

FALL 2024



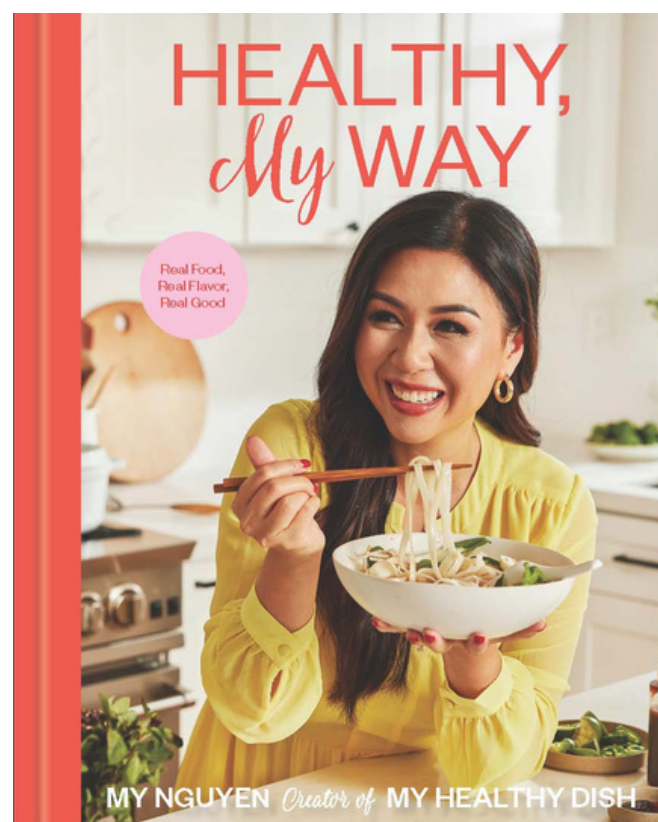
HARMONY
BOOKS



RODALE

FOOD & DRINK





Healthy My Way

More Than 100 Recipes for Easy, Healthy Food That Won't Slow You Down

BY MY NGUYEN

9780593580189 | 10/01/24 | HC/POB | 32.50
US (42.50 CAN) | 256 PAGES | 8 x 10

My Nguyen needed nourishing food to keep up with two active toddlers, a demanding job, and a bustling household. So she stopped counting calories and started to define her own kind of healthy eating. Doubling down on lean proteins, vegetables, and ingredients like fresh herbs and condiments to boost flavor, she shares her pragmatic but playful recipes to millions of fans on her platform, My Healthy Dish. With an emphasis on foods that help you feel great and sustain energy, these recipes will help fuel your body and keep your meals fun and flavor-packed.

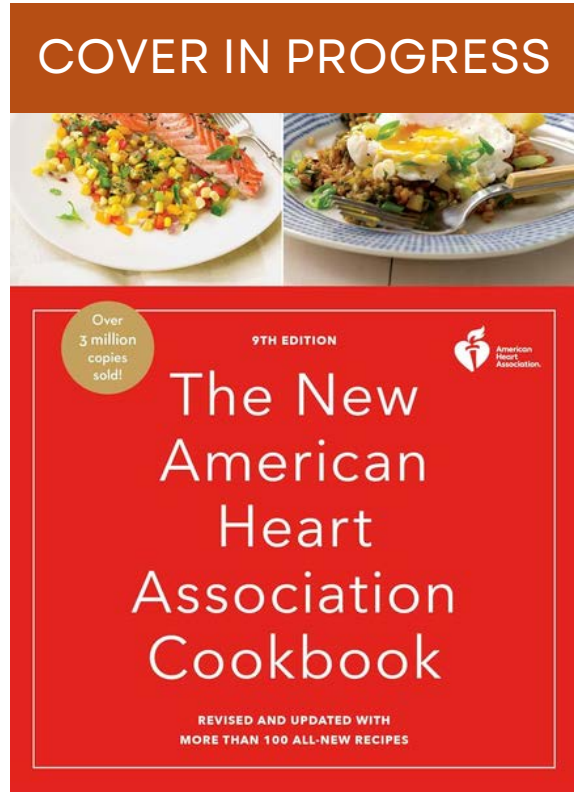


My Nguyen

is the creator behind My Healthy Dish, a social media empire with millions of highly engaged followers. She is a second-generation Vietnamese Californian who grew up in the restaurant her parents owned and ran. She is the author of *My Healthy Dish*.



RODALE



For the millions of Americans who want to improve their cardiac health or achieve weight loss and general wellness by eating a diet low in saturated fat and cholesterol, *The New American Heart Association Cookbook, 10th Edition*, is the one-stop shop for heart-healthy living and eating, with updated health information and tips for meal planning, shopping, and cooking healthfully. With 800 recipes--100 all new, 100 refreshed--this revised and updated edition of the American Heart Association's cornerstone cookbook is a definitive resource.

The New American Heart Association Cookbook, Centennial Edition

BY THE AMERICAN HEART ASSOCIATION

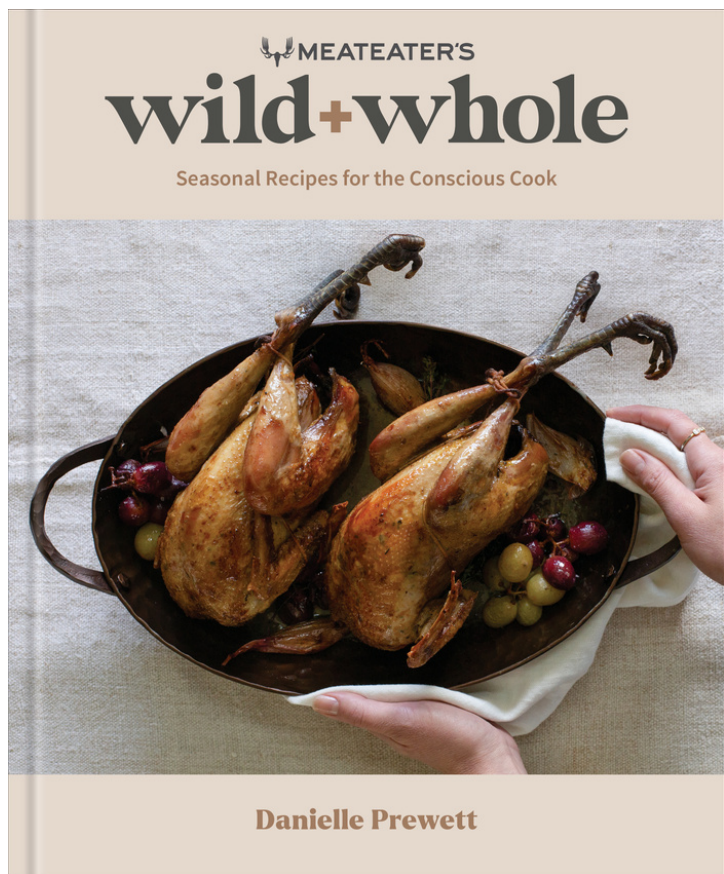
9780593797556 | 12/03/24 | TR | 23.00 US
(30.99 CAN) | 544 PAGES | 6-1/2 x 9



The American Heart Association

has invested more than \$5 billion in research with the mission to build healthier lives, free of cardiovascular diseases and stroke. Its bestselling library of cookbooks includes *Grill It, Braise It, Broil It; Healthy Slow Cooker Cookbook; Go Fresh; The Go Red for Women Cookbook; Low-Salt Cookbook, 4th Edition*; and *The New American Heart Association Cookbook, 8th Edition*.





As *MeatEater*'s leading voice for wild foods and a trusted resource for cooking wild game, Danielle Prewett seeks out seasonal local foods and focuses on living off the land through hunting, fishing, foraging, and gardening. In her debut cookbook, she shares her personal entry into hunting and processing wild game and her philosophy for cooking seasonally, eating consciously, and approaching food with curiosity, thoughtfulness, and intention. In *Wild + Whole*, Prewett shares over 80 recipes that celebrate the diversity of food and are organized by season--plus tips and tricks for food preservation and smart suggestions for reducing food waste and getting the most out of a garden.

Wild + Whole

Seasonal Recipes for the
Conscious Cook

BY DANIELLE PREWETT

9780593578582 | 10/08/24 | HC/POB | 35.00
US (48.00 CAN) | 272 PAGES | 7-3/8 x 9-1/8



Danielle Prewett

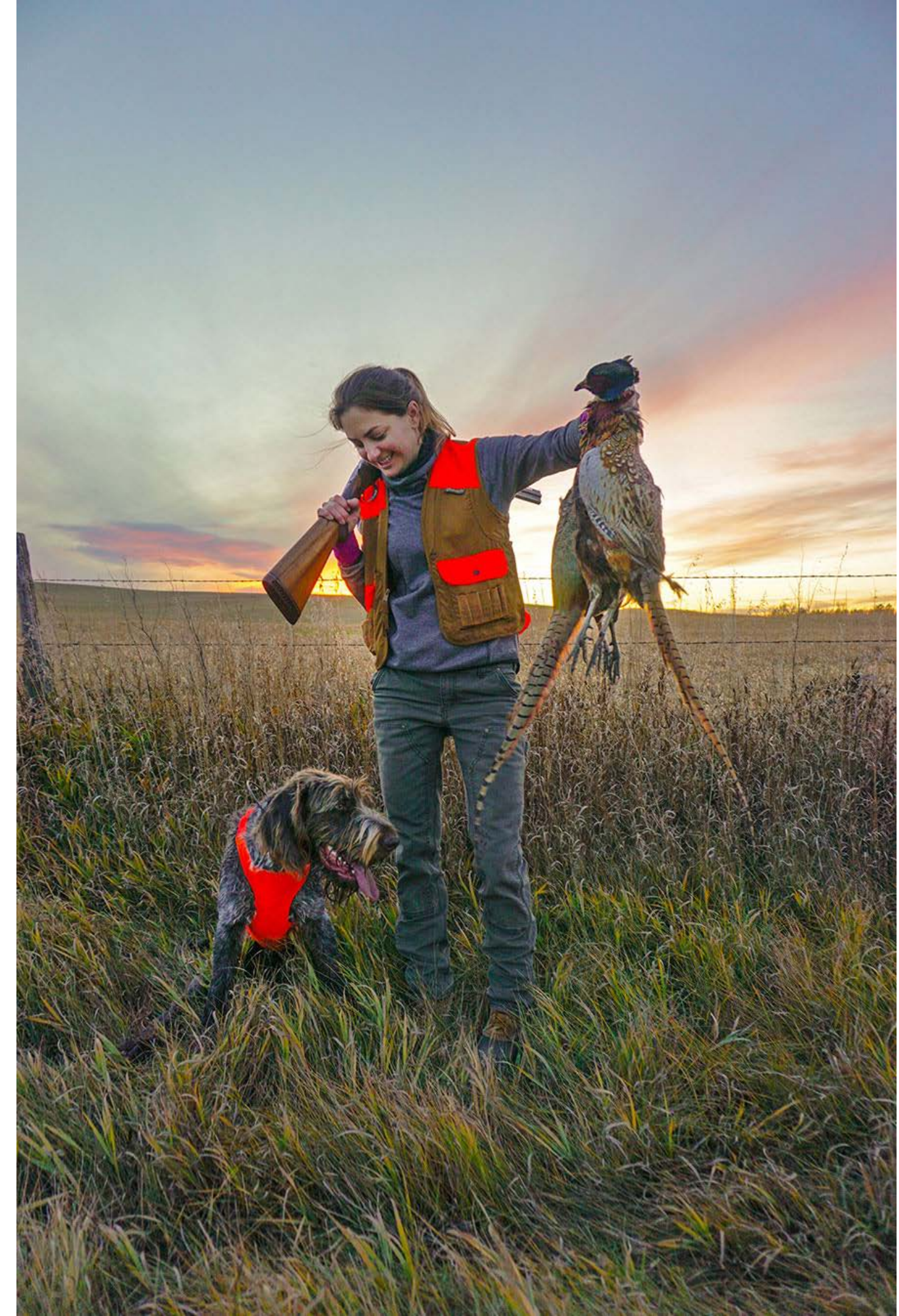
is the founder of Wild + Whole and a wild foods contributing editor for *MeatEater*. She is passionate about the outdoors because hunting, fishing, gardening, and foraging enable her to connect with her food and eat consciously.



RODALE

“I BELIEVE THAT EVERY MEAL TELLS A STORY,

if you're willing to look for it. To me, the key to finding those stories is connecting to my food, and to do that, I rely on the inherent rhythms of nature, the ebbs and flows tied to the year's changing seasons.”





Tired of trying to find food for your kids' school lunches that's both nutritious and tasty? Megan McNamee and Judy Delaware, the founders of Feeding Littles, are here to help. Break out of your lunch box rut and feel confident creating healthy, balanced lunches, with more than seventy-five real-life lunches and grocery lists for inspiration. Each lunch follows a loose model of protein + starch + vegetable + fruit + dessert or dip, which will inspire you to create hundreds of unique lunches to keep your child interested and hungry for more.

Feeding Littles Lunches

75+ No-Stress Lunches
Everyone Will Love

**BY MEGAN McNAMEE, MPH, RDN
& JUDY DELAWARE, OTR/L CLC**

9780593797457 | 08/27/24 | TR | 28.00 US
(37.99 CAN) | 240 PAGES | 8 x 10



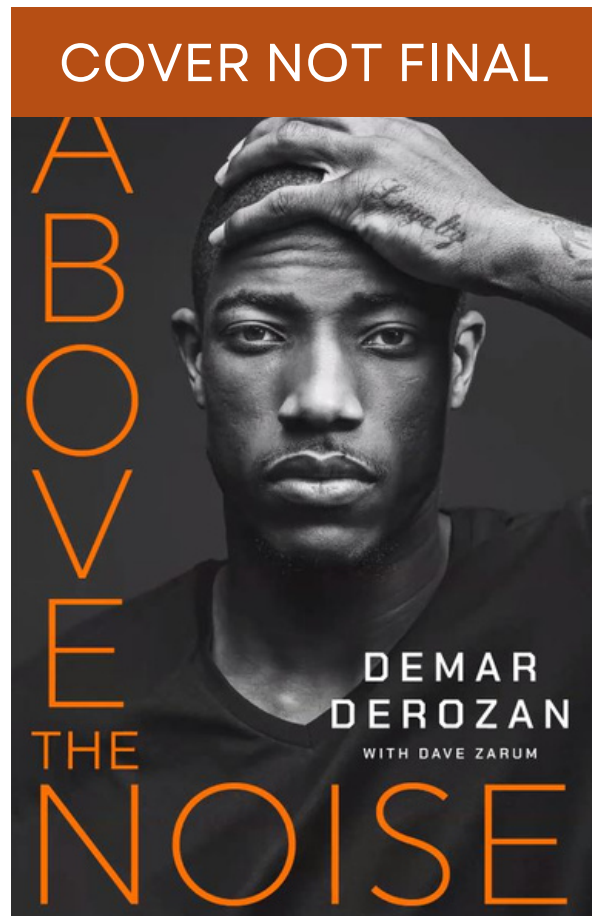
Megan McNamee & Judy Delaware

are the founders of Feeding Littles and the *New York Times* bestselling co-authors of *Feeding Littles and Beyond*. Judy is an occupational therapist who helps children with medical, developmental, and sensory issues learn to eat a wider variety of foods. Megan is a registered dietitian nutritionist who specializes in maternal/child nutrition, disordered eating prevention, and food sensitivities.



MEMOIR





Above the Noise

My Story of Chasing Calm

**BY DEMAR DEROZAN with
DAVE ZARUM**

9780593581261 | 09/10/24 | HC | 28.00 US |
240 PAGES | 5-1/2 x 8-1/4

DeMar DeRozan, six-time NBA All-Star, has been called a “basketball savant” (*ESPN*) and “the best closer in the NBA” (*GQ*)—but when he went public with his depression, it sparked a conversation that reached far beyond the court. Now it’s time to tell the full story. From a scared, angry kid to a confident father of five, DeRozan traces his journey to basketball stardom and the forces that honed him into the player—and the slowly healing person—he is today. It will encourage anyone who has ever felt alone in their struggles and inspire a new generation of young people to rise above the noise and speak their truth.



DeMar DeRozan

is a guard/forward for the Chicago Bulls and has previously played for the San Antonio Spurs, Toronto Raptors, and USC Trojans. He is a two-time Olympic gold medalist for the United States basketball team. A father of five, DeRozan frequently returns to community centers in Compton where he once practiced as a teenager, to mentor the next generation of basketball players.



HARMONY
BOOKS



“NOT ONLY DO I
STRUGGLE, BUT WHEN I
DO, THE WHOLE WORLD
SEES. MY SUCCESS IS
PUBLIC, JUST AS MY
FAILURES ARE.”

PARENTING





Most parents understand that unstructured play time is good for a child's attention span and creativity, but new science has discovered that specific, deliberate, playful interaction *with parents* is the key to their healthy emotional development and later resilience as well. In *The Way of Play*, bestselling author Tina Payne Bryson and nationally recognized play expert Georgie Wisen-Vincent detail the eight playful techniques that harness this caregiving magic, including: leaning into emotion, tuning into the body, storytelling, and thinking out loud.

The Way of Play

Using Little Moments of Big Connection to Raise Calm and Confident Kids

BY TINA PAYNE BRYSON & GEORGIE WISEN-VINCENT

9780593796283 | 01/07/25 | HC | 28.00 US
(37.99 CAN) | 304 PAGES | 6-1/8 x 9-1/4



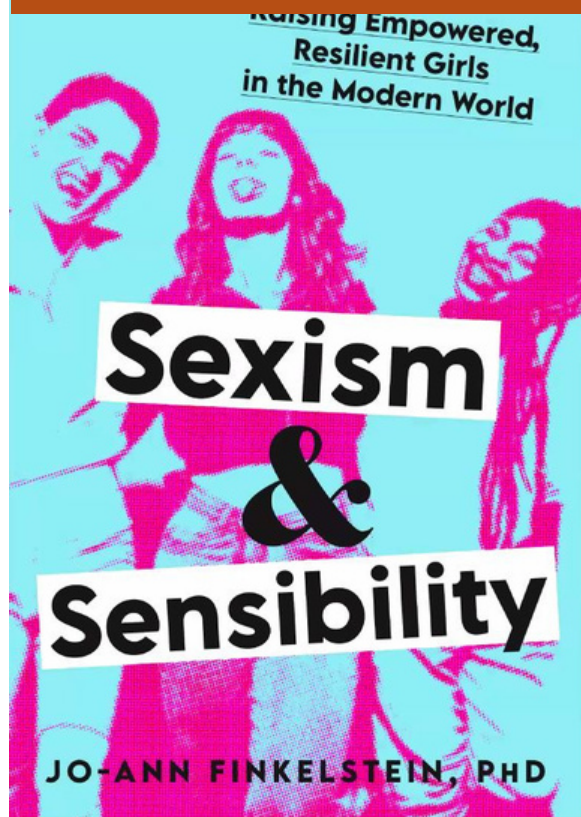
Tina Payne Bryson & Georgie Wisen-Vincent

are Executive Director and Managing Director, respectively, of the Center for Connection, a multidisciplinary clinical practice in Southern California. Tina Payne Bryson, PhD is the co-author (with Dan Siegel) of four books, including the *New York Times* bestsellers *The Whole-Brain Child* and *No-Drama Discipline*. Georgie Wisen-Vincent, LMFT is a nationally recognized play therapy expert and graduate professor in the play therapy program at Loma Linda University.



RODALE

COVER NOT FINAL



We live in a world of mixed messages for women: You can be anything you want to be, but don't expect to be paid equally for it. It's what's inside that counts, but be sure to wax, bleach, and slim down what's outside first. Jo-Ann Finkelstein, a Harvard-educated psychologist who has worked with girls of all ages for two decades, unpacks this unfair treatment and helps parents fine-tune their daughters' natural "sexism detectors." Full of concrete solutions for proactive parenting, *Sexism and Sensibility* offers resources to help talk to girls about objectification, consent, cultural messaging, and more.

Sexism and Sensibility

Raising Empowered,
Resilient Girls in the Modern
World

BY JO-ANN FINKELSTEIN, PhD

9780593581162 | 09/03/24 | HC | 28.00 US
(37.99 CAN) | 336 PAGES | 6-1/8 x 9-1/4



Jo-Ann
Finkelstein, PhD

is a clinical psychologist who maintains a private clinical practice rooted in an understanding of how bias, social justice, and mental health intersect. Her work has been highlighted in *The New York Times*, *The Harvard Business Review*, *Women's Health*, *Oprah Daily*, and on *HuffPost* and CNN. She has served on the board of the Chicago Chapter of the National Organization for Women, volunteered for Planned Parenthood PAC, and was an organizer for the Chicago Women's March.



HARMONY
BOOKS

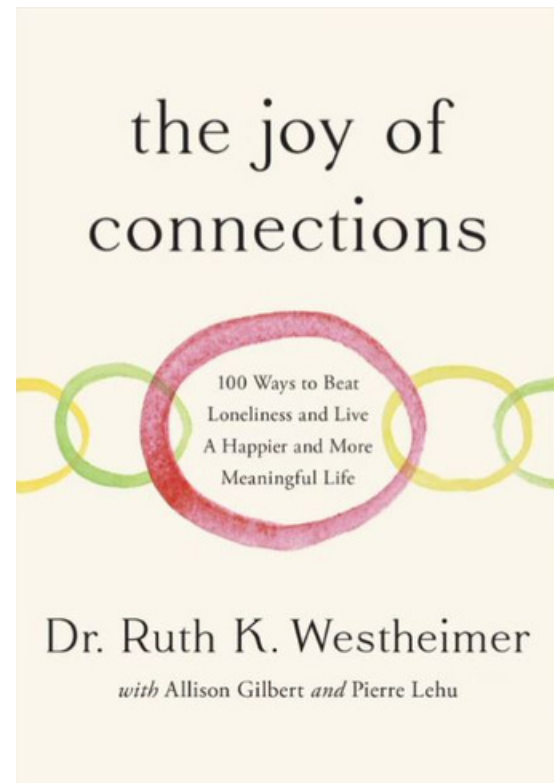
“AS PARENTS, WE’RE STUCK BETWEEN A ROCK AND A HARD PLACE

when it comes to nurturing and shaping our children’s innate sense of justice while still preparing them to live in the world as it truly exists.”





EMOTIONAL WELLNESS



We are social animals. We have a shared desire to connect and create lasting bonds with the people around us. But the heaviness of loneliness can make this feel impossible. Dr. Ruth, with longtime collaborator Pierre Lehu and Emmy Award-winning journalist Allison Gilbert, tackles the subject with compassion and her trademark no-nonsense approach to therapy. *The Joy of Connections* isn't just a guidebook on overcoming loneliness from one of the most well-respected therapists of our time; it's the vital kick in the pants we all need in order to start seeking—and finding—deep and lasting human connection.

The Joy of Connections

100 Ways to Beat Loneliness and Live a Happier and More Meaningful Life

**BY DR. RUTH K. WESTHEIMER with
ALLISON GILBERT & PIERRE LEHU**

9780593736227 | 10/22/24 | HC | 25.99 US
(34.99 CAN) | 144 PAGES | 5 x 7-1/2



Dr. Ruth K.
Westheimer

has been breaking stigmas for more than forty years, beginning in the 1980s with her nationally syndicated radio show *Sexually Speaking*. She has authored or co-authored forty-seven books on many topics and is now New York's Ambassador to Loneliness, the first such position in the United States. Allison Gilbert is an Emmy Award-winning journalist and the author or co-author of numerous books. Pierre Lehu has collaborated with Dr. Ruth for four decades.



Rules of Estrangement



Why Adult Children Cut Ties &
How to Heal the Conflict

Joshua Coleman, PhD

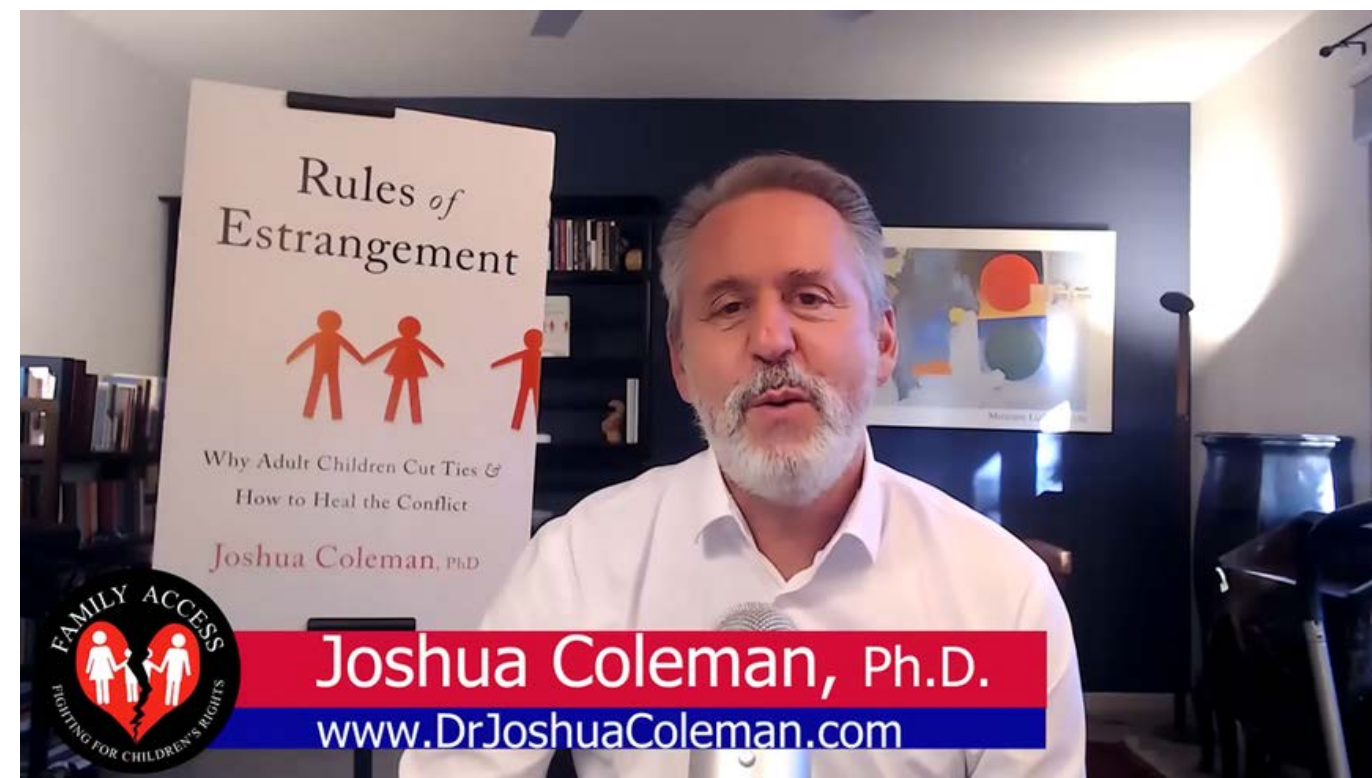
Labeled a silent epidemic by a growing number of therapists and researchers, estrangement is one of the most disorienting and painful experiences of a parent's life. As a trusted psychologist whose own daughter cut off contact for several years and eventually reconciled, Dr. Joshua Coleman is uniquely qualified to guide parents in navigating these fraught interactions. By placing estrangement into a cultural context, Dr. Coleman helps parents better understand the mindset of their adult children and teaches them how to implement the strategies for reconciliation and healing that he has seen work in his forty years of practice.

Rules of Estrangement

Why Adult Children Cut Ties
and How to Heal the
Conflict

BY JOSHUA COLEMAN, PhD

9780593136881 | 09/03/24 | TR | 17.99 US
(24.95 CAN) | 320 PAGES | 5-3/16 x 8



Joshua Coleman,
PhD

is a psychologist in private practice and Senior Fellow with the Council on Contemporary Families. A frequent guest on NPR and *Today*, his advice has also appeared in *The New York Times*, *The Atlantic*, the *Wall Street Journal*, CNN, *Chicago Tribune* and other publications. He has given talks to the faculties at Harvard, the Weill Cornell Department of Psychiatry and other academic institutions. He lives with his wife in the San Francisco Bay Area.



HARMONY
BOOKS



After twelve years of marriage, twenty years together, and four kids, Devale and Khadeen Ellis have been through a lot. They've loved their way through a long-distance relationship, financial instability, parenthood, Khadeen's near-death, and their near-divorce, chronicling their day-to-day life with their boys online. The Ellises might not have all the answers, but they do know that good love takes friendship, grace, and service. Their personal and relatable truths will inspire you to be the kind of partner you want to be so you can build a supportive, enduring relationship.

We Over Me

The Counterintuitive
Approach to Getting
Everything You Want from
Your Relationship

**BY KHADEEN ELLIS &
DEVALE ELLIS**

9780593577622 | 12/03/24 | TR | 17.99 US
(24.95 CAN) | 288 PAGES | 5-3/16 x 8



Khadeen & Devale Ellis

have been together for 21 years. Together, they co-host the Webby Award-winning podcast, *Dead Ass with K&D*, which has seen guests like President Joe Biden, Louis Carr, Tiffany Aliche, and Shan Boodram. Devale Ellis is a former NFL player turned actor known for his lead roles on Tyler Perry's *Sistas* and its spin-off, *Zatima*. Khadeen Ellis is a TV host and actress. She is an alum of OWN's *Black Love* docuseries and has served as a keynote speaker at Essence Festival and The Momference.



RODALE



While other books have focused on the thoughts that contribute to panic, *Panic Proof* is the first book to teach the *body* that it's safe in order to prevent panic before it attacks. In a warm and approachable style, Dr. Cain shares her science-based protocol with remedies ranging from probiotics, herbal remedies, and adaptogens targeted for your anxiety type to healing practices for releasing trauma stored in the body. Guiding you through the eight types of anxiety that Dr. Cain has identified, the book includes quizzes, worksheets, and self-reflection checklists to guide you along your journey to panic freedom.

Panic Proof

The New Holistic Solution to
End Your Anxiety Forever

BY DR. NICOLE CAIN

9780593582572 | 10/08/24 | TR | 19.00 US
(25.99 CAN) | 384 PAGES | 6-1/8 x 9-1/4



Nicole Cain, ND,
MA

is a pioneer in integrative approaches for mental and emotional wellness. With a degree in clinical psychology, training in EMDR, and a license as a Naturopathic Physician in the state of Arizona, her approach to mental health is multidisciplinary: medical, psychological, and holistic.



RODALE

BIG IDEAS



COVER IN PROGRESS



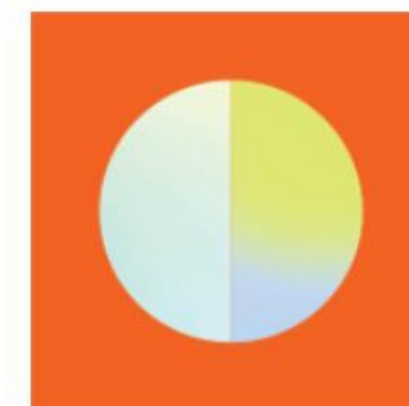
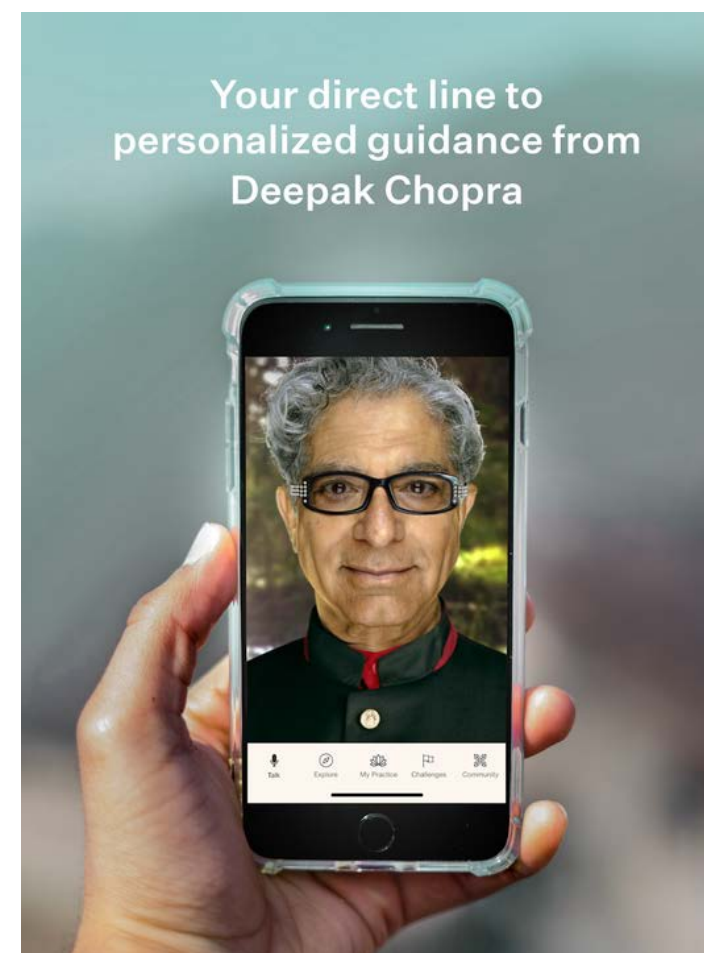
Digital Dharma

How AI Can Elevate Spiritual
Intelligence and Personal
Well-Being

BY DEEPAK CHOPRA, MD

9780593797525 | 12/03/24 | HC | 28.00 US
(37.99 CAN) | 320 PAGES | 6-1/8 x 9-1/4

The world is embracing the revolutionary impact of artificial intelligence, yet people are deeply confused. Should they welcome the AI revolution or fear it? As a spiritual icon who continually explores the intersection of cutting-edge science and personal growth, Deepak Chopra, M.D., tackles the little-discussed spiritual benefits of AI and its vast potential to solve the greatest mystery confronting us: consciousness itself.



DIGITAL DEEPAK



Deepak Chopra,
MD

founder of the Chopra Foundation and Chopra Global, is a world-renowned pioneer in integrative medicine and personal transformation. He is the author of more than ninety books translated into forty-three languages, including numerous *New York Times* bestsellers. *Time* magazine has described Dr. Chopra as "one of the their 100 most influential people."

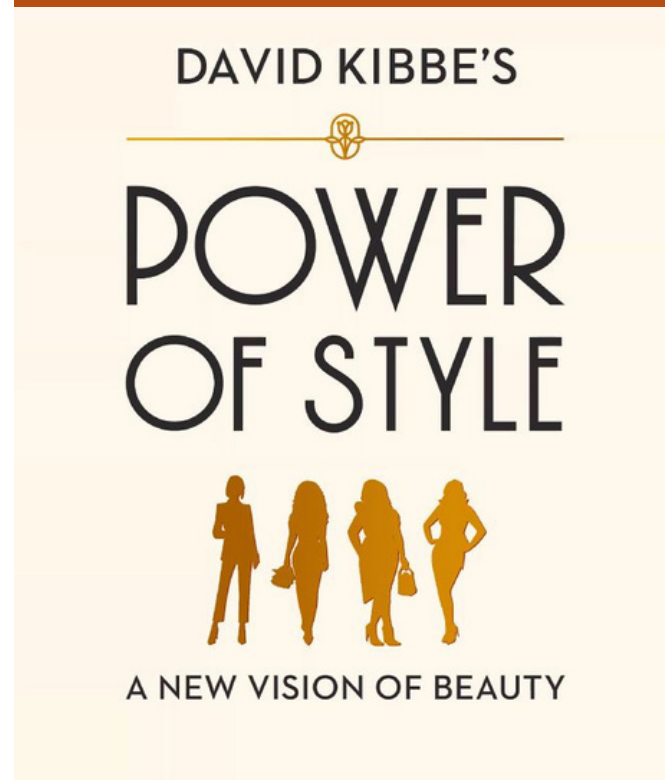


HARMONY
BOOKS



SELF-IMPROVEMENT

COVER NOT FINAL



Entire YouTube channels, TikTok accounts, Facebook groups, blogs, and subreddits are devoted to analyzing the techniques of the “Kibbe system,” but none have come directly from the style guru who created it—until now. With *David Kibbe’s Power of Style*, you can discover your unique style at your own pace, learning to work in harmony with your body and coloring instead of just trying to cover up perceived flaws or insecurities. Through a series of fifteen revolutionary and engaging games developed over his career as an image consultant, revered stylist David Kibbe walks you through the steps to identify and embody your personal style.

David Kibbe’s Power of Style

A New Vision of Beauty

BY DAVID KIBBE

9780593581148 | 01/07/25 | HC/POB | 30.00
US (39.99 CAN) | 256 PAGES | 8 x 10

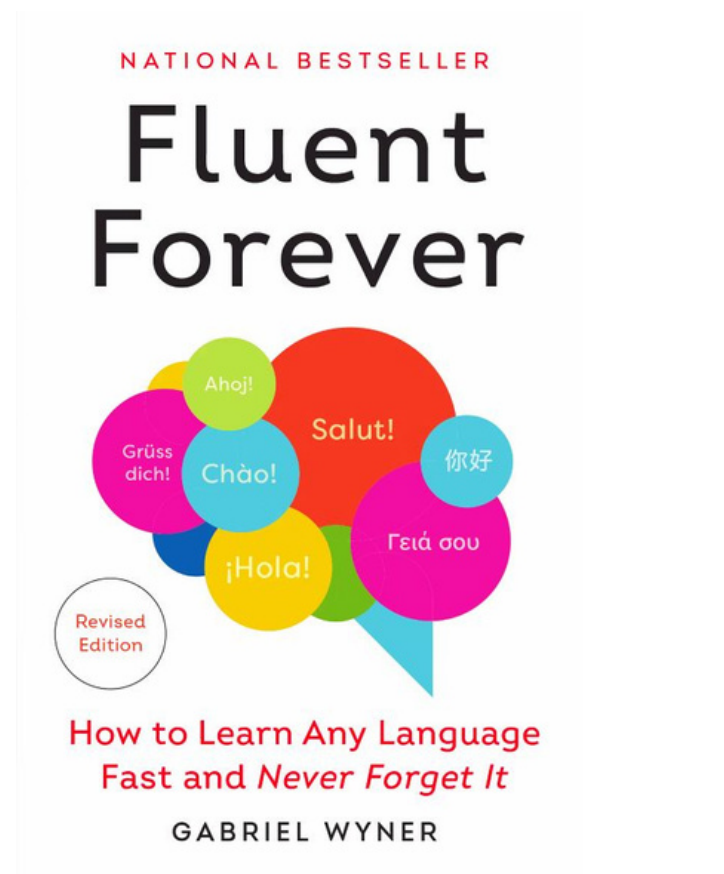


David Kibbe

has been a renowned beauty and style expert for over four decades. He is the creator of the celebrated “Head-to-Toe Transformation,” a makeover process which draws clients from all over the globe to his New York atelier. As the *New York Times* reported, his work has “withstood the test of time,” much in the same way that true style will always be continually rediscovered amidst the breathless trend cycle. He resides in New York City with his wife, the glamorous actress and author Susan Slavin.



RODALE



When an interest in opera singing in his twenties required him to learn four languages, Gabriel Wyner wanted an effective game plan. Through summer language immersion programs and self-study, he quickly became a polyglot, mastering six languages by the age of thirty. In *Fluent Forever*, he shares the key tools that will help you attain fluency using easy-to-learn techniques. This revised edition makes Wyner's intuitive language learning method even easier to use, with plenty of tips on how to gracefully handle the stressful moments that come with practicing a new language.

Fluent Forever, Revised

How to Learn Any Language
Fast and Never Forget It

BY GABRIEL WYNER

9780593797495 | 12/31/24 | TR | 17.99 US
(24.95 CAN) | 336 PAGES | 6-1/8 x 9-1/4



Gabriel Wyner

is the founder and CEO of Fluent Forever, a bestselling author, opera singer, and polyglot. He can now hold comfortable conversations in Spanish, German, French, Russian, Italian, Hungarian, and Japanese.


HARMONY
BOOKS

COVER IN PROGRESS



A father of three with a stressful job, Tyler Moore's life resembled an overstuffed closet. When it all became too much—for their 750 square foot apartment *and* his nerves—he set out to unpack the physical and emotional mess around him. Chronicling the progress as “Tidy Dad” on Instagram, he learned that tidying is about so much more than the aesthetics and decluttering of a physical space. A vital book for overwhelmed parents as well as overworked, stressed-out professionals, *Tidy Up Your Life* will help readers organize, prioritize, and live a more joyful, tidied-up life.

Tidy Up Your Life

Rethinking How to Organize
and Declutter and Make Space
for What Matters Most

BY TYLER MOORE

9780593797839 | 01/14/25 | HC | 28.00 US
(37.99 CAN) | 288 PAGES | 5 x 8



Tyler Moore

is the creator of the hugely popular “Tidy Dad” Instagram, TikTok, and blog, a public school teacher in New York City, a husband, and the father of three young daughters. He has been featured on *Good Morning America* and in *The Washington Post*, *The New York Times*, *New York Post*, *Better Homes & Gardens Secrets of Getting Organized* magazine, *Apartment Therapy*, and many podcasts including HGTV and *Minimalist Moms*.





You know Will Packer's movies. From *Straight Outta Compton* to *Girls Trip*, they've grossed more than \$1 billion at the box office, including ten films that opened at number one. *With Who Better Than You?*, Packer reflects on the values that carried him on his journey: the hustle that fueled him when he was trying to sell a micro-budget indie film in college and the passion and collaboration that led to some of his most successful projects. Whether you're aiming for the writer's room or the boardroom, you will find encouragement, energy, and empowerment in his stories and lessons.

Who Better Than You?

The Art of Healthy Arrogance and Dreaming Big

BY WILL PACKER

9780593582169 | 01/28/25 | HC | 30.00 US
(39.99 CAN) | 288 PAGES | 6-1/8 x 9-1/4



Will Packer

has produced or executive produced a wide range of movies that have grossed more than \$1 billion worldwide at the box office, including ten films that have opened at number one. He is a member of the esteemed Academy of Motion Picture Arts and Sciences and was the Producer of the 94th Academy Awards Ceremony, for which he received an Emmy nomination. An Atlanta resident, Packer serves on the board of the Atlanta Hawks Foundation and is a longtime supporter of HBCU initiatives.



HARMONY
BOOKS

“The key to being successful is first thinking that you’re just that great and carrying yourself accordingly. It’s a confidence you have to exude so surely that others can’t help but to recognize it. That’s healthy arrogance.

IF YOU ACT LIKE YOUR
GOALS ARE ESSENTIAL,
IT FORCES EVERYONE
ELSE TO AS WELL.”

