

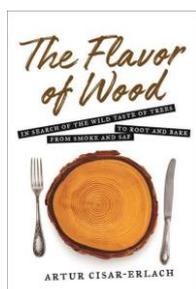
LIEPMAN AG

Literary Agency

Asylstrasse 92 CH-8032 Zürich, +4143-2682380, info@liepmanagency.com, www.liepmanagency.com

LBF 2019: NON FICTION, selected new titles (General – Biography/ Memoir – Inspirational/ Self-help)

General



Artur Cisar-Erlach
THE FLAVOR OF WOOD
In Search of the Wild Taste of Trees from Smoke and Sap to Root and Bark

Client: Abrams
Publisher: Overlook
February 2019
256 pp.

Offer pending

From the wooden barrels used to age scotch in Austria to the wood-burning pizza ovens of Naples to traditional Canadian maple syrup, THE FLAVOR OF WOOD explores how wood infuses some of our best-loved foods through its smoke, sap, roots, and bark

In THE FLAVOR OF WOOD, Cisar-Erlach chronicles his gastronomic journey – which spans continents and cultures – and introduces readers to the colorful cast of characters he met along the way, including Modenese balsamic vinegar producers, Piedmontese truffle hunters, and London tea merchants. A world trip brimming with fascinating encounters, unexpected turns, beautiful landscapes, scientific discoveries, and historic connections, THE FLAVOR OF WOOD is the story of a passionate flavor hunter, and offers readers unparalleled access to some of the world's highest quality cuisine and unknown tree flavors, introduced by a passionate flavor hunter.

Artur Cisar-Erlach is a woodland ecologist, food communications expert, and cabinetmaker whose work spans the fields of food and ecotourism. He received his graduate degree in Food Culture and Communication at the University of Gastronomic Sciences in Pollenzo, Italy, and was an editor of the Slow Food International Travel handbook. He divides his time between Vienna, Austria, and Nova Scotia, Canada. THE FLAVOR OF WOOD is his first book.

Contact: Marc Koralnik

Rebecca M. Jordan-Young
Katrina Karkazis
TESTOSTERONE
An Unauthorized Biography

Client: Harvard University Press
Publisher: Harvard University Press
October 2019
256 pp.

Testosterone is not what you think it is, and it is decidedly not a “male sex hormone.” Here is the authoritative life story of a maligned and misunderstood molecule

Testosterone is a familiar villain and attractive bad boy that supplies a ready explanation for innumerable social phenomena, from the stock market crash and the overrepresentation of men in prisons to men's dominance in business and politics. It's a lot to pin on a simple molecule.

Yet your testosterone level doesn't predict your competitive drive or tendency for violence, your appetite for risk or sex, or your strength or athletic prowess. It's neither the biological essence of manliness nor even “the male sex hormone.” This unauthorized biography pries T, as it's known, loose from over a century of misconceptions that undermine science even as they make social fables about this hormone seem scientific. T's story didn't spring from nature:

It is a tale that began long before the hormone was even isolated, when nineteenth-century scientists went looking for the chemical essence of masculinity. And so this molecule's outmoded, authorized biography lived on, providing ready justification for countless behaviors. What we think we know about T has stood in the way of an accurate understanding of its surprising and diverse effects. Rebecca Jordan-Young and Katrina Karkazis focus on what T does in six domains: reproduction, aggression, risk-taking, power, sports, and parenting. At once arresting and deeply informed, Testosterone allows us to see the real T for the first time.

Rebecca M. Jordan-Young is a sociomedical scientist and Tow Associate Professor for Distinguished Scholars in the Department of Women's, Gender, and Sexuality Studies at Barnard College, Columbia.

Katrina Karkazis is a cultural anthropologist and Carol Zicklin Endowed Chair in the Honors Academy at Brooklyn College, CUNY, and Senior Research Fellow with the Global Health Justice Partnership at Yale.

Contact: Marc Koralnik

Jessica McDiarmid
HIGHWAY OF TEARS
The Missing, The Murdered, The Mystery

Client: The Cooke Agency International Inc
Publisher: Doubleday Canada, US: Simon & Schuster (Atria)
September 2019
314 pp.

A stunning work of investigative journalism that follows a decades-long series of unsolved disappearances and murders of Indigenous women, in the vein of the eye-opening bestsellers *I'll Be Gone in the Dark* by Michelle McNamara and *The Line Becomes a River* by Francisco Cantú

Along northern Canada's Highway 16, a yellow billboard reads GIRLS, DON'T HITCHHIKE. KILLER ON THE LOOSE – known as the Highway of Tears, it is where countless women and girls, most of them Indigenous, have vanished since 1969.

Journalist Jessica McDiarmid reassembles the lives of the victims and reveals the untold stories of the women as well as incompetence and systemic racism that marred the initial police investigations and allowed the murder to continue.

Jessica McDiarmid is Canadian journalist who has written about human rights, racial conflicts and social justice in publications such as the Associated Press, CBC, and The Toronto Star. She grew up near the Highway of Tears and has been investigating the murders for the past five years. This is her first book.

Contact: Hannah Fosh

Cynthia Saltzman
NAPOLEON'S PLUNDER

Client: Melanie Jackson Agency LLC
Publisher: Farrar, Straus & Giroux
January 2020
200. Todestag 2021

Napoleon Bonaparte was a plunderer of art, one of history's most accomplished

Here, celebrated art historian Cynthia Saltzman explores Bonaparte's conquests as he forced his defeated enemies to pay an aesthetic price by giving up statues and paintings. He paraded the spoils and trumpeted his thefts. When seizing art, Bonaparte wanted nothing less than masterpieces – the most brilliant and beautiful objects ever made, including the works of the greatest High Renaissance artists – Leonardo, Michelangelo, Raphael, Titian, and Veronese.

In a modern and republican twist, he took the art for the French nation and displayed it in a public museum – the Louvre. He filled the former palace of the French kings with his acquisitions and Europe flocked to Paris and hailed the Louvre as the greatest museum in the world – the Musée Napoleon. Did he take it for himself? Or for France? Or for the world at large?

Cynthia Saltzman is the author of *Old Masters, New World* and *Portrait of Dr. Gachet: The Story of a Van Gogh Masterpiece*. The recipient of a Guggenheim fellowship, she selected the letters and wrote an introduction for Vincent van Gogh Letters, published by Einaudi in its I Millenni series.

Contact: Marc Koralnik

Ziya Tong
THE REALITY BUBBLE

Client: The Cooke Agency International Inc
Publisher: Penguin Canada
May 2019
352 pp.

A ground-breaking and wonder-filled look at the hidden things that shape our lives in unexpected and sometimes dangerous ways – for readers of *Super-Freakonomics* by Steven D. Levitt and Stephen J. Dubner, *Factfulness* by Hans Rosling, and Yuval Noah Harari

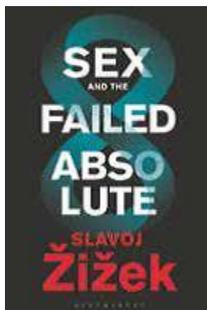
Tong shows us how a multitude of blind spots, some innate and some learned, distort our perception of reality and endanger our very survival. She explains how we live in a bubble, oblivious to the workings of the real world that are conveniently hidden from plain sight. Blending captivating science and entertaining ideas, *THE REALITY BUBBLE* is a cross between *The Matrix* and the science series *Cosmos*. It is a unique and urgent work of non-fiction that promises to open our eyes, expand our view of the world, and disrupt hardened ideas, allowing us to question what surrounds us, what sustains us, and perhaps most importantly, what controls us.

Vitally important, fast-paced, and deeply humane.

Ziya Tong was the co-host for *Daily Planet*, Discovery Channel's flagship science program. She served as host and field producer for PBS's national prime-time series, *Wired Science*, produced in conjunction with *Wired* magazine. In Canada, Tong hosted the CBC's Emmy-nominated series *ZeD*, a pioneer of open source television, for which she received a Gemini Viewer's Choice Award nomination. Tong also served as host, writer, and director for the Canadian science series *The Leading Edge*, and as a correspondent for *NOVA scienceNOW* alongside Neil deGrasse Tyson on PBS. She lives in Toronto, ON.

“A book this audacious, inventive, and soulful shouldn't also be so much fun to read. Ziya Tong scours the universe of human knowledge to reframe how we see the world and our place in it.”
— Elan Mastai

Contact: Hannah Fosh



Slavoj Žižek
SEX AND THE FAILED ABSOLUTE

Client: Bloomsbury Publishing Plc
Publisher: Bloomsbury
September 2019
320 pp.

Žižek's provocative and substantial exploration of the emerging field of assemblage theory and what it might mean to think in 'totalities'

Slavoj Žižek's intervention into a new and emerging field is bound to cause a few waves. Is assemblage theory interesting or useful to the contemporary thinker? Is it all a chimera, a joke, some terrible mistake?

By taking on the main thinkers and concepts in assemblage studies, Žižek offers an idiosyncratic but thorough introduction to the field. *Totalities* also offers an original theory of what we might consider as an alternative to assemblage thinking and why this might be important.

Slavoj Žižek is one of the world's leading contemporary cultural critics and a hugely prolific author. He is Professor of Cultural Studies at the University of Ljubljana, Slovenia, International Director of the Birkbeck Institute for the Humanities, UK, and Visiting Professor at the New School for Social Research, New York, USA.

Contact: Marc Koralnik

Biography/ Memoir



Jean-Paul Bled
MARLENE DIETRICH

Client: Editions Perrin
Publisher: Perrin
February 2019
352 pp.

30. Todestag 2022 (1901 – 1992)

The tumultuous and passionate life story of a legendary actress. The author based this biography on the substantial Marlene Dietrich archives deposited in Berlin in 1993

Nearly 30 years after her death, the Dietrich myth has not aged a day. Josef von Sternberg, with whom she made seven classic films from *The Blue Angel* to *The Devil is a Woman*, began to forge it in the early 1930's.

A master of lighting, he stylized her beauty and created her femme fatale character, sensual and sophisticated. Following the lead of her *Pygmalion*, she applied her sense of perfectionism to enhancing her image. Making the most of her assets, she turned herself into an icon, a timeless Venus defying the onslaughts of age.

Marlene Dietrich embodied the liberated woman as much in her style as in her way of life. A performer with androgynous tendencies, she had a taste for masculine clothes, such as the trousers she wears in *Morocco* and in *Blonde Venus*. She exercised that same freedom in her relationships to both the men and the women she encountered in her life.

Blonde Venus also represents a strong political symbol. Incarnation of the spirit of resistance to Nazism, Marlene had a troubled relationship with Germany, which took a long time to forgive her for wearing the American uniform during the war. Yet her attachment to Berlin remained intact. It was the place where she was born, spent her youth, started her career, found success and her first loves. She breathed the air of the great Berlin of the 1920s and personified its spirit and nostalgia.

A renowned specialist on Germany and Austria-Hungary, professor emeritus at the University of Paris IV-Sorbonne, **Jean-Paul Bled** has published numerous books, including *François-Joseph*, *Marie-Thérèse d'Autriche* (both at Fayard), *Bismarck* and *Les Hommes d'Hitler* (both at Perrin).

Contact: Marc Koralnik

Gina Frangelo
BLOW YOUR HOUSE DOWN

Client: The Jean V. Naggar Literary Agency Inc.
Publisher: Counterpoint
Winter 2021

Told in nonlinear sections that intimately examine pivotal moments in a complex family system about to implode, BLOW YOUR HOUSE DOWN is about what happens when a woman who has been very good at playing all the roles society expects of her suddenly refuses to continue being the person her family and friends think they know

"If we are all supposed to write the book we most need to read, then this is the book I wish I had had in front of me during the years my marriage was falling apart, the years I gave everything in me to my ailing parents and young children and angry husband until there seemed nothing left, the years I began a wildly selfish and euphoric affair that seemed to save me, the years I decided to leave my marriage but leaving ended up looking nothing like escape and instead like the end of the world, and the years that I was sick and in pain and having body parts removed at the speed of light and not knowing whether illness would destroy any new beginning I had fought so hard to find.

This is the book I was so hungrily looking for, with all its brutality and grief and guilt and desire, but didn't find. I hold in my head a woman who needs this book to save her own life."

Gina Frangello is a long-married forty-something devoted mom when her life is turned upside down by the sudden death of her closest friend. Worn down from years of caregiving both her elderly parents and three kids, Gina starts to interrogate her own mortality and what she once longed for as a younger woman: a kind of sexual, romantic and artistic intensity radically at odds with her comfortably affluent but emotionally stagnant marriage.

Falling into a passionate affair with a bipolar writer/musician, Gina begins living a shocking double life while continuing to outwardly project the image of having a "perfect family."

As her parallel worlds begin to dangerously intersect, she makes the risky choice to leave her marriage and security in order to take a chance at finally becoming fully herself, midlife. However, when only months into her separation, Gina is diagnosed with breast cancer, her father dies, her divorce grows increasingly contentious and menacing, and her lover falls into a deep clinical depression, an inevitable breaking point approaches, revealing the irrevocable stakes of giving up everything for love, as well as what it means to be a woman in the contemporary American landscape.

Gina Frangello is the author of the acclaimed short story collection *Slut Lullabies* (Emergency Press, 2010), and the highly praised novels *My Sister's Continent* (Chiasmus, 2006), *A Life in Men* (Algonquin, 2014), and *Every Kind of Wanting* (Counterpoint, 2016). Her short fiction has appeared in *Prairie Schooner*, *American Literary Review*, *Fence*, *StoryQuarterly*, *Five Chapters*, *Swink*, and *ACM*.

Contact: Marc Koralnik



Alexandra Fuller
TRAVEL LIGHT, MOVE FAST

Client: Melanie Jackson Agency LLC
Publisher: Penguin Random House
August 2019
187 pp.

From bestselling author Alexandra Fuller, the utterly original story of her father, Tim Fuller, and a deeply felt tribute to a life well lived

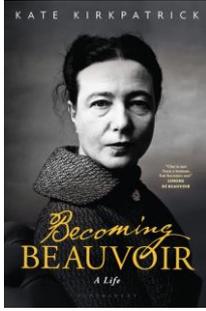
Six months before he died in Budapest, Tim Fuller turned to his daughter: "Let me tell you the secret to life right now, in case I suddenly give up the ghost. You wouldn't want me taking all this wisdom with me to the grave." Then he lit his pipe, and stroked his dog's, Harry's, head. Harry put his paw on his lap and they sat there the two of them, one man and his dog, keepers to the secret of life. "Well?" she asked. "Nothing comes to mind quite honestly, Bobo," he said, with some surprise. "Now that I think about it, maybe there isn't a secret to life. What do you think Harry?" Harry gave Dad a look of utter agreement. He was a very superior dog. "Well, there you have it," Dad said.

After her father's sudden death, Alexandra Fuller realizes that if she is going to weather his loss, she will need to become the parts of him she misses most. So begins *TRAVEL LIGHT, MOVE FAST*, the unforgettable story of Tim Fuller, a self-exiled black sheep who moved to Africa to fight in the Rhodesian War before settling as a banana farmer in Zambia. A man who preferred chaos to predictability, to revel in promise rather than wallow in regret, and was more afraid of becoming bored than of getting lost, he taught his daughters to live as if everything needed to happen altogether, all at once – or not at all. Now in the wake of his death, Fuller internalizes his lessons with clear eyes, and celebrates a man who swallowed life whole.

A master of time and memory, Fuller moves seamlessly between the days and months following her father's death as she and her mother return to his farm with his ashes and contend with his overwhelming absence, and her childhood spent running after him in southern and central Africa. Writing with reverent irreverence of the rollicking grand misadventures of her mother and father, bursting with pandemonium, tragedy, and debauchery, Fuller takes their insatiable appetite for life to heart. Here, in Fuller's Africa, is a story of joy, resilience, and vitality, from one of our finest writers.

Alexandra Fuller was born in England in 1969. In 1972, she moved with her family to a farm in southern Africa. She lived in Africa until her midtwenties. In 1994, she moved to Wyoming.

Contact: Marc Koralnik



Kate Kirkpatrick
BECOMING BEAUVOIR: A LIFE

Client: Bloomsbury Publishing Plc
Publisher: Bloomsbury
22. August 2019
448 pp.

The first biography of Simone de Beauvoir since publication of her letters and early diaries, which sheds new light on her relationship with Jean Paul Sartre

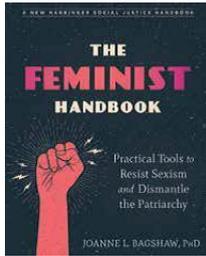
“One is not born, but rather becomes, a woman”, wrote Simone de Beauvoir. This is a woman who was also to become a philosopher, a novelist, an existentialist, and a feminist icon. Her novels won prestigious literary prizes and *The Second Sex* transformed the way we think about sex and gender.

Kate Kirkpatrick draws on previously unavailable diaries and letters, including those written to filmmaker Claude Lanzmann to whom she wrote “You are my destiny, my eternity, my life ...” in letters which only came to light in 2018.

Kate Kirkpatrick is Lecturer in Philosophy at the University of Hertfordshire, UK and Lecturer in Theology at St Peter’s College, University of Oxford, UK. Kirkpatrick is the author of *Sartre and Theology* (Bloomsbury, 2017).

Contact: Marc Koralnik

Inspirational/ Self-help



Joanne L. Bagshaw
THE FEMINIST HANDBOOK
Practical Tools to Resist Sexism and Dismantle the Patriarchy

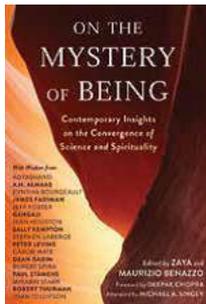
Client: New Harbinger Publications Inc.
Publisher: New Harbinger
1. November 2019
184 pp.

In the age of #MeToo and the Women's March, this intersectional guide offers practical ways women and allies can challenge sexism and patriarchal power structures

From reproductive rights to sexual harassment and the wage gap – gender inequality has permeated nearly every aspect of our culture. With this revolutionary feminist self-help guide, readers will find powerful tools they can use every day to combat the effects of discrimination and gender inequality, improve self-confidence, build resilience, and actively resist the gendered messages they've internalized from living in an openly sexist, patriarchal society. The book also includes actionable tips for creating lasting change through activism and community.

Joanne Bagshaw, PhD, is an award-winning professor of psychology and women's studies at Montgomery College. She is also a sex and relationship therapist, with a private practice in Maryland where she lives with her husband and daughter. Joanne writes the popular feminist blog, *The Third Wave for Psychology Today*.

Contact: Hannah Fosh



Maurizio Benazzo
Zaya Benazzo
ON THE MYSTERY OF BEING
Contemporary Insights on the Convergence of Science and Spirituality

Client: New Harbinger Publications Inc.
Publisher: New Harbinger
1. October 2019
216 pp.

This long-awaited collection features essays by Deepak Chopra, Rupert Spira, Adyashanti, Jeff Foster, Gail Brenner, and many more

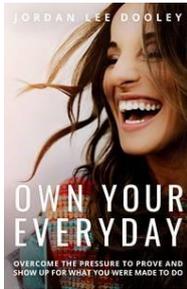
"Who are we?" "What is our place in this vast and ever-evolving universe?" "Where do science and spirituality meet?" With this dazzling collection of essays, the founders of the expanding Science and Nonduality (SAND) conference bring together a wide array of visionary spiritual leaders, psychologists, philosophers, scientists, teachers, authors, and healers to celebrate and explore what it means to be human.

Zaya Benazzo is a filmmaker from Bulgaria who has degrees in engineering, environmental science, and film. For many years, she worked as an environmental activist in Holland and Bulgaria, and she later produced and directed several award-winning documentaries in Europe and the United States.

Maurizio Benazzo grew up in Italy, and in 1984, he came to the United States on a 98-year-old sailing boat. He started working as an actor, model, and filmmaker, but his thirst for knowledge was only satisfied in 2001 upon encountering *I Am That*, the seminal work by Sri Nisargadatta Maharaj, while he was in India shooting the award-winning documentary *Short Cut to Nirvana*.

Maurizio and Zaya merged their lifelong passions for science and mysticism when they met in 2007, and their first project together was filming the documentary *Rays of the Absolute* on the life and teachings of Sri Nisargadatta Maharaj. This project sparked their next level of creation and collaboration: *Science and Nonduality (SAND)* – a global community inspired by the timeless wisdom traditions, informed by modern science, and grounded in direct experience.

Contact: Hannah Fosh



Jordan Lee Dooley
OWN YOUR EVERYDAY
Overcome the Pressure to Prove and Show Up for What You're Made to Do

Client: The Crown Publishing Group
Publisher: Waterbrook
14. May 2019
240 pp.

Jordan is a rising star in the faith space (and now reaching a secular audience as well) — she's a young entrepreneur, podcaster, and blogger. We are seeing this as *The Purpose Driven Life* for the next generation

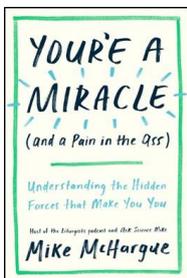
Jordan has a massive online following, and her "SHE" podcast garnered over 1 million downloads within 12 weeks of its debut. Widely recognized for her tagline "Your Brokenness is Welcome Here," Jordan has become a go-to source that women around the world look to for daily inspiration to find their purpose in life. Now she is helping them – and you – discover how to live with purpose, regardless of your circumstances, shortcomings, or struggles.

Dynamically pairing her relatable voice with unique perspective and powerful motivation, Jordan equips you to live an extraordinary story in the midst of ordinary life. By addressing the "toxic trio" (insecurities, expectations, and the pressure to prove), she shows you how to: tackle the limitations the toxic trio creates (such as comparison, distraction, perfectionism, and more); determine if what you're really chasing after has anything to do with what you're made for; identify and eliminate excuses, unmet expectations, and unnecessary pressure

Rooted in faith and jam-packed with tangible takeaways, OWN YOUR EVERYDAY will equip you to live as a woman who's chosen to change today's world-right where you are with what you have, even before you have it all figured out.

Jordan Lee Dooley, widely recognized for her tagline turned international movement, "Your Brokenness Is Welcome Here," finds creative and practical ways to equip the everyday woman for a life of health and intentionality. Embracing her Indiana roots, Jordan shares a simple country life with her husband, Matt, and their dog, Hoosier. Get to know her at JordanLeeDooley.com.

Contact: Hannah Fosh



Mike McHargue
YOU'RE A MIRACLE (AND A PAIN IN THE ASS)
Understanding the Hidden Forces That Make You You

Client: The Crown Publishing Group
Publisher: Convergent
March 2020

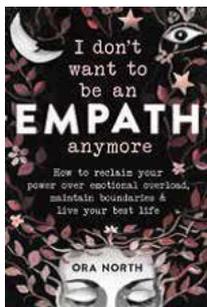
Drawing on science, personal revelation, and spiritual insight, YOU'RE A MIRACLE (AND A PAIN IN THE ASS) is a guided tour through the mystery of human consciousness, showing readers how to live more at peace with themselves and the world around them

For thousands of years, scientists, philosophers, and self-help gurus have wrestled with one of the basic conundrums of human life: why we do the things we do. Or rather, why we so often don't do the things that we want to do. As host of the Liturgists podcast and Ask Science Mike (with over 4 million downloads per month), Mike McHargue gets thousands of emails each week from listeners seeking to understand their own misbehavior--why we binge Netflix when we know taking a walk outside would be better for us, or why we scroll Facebook when our real friends live just down the street.

In YOU'RE A MIRACLE (AND A PAIN IN THE ASS), McHargue addresses why. We like to think we're in control of our thoughts and decisions, he writes, but science has shown that a host of competing impulses, emotions, and environmental factors are at play in every action we undertake. Touching on his listeners' most pressing question topics, from sex and relationships to sleep habits, spirituality, finances, and health, McHargue shows readers how to train their unconscious brain toward change that lasts.

Mike McHargue, also known as "Science Mike," is the host and co-host of two podcasts – Ask Science Mike and The Liturgists Podcast – that have attracted a curious following among Christians, the spiritually interested, and the religiously unaffiliated. He is an in-demand speaker at conferences and churches around the country, and he writes for the Storyline Blog, Sojourners, and Relevant magazine.

Contact: Hannah Fosh



Ora North
I DON'T WANT TO BE AN EMPATH ANYMORE
How to Reclaim Your Power Over Emotional Overload, Maintain Boundaries, and Live Your Best Life

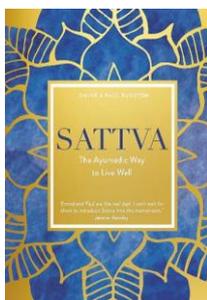
Client: New Harbinger Publications Inc.
Publisher: New Harbinger
1. August 2019
176 pp.

This book is for all sensitive readers seeking help and support in an era of sensory and emotional overwhelm

Being an empath means feeling all the feels, all the time – and that can be exhausting. In this empowering guide, shamanic practitioner Ora North teaches empaths how to navigate their intuition and sensitivities, draw much-needed boundaries, and build confidence. Sensitive people will also learn how to balance emotions and energy, and harness the strength of their shadow side to embrace their whole self.

Ora North is an empath and healer who grew tired of the “love and light” scene. She felt a lack of authenticity in the new age movement and turned to emotional shadow work instead. In her shadow, North discovered a more authentic, integrative way to be a spiritual being. Now she works with other empaths, guiding them to explore their own shadows on the path to wholeness.

Contact: Hannah Fosh



Eminé Rushton
Paul Rushton
SATTVA
The Ayurvedic Way to Live Well

Client: Blake Friedmann Literary, TV and Film Agency Ltd
Publisher: Hay House
June 2019
256 pp.

A beautiful and transformative book revealing the Ayurvedic art of balance

“Eminé and Paul live and breathe Ayurveda everyday, and I love their gentle, intuitive, conscious approach to life.” – Jasmine Hemsley, author of *East by West*

SATTVA is one of the three basic life forces outlined in Ayurvedic teachings. It embodies seven main qualities: unity, harmony, purity, vitality, clarity, gentleness and serenity. In this book, Eminé and Paul Rushton, of *Psychologies* magazine, show how the life-changing principles of sattva can be applied to the home, the family, health, relationships and wellbeing.

Using this book, readers will discover how to: move from doing to being, approach all life situations with loving kindness, live with natural energetic and seasonal cycles, design the home using the ancient art of Vastu. Supplemented with exclusive online content, **including 28 delicious plant-based Ayurvedic recipes**, this book offers solutions to our hectic lives, fatigue, loneliness and disconnection, and provides a much-needed anchor of harmony in a disconnected Western world.

Eminé and Paul Rushton are co-founders of the Balance Plan (www.balanceplan.co.uk) a blog that celebrates the joys of living naturally, seasonally and ethically. Eminé is Health and Wellness Director at *PSYCHOLOGIES* magazine, and Paul is a freelance Food, Family and Travel writer, and regular contributor to the magazine. Four years ago they left a busy London life behind for bluebells and a crumbling cottage in a conservation area in West Kent. There they live with their two young girls and little rabbit Pip, tending their plot of earth and creating a home haven – a place to grow, heal, rest, naturally.

Contact: Hannah Fosh

Taking Sexy Back

How to Own Your
Sexuality & Create the
Relationships You Want

ALEXANDRA H. SOLOMON, PhD

Alexandra H. Solomon
TAKING SEXY BACK
**How to Own Your Sexuality and Create the
Relationships You Want**

Client: New Harbinger Publications Inc.
Publisher: New Harbinger
1. February 2020
224 pp.

This empowering guide gives young women the information, insights, and skills needed to expand their sexual self-awareness and reclaim their sexual power

Today's sexual climate leaves little to no space for honoring the complexities of sex – sex as pleasure, sex as connection, sex as creative expression, and sex as healing. In *Taking Sexy Back*, relationship expert Alexandra Solomon shows women that they are more than just sexy objects, and offers real tools to help women own their sexuality, communicate their needs, draw boundaries to be safe, and build the satisfying relationships they truly want.

Alexandra H. Solomon, PhD, is a clinical assistant professor in the Department of Psychology at Northwestern University, a licensed clinical psychologist at The Family Institute at Northwestern University, and the author of *Loving Bravely: 20 Lessons of Self-Discovery to Help You Get the Love You Want*, which was featured on the Today Show. She is an international speaker and teacher whose work has been featured on five continents. She lives in the Greater Chicago Area.

Contact: Hannah Fosh