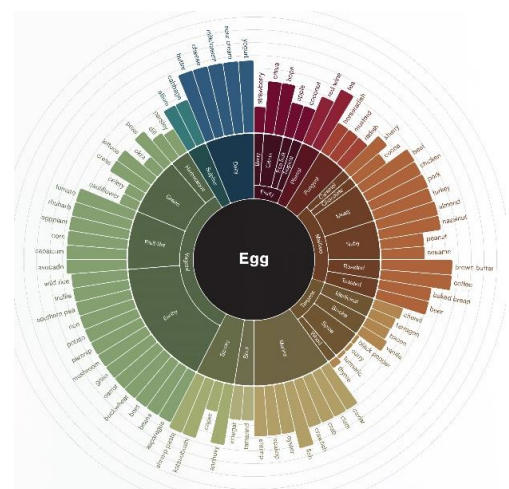


**FLAVOR MATRIX**  
 (Spring 2018)

Rights sold:

**Complex Chinese:** Cube Press  
**Italian:** Bibliotheca Culinaria

As an instructor at one of the world's top culinary schools, James Briscione thought he knew how to mix and match ingredients. Then he met IBM Watson. Working with the supercomputer to turn big data into delicious recipes, Briscione realized that he (like most chefs) knew next to nothing about *why* different foods taste good together. That epiphany launched him on a quest to understand the molecular basis of flavor—and it led, in time, to *THE FLAVOR MATRIX*. A groundbreaking ingredient-pairing guide, this book shows how science can unlock utterly unexpected possibilities for combining foods into astonishing, inventive dishes. Briscione distills chemical analyses of different ingredients into easy-to-use infographics, which he uses to create precisely curated recipes. A must-have for anyone who cares about food.



## **Rachel Conners**

### **BAKERITA: 100+ No-Fuss Gluten-Free, Dairy-Free, and Refined Sugar-Free Recipes for the Modern Baker**

Rachel Conners began her blog, Bakerita, as a hobby to share baking recipes with friends, but she realized she was onto something when she started to focus more on gluten-free, Paleo, and vegan recipes in order to share treats with her sister, who was following a strict diet due to health concerns. Bakerita soon surged in popularity as fans flocked to her for delicious and beautifully photographed recipes. Interest in gluten-free, grain-free, dairy-free, and refined sugar-free foods continues to grow in popularity, yet there are remarkably few books available focused just on desserts, and even fewer with recipes that beginner bakers can make at home. Recipes include breakfast treats like Lavender-Lemon Raspberry Scones, pies and tarts such as Chocolate Mousse Pie, cakes including Mocha Chip Cheesecake, and updated all-time favorites like chocolate chip cookies, all made without any hard-to-find ingredients.



**Cookbook**

**World rights**

**Editor: Justin Schwartz**

**Pub month: March 2020**

**Finished copies available**

**Paper over board**

**8 x 9 Inches**

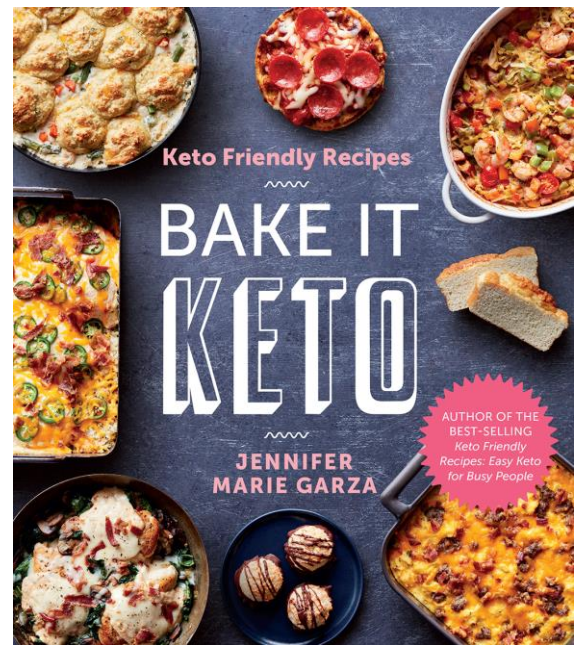
**288 pages**

## **Jennifer Marie Garza**

### **KETO FRIENDLY RECIPES: Bake It Keto**

The keto diet continues to take the country by storm as people not only experience dramatic weight loss, but keep the weight off, too. One of America's leading keto and low-carb experts is Jennifer Marie Garza, best-selling author of *Keto Friendly Recipes: Easy Keto for Busy People*, whose popular Facebook page Keto Friendly Recipes has amassed more than 450,000 loyal followers. Jennifer Marie's recipes taste too delicious to be good for you. In her new book, Jennifer Marie brings back fan-favorite recipes plus all-new dishes, organized into chapters for breakfast, lunch, dinner, appetizers, and foil-pack meals for people on the go. It doesn't get much easier than these 120 one-dish recipes, including Chicken and Cheese Enchiladas, Cinnamon French Toast, and Cheese-Stuffed-Crust Pizza.

JENNIFER MARIE GARZA runs [LowCarbInspirations.com](http://LowCarbInspirations.com) and the popular Facebook page Keto Friendly Recipes.



**Cookbook**

**World rights**

**Editor: Justin Schwartz**

**Pub month: May 2020**

**Manuscript available**

**Trade paper**

**8 x 9 Inches**

**288 pages**

**Ivan Orkin and Chris Ying**

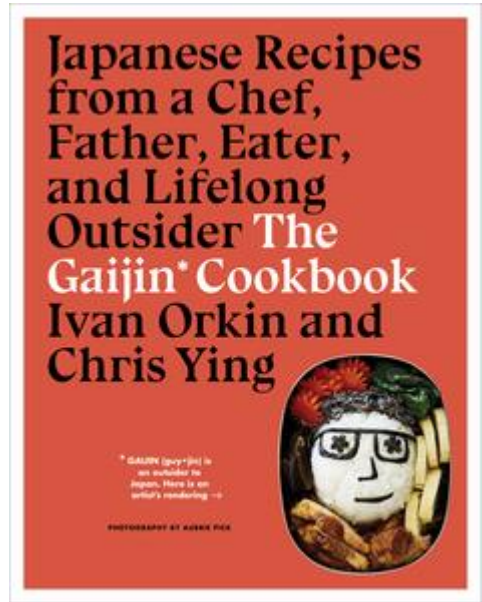
**THE GAIJIN COOKBOOK: Japanese Recipes from a Chef, Father, Eater, and Lifelong Outsider**

Ivan Orkin is a self-described gaijin (*guy-jin*), a Japanese term that means “outsider.” He has been hopelessly in love with the food of Japan since he was a teenager. Even after living in Tokyo for decades and running two ramen shops that earned him international renown, he remained a gaijin.

Fortunately, being a lifelong outsider has made Orkin a more curious, open, and studious chef. In THE GAIJIN COOKBOOK, he condenses his experiences into approachable recipes for every occasion, including weeknights with picky kids, boozy weekends, and celebrations. Everyday dishes like Pork and Miso-Ginger Stew, Stir-Fried Udon, and Japanese Spaghetti with Tomato Sauce are what keep the Orkin family connected to Japan. For more festive dinners, he suggests a Temaki Party, where guests assemble their own sushi from cooked and fresh fillings. And recipes for Bagels with Shiso Gravlax and Tofu Coney Island (fried tofu with mushroom chili) reveal the eclectic spirit of Ivan’s cooking.



IVAN ORKIN is the author of IVAN RAMEN and a star of Chef’s Table and Mind of a Chef. He owns Ivan Ramen and Ivan Ramen Slurp Shop in NYC, where the food is “so good it makes your eyes explode” (Eater). CHRIS YING is the cofounder of *Lucky Peach*.



**Cookbook**

**World rights**

**Editor: Rux Martin**

**Pub month: September 2019**

**Finished copies available**

**Paper over board  
7-15/16 x 10 Inches  
256 pages**

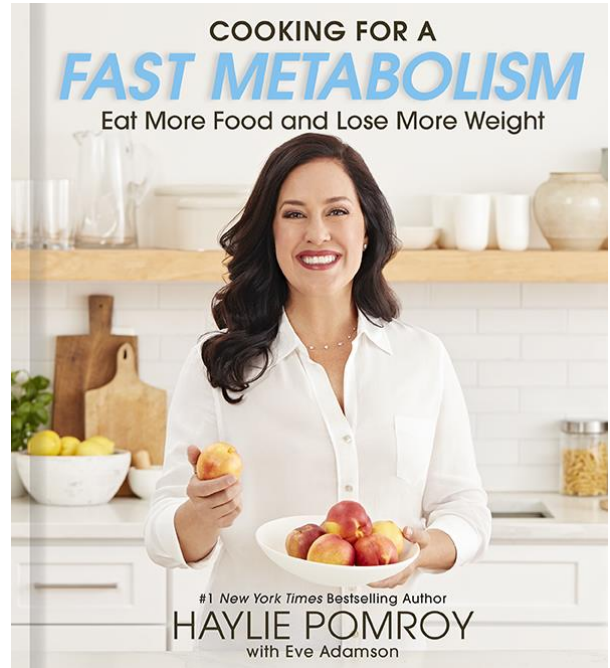
## **Haylie Pomroy**

### **COOKING FOR A FAST METABOLISM: Eat More Food and Lose More Weight**

From Haylie Pomroy, author of the mega best-seller THE FAST METABOLISM DIET, comes a book of 100 metabolism-boosting recipes to help people lose weight and overcome health challenges.

This new cookbook, Haylie's first since THE FAST METABOLISM DIET COOKBOOK was published in 2013, will have recipes for use on all of her programs. Haylie provides delicious, fun meals that fans and newcomers alike can make to eat healthfully, speed up their metabolisms, and lose weight. It will include trending topics like slow cooker and Instant Pot meals, and a meta-tag index for quick reference. Haylie's messaging has always been "eat more food to lose more weight," and this full-color cookbook will offer the kind of hearty, tasty food her readers have come to expect – healthful recipes that promote weight loss without deprivation or the sacrifice of variety and flavor.

HAYLIE POMROY is a #1 *New York Times* best-selling author and celebrity nutritionist. She has been featured in major outlets from the Dr. Oz Show to Rachael Ray to *Marie Claire* and *People* magazine.



**Cookbook/Diet**

**World rights**

**Editor: Deb Brody**

**Pub month: April 2020**

**Finished copies available in March**

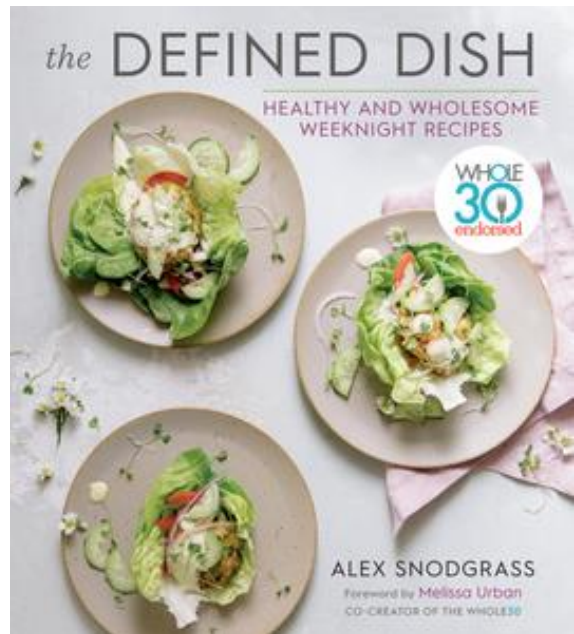
**Paper over board  
8 x 9 Inches  
288 pages**

## **Alex Snodgrass**

### **THE DEFINED DISH: Whole30 Endorsed, Healthy and Wholesome Weeknight Recipes**

With gluten-free, dairy-free, and grain-free recipes that sound and look way too delicious to be healthy, this #2 *New York Times* best-selling cookbook is a resource for people to turn to after completing a Whole30, when they're looking to reintroduce healthful ingredients like tortillas, yogurt, beans, and legumes. Recipes like Chipotle Chicken Tostadas with Pineapple Salsa or Black Pepper Chicken are easy enough to prepare even after a busy day at work. Each dish is clearly marked as Whole30-compliant, paleo, gluten-free, and/or dairy-free. Alex includes delicious variations, too, such as using lettuce wraps instead of taco shells, to ensure recipes can work for almost any diet. The book begins with an enthusiastic foreword by Melissa Hartwig, creator of the Whole30 program and best-selling author in her own right.

ALEX SNODGRASS is the food lover, health enthusiast, and founder of the popular blog and social media outlet The Defined Dish. Her Instagram account, @thedefineddish, has nearly 400,000 followers and counting. Alex's blog gets 650,000 page views per month.



**Cookbook/Diet**

**World rights**

**Editor: Justin Schwartz**

**Pub month: January 2020**

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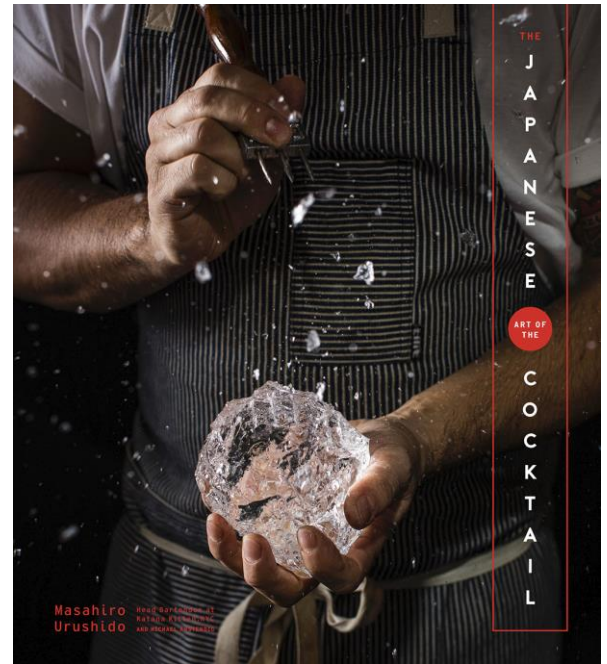
**Paper over board**

**8 x 9 Inches**

**304 pages**

**Masahiro Urushido and Michael Anstendig  
THE JAPANESE ART OF THE COCKTAIL**

Katana Kitten, one of the world’s most prominent and acclaimed Japanese cocktail bars, was opened in 2018 by award-winning mixologist Masahiro Urushido. Just one year later, the bar won the 2019 Tales of the Cocktail Spirited Award for Best New American Cocktail Bar. In THE JAPANESE ART OF THE COCKTAIL, Urushido shares his immense knowledge of cocktails with 50 recipes that best exemplify Japan’s contribution to the cocktail scene, both from his own bar and from Japanese mixologists worldwide. Urushido delves into what exactly constitutes the Japanese approach to cocktails, and demystifies the techniques that have been handed down over generations. All captured with stunning full-color photography.



Born in Japan, MASAHIRO URUSHIDO is recognized as an unofficial ambassador of Japanese bartending in the U.S. An ace bartender with sixteen+ years of experience, he is Managing Partner and Head Bartender at Katana Kitten and lives in New York City.

**Cookbook/Cocktails**

**World rights**

**Editor: Justin Schwartz**

**Pub month: October 2020**

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