

Fall 2025

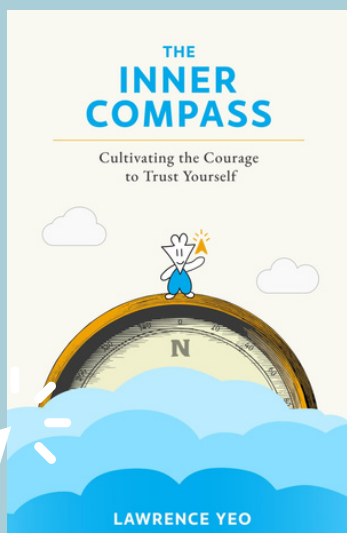
RIGHTS GUIDE

Self-Help



FRANKFURTER
BUCHMESSE

DROPCAP
RIGHTS AGENCY



The more you know yourself, the less you look to others to get an idea of your worth.

More to That, LLC.

July 2025

Page Count: 142

Retail Price: \$14.99

Trim Size: 5.5in x 8.5in

ISBN: 979-8998504532

Categories:

BODY, MIND & SPIRIT / General

SELF-HELP / General

THE INNER COMPASS

In *The Inner Compass*, Lawrence Yeo acts as a personal guide through the labyrinth of your inner world. He'll start by revealing the source of all psychological tension we feel, and the reasons why we justify this pain. Then, once these barriers are dismantled, he'll share three foundational principles that will help dissolve your fears and strengthen your self-worth.

Fear is the tension of uncertainty, and courage is what helps you embrace the unknown. The Inner Compass is a timeless guide to building this courage, and will reveal how trusting your intuition is the surest path to a life well-lived.

- RIGHTS SOLD: ENGLISH (MALAYSIA & INDIA), HINDI, ARABIC, THAI
- AMAZON #1 BESTSELLER (NEW AGE)
- TOP NEW RELEASE IN: MOTIVATIONAL SELF-HELP, NEW AGE, & SPIRITUALITY

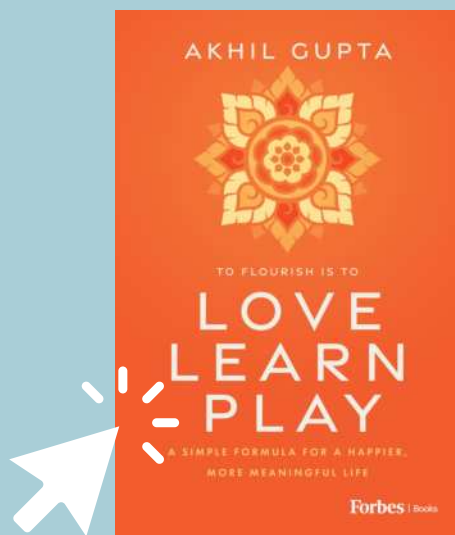
The more you know yourself, the less you look to others to get an idea of your worth. If you've ever looked in the mirror and whispered, 'Is this it?', *The Inner Compass* [...] will help you listen more closely to the Self that already knows.



ABOUT THE AUTHOR

Lawrence Yeo

Lawrence Yeo is the writer and illustrator of *More To That*. His work has received over 4 million pageviews since inception, and his newsletter reaches over 38,000 readers. His first book, *The Inner Compass* (published in July 2025), became an instant #1 Amazon best seller and was highlighted as a Top New Release across the platform. He has also signed a publishing deal with Penguin Random House / Portfolio for his next book, which will be about our relationship with money.



A practical and inspiring guide to a life that's not just successful—but truly flourishing.

Forbes Books

December 2025

Page Count: 312

Retail Price: \$24.99

ISBN: 979-8887506951

Categories:

BODY, MIND & SPIRIT / General

SELF-HELP / General

LOVE, LEARN, PLAY

In a world that equates success with happiness, many high-achievers still feel unfulfilled. In *Love, Learn, Play*, Akhil Gupta offers a transformative mindset that reframes how we think about purpose, peace, and flourishing.

Drawing from his remarkable journey—from global finance to Harvard classrooms—Gupta explores how ancient wisdom and modern science point to three essential forces that lead to true well-being: love, learning, and play. These are not luxuries, he argues, but our deepest human needs.

- WORLD RIGHTS AVAILABLE
- A TRANSFORMATIVE AND MOTIVATIONAL GUIDE TO PURPOSE AND TRUE WELL-BEING

"In *Love, Learn, Play*, [Gupta] distills a lifetime of experience into a generous, wise offering for anyone ready to define success not by what we accumulate, but by how we live more fully and authentically."

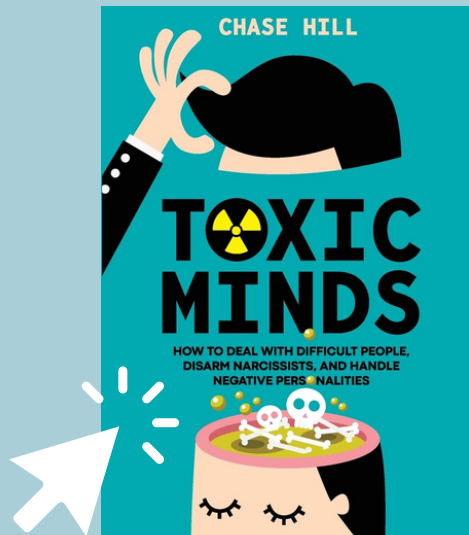
—Jacqueline Novagratz, CEO, Acumen; Best-Selling Author of *Blue Sweater*



ABOUT THE AUTHOR

Akhil Gupta

Akhil is the founder of Universal Enlightenment Forum. He is currently an Impact Leader in residence at Harvard University's Advance Leadership Initiative. He has served as Senior Managing Director at THE Blackstone Group, and as CEO Corporate development of Reliance Industries Limited. He has an MBA from Stanford University & a B.Tech from IIT, serves on the Dean's Leadership Council at Harvard Divinity School, and on the Advisory Board of Harvard's Human Flourishing program.



Break free from manipulation and negativity — spot, stop, and sidestep toxic people without losing your mind.

Mindful Happiness

November 2024

Page Count: 210

Retail Price: \$11.95

Trim Size: 6in x 9in

ISBN: 978-8397184367

Categories:

SELF-HELP / General

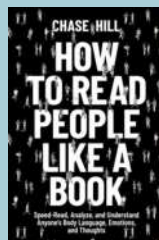
PSYCHOLOGY / Interpersonal Relations

TOXIC MINDS

Sometimes, you find yourself stuck in a maze of negativity not because you took a wrong turn, but because someone else invited you to live there. In *Toxic Minds*, you'll find straightforward, practical advice on how to spot toxic behaviors early, navigate tricky relationships, and set boundaries that stick—whether you're dealing with a difficult coworker, a manipulative friend, or someone much closer.

This isn't about cutting people off at the first sign of trouble; it's about learning how to manage the relationships you can't simply walk away from and creating a healthier emotional landscape for yourself.

- WORLD RIGHTS AVAILABLE
- AMAZON BESTSELLING AUTHOR
- A TOOLKIT TO HELP YOU ESTABLISH THE BOUNDARIES YOU NEED



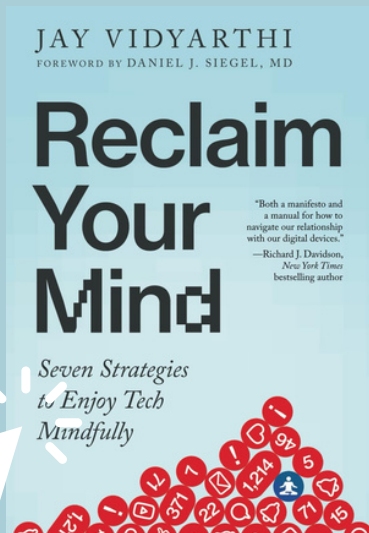
Toxic Minds gives you the tools you need to handle even the most challenging relationships without losing yourself in the process.

ABOUT THE AUTHOR

Chase Hill



Chase Hill is a Personal Growth, Stress Management, and Social Interaction Specialist, and the bestselling author of *How to Stop Overthinking*, a book which has hurtled to take Amazon's #1 Bestseller spot in both the US and the UK.



Reclaim Your Mind offers a balanced, mindful approach to everyday tech.

Still Ape Press
February 2025
Page Count: 205
Retail Price: \$17.95
Trim Size: 5.25 x 8 in
ISBN: 978-1069099501
Categories:
SELF-HELP / General
PSYCHOLOGY / Psychology of Technology

RECLAIM YOUR MIND

Reclaim Your Mind provides key strategies to help you use technology wisely. You'll learn to develop awareness of your tech use, design your digital and physical environments to focus your attention, and opt in to better tech that fosters authenticity. Backed by scientific research and the author's own experiences, *Reclaim Your Mind* helps you rekindle a positive relationship with TV, social media, games, news, email, and even AI. Jay Vidyarthi teaches you to stand up for your freedom of attention and relish the convenience, connection, and—yes—joy that technology can offer without getting stuck on apps designed to exploit you. You'll improve your relationship with technology and ultimately, with yourself.

- RIGHTS SOLD: ENGLISH (INDIA)
- AMAZON #1 NEW RELEASE IN MEDITATION
- AMAZON #1 BESTSELLER IN SOCIAL ASPECTS OF TECHNOLOGY

"Informed by a deep contemplative practice and a genuine appreciation for technology, Jay Vidyarthi weaves together a tapestry of wisdom that will benefit all of us in the modern world." —Richard J. Davidson, *New York Times* bestselling author of *The Emotional Life of Your Brain*



ABOUT THE AUTHOR

Jay Vidyarthi

Jay Vidyarthi is an author and an accomplished designer, entrepreneur, and thought leader at the unique intersection of mindfulness and technology. He's been involved in over fifty technologies that have helped millions of people improve their well-being, including Muse, the Healthy Minds Program, Sonic Cradle, and many more. His work and ideas have been featured by Harvard, MIT, TED, Forbes, CNN, Fast Company, and Vice.



Discover what gives meaning to existence with this colorful and insightful oracle deck.

Conch Books

October 2025

Card Count: 61

Trim Size: 3 x 5 in

ISBN: DLC-CARDS

Categories:

RELIGION / Buddhism / Rituals & Practice

RELIGION / Buddhism / Tibetan

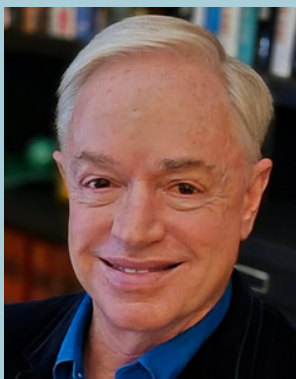
BODY, MIND & SPIRIT / General

THE DALAI LAMA'S CAT ORACLE CARD DECK

Tibetan Buddhism is a treasure trove of revelations that enrich life. Card by card, discover with this oracle what gives meaning to existence, your actions, and your thoughts. Impermanence, equanimity, or bodhicitta: 31 key words and a mischievous feline share with you the principles of Buddhism to cultivate wisdom and inner peace. Set off on this luminous path, in the company of the Dalai Lama's cat. Author of the bestselling series *The Dalai Lama's Cat*, David Michie is a specialist in Buddhism and mindfulness meditation. He lectures on these subjects worldwide. Irresistible illustrations by Yolie dessine, for all cat lovers.

- RIGHTS SOLD: GERMAN
- 31 DOUBLE SIDED CARDS, AND A 69 PAGE BOOKLET
- DELIGHTFUL ILLUSTRATIONS

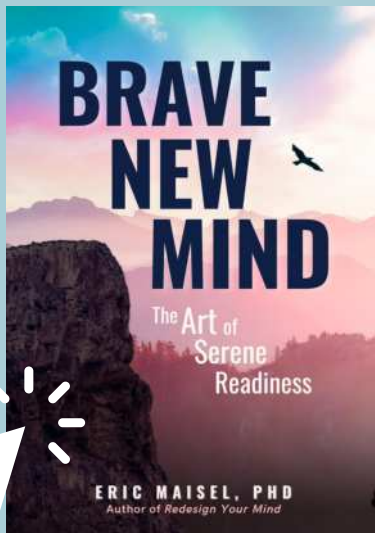
A delightful companion to his *The Dalai Lama's Cat* book series, David Michie's *The Dalai Lama's Cat Oracle Card Deck* is filled with beautiful illustrations and vibrant insights to help you find clarity with Tibetan Buddhist philosophy.



ABOUT THE AUTHOR

David Michie

David Michie is the internationally best-selling author of *The Dalai Lama's Cat* series, *The Magician of Lhasa* series, *Instant Karma: The day it Happened*, as well as the non-fiction titles *Buddhism for Busy People*, *Buddhism for Pet Lovers*, *Mindfulness is Better than Chocolate* and *Hurry Up and Meditate*. In 2015 he established Mindful Safaris to Africa, combining wildlife viewing and meditation sessions in journeys to unexplored places, outer and inner.



Dr. Maisel has devised this practical, approachable, and inspiring way to face the struggles with calmness and serenity.

Books That Save Lives

January 2026

Page Count: 266

Retail Price: \$19.95

Trim Size: 6in x 9in

ISBN: 9781963667264

Categories:

PSYCHOLOGY / General

SELF-HELP / General

BRAVE NEW MIND

We live in stressful times. Some say that this is the most challenging time in history, it is fueled by ego, competition, injustice, and anxiety. Just glancing at news headlines each day is enough to cause alarm. Mental health experts, psychologists, therapists, and counselors have reported the rising levels of stress, depression, anxiety, worry, and fear, year after year, for the last two decades. We can either wring our hands and doom-scrolling, or we can do something about it. Dr. Eric Maisel's work as a retired psychotherapist provides ways to deal not only with the extreme tension of today's existence but a path forward. Instead of relying only on medications, readers are guided to fortify and reinvigorate the mind.

- WORLD RIGHTS AVAILABLE
- INTERNATIONALLY RECOGNIZED COACH

"If you want to rid your life of frustration and chaos and discover joyful days again, this is the book for you. Maisel puts forward ways in which we can respond positively to our new realities and preserve our calm and sanity."

—Roccie Hill, bestselling author of *The Blood of My Mother*



ABOUT THE AUTHOR

Eric Maisel, PhD

Eric Maisel, PhD, is the author of more than 50 books in the areas of creativity, psychology, coaching, mental health, and cultural trends. He is a psychotherapist and regularly works with folks from every walk of life. He contributes to *Mad in America*, writes for *Professional Artist Magazine*, and writes the "Rethinking Mental Health" blog for *Psychology Today*. He has been the keynote speaker at many conferences and leads Deep Writing workshops worldwide.



**A playbook for navigating adulthood
in the chaos of the 21st century.**

Wonderwall Press

September 2025

Page Count: 200

Retail Price: \$17.95

Trim Size: 5.5in x 8.5in

ISBN: 978-1963827293

Categories:

SELF-HELP / General

BODY, MIND & SPIRIT / General

THE TEN PERMISSIONS

We need a new approach to being an adult in the 21st century. The world has transformed over the years, yet our success stories remain stuck in place. It's easy to feel overwhelmed and anxious, unsure of what life path you're allowed to take and what choices you're supposed to make. It's time to give yourself permission to create a life that takes advantage of the possibility of this beautifully chaotic world—to design a life rather than default to the expected. *The Ten Permissions* offers ten specific ways to let go of outdated expectations. Jillian Reilly encourages you to intentionally make new choices about your life in a world that is rapidly changing and imagine the kind of world you want to be a part of creating.

- WORLD RIGHTS AVAILABLE
- LEARN TO CREATE A MORE FLUID PORTFOLIO LIFE; REDEFINE SUCCESS ON YOUR TERMS; AND ADAPT AND EVOLVE IN WAYS THAT ARE UNIQUE TO YOU

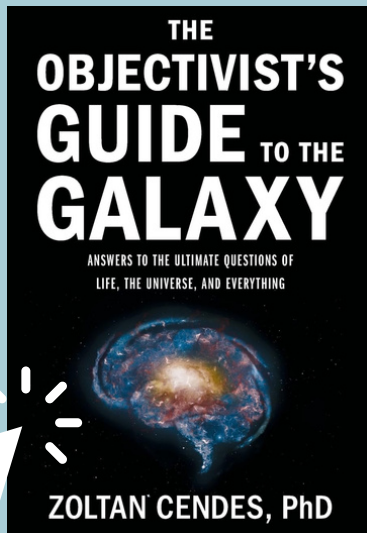
"[Reilly] provides a cogent analysis of many of the self-limiting beliefs many young people have been exposed to along with concrete suggestions for how a young person can free themselves from these socially imposed limits." —Michael Strong, Founder of *The Socratic Experience*



ABOUT THE AUTHOR

Jillian Reilly

Jillian Reilly is a founder, writer, public speaker, and consultant who spent her thirty-year career working in social, organizational, and individual change across Africa, Asia, and Central Europe. Jillian's first book, *Shame: Confessions of an Aid Worker in Africa*, chronicles her early career in international aid and the hard lessons it taught her about making change. She has been published on international affairs in *The Washington Post*, *Newsweek*, and the *Los Angeles Times*.



How can we determine what truly exists?
Why is there something rather than nothing?
What is the purpose of consciousness?

Houndstooth Press

June 2025

Page Count: 390

Retail Price: \$21.99

Trim Size: 6 x 9 in

ISBN: 978-1544548227

Categories:

BODY, MIND & SPIRIT / General
BUSINESS & ECONOMICS / General

THE OBJECTIVIST'S GUIDE TO THE GALAXY

If you've wrestled with life's deepest questions and found traditional answers wanting, *The Objectivist's Guide to the Galaxy* by Zoltan Cendes provides truth and clarity to the queries that have puzzled man for centuries. Inspired by Douglas Adams's whimsical *The Hitchhiker's Guide to the Galaxy*, this book goes further, offering a manifesto for rational thinking and providing scientific and philosophical answers to life's ultimate questions. Bridge the gap between observation and meaning and discover a truth based on reason and science with this must-read, practical guide to life, the universe, and everything.

- WORLD RIGHTS AVAILABLE
- AN ESSENTIAL GUIDE FOR ANYONE READY TO DIVE DEEPER INTO LIFE, THE UNIVERSE, AND EVERYTHING IN BETWEEN THROUGH THE LENS OF REASON

"Zoltan Cendes addresses wide-ranging topics with clarity, logic, and great insight. This book challenges readers to rethink their assumptions and explore reality with purpose and precision."

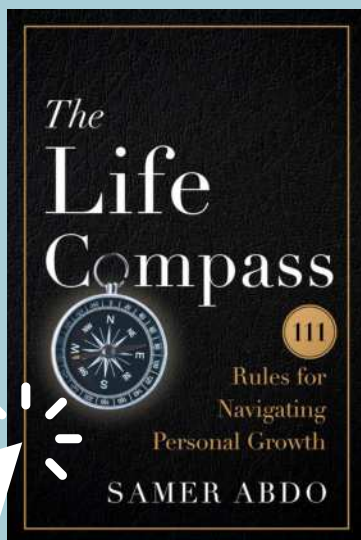
—Dr. Wolf von Laer, CEO of Students For Liberty



ABOUT THE AUTHOR

Zoltan Cendes, PhD

Zoltan Cendes is a visionary entrepreneur and founder of Ansoft Corporation, a trailblazer in engineering simulation software. Under his leadership, Ansoft's innovative use of the finite element method revolutionized electrical product design and attracted major clients that include Intel and Apple. A pioneer in engineering and mathematics, Zoltan inspires the business and scientific worlds with his deep insight into the intersection of technology, philosophy, and reality.



**A practical guide to lifelong growth
and the last self-help book you'll
ever need.**

Greenleaf Book Group
August 2025
Page Count: 424
Retail Price: \$29.95
Trim Size: 6in x 9in
ISBN: 979-8886453584
Categories:
SELF-HELP / General

THE LIFE COMPASS

For years, author Samer Abdo explored the wisdom of great thinkers. While their insights were profound, he noticed a recurring challenge: Self-help books often inspire but fail to create lasting change. Their lessons fade, feel impractical, or lack clear direction. Worse, it is rare to find advice on more than one subject in any given book. This forces us to sift through countless titles to grasp key concepts. In *The Life Compass*, you'll find clear guidance for real transformation. Abdo goes beyond theory with real-world steps for meaningful change, case studies that bring the lessons to life, and reflection questionnaires to help you track your progress and integrate the principles into daily living.

- WORLD RIGHTS AVAILABLE
- THIS GUIDE COVERS 11 KEY AREAS OF GROWTH INCLUDING WORRY, AUTHENTICITY, CONFLICT, AND RELATIONSHIPS

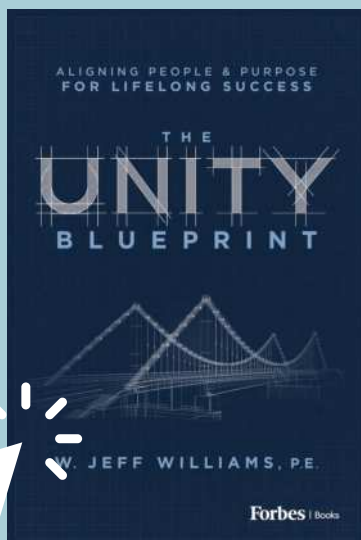
This is a transformational toolkit that you will return to again and again. The book's 111 rule format allows you to choose your approach: Follow a structured journey chapter by chapter, or jump to specific rules for immediate, situation-based guidance.



ABOUT THE AUTHOR

Samer Abdo

Samer Abdo is a lawyer who divides his time between Dubai and Europe. His passion for philosophy, psychology, and personal development led him to explore hundreds of self-help books in search of lasting transformation for his personal life and career. Frustrated by the need to read countless books to gain a well-rounded perspective, he envisioned a single, structured guide that captures the essential principles of personal growth.



What if the greatest achievements in your life weren't dependent on your brilliance alone but on your ability to unite people around shared purpose?

Forbes Books
September 2025
Page Count: 259
Retail Price: \$9.99
Trim Size: 6in x 9in
ISBN: 979-8887507019
Categories:
SELF-HELP / General

THE UNITY BLUEPRINT

In *The Unity Blueprint*, W. Jeff Williams draws from decades of leadership experience to show how intentional unity creates extraordinary results. Williams demonstrates how character-based leadership, genuine valuing of diverse perspectives, and clear vision create momentum that transforms challenges into opportunities. This isn't theoretical—it's the proven approach Williams used to attract the National Medal of Honor Museum, revolutionize Arlington's entertainment district, and help his city become one of the first in America to recover from the COVID-19 pandemic. His blueprint will equip you to build bridges that connect people with purpose and create lasting legacies of impact.

- WORLD RIGHTS AVAILABLE
 - ADAPT TOOLS FOR SUCCESS
- FROM A RENOWNED
LEADERSHIP EXPERT

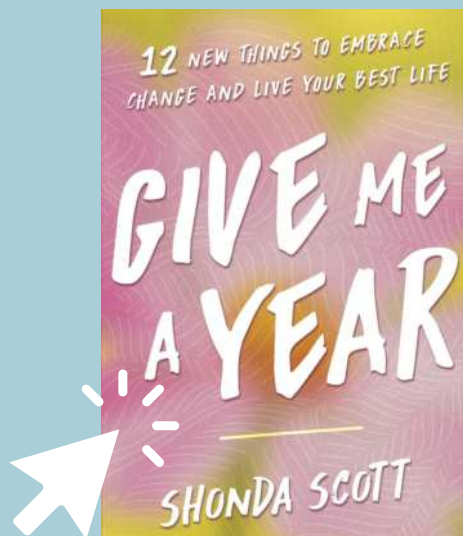
"Relationships are the heart of the hospitality industry and [...] Jeff's vision and leadership were inspirational. I know the principles he shares in this book will be valuable to business and community leaders alike." —Alex Tisch, President and CEO, Loews Hotel and Co



ABOUT THE AUTHOR

W. Jeff Williams

Jeff Williams has spent his life designing meaningful places that unite people—sometimes in the form of a park or town center, sometimes an entire city. Unity has defined Jeff's leadership approach. That's why Jeff is launching his first ever book titled *The Unity Blueprint*. He has proven repeatedly that unity has a return on investment that is always worth pursuing, and now you'll be able to read about his stories and practical tips when he shares his blueprint for unity with the world.



A kinder, gentler way to treat the most important person in your life: you!

Wonderwell Press

September 2025

Page Count: 200

Retail Price: \$24.95

Trim Size: 5.5in x 8.5in

ISBN: 978-1963827279

Categories:

BODY, MIND & SPIRIT / General

SELF-HELP / General

GIVE ME A YEAR

This book illustrates how making time for new experiences (whether big or small) is the key to unlocking a more fulfilled, joyful life. From swimming across the San Francisco Bay to skiing amid the deserts of Dubai, Shonda shares many of her life-changing 12 New Things adventures so you too can begin living a better, healthier, more evolved lifestyle. The lessons from Shonda's personal and professional challenges underscore the power of transformation through trying new things. *Give Me a Year* will provide you with the key to opening countless doors of opportunity that will lead to a whole new you after the next twelve months.

- WORLD RIGHTS AVAILABLE
- WITH ENGAGING STORIES, ACTIONABLE INSIGHTS, AND REFLECTION PROMPTS, THIS BOOK IS AN ESSENTIAL GUIDE ON HOW TO EMBRACE CHANGE

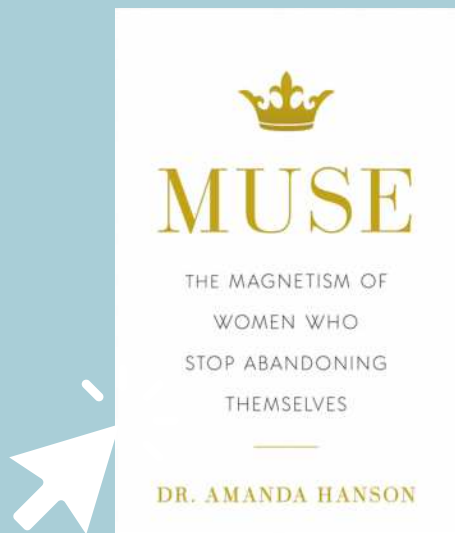
"The material Scott shares is inspiring, and readers will find a wealth of tips, strategies, and planning methods to successfully execute each monthly undertaking. [...] The resulting narrative inspires as much as it provides a sense of joy, fun, and adventure." —*Publishers Weekly Booklife*



ABOUT THE AUTHOR

Shonda Scott

Shonda Scott is an entrepreneur and visionary. Shonda has led transformative projects with major organizations and has been reinvested into underserved communities. Shonda shares her expertise in community development, economic empowerment, and transformational leadership across various industries. As the executive producer and host of the popular television show *Spotlight with Shonda Scott*, she continues to amplify the voices of national influencers and unsung heroes.



Women, there is a more beautiful way to live. That begins when you meet your inner *Muse*.

Greenleaf Book Group
March 2025
Page Count: 223
Retail Price: \$24.13
Trim Size: 6 x 9 in
ISBN: 979-8886453188
Categories:
SELF-HELP / General

MUSE

For too long, womanhood has been defined by patriarchal structures that keep us women small, quiet, and at war with our bodies. *In Muse: The Magnetism of Women Who Stop Abandoning Themselves*, Dr. Amanda Hanson examines the history and current systems that put women in the position of living their lives based on their worth to men. She guides us through exquisite rituals and practices to reclaim our womanhood and build our most beautiful lives. Weaving together research, personal stories, and insights from Dr. Hanson's decades of helping women through her unique method that combines clinical psychology and ancient holistic practices, *Muse* gives us the power to reconstruct our lives.

- WORLD RIGHTS AVAILABLE
- AMAZON #1 BESTSELLER
- ADVICE FROM A PSYCHOLOGIST OF 25 YEARS

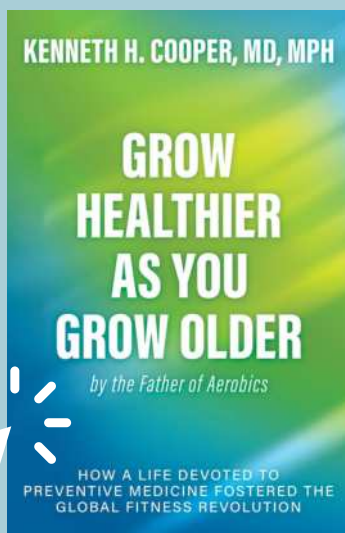
Weaving together research, personal stories, and insights from Dr. Hanson's decades of helping women through her unique method that combines clinical psychology and ancient holistic practices, *Muse* gives us the power, built on matriarchal consciousness, to reconstruct our lives.



ABOUT THE AUTHOR

Dr. Amanda Hanson

Dr. Amanda Hanson is a doctor of psychology, speaker, and author. Dr. Hanson's work has exposed the patriarchal structures that keep women small, quiet, and at war with their bodies, and her approach combines clinical psychology with proven ancient holistic methods and sees the female body and mind as harmonious systems. Alongside her work, Dr. Amanda is a mother of four, a wife, and an activist who strongly stands for inclusion, diversity, and equality.



A personal look at the history of the fitness revolution and guide for preventive health and fitness to improve the quality of your life.

Savio Republic

June 2025

Page Count: 304

Retail Price: \$21.79

Trim Size: 6 x 9 in

ISBN: 979-8895651933

Categories:

HEALTH & FITNESS / General

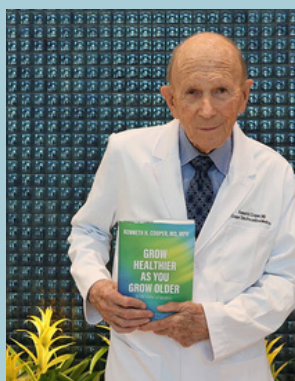
SELF-HELP / General

GROW HEALTHIER AS YOU GROW OLDER

Exercise can be used in three ways: for rest and relaxation, for muscle-building and figure-contouring, and for cardiorespiratory fitness. All three have merit but only one can protect you from disease and prolong your life, and that is exercise for cardiorespiratory fitness—or, as most people call it: cardio. Dr. Cooper's work as a researcher and preventive medicine physician has proven the benefits of aerobic exercise and how physiological changes in the body positively impact your overall health. Learning his 8 Steps to Get Cooperized™ may be the way to make you healthy again, as it could the entire world, and help extend your life by as much as 10 years.

- WORLD RIGHTS AVAILABLE
- FROM THE *FATHER OF AEROBICS*
- A GROUNDBREAKING AND INFLUENTIAL PHYSICIAN OF 55 YEARS

"This book is a powerful tool for anyone looking to transform their health and lifestyle. Dr. Cooper offers a roadmap for achieving lasting positive change at any age. " —Troy Aikman, ESPN MNF Broadcaster, Former NFL Quarterback for the Dallas Cowboys



ABOUT THE AUTHOR

Dr. Kenneth H. Cooper, MD, MPH

A visionary, entrepreneur and preventive medicine pioneer and physician, Kenneth H. Cooper, MD, MPH, worked with NASA to develop a conditioning program for astronauts to use while weightless in space, trained the 1970 Brazilian soccer team to World Cup victory and helped remove trans fats from the American diet which began with Frito-Lay snacks. He is credited with impacting millions of people to lead healthier, more active lives.



These lessons serve to help people understand how their true inner nature can thrive and prosper.

DeVorss Publications

May 2024

Page Count: 176

Retail Price: \$ 16.95

Trim Size: 5.25in x 7.5in

ISBN: 978-0875169514

Categories:

Mind, Body, Spirit,
Psychology, Self-Help

WHEN FEAR SPEAKS, LISTEN

Fear is a natural survival skill that cannot be eliminated from our psyche—nor should it be because it's a part of our inner fabric. So then, how do we grow and achieve the greatness life has to offer if our inherent fears keep trying to undermine us, to slow us down and divert us? We live in a world of mass media coverage and social networks that view the world with divisive intentions and opposing beliefs all in an effort to stir fear and build support. Instead of surrendering to our fears and obeying them, perhaps it's time to listen and learn. Dennis Merritt Jones, DD has been practicing and teaching New Thought principles for over 40 years.

- WORLD RIGHTS AVAILABLE
- LEARN THE DOMINANT 7
MESSENGERS OF FEAR THAT ARE
ALIVE AND ACTIVE WITHIN US

"Dennis Merritt Jones has created a masterful treatise for healing fear! I find his brilliant method of dialoguing with each of the "Seven Messengers of Fear" to be the most integrative treatment I've experienced on the subject."

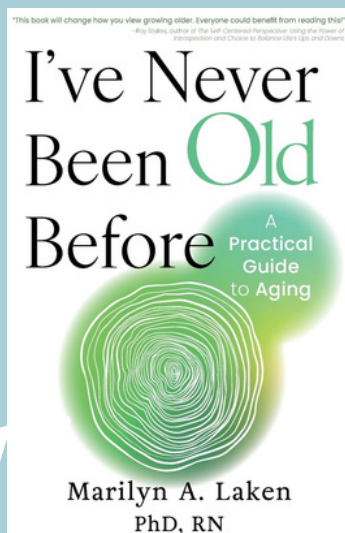
—Patrick J. Harbula D.D., Best-selling author of *The Magic of the Soul*



ABOUT THE AUTHOR

Dr. Dennis Merritt Jones

Throughout his lifetime, Dennis Merritt Jones has been on a quest to inspire and lift people to a higher expression of life. His personal vision is to guide people to their purpose, knowing that when one fully awakens to who they are and why they are on the planet, they begin to naturally share their gift with humankind and, in the process, create an enriching life for themselves and the world around them. In addition to his books, Dennis is world class keynote speaker, mentor, and columnist.



Marilyn Laken teaches you to manage everything age-related from early retirement to end of life.

Koehler Books
 August 2024
 Page Count: 308
 Retail Price: \$18.95
 Trim Size: 6 x 9 in
 ISBN: 979-8-88824-403-6
 Categories:
 SELF-HELP / General

I'VE NEVER BEEN OLD BEFORE

Based on the latest research on aging, along with hundreds of interviews and focus groups with retirees ages sixty-five to ninety-five, Marilyn Laken has written a comprehensive guide to living into old age. Her unique background as a nurse and a biological anthropologist provides a rich context to topics such as why we age, the role that culture plays in how older adults are treated, and even what kind of ancestor we want to be. Marilyn explains, "Aging is biological and cultural. It is a time of discovery and a time of loss. Most of us are unprepared." From the biology of aging to dealing with ageism to making decisions about where and how to live and what to do with our stuff, this book covers it all.

- WORLD RIGHTS AVAILABLE
- FROM THE *FATHER OF AEROBICS*
- A GROUNDBREAKING AND INFLUENTIAL PHYSICIAN OF 55 YEARS

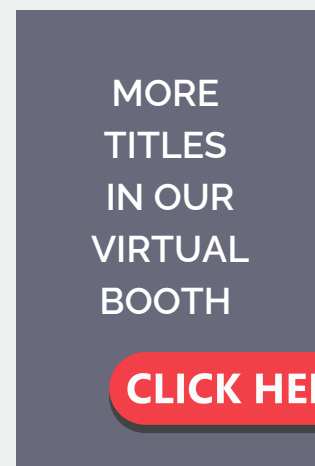
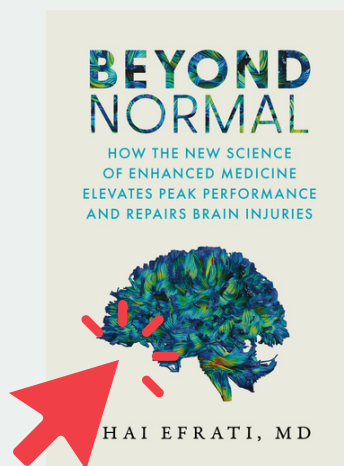
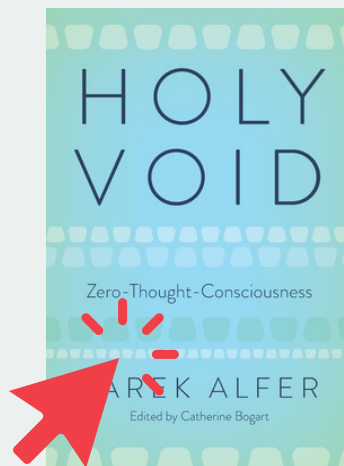
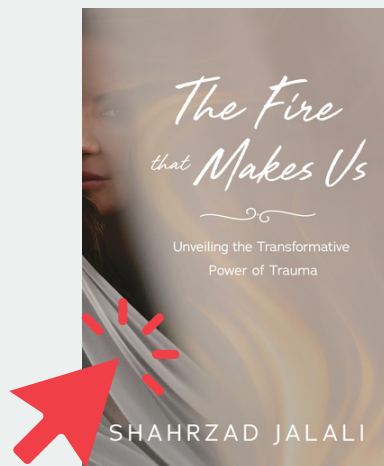
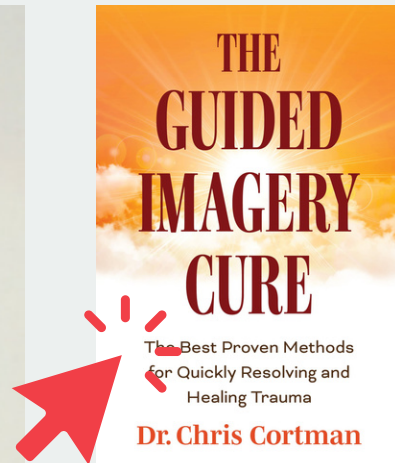
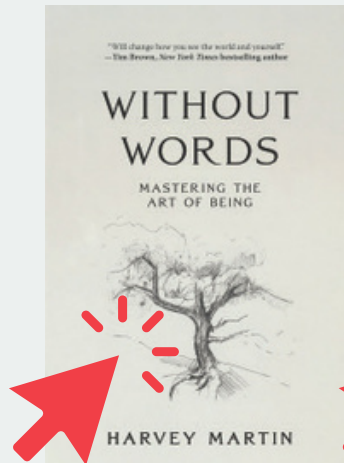
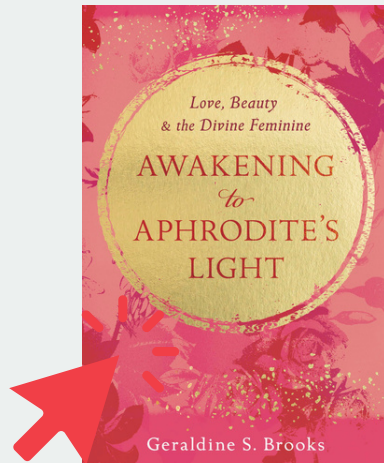
**"This is a book I will refer back to time and time again, seeking tips to make the experience of aging easier to manage right up to the very end."
 —Cathy Carroll, author of *Hug of War: How to Lead a Family Business with Both Love and Logic***



ABOUT THE AUTHOR

Marilyn Laken, PhD, RN

Marilyn Laken, PhD, RN, has published over 100 research articles and chapters, testified before Congress, and was interviewed on radio and television on topics related to health and access to health care. She currently lives in a continuing care retirement community in Asheville, North Carolina, to be free of the responsibilities of home ownership and to learn firsthand about the biology and culture of aging.





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