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GEOGRAPHIC

BOOKS CATALOG

| SPRING 2019 |

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Courtesy National Geographic Channel

DEAR READERS,

This spring, I'm honored to announce one of the biggest publishing events in National Geographic's history: Ann Druyan's *Cosmos: Possible Worlds*. The long-awaited sequel to her late husband Carl Sagan's international blockbuster, *Cosmos*, this exciting narrative continues the human quest to understand the universe and our place in it. Published to coincide with the second season of the NatGeo Channel's *Cosmos*, hosted by the incomparable Neil deGrasse Tyson (who penned the foreword), this luminous book formalizes National Geographic as a proud keeper of Sagan's important legacy.

Back on planet Earth, we have strived this season to bring you the best adventure experiences on land and at sea. In *100 Parks, 5,000 Ideas*—the sequel to the best-selling *50 States, 5,000 Ideas*—we unveil the best national, state, and city parks across North America. And *100 Dives of a Lifetime* provides the ultimate bucket list for scuba divers looking to explore their next reef or their next wreck.

When it comes to exploring the latest health trends, we have a winner in *What to Eat When*. In this groundbreaking book, best-selling authors Dr. Michael Roizen and Dr. Michael Crupain reveal how to optimize health, performance, and add years to your life—all using the latest nutrition science. And in *Nature's Best Remedies*, we offer homeopathic ways to restorative healing.

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

Warmly,

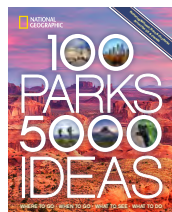


LISA THOMAS

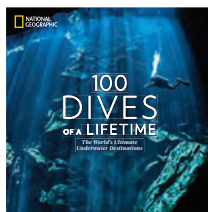
Publisher and Editorial Director
National Geographic Books



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National Geographic Backyard Guide
to the Night Sky, Second Edition 9

The Mindful Day 13

APRIL 2019

National Geographic Complete Guide to
Pet Health, Behavior, and Happiness 10

MAY 2019

Moon Rush 11

AUGUST 2019

Plucked 14

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HEALTH

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Nature's Best Remedies 7

INSPIRATION

The Mindful Day 13

PETS & ANIMALS

National Geographic Complete Guide to
Pet Health, Behavior, and Happiness 10

SCIENCE

Cosmos: Possible Worlds 3

National Geographic Backyard Guide
to the Night Sky, Second Edition 9

Plucked 14

SPACE

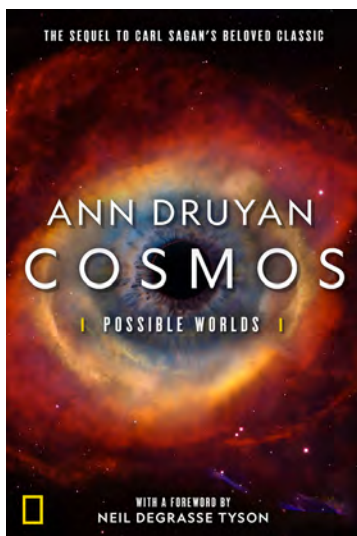
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COSMOS: POSSIBLE WORLDS

Ann Druyan, with a foreword by Neil deGrasse Tyson

The all-new and long-awaited sequel to Carl Sagan and Ann Druyan's international bestseller, *Cosmos: Possible Worlds* takes readers to planets only now emerging with the advent of new technologies.

With lucid prose that recalls the best-selling and beloved *Cosmos*, Ann Druyan takes readers on an extraordinary journey through the vast and unexplored realms of Earth and space, past and future, fact and imagination. Written and published in coordination with the sensational international television debut of a second season of National Geographic's *Cosmos*, this profound book travels through more than 14 billion years of cosmic evolution and into an astonishing future where probes travel by light beams to distant stars, helping us solve enduring mysteries of our origins and dream of an unimaginable time ahead. Along the way, we meet the colorful characters who push beyond the boundaries of knowledge—both the little known but monumental visionaries of the past and the scientists whose work is shaping our future. Color photographs, art, and diagrams based on graphics created for the television series—plus a foreword by Neil deGrasse Tyson, best-selling author, wildly popular science commentator, and host of *Cosmos* on the National Geographic Channel—complete this highly anticipated package.



ANN DRUYAN is a celebrated writer and producer who co-authored many bestsellers with her late husband, Carl Sagan. She also famously served as creative director of the Voyager Golden Record, sent into space 40 years ago. Druyan continues her work as an interpreter of the most important scientific discoveries, partnering with NASA and the Planetary Society. She has served as secretary of the Federation of American Scientists and is a laureate of the International Humanist Academy. Most recently, she received both an Emmy and a Peabody Award for her work in conceptualizing and writing National Geographic's first season of *Cosmos*.

US ON SALE DATE: FEB 19, 2019
978-1-4262-1908-5 HC
US \$30.00/CAN \$40.00
6 x 9 INCHES

352 PAGES
100 PHOTOGRAPHS
70,000 WORDS
RIGHTS: WD

UK ON SALE DATE: MAR 21, 2019
978-1-4262-1908-5 HC
UK £20.00
152 x 229 MM

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The Hubble Cosmos

US on Sale: 2015
9-1/8 x 10-7/8 Inches
232 x 276 mm
224 Pages, 155 Illustrations
50,000 Words
978-1-4262-1557-5 HC
US \$50.00/CAN \$58.00

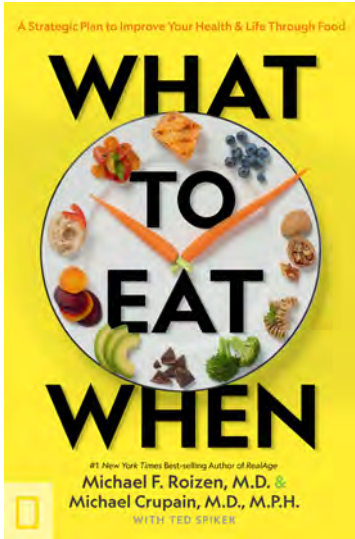
RIGHTS: WD
FRS: CHI



Mars

US on Sale: 2016
9-1/8 x 10-7/8 Inches
232 x 276 mm
304 Pages, 170 Photographs
30,000 Words
978-1-4262-1758-6 HC
US \$30.00/CAN \$39.00

RIGHTS: WD
FRS: CHI, FRA, GER, GRE, ITA,
JAP, NET, POR, SPA, TAI



WHAT TO EAT WHEN

A STRATEGIC PLAN TO IMPROVE YOUR HEALTH & LIFE THROUGH FOOD

Dr. Michael Roizen and Dr. Michael Crupain with Ted Spiker

New York Times best-selling authors Dr. Michael Roizen and Dr. Michael Crupain reveal how the food choices you make each day—and when you make them—can affect your health, your energy, your sex life, your waistline, your attitude, and the way you age.

What if eating two cups of blueberries a day could prevent cancer? If drinking a kale-infused smoothie could counteract missing an hour's worth of sleep? When is the right time of day to eat that chocolate chip cookie? And would you actually drink that glass of water if it meant skipping the gym? This revolutionary guide reveals how to use food to enhance our personal and professional lives—and increase longevity to boot. *What to Eat When* is not a diet book. Instead, acclaimed internist Michael Roizen and physician Michael Crupain offer readers choices that benefit them the most—whether it's meals to help them look and feel younger or snacks that prevent diseases—based on the science that governs those choices.

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.

US ON SALE DATE: JAN 8, 2019
978-1-4262-2011-1 HC
US \$28.00/CAN \$37.00
6 × 9 INCHES

352 PAGES
15 BLACK & WHITE ILLUSTRATIONS
80,000 WORDS
RIGHTS: WD
ALSO AVAILABLE IN EBOOK

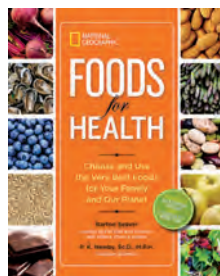
UK ON SALE DATE: JAN 8, 2019
978-1-4262-2011-1 HC
UK £20.00
152 × 229 MM

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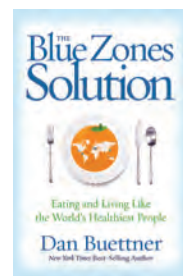
The Psychobiotic Revolution

US on Sale: 2017
6 × 9 Inches
152 × 229 mm
320 Pages
14 Black & White Illustrations
70,000 Words
978-1-4262-1846-0 HC
US \$26.00/CAN \$35.00
RIGHTS: WD
ALSO AVAILABLE IN EBOOK



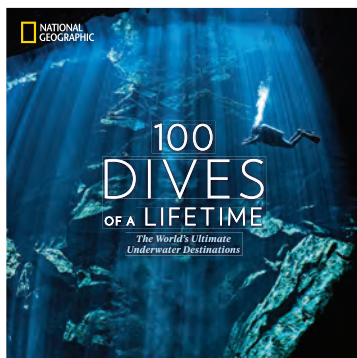
Foods for Health

US on Sale: 2014
7-5/8 × 9-3/4 Inches
194 × 248 mm
320 Pages, 350 Photographs
68,000 Words
978-1-4262-1275-8 PB
US \$22.95/CAN \$24.95
RIGHTS: WD



The Blue Zones Solution

US on Sale: 2015
6 × 9 Inches
152 × 229 mm
320 Pages, 8 Charts & Graphs
97,000 Words
978-1-4262-1192-8 HC
US \$26.00/CAN \$28.00
978-1-4262-1655-8 PB
US \$14.99/CAN \$19.99
RIGHTS: WD, AUDS
NO FOREIGN RIGHTS
FRS: TAI
ALSO AVAILABLE IN EBOOK



100 DIVES OF A LIFETIME

THE WORLD'S ULTIMATE UNDERWATER DESTINATIONS

Carrie Miller, with a foreword by Brian Skerry

Explore 100 breathtaking scuba diving sites around the world through stunning National Geographic photography, expert tips, and cutting-edge travel advice.

This exquisite inspirational book provides the ultimate bucket list for ardent scuba divers no matter their skill level. From diving with manta rays at night in Kona, Hawaii, and swimming with hammerheads of Cocos Island in Costa Rica to exploring caves in Belize's Lighthouse Atoll and diving beneath the ice floes of Antarctica, *100 Dives of a Lifetime* is filled with beautiful imagery, marine life guides, trusted travel tips, and expert diving advice from world-famous National Geographic divers and explorers like Brian Skerry, Jessica Cramp, and David Doubilet. Organized by diving experience and certification level, each location offers a once-in-a-lifetime opportunity to explore the magic of our world's oceans—from your armchair or with your scuba gear in tow.



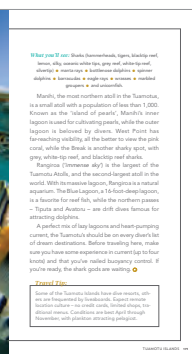
CARRIE MILLER has been writing for National Geographic since 1998. This two-time Lowell Thomas Award winner and contributing editor at *National Geographic Traveler* magazine calls New Zealand home, but in 2018 she put everything in storage to travel the world with her dive master husband, Chris Taylor, on a year-long assignment exploring the world's best dive travel locations.

BRIAN SKERRY (foreword) is a photojournalist specializing in marine wildlife and underwater environments. Since 1998, he has been a contract photographer for *National Geographic* magazine, covering a wide range of subjects and stories. He was named the Rolex National Geographic Explorer of the Year in 2017. His work has appeared in *People*, *Sports Illustrated*, *U.S. News & World Report*, *Smithsonian*, and *Esquire*, among other publications. The author/photographer of *Shark*, published in 2017, he lives in Uxbridge, Massachusetts.

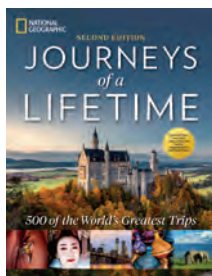
US ON SALE DATE: FEB 26, 2019
978-1-4262-2007-4 HC
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8-1/2 × 8-1/2 INCHES

400 PAGES
350 PHOTOGRAPHS
55,000 WORDS
RIGHTS: WD

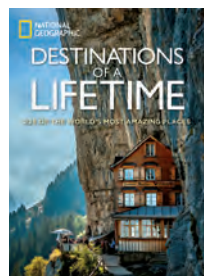
UK ON SALE DATE: MAR 21, 2019
978-1-4262-2007-4 HC
UK £25.00
216 × 216 MM



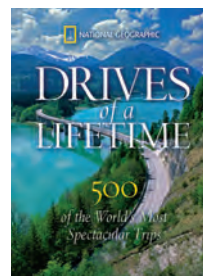
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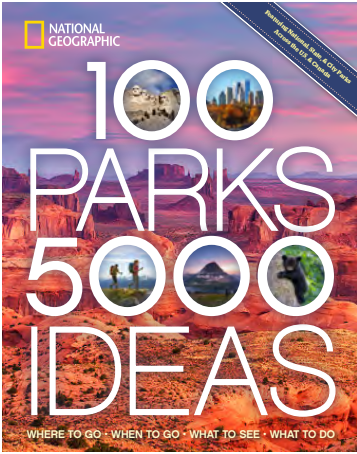
Journeys of a Lifetime, Second Edition
US on Sale: 2018
9-1/8 × 11-7/8 Inches
232 × 302 mm
416 Pages, 450 Photographs
175,000 Words
978-1-4262-1973-3 HC
US \$40.00/CAN \$50.00
RIGHTS: WD
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HUN, ITA, JAP, KOR, NET, ROM,
RUS, SLO, SPA, TUR, TAI
ALSO AVAILABLE IN EBOOK



Destinations of a Lifetime
US on Sale: 2015
9-1/8 × 11-7/8 Inches
232 × 302 mm
320 Pages
250 Photographs
55,000 Words
978-1-4262-1564-3 HC
US \$40.00/CAN \$40.00
RIGHTS: WD
FRS: FRA, GER, GRE, ITA, TAI
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Drives of a Lifetime
US on Sale: 2010
8-7/8 × 11-3/4 Inches
225 × 299 mm
320 Pages, 400 Illustrations
90,000 Words
978-1-4262-0677-1 HC
US \$40.00/CAN \$45.00
RIGHTS: WD
FRS: FRA, GER, ITA, JAP, NET,
RUS, TAI
ALSO AVAILABLE IN EBOOK



100 PARKS, 5,000 IDEAS

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

Joe Yogerst

Filled with helpful travel tips and beautiful National Geographic photography, this expert guide showcases the best experiences in the top national, state, and city parks throughout North America.

In the sequel to the best-selling *50 States, 5,000 Ideas*, National Geographic turns to the United States and Canada's most pristine—and adventure-filled—national, state, and city parks with 5,000 ideas for the ultimate vacation. Each entry provides an overview of the park, detailed travel advice, fascinating facts, insider knowledge about wildlife, and expert tips. From the geysers of Yellowstone National Park to the Everglades' Nine Mile Pond Canoe Trail and the stunning peaks of Banff and Jasper in Alberta, each page will fuel your wanderlust. Plus, explore the natural beauty tucked away in cities like New York's Central Park and Boston Commons. Top 10 lists throughout highlight best-of destinations for river trips, monuments, panoramic views, beaches, and more.

JOE YOGERST, an editor, writer, and photographer for three decades, has lived and worked on four continents: Asia, Africa, Europe, and North America. His writing has appeared in *National Geographic Traveler*, *Condé Nast Traveler*, *CNN Travel*, *Islands Magazine*, the *International New York Times* (Paris), the *Washington Post*, *Los Angeles Times*, and 35 National Geographic books, including the best-selling *50 States, 5,000 Ideas*. Yogerst is currently writing and hosting a National Geographic/Great Courses video series on America's state parks that debuts in the fall of 2019.

US ON SALE DATE: FEB 12, 2019
978-1-4262-2010-4 PB
US \$29.99/CAN \$39.99
7-1/8 x 9-1/8 INCHES

400 PAGES
350 PHOTOGRAPHS
110,000 WORDS
RIGHTS: WD

UK ON SALE DATE: MAR 21, 2019
978-1-4262-2010-4 PB
UK £20.00
181 x 232 MM



PHOTO BY: SHANNON YOGERST

Cape Cod National Sea Shore Massachusetts

Much more than just a pretty beach, Cape Cod National Seashore safeguards a range of natural habitats from salt marshes and headlands to stands of pine and oak forest, and freshwater features like kettle ponds and sphagnum bogs. Its human heritage is just as rich and diverse, a history that spans Pilgrims and residents, radio pioneers and an artist colony hidden among the dunes' rolling dunes.

I deal for dense grass, and I easily allow for the beach. I've been to Cape Cod National Seashore many times in 1981. Because it was a local hit by the name of John

THE BIG PICTURE
Established: 1961
Elevation: 400 feet
Where: 40 miles (200)
Hours: 9 a.m. to 5 p.m.
Phone: 508-548-7000
www.nps.gov/codnseashore
Entrance Fee: \$10 per vehicle, \$10 per person (mandatory; informational; Day to Sept. 30)

Each of the 100 parks in this book is a treasure trove of information that would have cost you a fortune to find on your own. This is the only book that gives you the inside scoop on everything you need to know to make the most of your trip. From the best time to visit to the best places to stay, this book has it all.

1 Kettle ponds are a unique feature of the Cape. They are the result of glacial activity and are often surrounded by dense forest. The largest is the 100-acre Lake Umbagog, which is a popular spot for fishing and boating.

2 The dunes are a unique feature of the Cape. They are the result of glacial activity and are often surrounded by dense forest. The largest is the 100-acre Lake Umbagog, which is a popular spot for fishing and boating.

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THE TOP 10 BOTANICAL ADVENTURES

Each of the 100 parks in this book is a treasure trove of information that would have cost you a fortune to find on your own. This is the only book that gives you the inside scoop on everything you need to know to make the most of your trip. From the best time to visit to the best places to stay, this book has it all.

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THE TOP 10 BOTANICAL ADVENTURES

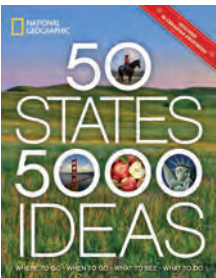
Each of the 100 parks in this book is a treasure trove of information that would have cost you a fortune to find on your own. This is the only book that gives you the inside scoop on everything you need to know to make the most of your trip. From the best time to visit to the best places to stay, this book has it all.

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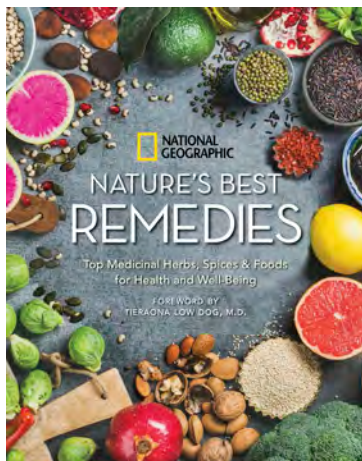
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50 States, 5000 Ideas
US on Sale: 2017
7-1/8 x 9-1/8 Inches
181 x 232 mm
288 Pages, 275 Photographs
978-1-4262-1690-9 HC
US \$24.95/CAN \$32.49
RIGHTS: WD



100 Countries, 5000 Ideas
US on Sale: 2011
7-1/8 x 9-1/4 Inches
181 x 235 mm
400 Pages, 400 Illustrations
978-1-4262-0758-7 PB
US \$26.95/CAN \$31.00
RIGHTS: WD
FRS: FRA, GER, ITA, THA



NATURE'S BEST REMEDIES

TOP MEDICINAL HERBS, SPICES, AND FOODS FOR HEALTH AND WELL-BEING

National Geographic, with a foreword by Tieraona Low Dog, M.D.

This authoritative guide to the world's most therapeutic foods, herbs, spices, and essential oils shows how the healing power of nature can energize your body and enrich your life, from treating illness and sharpening the mind to enhancing pregnancy and reducing the effects of aging.

Divided into two sections—Nature's Cures and Nature's Pharmacopoeia—this beautifully illustrated book provides up-to-date information on such timely topics as the perils of packaged foods and the benefits of phytochemicals, how to achieve major results with minor alterations in your food choices, the soothing benefits of essential oils, and the most effective methods for maximizing such natural home helpers as salts, vinegars, oils, and more. Innovative recipes offer easy, effective dishes that utilize multiple herbs, spices, and fresh foods for powerhouse results.



DR. TIERAONA LOW DOG is an internationally recognized expert in integrative medicine, dietary supplements, and women's health. For many years she worked with Andrew Weil at the University of Arizona's Center for Integrative Medicine. A leader in national health policy and regulatory issues, she has been elected chair for numerous supplements and botanicals panels for the U.S. Pharmacopoeia. Among her many honors, she received the Clinician of the Year Award from the Natural Products Association in 2015. She is a frequent guest on *The Dr. Oz Show* and *The People's Pharmacy* NPR radio show.

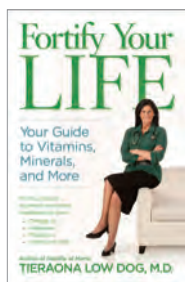
US ON SALE DATE: FEB 5, 2019
978-1-4262-1892-7 HC
US \$35.00/CAN \$47.00
7-5/8 x 9-3/4 INCHES

320 PAGES
400 PHOTOGRAPHS
150,000 WORDS
RIGHTS: WD

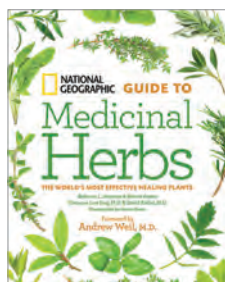
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UK £25.00
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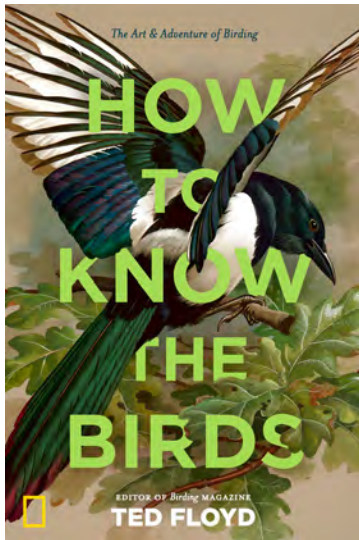
Fortify Your Life
US on Sale: 2016
6 x 9 Inches
152 x 229 mm
336 Pages
80,000 Words
978-1-4262-1668-8 HC
US \$26.00/CAN \$34.00
RIGHTS: WD
ALSO AVAILABLE IN EBOOK



Guide to Medicinal Herbs
US on Sale: 2012
7-5/8 x 9-3/4 Inches
194 x 248 mm
400 Pages, 320 Illustrations
100,000 Words
978-1-4262-0700-6 HC
US \$40.00/CAN \$45.00
RIGHTS: WD
FRS: JAP, KOR, TUR



Life Is Your Best Medicine
US on Sale: 2012
6 x 9 Inches
152 x 229 mm
304 Pages
60,000 Words
978-1-4262-0960-4 HC
US \$26.00/CAN \$30.00
978-1-4262-1455-4 PB
US \$14.95/CAN \$17.95
RIGHTS: WD, AUDS
ALSO AVAILABLE IN EBOOK



HOW TO KNOW THE BIRDS

THE ART & ADVENTURE OF BIRDING

Ted Floyd

With brief portraits of 200 top North American birds, this friendly, relatable book is a celebration of the art, science, and delights of bird-watching.

This inspired guide introduces a new, holistic approach to bird-watching by noting how behaviors, settings, and seasonal cycles connect with shape, song, color, gender, age distinctions, and other features traditionally used to identify species. With short essays on 200 observable species, expert author Ted Floyd guides us through a year of becoming a better birder, each species representing another useful lesson: from explaining scientific nomenclature to noting how plumage changes with age, from chronicling migration patterns to noting hatching habits. Original pencil illustrations accompany Floyd's winning prose to create a unique blend of narrative and field guide. A pleasure for birders of all ages, this witty book promises solid lessons for the beginner and smiles of recognition for the seasoned nature lover.

TED FLOYD has written four books, most recently *ABA Field Guide to Birds of Colorado*, and more than 200 popular articles, technical papers, and book chapters on birds and natural history. He is the author of *Smithsonian Field Guide to the Birds of North America*, published by HarperCollins in 2008, which received a starred review in *Publishers Weekly*. Known widely within the birding community and recognized for both his birding acumen and his quirky intellect, Floyd is a frequent speaker at bird festivals and ornithological society meetings nationwide.

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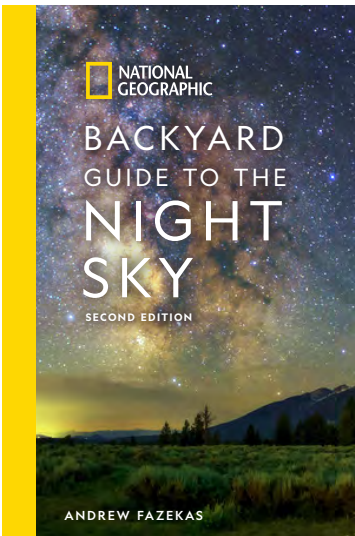
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Andrew Fazekas

Explore the star-studded cosmos with this fully updated, user-friendly skywatcher's guide, filled with charts, graphics, photographs, and expert tips for viewing—and understanding—the wonders of space.

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ANDREW FAZEKAS, also known as the Night Sky Guy, is a science writer, speaker, and broadcaster who shares his passion for the wonders of the universe through all media. He writes the popular online column "StarStruck" for National Geographic and is the author of the book *Star Trek: The Official Guide to Our Universe*. Fazekas is a syndicated correspondent for television and radio broadcast networks, the communications manager for Astronomers Without Borders, and an active skywatching member of the Royal Astronomical Society of Canada since 1983. Co-creator of the world's first open-air, augmented-reality planetarium experience in Canada, Fazekas and his team are now partnering with National Geographic to expand this groundbreaking science edutainment concept globally. He has never met a clear night sky he didn't like.

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ORION: The Hunter

MAKEUP: 20 stars
BEST VIEWED: Jan./Feb.
LOCATION: Southern
DEEP SKY OBJECT: Orion Nebula

THIS MAY BE THE most recognizable constellation in the sky, visible worldwide from its position straddling the celestial equator, and identified by different cultures across thousands of years. Its prominence earned three references in the Bible, and it is mentioned in the Iliad, the Odyssey, and other classics of literature. To modern skywatchers, the hunter's position is ideal for use as a reference point. Three of the twenty-five brightest stars in the sky are found in the group, and their brightness makes the structure of a man in the constellation easy to imagine. The hunter's bright belt is made of three stars all around 2nd magnitude. His upraised, club-wielding arm sweeps into the Milky Way while his other hand holds a lion's paw.

Bright Stars
Orion's main stars are among those that most easily stand out in the night sky. They can provide a way to orient yourself even amid the glare of city lights. Large, reddish tinted Betelgeuse is the alpha star and represents his right shoulder. It is a huge variable star that pulsates to a diameter between 300 and 400 times the size of our Sun. Blue-white Rigel, the hunter's left foot, is a magnitude 0.1 supergiant, 200,000 times as bright as the Sun. The hunter's left shoulder is formed by another bright star, magnitude 1.6 Bellatrix (and if Orion's cultural centrality were in doubt, the name of this star would clarify it, appearing as an evil character in the Harry Potter series of books). Antares, Alnilam, and Saiph—all around 2nd magnitude or less—form Orion's distinctive diagonal belt, one of the characteristics by which it is most easily recognized.

Mythology
There are a few stories in Greco-Roman mythology associated with Orion. In one, Orion was a powerful hunter slain and reborn by Scylla—a reason for the club being placed, as they are, on opposite sides of the sky. In another story, Artemis, the goddess of the hunt, advised Orion for his great skill as a hunter.

INTERESTING OBJECTS IN ORION
Orion includes an area of the Milky Way that features intense star production. Beneath the hunter's belt lies the nebula known as the Orion Nebula, and in the middle of them is the GREAT ORIONID SHED. Visible as a cloud patch to the naked eye, larger telescopes will show a great cloud where star formation is taking place at different rates. At its center are the four stars known as the TRAPEZUM.

MAIN STARS

β BETELGEUSE	COLOR: Red
MAGNITUDE: 0.7	DISTANCE: 640 LY
γ RIGEL	COLOR: Blue
MAGNITUDE: 0.1	DISTANCE (LY): 775
γ BELLATRIX	COLOR: Blue-white
MAGNITUDE: 1.6	DISTANCE: 240 LY
δ ANTARES	COLOR: Red
MAGNITUDE: 1.2	DISTANCE: 69 LY
ε ALNILAM	COLOR: Blue
MAGNITUDE: 1.7	DISTANCE (LY): 995

SKY STORY
Orion is among the constellations to work its way into classic texts. It is mentioned three times in the Bible, for example, including this cosmic question from Job: "Can you bind the chains of the Pleiades, Or loose the cords of Orion?"

SIZE ON THE SKY

WINTER STAR HOPPING

FINDING YOUR WAY AROUND the night sky becomes easier once you locate key signposts. Star hopping is a tactic for using the brightest stars and familiar asterisms to direct the eye to dimmer stars. The degree of distance on the map indicates how far to travel from one signpost to the next (see page 20-21). A closed fist raised the sky measures about 10°. The Milky Way sweeps right through the Winter Triangle, a large asterism used to hone in on several constellations near the ecliptic.

Don't be surprised when you look at the list of constellations and find the Big Dipper and the Great Square are missing. These are asterisms, small groups of stars that have a distinct, well-known shape and may form part of a constellation but are not considered constellations themselves. The Big Dipper points to Polaris, the North Star, as well as Pegasus in Gemini and Capella in Auriga. Locating the Great Square is the first step to tracing the constellations Pegasus and Andromeda.

STELLAR MAGNITUDES

○	1st mag
○	2nd mag
○	3rd mag
○	4th mag
○	5th mag
○	6th mag
○	7th mag
○	8th mag
○	9th mag
○	10th mag

LINE

- Asterism
- Constellation



NATIONAL GEOGRAPHIC COMPLETE GUIDE TO PET HEALTH, BEHAVIOR, AND HAPPINESS

THE VETERINARIAN'S APPROACH TO AT-HOME ANIMAL CARE

Gary Weitzman, DVM, MPH, CAWA

In National Geographic's comprehensive and easy-to-use illustrated pet reference, a renowned veterinarian offers expert advice on common health, behavior, and training for dogs, cats, and other domestic pets.

Combining first aid, medical reference, and tips and tricks of the trade, here is your go-to guide for at-home animal care, focusing on dogs, cats, rabbits, birds, and more! Building on more than two decades of veterinary experience, Dr. Gary Weitzman covers topics including upset stomachs, house training, physical ailments, and behavior tips. The president and CEO of the San Diego Humane Society and former co-host of the weekly NPR show *The Animal House*, Dr. Gary brings a wealth of experience to essential veterinary questions, revealing basic first-aid techniques, when a trip to the vet is necessary, dietary recommendations, simple training techniques, necessary supplies, essential behavior cues, and much more.



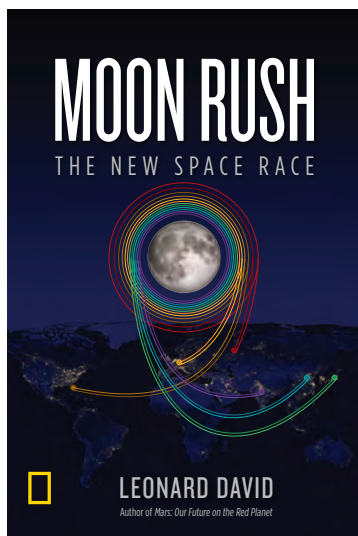
GARY WEITZMAN, DVM, MPH, CAWA, joined the San Diego Humane Society and SPCA in May 2012. He is a licensed veterinarian and an accomplished animal welfare professional with more than 20 years of experience. Weitzman is a Certified Animal Welfare Administrator (CAWA), serves on the boards of the Society of Animal Welfare Administrators (SAWA) and the Hill's Science Diet Shelter Advisory Board, and chairs the Best Practices Committee of the National Federation of Humane Societies. Weitzman has published three books with National Geographic: one for children, *Everything Dogs*, and two for pet owners, *How to Speak Dog* and *How to Speak Cat*.

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LEONARD DAVID has been reporting on space science and exploration for more than 50 years. His writing has appeared in the *Financial Times*, *Foreign Policy*, *Private Air*, *Sky and Telescope*, *Astronomy*, and *Aerospace America*. David has been a consultant to NASA, other government agencies, and the aerospace industry, and serves as SPACE.com's Space Insider columnist. He is the author of *Mars: Our Future on the Red Planet* and co-author of Buzz Aldrin's *Mission to Mars*.



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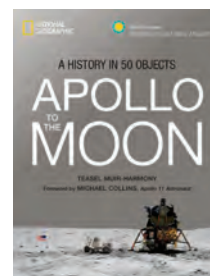
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STARTALK

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NEIL DEGRASSE TYSON earned his BA in physics from Harvard and his Ph.D. in astrophysics from Columbia. His professional research interests include star formation, exploding stars, dwarf galaxies, and the structures of our Milky Way. Tyson was appointed by President Bush in 2001 and 2004 to serve on committees studying the future of the U.S. aerospace industry and the implementation of the U.S. space exploration policy. He has also served on the Advisory Council for NASA. He is a monthly essayist for *Natural History* magazine and has published nine books, including the best-selling *Death by Black Hole: And Other Cosmic Quandaries*. He also is the first occupant of the Fredrick P. Rose Directorship of the Hayden Planetarium. Tyson lives in New York City with his wife and two children.

JEFFREY SIMONS is the social media director of StarTalk Radio. He is the author of *Spirit in Realtime* and co-author of the cause-related marketing handbook *Making Money While Making a Difference* with Dr. Richard Steckel. He has a BA in literature from Georgetown University. He lives in New Jersey with his wife, daughter, and four cats.

CHARLES LIU is an astrophysics professor at the City University of New York's College of Staten Island, and an associate with the Hayden Planetarium and Department of Astrophysics at the American Museum of Natural History in New York. He earned degrees from Harvard University and the University of Arizona, and held postdoctoral positions at Kitt Peak National Observatory and at Columbia University. Together with co-authors Robert Irion and Neil Tyson, he received the 2001 American Institute of Physics Science Writing Award for his book *One Universe: At Home in the Cosmos*. He is the author of *The Handy Astronomy Answer Book*, now in its third edition. He and his wife have three children.

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LAURIE J. CAMERON is a leadership coach and teacher who combines Eastern traditions, positive psychology, and neuroscience to help bring mindfulness to business, education, and parenting. In addition to founding PurposeBlue, a leadership company dedicated to mindfulness, Cameron is a certified teacher for Google's Search Inside Yourself Leadership Institute. She lives in Chevy Chase, Maryland.

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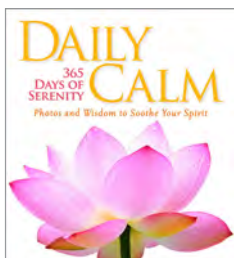
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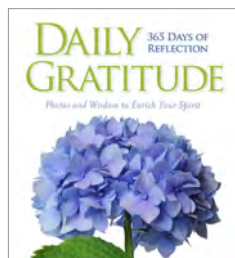
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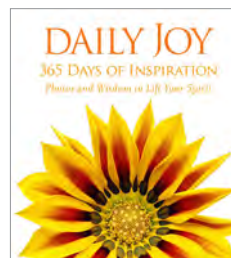
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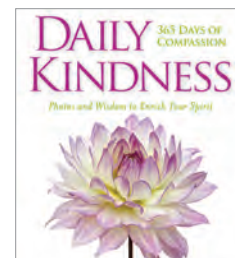
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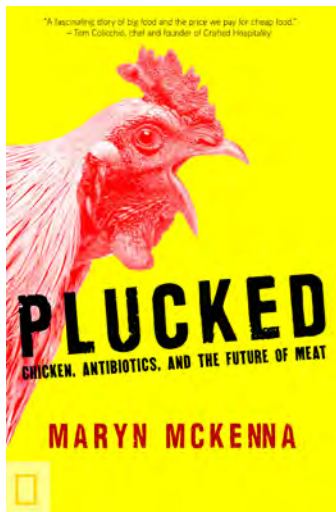


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PLUCKED

CHICKEN, ANTIBIOTICS, AND THE FUTURE OF MEAT

Maryn McKenna

NOW IN
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Published in 2017 as *Big Chicken*, this eye-opening expose is now in paperback and retitled *Plucked*. It documents how antibiotics transformed chicken from local delicacy to industrial commodity and human health threat, unveiling the ways we can make America's favorite meat safer again.

Consumed more than any other meat in the United States, chicken is emblematic of today's mass food-processing practices and its profound influence on our lives and health. Renowned health journalist Maryn McKenna traces chicken's meteoric rise from scarce treat to ubiquitous global commodity. She reveals the astounding role of antibiotics in industrial farming, documenting how and why "wonder drugs" revolutionized the way the world eats—and not necessarily for the better. Rich with scientific, historical, and cultural insights, this spellbinding cautionary tale shines a light on one of America's favorite foods—and shows us the way to safer, healthier eating for ourselves and our children.

MARYN MCKENNA is an award-winning journalist and the author of two critically acclaimed books, *Superbug* and *Beating Back the Devil*. She writes for *Wired*, *National Geographic*, *Scientific American*, *Slate*, *Nature*, *The Atlantic*, the *Guardian*, *National Geographic* magazine's online science salon *Phenomena*, and other publications, and is a senior fellow of the Schuster Institute for Investigative Journalism at Brandeis University.

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