



# BOOKS CATALOG

| SPRING 2020 |



AMERICA'S #1 TRAVEL PUBLISHER



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#### **CREDITS:**

##### **Front cover**

The Langhe country in autumn, Piedmont, Italy. Chiara Salvadori/Getty Images. *Frances Mayes Always Italy*  
Big Bend National Park in Texas is the largest protected area of Chihuahuan Desert in the United States.  
Inge Johnsson/Alamy Stock Photo. *100 Drives, 5,000 Ideas*  
Hikers under the northern lights. istock. *National Geographic Almanac 2020*

##### **Back cover**

Trakai Island Castle on a summer day near Vilnius, Lithuania. Kavalenkava/Shutterstock. *National Geographic Complete National Parks of Europe*  
Puglia, Italy. Ben Pipe. *Frances Mayes Always Italy*  
A female hiker stands on Trolltunga (troll tongue), a famous rock high above Ringedalsvatnet Lake that is a popular adventure trek in Norway. NicoElNino/Alamy Stock Photo. *National Geographic Complete National Parks of Europe*

# | DEAR READERS,

This spring, we're delighted to present an exciting collection of books that will inspire you to embark on new adventures, both at home and abroad. We begin with a spellbinding new memoir from legendary explorer Bob Ballard. Filled with the inside stories of his most celebrated exploits, including his discovery of the *Titanic* 35 years ago, *Bob Ballard (final title to come)* is a thrilling tale that combines cutting-edge science, archaeology, oceanography, and secret military missions. Talk about the perfect beach read!

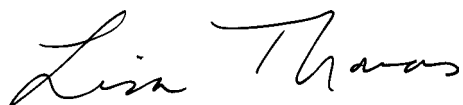
Next, pack your bags, lace up your hiking boots, and get ready to be inspired by a bevy of travel books that will help you explore our world. In *Always Italy*, best-selling author Frances Mayes (*Under the Tuscan Sun*) celebrates the best of "The Boot" in her lyrical insider's guide to the country's 20 regions. In the dazzling *Complete National Parks of Europe*, you'll explore the natural wonders of the Continent, featuring 460 sites from the United Kingdom's Exmoor to Croatia's Kornati Island. Commune with nature in *100 Hikes of a Lifetime*, a collection of the most breathtaking trails around the world for wanderers of all skill levels. Or if driving is more your style, cruise through *100 Drives, 5,000 Ideas*, a collection of diverting road trips across the United States and Canada that includes historic routes, foodie destinations, national parks, and more.

Best of all, the adventure continues here at home. In the highly anticipated follow-up to their groundbreaking narrative *What to Eat When*, best-selling authors Dr. Michael Roizen and Dr. Michael Crupain are back with *The What to Eat When Cookbook*. Filled with 125 delectable recipes and more than 100 mouthwatering photos, this inspiring program will help you achieve your most important life goals, from professional success to weight loss to longevity. Stay on a roll with blog maven Kris Bordessa's *Attainable Sustainable*, written for DIY-lovers seeking earth-friendly, self-sufficient lifestyles. This indispensable lifestyle reference is packed with natural remedies, delicious recipes, gardening tips, crafts, and more than 300 four-color photos.

Finally, take a walk on the wild side with the wacky, informative, and downright gruesome *Gory Details*. Written with wit and style by Erika Engelhaupt, founding editor of the popular eponymous blog, this captivating narrative is filled with far-out facts about the astonishing world of science, from the biologist who stung himself with every conceivable insect to dollhouse-size replicas of crime scenes built to analyze blood splatter.

As always, thank you for supporting National Geographic—our books and our mission.

Warmly,



**LISA THOMAS**

Publisher and Editorial Director  
National Geographic Books

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COVER  
TO  
COME**BOB BALLARD** (FINAL TITLE TO COME)

AN EXPLORER'S LIFE

Robert D. Ballard, discoverer of *Titanic*, with Christopher Drew

The legendary explorer of *Titanic* and *Lusitania* looks back on his life and unveils a major new discovery on the 35th anniversary of the *Titanic* find.

Best known for finding the wreck of the *Titanic*, celebrated adventurer Robert Ballard has a lifetime of stories about exploring the ocean depths. From discovering extremophile life-forms thriving at 750°F in hydrothermal vents to finding famous shipwrecks including the *Bismarck* and PT 109, Ballard has made history. Currently the captain of E/V *Nautilus*, a state-of-the-art scientific exploration vessel rigged for research in oceanography, geology, biology, and archaeology, he leads young scientists as they map the ocean floor, collect artifacts from ancient shipwrecks, and relay live-time adventures from remote-controlled submersibles to reveal amazing sea life. Now, for the first time, Robert Ballard gets personal, telling the inside stories of his adventures and challenges as a midwestern kid with dyslexia who became an internationally renowned ocean explorer. Here is the definitive story of the danger and discovery, conflict and triumph that make up his remarkable life.



**ROBERT D. BALLARD** has conducted more than 150 deep-sea expeditions and is a pioneer in the development of advanced deep submergence and telepresence technology. He is best known for discovering hydrothermal vents, the sunken R.M.S. *Titanic*, the German battleship *Bismarck*, and many other ancient and modern shipwrecks around the world. Since 2008 he has managed the E/V *Nautilus*, his flagship for exploration, operated by the Ocean Exploration Trust and funded in part by NOAA. Among his many honors he holds the Explorers Club Medal, the National Geographic Hubbard Medal, and the National Endowment for the Humanities Medal.

**CHRISTOPHER DREW** is an award-winning *New York Times* investigative journalist and co-author of *Blind Man's Bluff*, a major *New York Times* bestseller.

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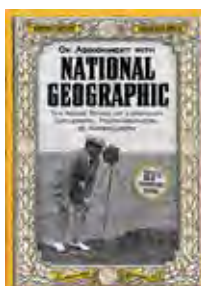
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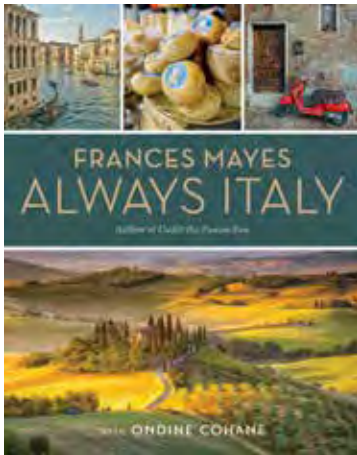
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## FRANCES MAYES ALWAYS ITALY

Frances Mayes, with Ondine Cohane

**In this lavishly illustrated and gift-worthy guide, the world's most beloved expert on la dolce vita takes readers on the ultimate insider's tour of Italy's 20 iconic regions, revealing little-known gems, off-the-beaten-path destinations, and one-of-a-kind experiences.**

This lush guide, featuring more than 350 glorious photographs from National Geographic, showcases the best Italy has to offer from the perspective of two women who have spent their lives reveling in its unique joys. In these illuminating pages, Frances Mayes, the author of *Under the Tuscan Sun* and many other bestsellers, and *New York Times* travel writer Ondine Cohane reveal an Italy that only the locals know, filled with top destinations and unforgettable travel experiences in every region. From the colorful coastline of Cinque Terre and the quiet ports of the Aeolian Islands to the Renaissance architecture of Florence and the best pizza in Rome, every section features insider secrets and off-the-beaten-path recommendations—for example, a little restaurant in Piedmont known for its *tajarin*, a pasta made from 30 egg yolks that is the perfect bed for the region's celebrated truffles. Here are the best places to stay, eat, and tour, paired with the rich history of each city, hillside town, and unique terrain. Along the way, you'll make stops at the country's hidden gems—art galleries, local restaurants, little-known hiking trails, spas, and premier spots for R&R. Inspiring and utterly unique, this vivid treasury is a must-have for anyone who wants to experience the best of Italy.



**FRANCES MAYES** is the author of four bestsellers, *Under the Tuscan Sun*, *Bella Tuscany*, *Everyday in Tuscany*, and *In Tuscany*. All are about taking chances, living in Italy, and the “voluptuousness of Italian life.” A widely published poet and essayist, Mayes has written numerous memoirs, books of poetry, and novels. Formerly a professor of creative writing at San Francisco State University, she now devotes herself full-time to writing, traveling, and restoring a historic garden. She and her husband divide their time between North Carolina and Cortona, Italy.

**ONDINE COHANE**, a contributing editor at *Condé Nast Traveler*, writes regularly for the *New York Times* travel section, among many other publications. She has appeared on CNN and *Good Morning America*, and co-hosts *Condé Nast Traveler's Insider Guide* series on PBS. Cohane lives in the Renaissance town of Pienza in southern Tuscany and owns two boutique hotels.

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## Chapters Three LOMBARDY

The northern Italian lakes! The air turns blue at evening, sending blessed calm over those gathered on a terrace for sunset toasts. By day, the mountains change colors as clouds wander over blissful waters, emerald and indigo. Start with one of the prettiest villages on Lake Como, Bellagio. Gardens, cruises, and peaceful walks provide doses of beauty, while the Rockefeller Foundation's Bellagio Center, a private

retreat for gifted researchers and writers, lends intellectual gravitas to the quiet town. That lady in the big hat sitting near you at the café may be translating gothic novels. Cernobbio, close to the town of Como, is known for silk fabrics, and many honeymooners seek the romantic hotel Villa d'Este. This 16th-century palace is sure to start a marriage off with high expectations.

On Lake Garda, largest of the northern lakes, I chose well: the Grand Hotel Fasano. This elite watering hole of the 19th century vibrates with privilege. The lobby exudes light-hearted elegance, all cream and gold, accessorized with caged, singing birds. Their excellent restaurant, Il Fagiano, revels in rich pan-frying, ritual flambeeing in copper, and friendly formality.

Lake Garda is the spot to pamper your stressed-out self. Arrange a private boat to arrive at your hotel dock and whisk you around to Sals, Desenzano del Garda, Gardone Riviera, Simione, Limone del Garda, and Riva del Garda, the loveliest towns on the lake. Between the towns of Desenzano, at the south end of the lake, and Riva del Garda at the top, public boats run all year. You can hop off at all 16 pretty lake towns. But it's more relaxing to hire a captain to take you where you want, wait while you have lunch, or enjoy drinks on board.

Plying the lake by boat is optimal; otherwise, you must drive to the lakefront towns. Studded with cypresses, the road takes you to villages festooned with clematis, bougainvillea, palms,

lemons, bananas, and tumbling plumblags. Sheltering mountain ranges ensure a Mediterranean climate, with snow-topped peaks in the near distance. How fun to round a bend and come upon beves of windsurfers, their colorful crescent sails skimming in rhythmic motions across the silvery waters.

Traffic and parking aren't fun, but once you are ensconced in a dreamy lake hotel, simply forget the sprawl just behind you. What I recommend: Find the prettiest spot on the lake and give yourself over to luxury. Check into the stupendous Villa Feltrina! If you've come into a recent inheritance (Grand Aunt Hazel's legacy. It's worth it.) Otherwise, Villa Fardisio or Grand Hotel Fasano will suffice quite nicely. Of course, every village has a range of accommodations.

The lake towns all face colorful harbors, have a lungful

### WHAT YOU NEED TO KNOW...

• **BEST TIME TO VISIT:** Unlike some Italian cities which essentially close in summer, Milan stays open year-round following business hours as opposed to just the leisure visitors. And with Alpine sports a close drive away in winter, it can be nice to combine the trip with a jaunt up into the mountains (or in spring, summer, and fall, the lake region). The fog here is legendary, so don't be surprised if you experience flight delays.

• **TOP SPOTS:** Milan, Lake Como, Mantua

• **GETTING THERE:** Linate and Malpensa Airports, both in Milan

If Vittorale degli Italiani is a complex of buildings, streets, and gardens built in the early 20th century and once home to Gabriele D'Annunzio.



Photo: J. 17

## Best Of Outdoor Activities in Piedmont

While most people head to Piedmont to eat and drink, the region is also a hidden getaway for outdoor pursuits (mountain biking, skiing, and hiking) as well. JayWay Travel offers tours all over the country, but Piedmont native Daniele Toriolo knows his home territory particularly well. You can choose to stay active throughout your stay or combine these activities with one of its custom itineraries from vineyard visits to city tours. Here are some of the pursuits to keep your adrenaline going.

**Ski With the Pros:** Turin was the site for the Winter Olympics in 2006, and to this, track, and level of instructors still shine from the spotlight. La Val di Susa is one of the epicenters for the activity. Nicknamed "the Milky Way," the varied terrain offers runs for all levels, as well as 15 ski schools. In addition to Piedmont's own ski areas, you can use an international ski pass to venture into France and Switzerland. In the summer, these same spots become fantastic hikes and spots for rock climbing or mountain biking destinations.

**Follow the Royals:** Hiking through the UNESCO-pro-

tected vineyards of the Langhe Valley to the former palaces of Savona is a true delight.

**Sail the Lakes:** Rent a boat or follow the shores of Lake Maggiore by foot. Way less crowded and expensive than Como, it also boasts treasures like the town of Orta San Giulio with its exquisite Piazza Mario Motta. From there, you can get on a little boat to the lake's main island, Isola San Giulio.

**Climb Every Mountain:** To get a real sense of the geography of the region, try an Alpine trek: a day trip to Monviso, a multiday journey to Gran Paradiso, or an expedition from Piedmont all the way into Switzerland.

**Taste Flight:** Paragliding is quite popular on the gentle hills that form the landscape before the Alps, and seeing the Barolo vineyards from a hot air balloon another option for those who don't have a fear of heights.

**Ride the Wind:** Motorbike and vintage Vespa enthusiasts often hit the region on wheels. Electric bikes are another popular option.



person: The town of Orta San Giulio on Lake Orta across mountains above the Gardone Riviera



## Get lost in the mountains or in some of the country's most suggestive cities. From fashion to wine, northern Italy has the stars.



Welcome to Italy's richest area—in both economic output and geographical diversity. Mountains draw outdoorsy types. Cities like Milan pull in bankers and fashionistas, and Venice offers some of the most beautiful tableaux in Italy. In the far north, the culture remains deeply influenced by other cultures, like those of Austria and Slovenia.

Come spring, temperatures tend to be cooler, the shoulder season (September to November) is great for eating and drinking, and winter and summer are fine for those who enjoy nature. Spa culture also abounds for wellness seekers.

The rest of the region beckons with equally appealing pursuits. Smaller towns like Mantua and Udine remain dazzling without too many tourists, while the coastline of Liguria and the Italian Riviera still shine despite legions of fans. Caravan lakes that have attracted visitors for centuries are reinventing themselves for 21st-century travelers who like

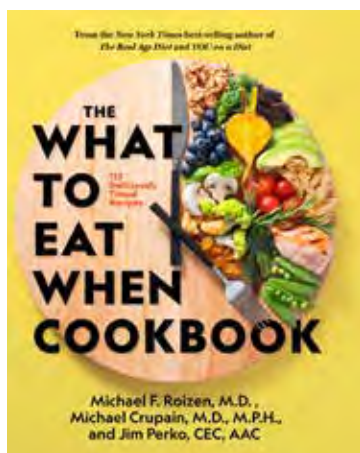
luxury mixed in with the pristine scenery. And for soccer fans, this is the land of some of Italy's most famous teams—not to mention sleek automobiles (think Fiat, Lamborghini, and Ferrari).

Here too a veritable treasure trove of some of the country's most famous wines. DOC, a denomination to protect products from specific terroirs, Italian ingredients like prosciutto, truffles, Parmesan, chocolate, coffee, and balsamic vinegar all speak to the north's fertility.

It's no wonder that with all of these riches—literal and figurative—the North also has a reputation for being a bit snobby. This is especially true in its attitude toward its southernmost cousins, who are often largely blamed for the economic problems of the country. Southerners, on the other hand, feel that northerners are cold. There is some truth to this stereotype: You are unlikely to get as warm a welcome in Milan, for example, as you would in Naples or Palermo. But who cares? You will be too busy choosing how to enjoy its treasures.

occasional view top left: Quintessential gondolas on Venice's rightly named Grand Canal; a sublime dish at Milan's top 10 Prosecco restaurant; the majestic San Petronio abbey along the sea on the Ligurian coast; writing up the busy daily schedule at Udine's L'Alimentare.





## THE WHAT TO EAT WHEN COOKBOOK

125 DELICIOUSLY TIMED RECIPES

Dr. Michael Roizen and Dr. Michael Crupain, with Jim Perko

**This inspiring cookbook and strategic eating plan—the sequel to the wildly popular *What to Eat When*—offers 125 delectable recipes geared to achieving your most important life goals, from professional success to losing weight to longevity.**

In their acclaimed lifestyle guide *What to Eat When*, Dr. Michael Roizen and Dr. Michael Crupain revealed when to eat foods for healthier living, disease prevention, better performance, and a longer life. The key, they assert, is eating breakfast like a king, lunch like a prince, and dinner like a pauper. Now, in this mouthwatering sequel, they deliver 125 recipes to put these lessons into practice, from a fiber-rich pasta dish loaded with fresh tomatoes and a creamy lemon dip and homemade crackers to satisfy your snack cravings to a salmon burger you'll love to eat for breakfast (yes, breakfast!) and a healthier, decadent chocolate mousse—a treat that also offers hormone-boosting ingredients before you hit the gym. Each dish is paired with practical information about the nutrients and benefits of the ingredients, plus expert cooking tips, what portion size to eat when, and helpful substitutions. Covering breakfast, lunch, dinner, and dessert—and the best times to eat all four—this highly anticipated sequel to Roizen and Crupain's best-selling eating guide offers a plethora of meals that will get you through the day, and extend your life by years!



**DR. MICHAEL ROIZEN** is the Chief Wellness Officer at the Cleveland Clinic, Chief Medical Consultant on *The Dr. Oz Show*, author of four #1 *New York Times* best-selling books, and originator of the popular RealAge.com. He is board certified in anesthesiology and internal medicine. He's been recognized with an Ellie, an Emmy, and the Paul G. Rogers Award from the National Library of Medicine for Best Medical Communicator.

**DR. MICHAEL CRUPAIN** is the Medical Director of *The Dr. Oz Show*. He is board certified in preventive medicine, a fellow of the American College of Preventive Medicine, and part-time faculty at the Johns Hopkins Bloomberg School of Public Health. Prior to joining *The Dr. Oz Show*, he directed food safety testing at Consumer Reports. He is an Emmy award-winning producer and sat on a USDA advisory committee.

**JIM PERKO** is the executive chef for the Cleveland Clinic Wellness Institute and the Center for Integrative and Lifestyle Medicine. A graduate of The Culinary Institute of America, he has apprenticed for the American Culinary Federation 1976 U.S. Culinary Olympic Team and cooked for scientists on the 1977-78 U.S. Antarctic Expedition. Perko is the founder of the national award-winning program *Food Is Knowledge*.

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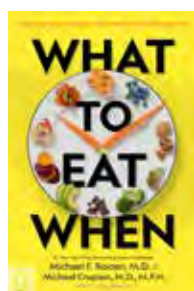
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2 THE WHAT TO EAT WHEN COOKBOOK

## BBQ ARCTIC CHAR

**PREP:** 20 minutes **+ COOK:** 15 minutes **+ MAKES:** 2 Servings **+ SERVING:** 6 oz. fish, ½ cup sauce  
 Calories: 122 **+** Sugars: 1g **+** Saturated Fat: 1g **+** Protein: 1g **+** Sodium: 240mg  
 Cholesterol: 10mg **+** Fiber: 0.25mg **+** Carbohydrate: 22g

A relative of salmon, Arctic char is a type of rainbow trout that is healthy and scores high on the EDF's eco-rating. One fillet has 150 calories and 20 grams of protein, plus those healthy omega-3 fats. Pair it with our barbecue sauce—a low-sugar and low-sodium alternative to premade versions—for a tasty dinner (or breakfast—remember, don't stereotype your food).

### Barbecue Sauce

- ¼ cup toasted sesame oil
- 3 large garlic cloves, minced
- 3-½ cups ketchup (2g sugar per serving)
- ¼ cup low-sodium gluten-free tamari
- ¼ cup white grape juice
- ¼ cup fresh lemon juice
- ¼ cup raisin reduction (see p. 18)
- 1 tablespoon freshly ground black pepper

### Arctic Char

- 1 12-ounce piece boneless Arctic Char fillet, about ½ inch thick
- ¼ teaspoon smoked paprika
- ¼ teaspoon kosher salt
- ¼ teaspoon coarsely ground black pepper

1. In a medium saucepan combine oil and garlic. Stir over medium-low heat until garlic is aromatic, about 1 minute. Add all remaining ingredients and whisk until well blended. Increase the heat to medium and simmer until heated through, 4 to 5 minutes. Remove from the heat and set aside to cool.
2. Reserve 8 tablespoons of the barbecue sauce for the Arctic Char. Label, date and freeze the remaining sauce up to six months for future use.
3. Preheat the oven to 350°F. Remove the skin from the Arctic Char and cut the fish crosswise into four equal size pieces, each about three ounces. Season evenly with smoked paprika, salt, pepper.
4. Place the fish pieces on a small baking sheet, spacing apart. Spoon 2 tablespoons of barbecue sauce evenly over each piece. Bake just until the fish pieces are opaque in the center, 9 to 10 minutes.

FISH &amp; SEAFOOD 3



4 THE WHAT TO EAT WHEN COOKBOOK

## SNAP PEA & STRAWBERRY SALAD

**PREP:** 20 minutes **+ COOK:** 2 minutes **+ MAKES:** 4 Servings **+ SERVING:** 1 cup  
 Calories: 122 **+** Sugars: 1g **+** Saturated Fat: 1g **+** Protein: 1g **+** Sodium: 240mg  
 Cholesterol: 10mg **+** Fiber: 0.25mg **+** Carbohydrate: 22g

The combination of snap peas and strawberries may sound strange, but it's often said what grows together goes together; both ingredients are available in spring. This marriage works because the sweet and tart flavors of the strawberries acts like a vinaigrette for the snap peas.

1. cup small quartered hulled strawberries (preferably small local strawberries from the farmer's market, like the variety called "tristar", if you can find them)
1. tablespoon thinly sliced fresh mint leaves
- 8 ounces sugar snap peas
2. teaspoons extra-virgin olive oil
- ¼ teaspoon freshly ground black pepper
1. Combine the strawberries, mint, and a pinch of salt in a medium bowl. Crush a few strawberry pieces to extract some of their juice. Set aside.
2. Bring a large saucepan of water to a boil. Add enough salt to make salty like the sea.
3. Meanwhile, clean the snap peas by pulling the pointy ends towards the inside curve, removing the strings.
4. Add the snap peas to the boiling water and cook for 2 minutes. Using a slotted spoon or spider, transfer the snap peas to a colander. Run cold water over the snap peas to cool, then let dry.
4. Thinly slice the snap peas on the diagonal. Place them in a small bowl and season with ½ teaspoon salt and ½ teaspoon pepper. Add them to the bowl with the strawberries and toss gently to blend. Serve.



### The When Way

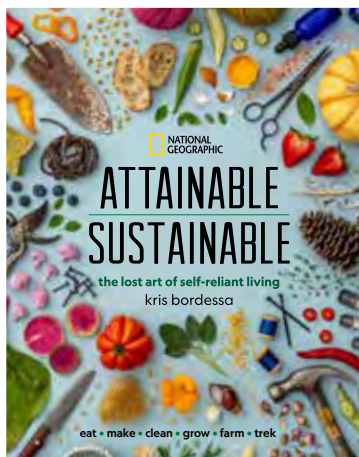
**Immune Booster** Snap peas are an excellent source of Vitamin C—just 3.5 ounces provide 100 percent of your daily needs. Likewise, strawberries include Vitamin C, manganese, and heart-healthy antioxidants.

VEGETABLES &amp; SALADS 5



16 THE WHAT TO EAT WHEN COOKBOOK

VEGETABLES &amp; SALADS 17



## ATTAINABLE SUSTAINABLE

### THE LOST ART OF SELF-RELIANT LIVING

Kris Bordessa

**Packed with delicious recipes, natural remedies, gardening tips, crafts, and more, this indispensable lifestyle reference from the popular blogger behind *Attainable Sustainable* makes earth-friendly living fun.**

Whether you live in a city, suburb, or the country, this essential guide for the backyard homesteader will help you achieve a homespun life—from starting your own garden and pickling the food you grow to pressing wildflowers, baking sourdough loaves, quilting, raising chickens, and creating your own natural cleaning supplies. In these richly illustrated pages, sustainability guru Kris Bordessa offers DIY-lovers an indispensable home reference for sustainability in the 21st century, with tried-and-true advice, 50 enticing recipes, and step-by-step directions for creating easy, cost-efficient projects that will bring out your inner pioneer. Filled with more than 300 four-color photographs, this relatable, comprehensive book contains time-honored wisdom and modern know-how for getting back to basics in a beautiful, accessible package.



**KRIS BORDESSA's** passion project is the hit blog *Attainable Sustainable*, which she launched in 2011 to create a community focused on self-reliant living. The site asks the question: What if we could tackle one little actionable step each day to achieve a more self-reliant lifestyle? Bordessa grew up on a small farm in Northern California where her family harvested apples, raised chickens and pigs, planted acres of tomatoes, and had a Christmas tree farm. These days, she lives in Hawai'i with her husband, two sons, an abundant vegetable garden, and a thriving chicken flock.

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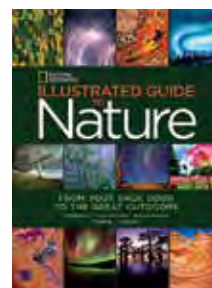
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GROW | PLANNING A GARDEN



## ROOTS, FRUITS, AND LEAVES

Which part of a plant is edible? That depends on what crops you're growing.

**Roots:** Just as you'd imagine, root crops grow underground. The roots sustain the plant as it grows to become your next meal. Harvesting root crops entails pulling the entire plant, so it will not keep producing. Common root crops include radish, onion, beet, turnip, and potatoes. Less commonly planted are sweet potatoes, rutabaga, kohlrabi, and yacon.

**Flower buds and heads:** While you might not think of broccoli and cauliflower as flowers, left on the plant, these heads would form flowers and their seeds. Broccoli sprouts are a biennial plant, but left unharvested for a couple of years, they too would flower. The small flowers of cruciferous vegetables like kale, cabbage, collard greens, and radishes offer a flavor resembling that of the

plant itself, though often milder. Squash blossoms are another bonus crop; fill them with ricotta cheese and fry them up for an unexpected garden meal.

**Fruits:** Plants that produce fruit (even though we may call them a vegetable) include tomatoes, zucchini, beans, peas, eggplant, peppers, and okra. These plants will continue producing for weeks or months, allowing you to harvest again and again during their growing season.

**Leaves:** Crown for their edible leaves, plants like lettuce, cabbage, kale, and arugula will keep your salad bowl full. Swiss chard, bok choy, and collards are excellent as cooked greens. A few, like head lettuce and cabbage, are harvested in their entirety. Others can be grown as "cut and come again" crops for harvesting just what you need so the plant can continue growing and producing more leaves. Use scissors to snip mature leaves from the outer (or lower) part of the plant. The crown will continue growing and producing new leaves for weeks until finally going

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## SOAPMAKING

Synthetic fragrances and dyes can be an irritant for many people; if you're trying to eliminate them from your household, you may have already switched to gentler soap made with natural ingredients and scented with essential oils. But handmade soaps can get expensive. By learning to make your own, you can save money and create whatever scent combinations you like.

Soapmaking was on my list of skills to conquer for years before I finally made my first batch. Not surprisingly, the danger of using caustic ingredients like sodium hydroxide—commonly known as lye—has prevented even the most intrepid do-it-yourselfers from learn-

### Important Safety Notes:

Making soap is simple, but you do need to follow some safety precautions.

- When lye is added to water, an exothermic reaction occurs. It's not visible—there's not flaming or color changing—but the water becomes very hot.
- Always add the sodium hydroxide (or lye) to the liquid. Adding the liquid to the lye can cause a reaction resulting in an eruption of materials.
- When working with the lye, always wear protective gear and work in a well-ventilated area—outside, if possible. If you must work inside, be sure to open a window and avoid breathing in the fumes.
- If your skin comes into contact with lye, run it under cold water for 15 minutes. If you get lye in your eyes or on a large area of skin, seek medical attention immediately.
- Never leave heating lye unattended, as they are flammable.
- The purpose of heating oils in soapmaking is strictly to barely melt oils and butters. Once that occurs, remove from heat.



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ing how to make soap. Turns out, it's one of those projects that is amazingly easy once you've gotten over your initial trepidation.

Like baking, soapmaking requires careful measurements and mixing of ingredients. Soap is a little less forgiving than cookies or cake, though. It's important that you don't deviate from the recipe and weigh ingredients using a kitchen scale. Accurate measurements are required for saponification to happen.

Saponification is the process by which soap transforms into a cleaning tool. It's a chemical reaction that occurs when oils and fats are exposed to a strong alkali like lye. Every oil needs a different amount of lye to be transformed into soap. If you must make changes to a recipe, or want to develop one of your own, it's essential to use a lye calculator to make sure that the ratios will produce a successful batch of soap.

### What You'll Need for Making Soap

Most of the ingredients required for making soap are readily available, but sodium hydroxide can be a bit elusive. Hardware and farm supply stores are a good bet, or you can order it online. Just be sure that sodium hydroxide is the only ingredient listed. Some drain cleaners tout their product as lye, but have added ingredients that you don't want in your soap. In addition to the ingredients for your soap, you'll need a handful of tools:

- Heatproof pitcher:** The spout will make it easier to pour the lye mixture safely. Use stainless steel or plastic.



Topher for storage above goes here

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## LEATHERWORK

You could jot down your thoughts in a boring spiral-bound notebook. But making a beautiful leather journal is an easy project that you will bring you joy every time you pull it out, whether to track your garden growth, keep a diary or travel journal, or keep a list of your backyard birds. Have fun with it and make extras—they make great gifts!



### Sourcing Leather

Many craft stores carry sheets of leather in various sizes and thicknesses. Your local thrift store can also be a gold mine for materials: leather purses, briefcases, and jackets are often sold at a fraction of their original value and can be disassembled to create pieces of leather for small projects. Simply cut along seams with a box knife and remove any embellishments.

### Leather-bound Journal

#### You'll Need:

- 50 sheets of letter-sized paper (choose a good quality paper, colored paper, or graph paper from a stationery or office supply store)
- Leather, 5 inches by 17 inches (3 to 4-ounce weight)
- 10 to 22 inches of 100 leather or ribbon
- Pencil or chalk for marking measurements
- Waxed thread
- Darning needle
- Hammer and nail
- Soap piece of wood (for hammering on)
- Ruler
- Sturdy scissors

- Separate paper into stacks of five. Fold each stack in half.
- On the spine of each bundle, make a mark 1 inch from the top and bottom of the fold. Add two more marks between the first two, at equal distance apart.
- Punch a small hole in each booklet at the pencil

marks, doing this by laying the booklet open flat on a piece of scrap wood and use a hammer and nail to pierce the paper. Repeat with remaining paper booklets. The holes in all the booklets should align.

- Set leather, right side down, on a flat surface. Position one of the folded bundles of paper on the leather, with edges a 1/2-inch from the top, bottom, and left side of the leather (the right side will be longer). Use the pencil or chalk to mark the position of the four holes.

- Stack the paper booklets and measure the thickness of the spine. Using this measurement, cut short slits of matching width in the leather at the measurements you've marked. You'll sew through these slits to attach the paper to the leather.

- Thread needle with waxed thread. Tie a knot in the end and leave a 2-inch tail.
- Place the first bundle onto the leather, open, aligning the holes with the slits. Insert the needle in the bottom hole and through the slit. Pull the thread through to the knot. Insert the needle through the second slit and hole, pulling it back to the inside of the bundle, then back down into the next hole and slit. Continue in this manner until you reach the top hole. Stitch back to the bottom

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- In the same alternating pattern, filling in the blank spaces. When you reach your starting point, tie the thread to the tail in a tight square knot as close to the paper as you can.
- Repeat with remaining bundles of paper until all are sewn in place.

- The longer right side will become the overlapping cover. Cut a 1/2-inch slit about an inch from the right edge. Tie a knot on one end of a length of leather and thread the opposite end through the slit. Fold around the journal and wrap the loose end of the knot to secure cover.

MAKE | LEATHERWORK

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GROW | PLANNING A GARDEN

## ROOTS, FRUITS, AND LEAVES

Which part of a plant is edible? That depends on what crops you're growing. **Roots** are the part of a plant that grows underground. They anchor the plant in the soil and absorb water and nutrients. Many vegetables are grown from roots, including carrots, beets, and radishes.

**Fruits** are the part of a plant that grows above ground. They are the part of the plant that contains the seeds. Many vegetables are grown from fruits, including tomatoes, cucumbers, and peppers.

**Leaves** are the part of a plant that grows above ground. They are the part of the plant that photosynthesize and produce energy for the plant. Many vegetables are grown from leaves, including lettuce, spinach, and kale.

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- 10 to 22 inches of 100 leather or ribbon
- Pencil or chalk for marking measurements
- Waxed thread
- Sewing needle
- Hammer and nail
- Scrap piece of wood (for hammering on)
- Ruler
- Sharp scissors

1. Separate paper into stacks of five. Fold each stack in half.
2. On the spine of each bundle, make a mark 1 inch from the top and bottom of the fold. Add two more marks between the first two, at equal distance apart.
3. Punch a small hole in each booklet at the pencil

marks, 1 inch by laying the booklet open flat on a piece of scrap wood and use a hammer and nail to pierce the paper. Repeat with remaining paper booklets. The holes in all the booklets should align.

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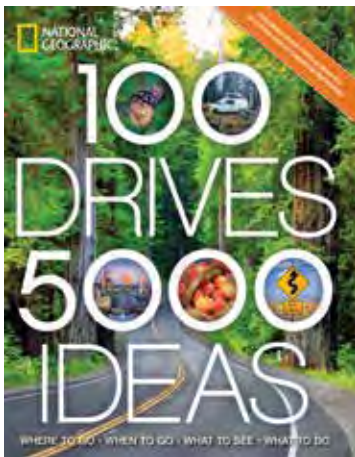
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MAKE | LEATHERWORK

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# 100 DRIVES, 5,000 IDEAS

WHERE TO GO, WHEN TO GO, WHAT TO SEE, WHAT TO DO

Joe Yogerst

The sequel to the best-selling *50 States, 5,000 Ideas* takes readers on the road trip of a lifetime: 100 epic journeys through all 50 states and 10 Canadian provinces with thousands of diverting sights, roadside attractions, and pure fun along the way.

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During three decades as an editor, writer, and photographer, **JOE YOGERST** has lived and worked in Asia, Africa, Europe, and North America. His writing has appeared in *Condé Nast Traveler*, *CNN Travel*, *Islands* magazine, the *International New York Times* (Paris), *Washington Post*, *Los Angeles Times*, and *National Geographic Traveler*. He has also written for 34 National Geographic books, including the best-selling *50 States, 5,000 Ideas*.

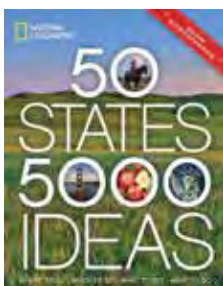
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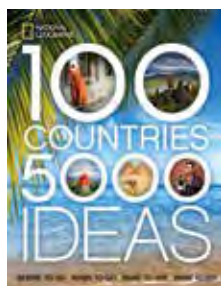
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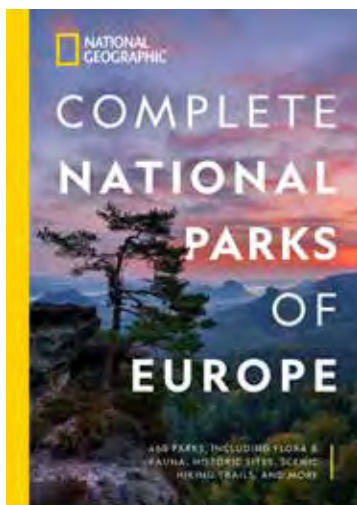


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Justin Kavanagh

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**JUSTIN KAVANAGH** is an expert guide for National Geographic Expedition's Ireland: Tales and Treasures of the Emerald Isle. His work has appeared in numerous publications including *The Globalist*, *The Independent*, *The Title*, and *In Dublin*. He previously served as editor for National Geographic International editions, and was formerly the senior editor for National Geographic Travel Books.

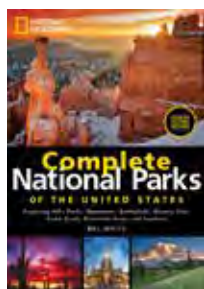
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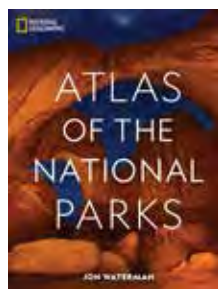
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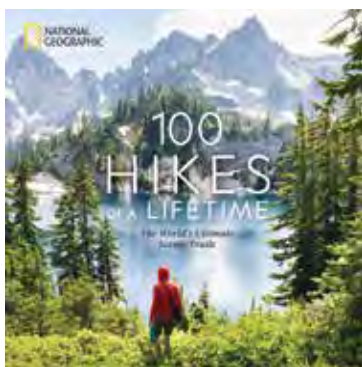


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## 100 HIKES OF A LIFETIME

### THE WORLD'S ULTIMATE SCENIC TRAILS

Kate Siber, with a foreword by Andrew Skurka

From the world's expert in outdoor adventure, here is the ultimate hiker's bucket list, with 100 breathtaking experiences for beginners to experts around the globe.

Filled with beautiful National Geographic photography, wisdom from expert hikers, need-to-know travel information, and practical wildlife-spotting tips, this inspirational guide offers the planet's best experiences for hikers and sightseers. From short day hikes—California's Sierra High Route, Lake Agnes Teahouse in Alberta, Norway's Mt. Skala—to multiday excursions like Mt. Meru in Tanzania and multi-week treks like Egypt's Sinai Trail, Bhutan's Snowman Trek, and the Bibbulum Track in Australia, you'll find a hike that matches your interests and skill level. Crossing all continents and climates—from the jungles of Costa Rica to the ice fields in Alaska's Kenai Fjords National Parks—as well as experiences—a wine route through Switzerland or moose spotting on the Teton Crest Trail in Wyoming—there is a trail for everyone in these pages.

**KATE SIBER** is a freelance journalist and a correspondent for *Outside* magazine. Her work has appeared in *National Geographic Traveler*, *National Parks*, *5280*, the *Boston Globe*, the *New York Times*, and the *Washington Post*, and she has been honored with several Lowell Thomas awards, including Travel Journalist of the Year.

**ANDREW SKURKA** (foreword) is an accomplished adventure athlete, speaker, guide, and writer. He was named Adventurer of the Year by *Outside* and *National Geographic* magazines, and Person of the Year by *Backpacker*. He is the author of *The Ultimate Hiker's Gear Guide*, now in its second edition. When not living out of his backpack, he resides in Boulder, Colorado.

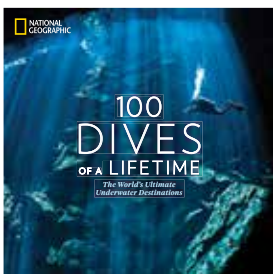
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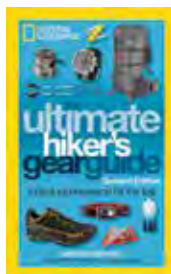
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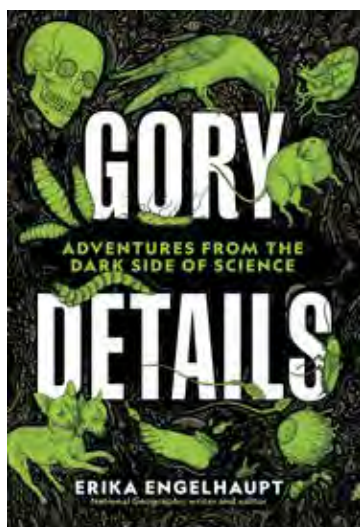
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ERIKA ENGELHAUPT has spent more than a decade writing and editing for top science publications, including *National Geographic*, *Science News*, *Scientific American*, the *Philadelphia Inquirer*, and NPR. Her love of storytelling has also brought her to the stage, where she's appeared in comedy clubs and on podcasts like *The Story Collider*. Having started her career as a scientist, she also spent years writing and editing reviews of nonfiction science books at *Science News*. She lives in Knoxville, Tennessee.

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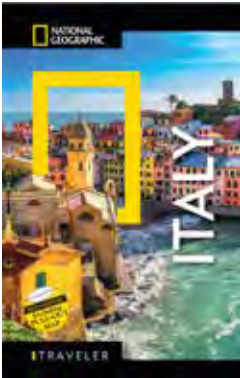
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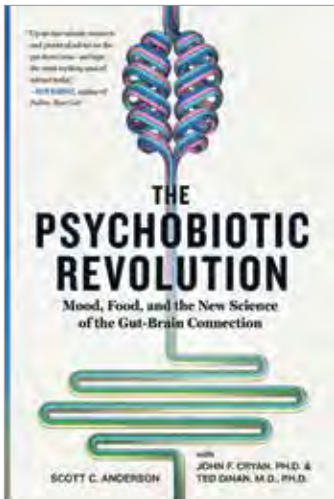
**PAS PASCHALI**, in more than 30 years of journalism, has been an arts editor, travel writer, and magazine publisher; he currently works as a freelance journalist for *The Guardian*. He is also a keen walker and has led groups on long-distance walks in the UK and abroad. His first trip to Paris was in the '70s, and since then he has revisited France countless times to explore its regions. In that time he has written many articles and contributed to a number of guides on the French capital. In the last 15 years he has divided his time between living in London and Paris.

**BRIAN ROBINSON** was born and raised in Northern Ireland. He first visited Paris in 1969 on a family holiday and fell in love with the city. He studied Law at Sussex University’s School of European Studies, which required a year’s study in France. During the Easter and summer holidays he worked as a tour guide for American high school students across Europe but specialized in Paris. He currently works as a press officer for the British Film Institute in London and regularly travels on Eurostar to his Marais pied-a-terre.

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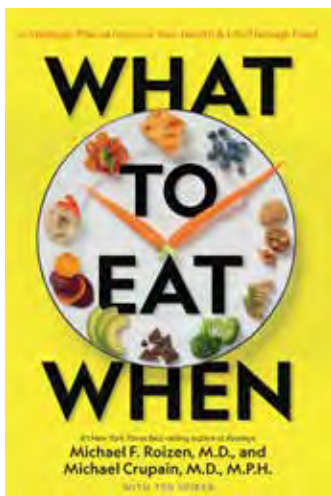
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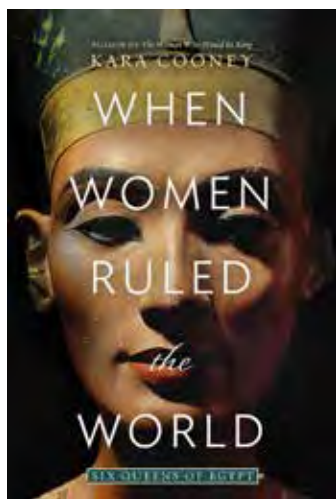
**DR. MICHAEL CRUPAIN** is the medical director of *The Dr. Oz Show*. He is board certified in preventive medicine, a fellow of the American College of Preventive Medicine, and part-time faculty at the Johns Hopkins Bloomberg School of Public Health. Prior to joining *The Dr. Oz Show*, he directed food safety testing at *Consumer Reports*. He is an Emmy award-winning producer, sat on a USDA advisory committee, has written multiple peer-reviewed articles, and cooks every day. He lives in New York City.

**TED SPIKER** is the author or co-author of more than 20 books, including multiple *New York Times* bestsellers. A former articles editor at *Men's Health*, he has had hundreds of stories published in various publications, many focusing on health and fitness. A professor at the University of Florida since 2001, Spiker was named the university's Teacher of the Year (representing more than 3,000 faculty) in 2016-17.

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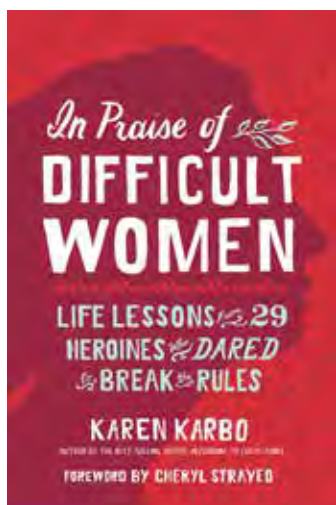
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**KARA COONEY** is a professor of Egyptology at UCLA. Her academic work focuses on death preparations, afterlife beliefs, and gender studies. She has participated in digs with the Metropolitan Museum of New York at the Royal Pyramid complex of Senwosret III, and the Theban Necropolis with Johns Hopkins University. She appeared as a lead expert in the popular Discovery Channel special *The Secrets of Egypt's Lost Queen*, and is a recurring team member on the History Channel's *Digging for the Truth*. Her book *The Woman Who Would Be King* was published in 2014.

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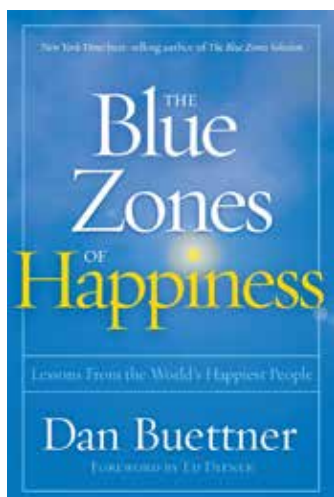
**KAREN KARBO** is the author of multiple award-winning novels, memoirs, and works of nonfiction. She was one of 24 authors selected for the inaugural Amtrak Residency. Her best-selling *Kick-Ass Women* series includes *The Gospel According to Coco Chanel: Life Lessons From the World's Most Elegant Woman*, which was an international bestseller. Karbo's short stories, essays, articles, and reviews have appeared in *Elle*, *Vogue*, *Esquire*, *Outside*, the *New York Times*, *Salon*, and other publications. She is a recipient of a National Endowment for the Arts Fellowship in Fiction and a winner of the General Electric Younger Writer Award. Karbo lives in Portland, Oregon, where she continues to kick ass.

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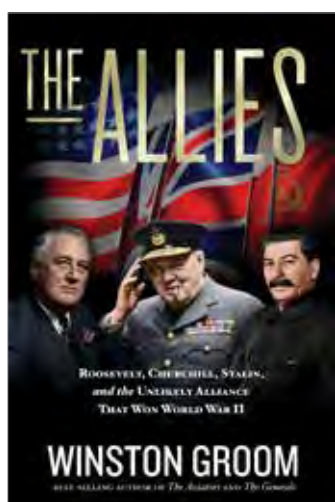
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**DAN BUETTNER** is the founder of Blue Zones, an organization that helps Americans live longer, healthier lives. His groundbreaking work on longevity led to his 2005 National Geographic cover story “Secrets of Living Longer” and a second, “The Search for Happiness,” in 2017. Buettner has authored three national bestsellers: *The Blue Zones*, *Thrive*, and *The Blue Zones Solution*. He is also a National Geographic Explorer. Visit him on Facebook and Twitter, and at his website [bluezones.com](http://bluezones.com).

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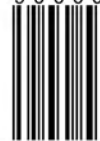
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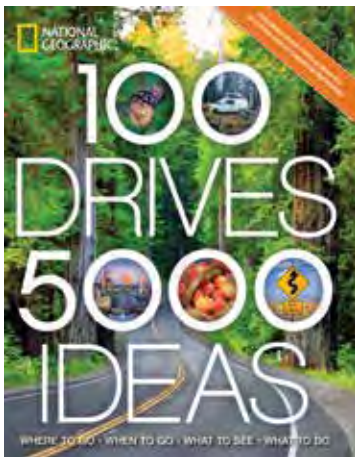


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During three decades as an editor, writer, and photographer, **JOE YOGERST** has lived and worked in Asia, Africa, Europe, and North America. His writing has appeared in *Condé Nast Traveler*, *CNN Travel*, *Islands* magazine, the *International New York Times* (Paris), *Washington Post*, *Los Angeles Times*, and *National Geographic Traveler*. He has also written for 34 National Geographic books, including the best-selling *50 States, 5,000 Ideas*.

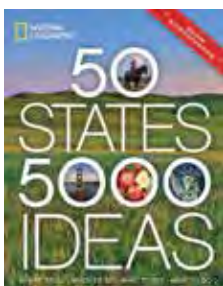
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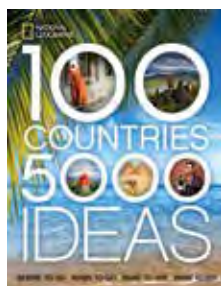
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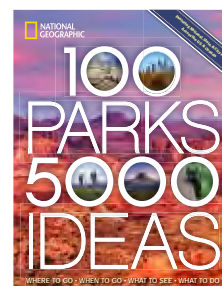
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**JUSTIN KAVANAGH** is an expert guide for National Geographic Expedition's Ireland: Tales and Treasures of the Emerald Isle. His work has appeared in numerous publications including *The Globalist*, *The Independent*, *The Title*, and *In Dublin*. He previously served as editor for National Geographic International editions, and was formerly the senior editor for National Geographic Travel Books.

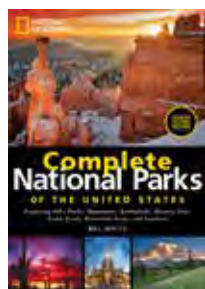
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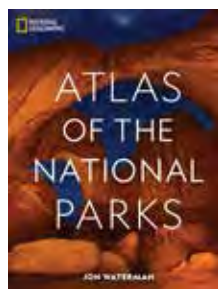
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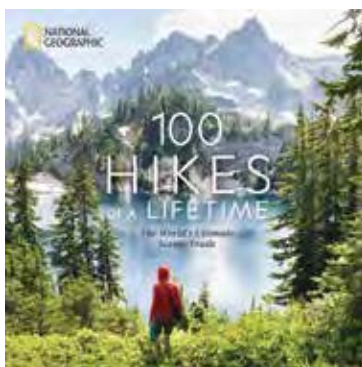
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**KATE SIBER** is a freelance journalist and a correspondent for *Outside* magazine. Her work has appeared in *National Geographic Traveler*, *National Parks*, *5280*, the *Boston Globe*, the *New York Times*, and the *Washington Post*, and she has been honored with several Lowell Thomas awards, including Travel Journalist of the Year.

**ANDREW SKURKA** (foreword) is an accomplished adventure athlete, speaker, guide, and writer. He was named Adventurer of the Year by *Outside* and *National Geographic* magazines, and Person of the Year by *Backpacker*. He is the author of *The Ultimate Hiker's Gear Guide*, now in its second edition. When not living out of his backpack, he resides in Boulder, Colorado.

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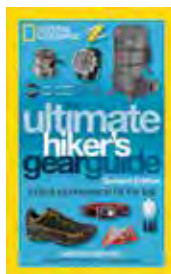
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ERIKA ENGELHAUPT has spent more than a decade writing and editing for top science publications, including *National Geographic*, *Science News*, *Scientific American*, the *Philadelphia Inquirer*, and NPR. Her love of storytelling has also brought her to the stage, where she's appeared in comedy clubs and on podcasts like *The Story Collider*. Having started her career as a scientist, she also spent years writing and editing reviews of nonfiction science books at *Science News*. She lives in Knoxville, Tennessee.

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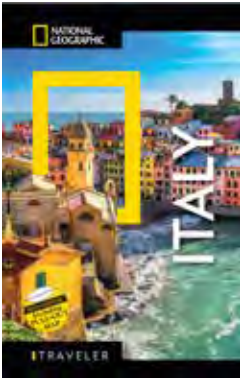


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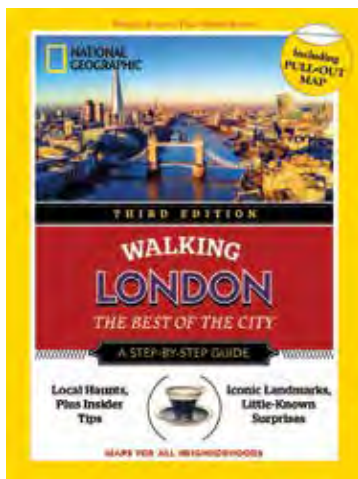
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**SARA CALIAN** has lived in London and walked the city’s streets since 1998. She has written for the *Wall Street Journal* and the *Financial Times*, and has worked as a communications consultant.

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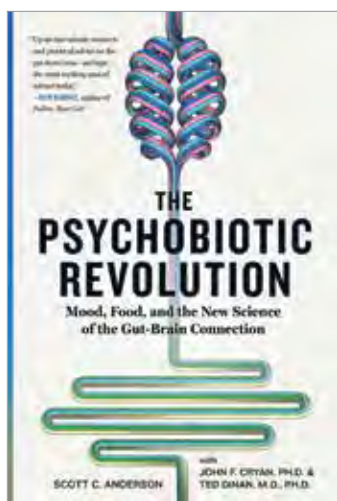
**PAS PASCHALI**, in more than 30 years of journalism, has been an arts editor, travel writer, and magazine publisher; he currently works as a freelance journalist for *The Guardian*. He is also a keen walker and has led groups on long-distance walks in the UK and abroad. His first trip to Paris was in the ‘70s, and since then he has revisited France countless times to explore its regions. In that time he has written many articles and contributed to a number of guides on the French capital. In the last 15 years he has divided his time between living in London and Paris.

**BRIAN ROBINSON** was born and raised in Northern Ireland. He first visited Paris in 1969 on a family holiday and fell in love with the city. He studied Law at Sussex University’s School of European Studies, which required a year’s study in France. During the Easter and summer holidays he worked as a tour guide for American high school students across Europe but specialized in Paris. He currently works as a press officer for the British Film Institute in London and regularly travels on Eurostar to his Marais pied-a-terre.

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**SCOTT C. ANDERSON** is a veteran science journalist specializing in medical topics and computer programming. He was one of the creators of the computer game *Lego Island*, runs the Freedom Health laboratory that studies bacterial health in racehorses, and has developed prebiotics for animals and humans. He lives in Hudson, Ohio.

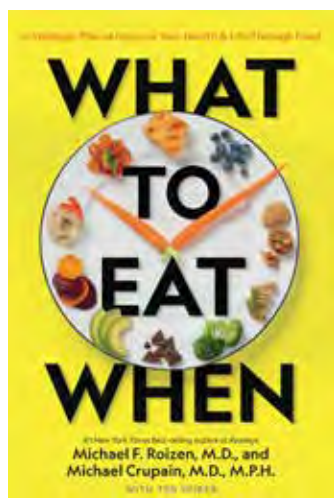
**JOHN F. CRYAN** is professor and chair of the department of Anatomy & Neuroscience, University College Cork. A principal investigator in the Alimentary Pharmabiotic Centre, a leading-edge institute researching the role of microbiome in health and disease, he lives in Cork, Ireland.

**TED DINAN** is professor of psychiatry and a principal investigator in the Alimentary Pharmabiotic Centre at University College Cork. He was previously chair of clinical neurosciences and professor of psychological medicine at St. Bartholomew’s Hospital, London. He lives in Cork, Ireland.

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**DR. MICHAEL ROIZEN** is the chief wellness officer at the Cleveland Clinic, chief medical consultant on *The Dr. Oz Show*, author of four #1 *New York Times* best-selling books, and originator of the popular RealAge.com website. He is board certified in anesthesiology and internal medicine. He’s been recognized with an Ellie, an Emmy, and the Paul G. Rogers Award from the National Library of Medicine for Best Medical Communicator. He also chaired an FDA advisory committee and has published more than 175 peer-reviewed articles. He lives in Shaker Heights, Ohio.

**DR. MICHAEL CRUPAIN** is the medical director of *The Dr. Oz Show*. He is board certified in preventive medicine, a fellow of the American College of Preventive Medicine, and part-time faculty at the Johns Hopkins Bloomberg School of Public Health. Prior to joining *The Dr. Oz Show*, he directed food safety testing at *Consumer Reports*. He is an Emmy award-winning producer, sat on a USDA advisory committee, has written multiple peer-reviewed articles, and cooks every day. He lives in New York City.

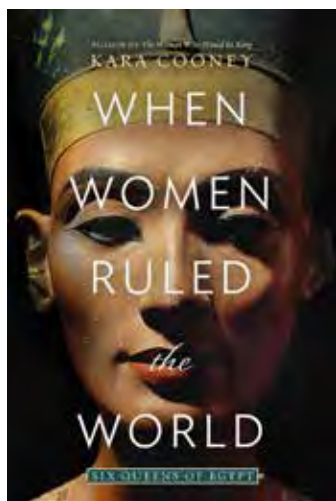
**TED SPIKER** is the author or co-author of more than 20 books, including multiple *New York Times* bestsellers. A former articles editor at *Men’s Health*, he has had hundreds of stories published in various publications, many focusing on health and fitness. A professor at the University of Florida since 2001, Spiker was named the university’s Teacher of the Year (representing more than 3,000 faculty) in 2016-17.

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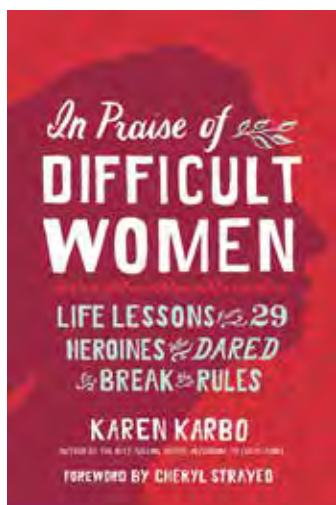
Female rulers are a rare phenomenon—but thousands of years ago in ancient Egypt, women reigned supreme. In this groundbreaking book, celebrated Egyptologist Kara Cooney delivers a fascinating tale of female power, exploring why it has seldom been allowed through the ages—and why we should care.

**KARA COONEY** is a professor of Egyptology at UCLA. Her academic work focuses on death preparations, afterlife beliefs, and gender studies. She has participated in digs with the Metropolitan Museum of New York at the Royal Pyramid complex of Senwosret III, and the Theban Necropolis with Johns Hopkins University. She appeared as a lead expert in the popular Discovery Channel special *The Secrets of Egypt's Lost Queen*, and is a recurring team member on the History Channel's *Digging for the Truth*. Her book *The Woman Who Would Be King* was published in 2014.

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Karen Karbo, with a foreword by Cheryl Strayed

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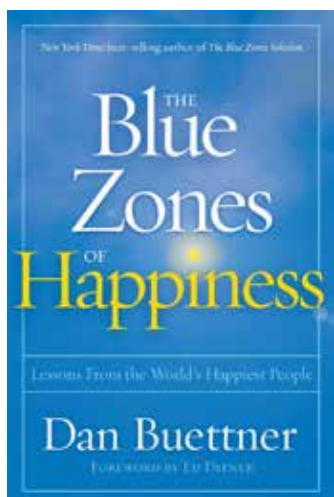
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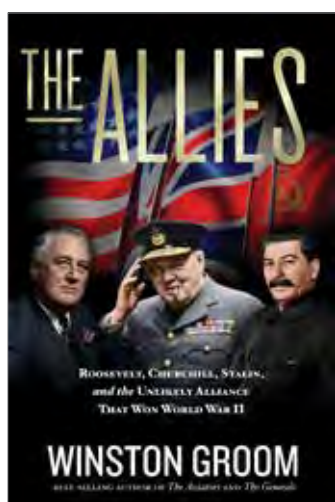
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