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New & Forthcoming | Fall 2024

The Courage of Birds

And the Often Surprising Ways They Survive Winter

Pete Dunne

With Illustrations by David Allen Sibley

NATURE & ENVIRONMENT

From our own backyards to the rim of the Arctic ice, countless birds have adapted to meet the challenges of the winter season. This is their remarkable story, told by award-winning birder and acclaimed writer Pete Dunne, accompanied by illustrations from renowned artist and birder David Sibley.

In *The Courage of Birds*, Pete Dunne—winner of the American Birding Association’s Roger Tory Peterson Award for lifetime achievement in promoting the cause of birding—chronicles the behavior of the birds of North America. He expertly explores widespread adaptations, such as feathers that protect against the cold, and unpacks the unique migration patterns and survival strategies of individual species. Dunne also addresses the impact of changing climatic conditions on avian longevity and recounts personal anecdotes that soar with a naturalist’s gimlet eye.

Filled with unforgettable facts, wit, and moving observations on the natural world, Dunne’s book is for everyone; from the serious birder who tracks migration patterns, to the casual birder who logs daily reports on eBird, to the backyard observer who throws a handful of seed out for the Northern Cardinals and wonders how the birds magically appear in the garden when temperatures begin to fall.

PRAISE FOR PETE DUNNE

“Dunne’s prose is lyrical, sensitive, and full of feeling.”

—TED FLOYD, editor, *Birding*

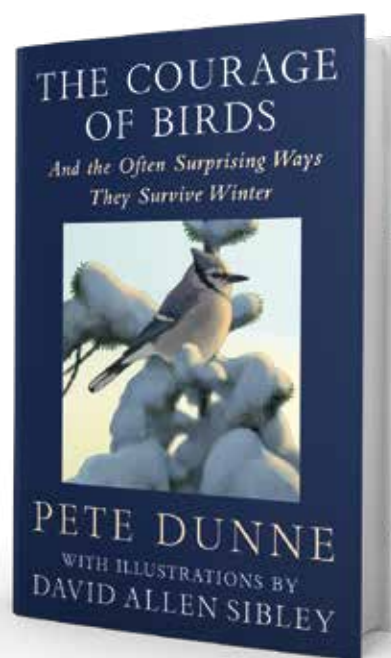
“Pete is arguably North America’s best and best-known birder—and he’s also a terrific writer.”

—SCOTT SHALAWAY, author and former
syndicated nature columnist

PRAISE FOR DAVID SIBLEY

“There are 47 million birdwatchers. But there is only one David Sibley. . . . He is a boon to both the birding world and the art world.”

—THE NATIONAL AUDUBON SOCIETY



Publication Date: October 2024

Page Count: 192

Word Count: 50,500

Art Program: 12 black-and-white
original illustrations

Rights Available: World

FALL 2024

Return to the Sky

The Surprising Story of How One Woman and Seven Eaglets Helped Restore the Bald Eagle

Tina Morris

Foreword by Dr. Elizabeth Gray,
CEO, National Audubon Society

NATURE & ENVIRONMENT

Alone in a vast wildlife refuge with little direction and no experience, a Cornell Laboratory of Ornithology student found herself responsible for a project of historical importance—to bring the Bald Eagle back from near extinction.

In *Return to the Sky*, Tina Morris, one of the first women to engage in a raptor reintroduction program, shares her remarkable story that is as much about the human spirit as it is about birds of prey.

In the spring of 1975, on the eve of the US Bicentennial, Tina was selected to reintroduce Bald Eagles into New York State in the hope that the species could eventually repopulate eastern North America. Young and female in a male-dominated field, Tina was handed an assignment to rehabilitate a population that had been devastated by the effects of DDT. The challenges were prodigious—there was no model to emulate for a bird of the eagle's size, for one—but Tina soon found that her own path to self-discovery and confidence-building was deeply connected with the survival of the species she was chosen to protect.

At a time when the mass extinction of bird species is a critical global topic, *Return to the Sky* reminds us how, with a mix of common sense, resilience, and resolve, humans can be effective stewards of the natural world.

“Three cheers for this splendid, surprising, inspiring book!”

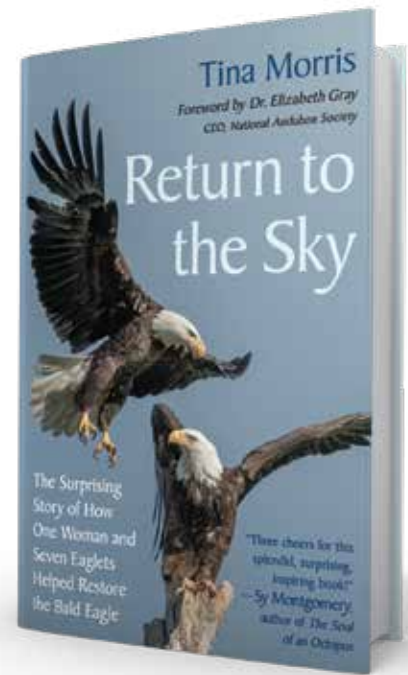
—**SY MONTGOMERY**, author of *The Soul of an Octopus*

“This is more than an account of environmental triumph; it is a call to action. At a time of urgent climate and biodiversity crises, this book challenges each of us to examine our surroundings and consider how we can contribute to the sustainability of our planet.”

—**DR. ELIZABETH GRAY**, CEO, National Audubon Society,
from the foreword

“Emotional and inspiring proof that one person can make a difference.”

—**KIRKUS REVIEWS**



Publication Date: October 2024

Word Count: 62,000

Page Count: 208

Art Program: Black-and-white
photographs and illustrations
throughout

Rights Available: World

FALL 2024

Beyond the Root Cellar

The Market Gardener's Guide to Growing and Storing Vegetables for Off-Season Sales and Food Security

Sam Knapp

GARDENING, FARMING & HOMESTEADING

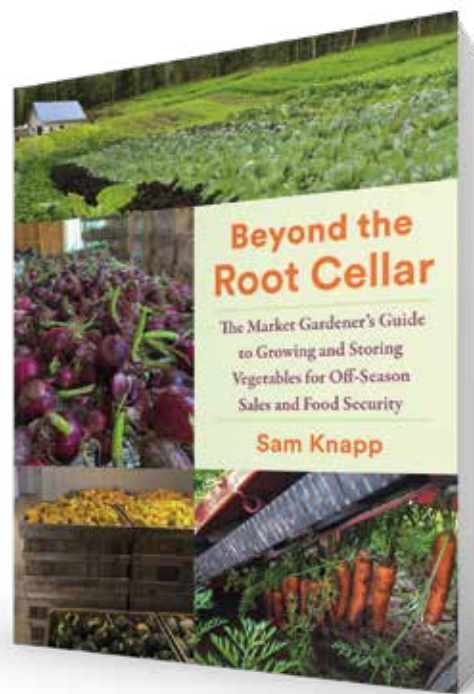
Beyond the Root Cellar is the inspiring guide that proves that—with a little ingenuity—the savvy grower can successfully select, harvest, store, and sell vegetables throughout the off-season, providing their family and community the local food they need during winter months.

Sam Knapp built Offbeet Farm, a winter storage farm in interior Alaska, from the ground up. For the last four years, his success at Offbeet Farm has been a testament to the many benefits of growing crops for wintertime sales. His methods continually prove that winter storage is an excellent way to diversify a farm's offerings, spread the workload more evenly throughout the year, retain customers and employees during the off-season, and bolster local food systems.

Beyond the Root Cellar is a compilation of insights, advice, and instruction, drawing on Sam's experience and that of many other storage farmers Sam has met along the way. It is, Sam says, the book he wishes he had when he embarked on his own winter storage business, and that he hopes will pave the way for growers both new and established who are interested in storage farming. Also included are profiles of nine different storage farms, a crop compendium with in-depth information about eighteen storage crops, and full-color photography throughout that depicts a range of storage facilities, methods, and crops.

Beyond the Root Cellar is the must-have, comprehensive winter storage handbook for a wide range of growers, from commercial farmers to market gardeners to homesteaders.

Sam Knapp grew up in the woods with little exposure to farm life. After earning degrees in physics and chemistry and starting down the career path of engineering, Sam caught the farming bug while working on a research farm in Sweden. He worked on vegetable farms in Sweden, Alaska, Michigan, and Wisconsin before completing a master's degree in plant ecology. In 2020, Sam built Offbeet Farm from scratch in a patch of boreal forest outside Fairbanks, Alaska. Offbeet Farm provides vegetables to the Fairbanks community during the long, dark Alaskan winters through a winter-only community supported agriculture (CSA) program and sales to local groceries.



Publication Date: December 2024

Word Count: 109,000

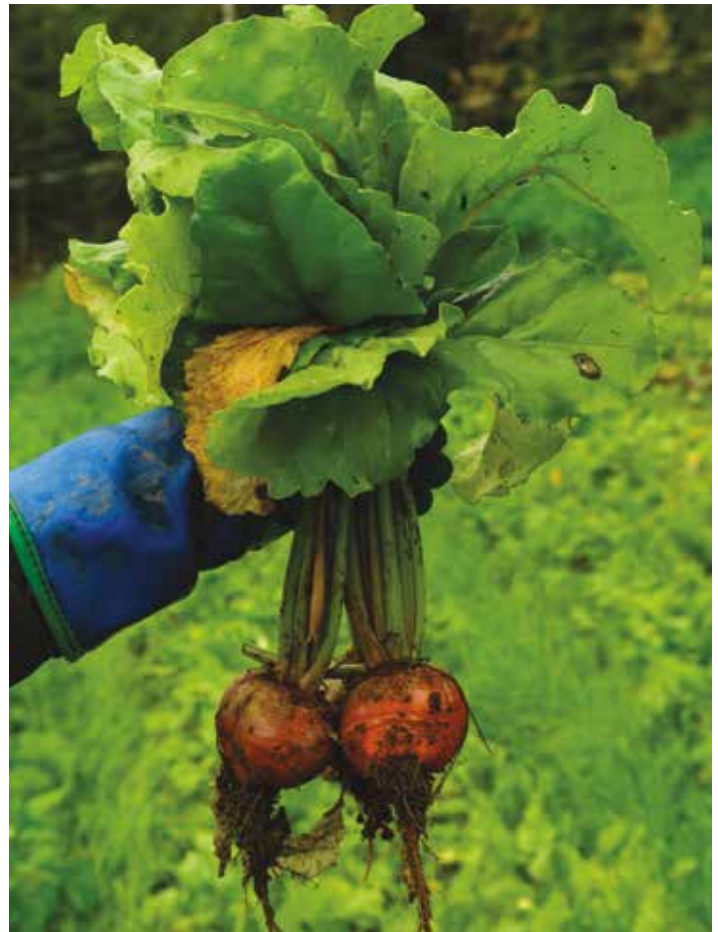
Page Count: 272

Art Program: Full-color

photographs throughout, plus illustrations, charts, and graphs.

Rights Available: World

FALL 2024



Silvohorticulture

A Grower's Guide to Integrating Trees into Crops

Andy Dibben and Ben Raskin

NATURE & ENVIRONMENT, FARMING & HOMESTEADING

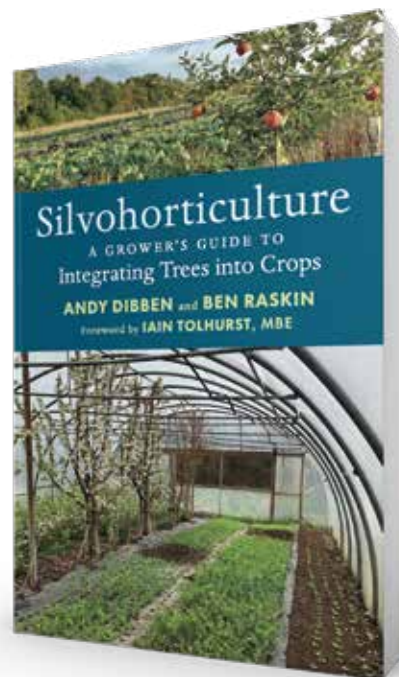
An invaluable handbook for farmers, growers, and gardeners, *Silvohorticulture* is the first book to offer a detailed, practical guide on how to effectively integrate trees with vegetable growing, offering information previously known only in the foresting world.

Drawing on the decades-long experiences of Ben Raskin and Andy Dibben, both of whom have designed and managed agroforestry systems and have extensive experience in commercial horticultural crop production, this is the definitive book on the interaction between trees and crops, covering the benefits of trees for edible crops and the potential for additional crops from trees, plus crucial new information on how to fit trees into complex crop rotations as well as manipulating access to light. Ben and Andy also reveal the latest research on how tree roots behave and, importantly, how that impacts your crops.

Agroforestry can bring immense benefits to farmers and growers—not just optimizing yield, but also improving soil, managing pests and water, increasing biodiversity, and reducing costs. System design must be customised to each grower's requirements, and *Silvohorticulture* offers step-by-step detail that will allow you to manage your trees and crops successfully.

Andy Dibben is currently Head Grower at Abbey Home Farm, where he is responsible for the production of over ninety different fruit and vegetable crops. Over the last eight years, Andy has been responsible for designing and establishing an agroforestry system integrating fruit, coppice and wildlife trees with field-scale vegetable production. Andy regularly writes horticultural articles and speaks at conferences, including the Oxford Real Farming Conference.

Ben Raskin has worked in horticulture for more than thirty years, with a wide range of experience in practical commercial growing as well as policy and advocacy work. As the UK Soil Association's Head of Horticulture and Agroforestry, he provides growers at all levels of production with technical, marketing, policy, supply chain and networking support.



Publication Date: January 2025

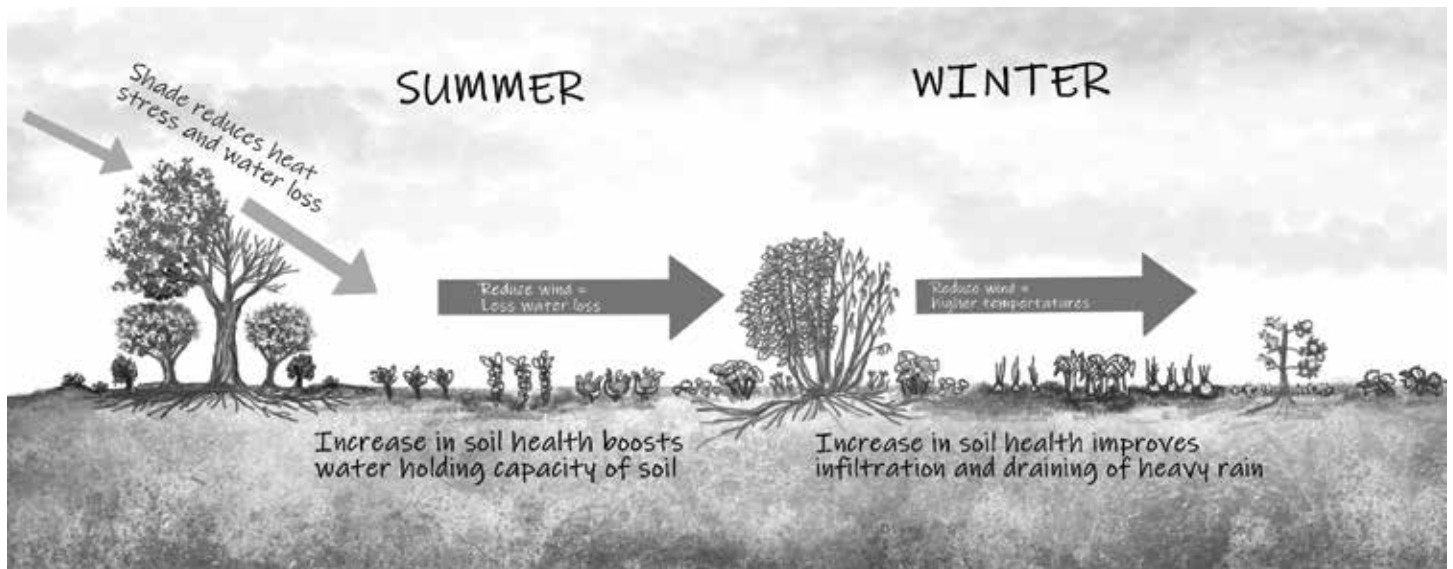
Word Count: 58,500

Page Count: 224

Art Program: Black-and-white illustrations throughout, 8-page color insert

Rights Available: World

SPRING 2025



The Regenerative Agriculture Solution

A Revolutionary Approach to Building Soil, Creating Climate Resistance, and Supporting Human and Planetary Health

Ronnie Cummins and André Leu

FARMING & HOMESTEADING

The best-kept secret in today's world is that solutions to some of our most pressing issues—food insecurity, deforestation, overgrazing, water scarcity, rural poverty, forced migration—lie in adopting, improving, and scaling up organic and regenerative agriculture best practices.

Ronnie Cummins had spent decades studying the potential and pitfalls of organic and regenerative agriculture. He started to write a book about the Flores' brothers and other visionary people, such as Dr Vandana Shiva, Allan Savory, and John Liu, who started landscape-scale regeneration projects. The scientific data was even more convincing, suggesting that these projects—and others like it—could revolutionize how we understand the climate catastrophe.

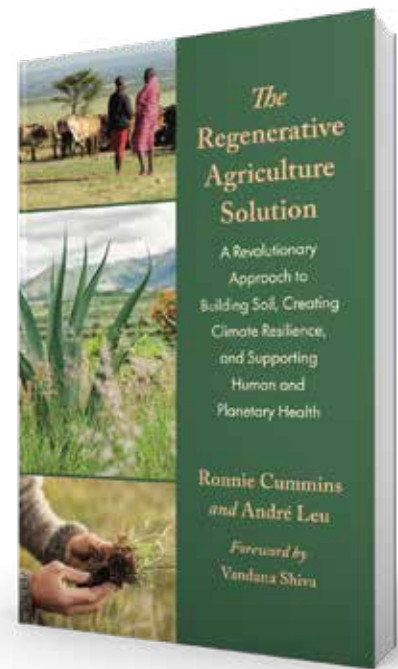
The result is *The Regenerative Agriculture Solution*, a book that shows how regenerating our forests, rangelands, and farming ecosystems can cool our planet, restore the climate, and enrich our communities.

Ronnie Cummins was the cofounder and director of the Organic Consumers Association (OCA), a nonprofit dedicated to safeguarding organic standards and promoting a healthy, just, and regenerative system of food, farming, and commerce.

André Leu is the International Director of Regeneration International, an organization he cofounded in 2015 with Dr. Vandana Shiva, Ronnie Cummins, Dr. Hans Herren, and Steve Rye, and which has now grown to 540 partners in 75 countries, advancing projects in agroecology, permaculture, AMP grazing, agroforestry, and biological, organic, and ecological agriculture.

“Read this book to understand why you should care about regenerative agriculture. Until the public is better-informed and insists on sweeping changes to current agricultural policy . . . we will continue to degrade our planet and destabilize our climate. Leu and Cummins, through inspiring stories and solid science, show just how quickly we could turn that around.”

—ALLAN SAVORY



Publication Date: September 2024

Word Count: 47,800

Page Count: 208

Art Program: 8-page color insert

Rights Available: World

FALL 2024

In Search of the Perfect Peach

Why Flavour Holds the Answer to Fixing Our Food System

Franco Fubini

Foreword by Tim Spector, author of
The Diet Myth, *Spoon-Fed*, and *Food for Life*

FOOD & DRINK

Is “eating local” everything it’s cracked up to be?

The first bite of a perfectly ripe peach can be truly transformative—a joyful experience that stays with you forever. But, as Franco Fubini came to realize, flavor is a signifier of so much more than nostalgia. It has the power to change the way we grow, shop, and eat—transforming the planet *and* our palates.

For the last two decades—through his work with Natoora—Franco has been sourcing amazing flavor for some of the best kitchens and most demanding chefs in the world. He’s learned that through flavor, a better future of food suddenly becomes possible: one in which we are not only closer to nature and to the people who grow our food, but where we are also actively building seasonal diversity back into our diets, putting nutritious food on our plates, and restoring the health of our soils.

From the citrus groves of Sicily to a taco in Mexico City, *In Search of the Perfect Peach* takes you on a journey in the pursuit of flavor, with Franco revealing at every step how this incredibly simple desire can lead to radical change. Throughout, he offers us a deeply optimistic vision of how we as consumers can follow flavor to fix the food system and bring joy to our every meal.

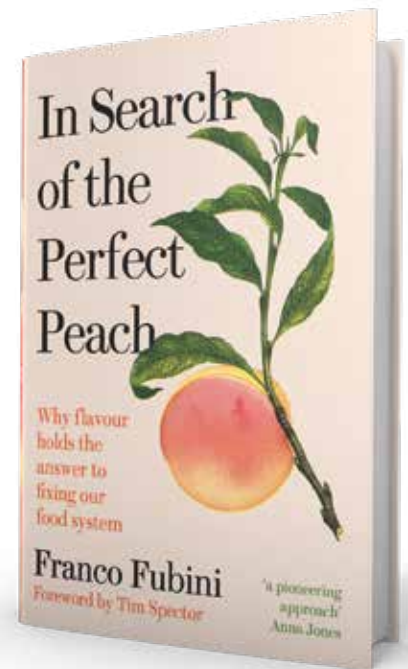
Franco Fubini Founder and CEO of Natoora, his unique approach to seasonality and sourcing has been raising the bar on flavour for 20 years and is actively shaping the way both top chefs and consumers cook and understand food in London, Paris, Milan, Copenhagen, Malmo, New York, LA, Miami and Melbourne.

“An incredible read for those who love food and care about its future. *In Search of the Perfect Peach* is both a love story and technical guide.”

—**KYLE CONNAUGHTON**, chef and owner, SingleThread Farm, Restaurant and Inn

“By valuing and reclaiming flavor, Franco argues that we can transform the system and also enrich our relationship with food. Essential reading.”

—**DAN SALADINO**, journalist, broadcaster and author of *Eating to Extinction*



Publication Date: September 2024

Word Count: 60,000

Page Count: 224

Art Program: None

Rights Available: World

FALL 2024

Chile, Clove, and Cardamom

A Gastronomic Journey Into the Fragrances
and Flavors of Desert Cuisines

Beth Dooley and Gary Paul Nabhan

FOOD & DRINK

Explore mouth-watering recipes from the most vibrant and diverse culinary traditions of the hottest and driest places on earth—including the aromatic dishes and arid-adapted traditions from Central Asia, the Middle East, North Africa, and the deserts shared by the US and Mexico—compiled by two James Beard Award-winning writers.

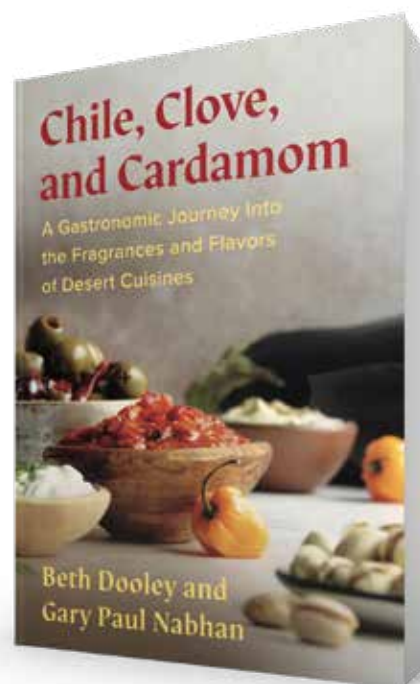
Chile, Clove, and Cardamom is a celebration of the fragrances and flavors of sun-drenched cuisines. Throughout this book, coauthors Beth Dooley and Gary Paul Nabhan reveal surprising patterns and principles among varied recipes of traditional desert cultures, bringing to life the places, dishes, and recipes that have been shaped by heat and drought and infused with bold flavors. They have created a unique, stunning collection of over 90 recipes that honor the tastiness of cuisines that have influenced how all of humanity eats today.

Steeped in history and memory, *Chile, Clove, and Cardamom* is also a beautifully photographed, in-depth guide to the essential spice blends that will help you build your own aromatic pantry, drawing on a variety of easy-to-follow cooking methods for planning your own desert meals.

As hotter and drier conditions become more familiar to people beyond the places where these Indigenous and Nomadic cultural cuisines originated, these water-conserving dishes and energy-saving techniques become timely for many of us. Each recipe, in turn, introduces us to the gastronomic legacies that connect these cuisines, offering tips for understanding and sourcing high-quality, delicious ingredients—and how to use them—in a changing world.

**“If all the world’s most delicious foods had a reunion,
this would be their family album.”**

—LAWRENCE DOWNES, writer; former member of the
New York Times editorial board



Publication Date: October 2024

Word Count: 44,700

Page Count: 208

Art Program: Full-color
photographs throughout

Rights Available: World

FALL 2024



My Regenerative Kitchen

Plant-Based Recipes and Sustainable Practices to
Nourish Ourselves and the Planet

Camilla Marcus

Foreword by Alice Waters, visionary chef
and owner of Chez Panisse

FOOD & DRINK

Over 100 delicious, healthy recipes using regeneratively grown ingredients and sustainable techniques.

With a focus on upcycling food scraps and mindful ingredient sourcing, *My Regenerative Kitchen* brings home the importance of regenerative agriculture, climate consciousness, and reducing food waste in our daily lives. Through exquisitely simple recipes and thoughtful techniques, Camilla Marcus encourages readers to embrace a whole-farm mentality, use every part of the vegetable, and adopt a zero-waste approach in the kitchen.

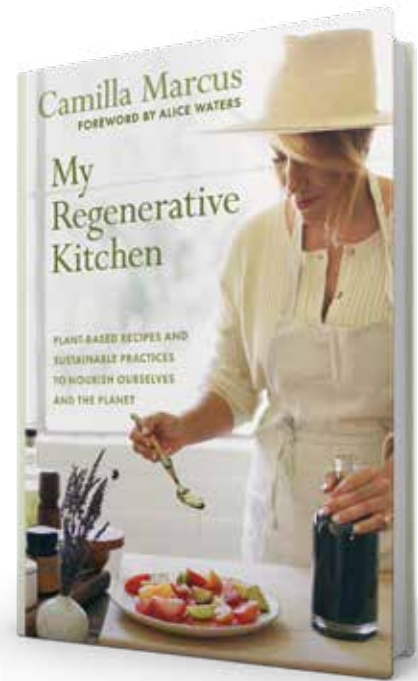
Every recipe is loaded with professional tips gleaned from Camilla's storied restaurant career, as well as inspiration for how to integrate laid back, naturally inclined West Coast-inspired living and the art of beautiful, undone hospitality into any home. The stunning photography, shot on film by Ben Rosser, celebrates the soul and spirit of California living.

Food is more than just sustenance—it's a form of activism. This book will guide you to take risks, create with intention, and regenerate our Earth through how you live, cook, eat, and gather every day.

Named one of *Fast Company's* Most Creative People in Business, **Camilla Marcus** is a chef, entrepreneur, activist, and mother of four, challenging conventional ideas about our food systems and environmental stewardship. Drawing from her California roots, she founded west~bourne in 2018 as New York City's first certified zero-waste restaurant. Her work has been featured in a wide range of media, including the *New York Times*, *Food & Wine*, *Forbes*, *Vogue*, *CNN*, *Bon Appetit*, *Women's Wear Daily*, *Marie Claire*, *InStyle*, *New York* magazine, *Dwell*, *Nylon*, *Thrillist*, *Eater*, and many more.

"With *My Regenerative Kitchen*, Camilla leads us with passion and confidence toward a brighter, healthier, and more delicious future for our families and our planet."

—GAIL SIMMONS, food expert and TV personality



Publication Date: October 2024

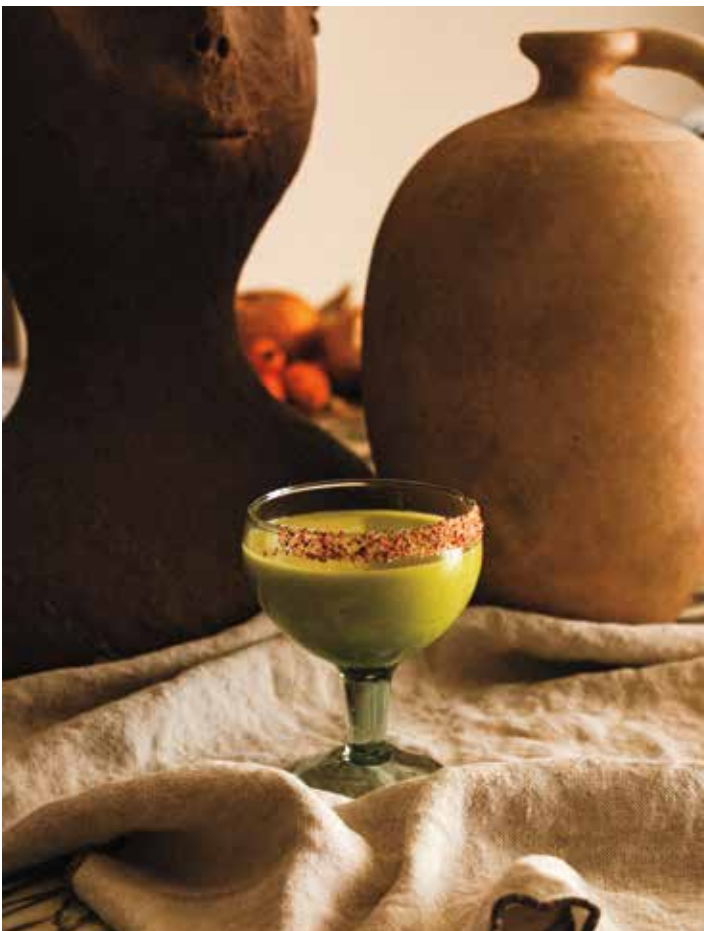
Word Count: 61,000

Page Count: 256

Art Program: Full-color
photography throughout

Rights Available: World

FALL 2024



The Hungry Ghost Bread Book

An Offbeat Bakery's Guide to Crafting Sourdough Loaves, Flatbreads Crackers, Scones, and More

Jonathan Stevens

FOOD & DRINK

For the adventurous home baker and small-scale commercial baker alike, *The Hungry Ghost Bread Book* is a delicious guide and a pious devotional to the wonderful, awe-inspiring world of sourdough.

Baking is a ritual that demands attention, physical proximity, close observation, and continual adjustment. It begets sustenance, fosters community, and connects us with a 10,000-year-old craft.

Sourdough, declares Stevens, is not a *style* of bread. It is bread. The sourdough starter—the microbial community used to inoculate bread dough—transforms flour into something truly digestible by humans, unlocking the nutrients that are otherwise inaccessible. Stevens's unique approach to working with sourdough can be summed up by three tenets, each of which begins with “more.” More hydration, more fermentation, and more heat in the oven.

Inside these pages, you'll find tools, techniques, insights, short-cuts, ingredients, warnings, and a handful of haikus. You'll find instructions for creating and nurturing your own sourdough starter, as well as formulas for a variety of loaves, flatbreads, crackers, folds, scones, bagels, and more.

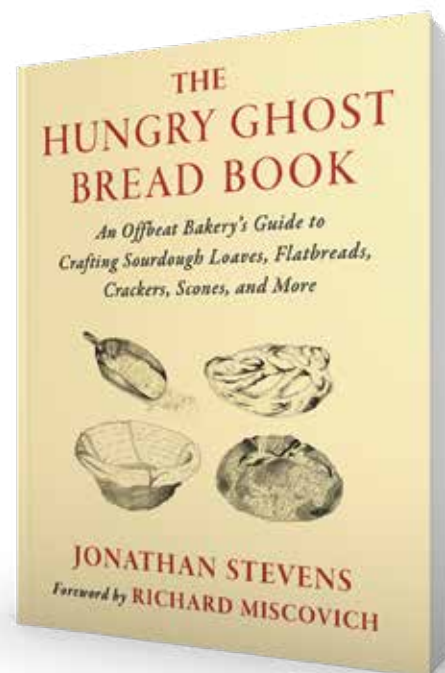
Jonathan Stevens is co-owner of Hungry Ghost Bread in Northampton, MA, nominated six times for the James Beard Awards. His bread has been featured in the *New York Times*, *Boston Globe*, *Saveur*, and *Taste*, among other publications.

“A beautifully written book by a true artisan. . . . Easy to read and likely to inspire, this book will take your bread-making to the next level.”

—SANDOR ELLIX KATZ, fermentation revivalist; author of *The Art of Fermentation* and other fermentation bestsellers

“The Hungry Ghost feeds more than spirits with its spectacular breads.”

—SAVEUR (naming Hungry Ghost Bread a “Great American Bread Bakery”)



Publication Date: September 2024

Word Count: 45,000

Page Count: 208

Art Program: Black-and-white illustrations throughout

Rights Available: World

FALL 2024

Following the Herbal Harvest

A Search for the Healing Promise of Plant Medicines

Ann Armbrecht

HEALTH & WELLNESS

From tulsı to turmeric, echinacea to elderberry, medicinal herbs are big business—but do they deliver on their healing promise to those who consume them, those who provide them, and to the natural world?

Using herbal medicines to heal the body is an ancient practice, but in the twenty-first century, it is also a worldwide industry. Yet most consumers know very little about where those herbs come from and how they are processed into the hundreds of products that fill store shelves. In *Following the Herbal Harvest* (originally published in hardcover as *The Business of Botanicals*), author Ann Armbrecht embarks on a journey to follow herbal medicines from source to shelf. Her travels in North America, Europe, and India reveal the inner workings of the botanicals industry as she confronts complex questions about the ethical and ecological issues of mass production of medicines derived from these healing plants, many of which are imperiled in the wild.

This is the first book to explore the interconnected web of the global herb industry and an invaluable resource for conscious consumers who want to better understand the social and environmental impacts of the products they buy.

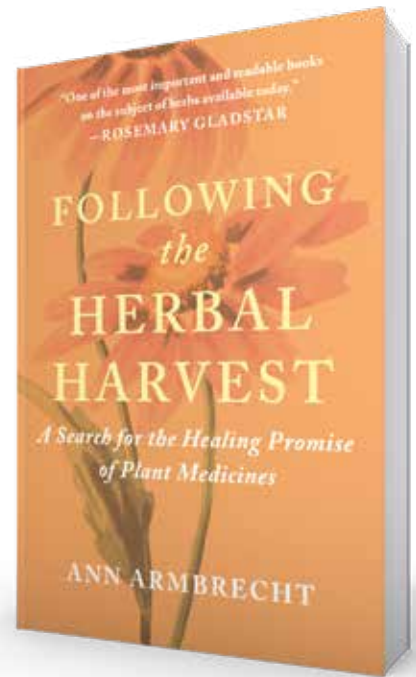
Ann Armbrecht is the director of the Sustainable Herbs Program under the auspices of the American Botanical Council. She is also a writer and anthropologist (PhD, Harvard 1995) whose work explores the relationships between humans and the earth, most recently through her work with plants and plant medicine.

“An eye-opener. . . [Armbrecht] challenges ideas of what medicine can be and how business practices can corrupt, and expand, our notions of plant-based healing.”

—THE BOSTON GLOBE

“Armbrecht masterfully manages the challenges and complexity of her source material . . . [She] is a spirited storyteller . . . [and] presents all this with the skill of an anthropologist and the heart of an herbalist.”

—JOURNAL OF THE AMERICAN HERBALISTS GUILD



Publication Date: October 2024

Word Count: 97,500

Page Count: 288

Art Program: 16-page color insert

Rights Available: World,
except Italian

FALL 2024

“[This] is one of the most important and readable books on the subject of herbs available today.”

—ROSEMARY GLADSTAR, author
of *Rosemary Gladstar’s Medicinal Herbs*

The Healthy Bones Plant-Based Nutrition Plan and Cookbook

How to Prepare and Combine Plant Foods to Maintain Optimal Bone Density and Prevent Osteoporosis

Dr. Laura Kelly, Helen Bryman Kelly, Jummee Park

FOOD & DRINK, HEALTH & WELLNESS

A unique nutritional guide and cookbook—with over 100 delicious recipes—that can help both women and men of any age maintain optimal bone density and prevent osteoporosis.

Can you have healthy bones while following a diet of more, mostly, or entirely plants? Is lower bone density an inescapable price even young people must pay for choosing plant foods?

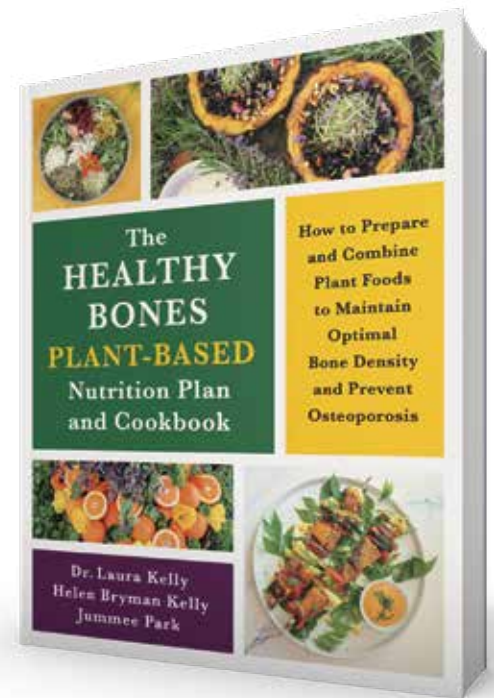
In *The Healthy Bones Plant-Based Nutrition Plan and Cookbook*, Dr. Kelly puts these questions to rest, offering readers the same expert guidance she provides to her patients who are on a plant-forward or vegetarian diet, ensuring they have a plan to meet their nutritional needs for healthy bones or working toward reversal of bone loss. She explains why people on plant-forward, vegetarian, or vegan diets sometimes struggle with low bone density; identifies the environmental factors that can influence bone health; and explains how to minimize the risks while setting out the steps anyone can take to restore, improve, and maintain bone density.

The Healthy Bones Plant-Based Nutrition Plan and Cookbook is a unique nutritional guide and cookbook that can maintain optimal bone density and prevent osteoporosis on a plant-based, vegetarian, or vegan diet. The book's full presentation of the science of bone health, along with a generous helping of recipes, inspires confidence in and enthusiasm for making the changes required to embrace food as medicine for bones.

Dr. Laura Kelly is a Traditional Chinese Medicine physician-scientist, CEO, activist, and educator.

Helen Bryman Kelly is an award-winning research writer who specializes in medicine and management. Her client list has included Yale University, IBM, and McGraw-Hill Books.

Jummee Park, food shaman and wellness consultant, is the founder of Jummee's Bliss Kitchen, where she has developed authentic Korean food remedies that cater to Western palates, including a line of kimchi.



Publication Date: September 2024

Word Count: 105,000

Page Count: 320

Art Program: Full-color photography and illustrations throughout

Rights Available: World

FALL 2024

Getting Healthy in Toxic Times

An ecological doctor's prescription for healing your body and the planet

Dr. Jenny Goodman

HEALTH & WELLNESS

How can we protect ourselves from the pollution, chemicals, and toxins that pervade our environment? Dr. Jenny Goodman connects the health of our planet with our own well-being, addressing the questions that very few doctors ask.

We're all too aware of the traffic pollution in the air, the chemicals in our water, the toxins in the soil (and therefore our food), and the electromagnetic energy emanating from our gadgets.

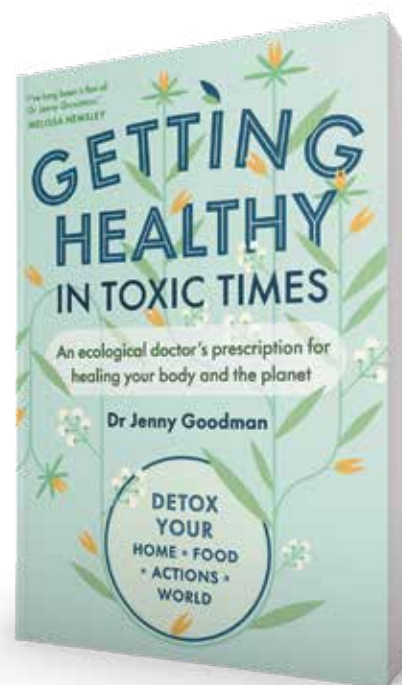
If we can also understand how they affect our health, not least in the worrying rises in asthma and allergies, infertility, obesity, heart disease, behavioral and neurological disorders, as well as cancer, then we can take positive steps to avoid them.

With the right information, we can:

- Safeguard ourselves with protective measures
- Minimize our interactions with pollutants
- Ensure our bodies have the right anti-toxin nutrients
- Take collective action to fight for our health and that of the environment

Backed by the latest scientific and medical research, *Getting Healthy in Toxic Times* will empower you to look after your own health—and that of the planet. Let's put the good stuff in and take the bad stuff out!

Jenny Goodman is a medical doctor, lecturer and broadcaster. She has been practising Ecological Medicine for twenty-two years and is the author of *Staying Alive in Toxic Times*. Jenny has appeared with Terry Pratchett in ITV's documentary *What's in Your Mouth?* and has been featured on the Victoria Derbyshire show, BBC One's *Inside Out* and numerous other TV and radio shows.



Publication Date: July 2024

Word Count: 70,000

Page Count: 272

Art Program: 10 black-and-white illustrations

Rights Available: World

FALL 2024

COMING SPRING 2025

Grow a New Garden

Becky Searle

Grow a New Garden is a practical guide on building healthy soils and creating beautiful and healthy gardens, whatever it is you're starting off with.

This will not be a garden design book but rather a manual on garden care specific to the conditions typical of new build properties. Some design elements will be incorporated to help people choose how they want to use their gardens and see how much potential they hold. The aim of this book is to give new gardeners and those facing a challenge some knowledge of how their gardens work, allowing them to garden more intuitively.

Author [Becky Searle](#) is an ecologist turned kitchen gardener. She has a monthly feature in *Kitchen Garden Magazine*. This work saw her shortlisted for "Environmental Journalist of the Year" by the UK's Garden Media Guild in 2022.

The Accidental Seed Heroes

Adam Alexander

The amazing stories behind a new generation of our favourite fruits and vegetables on the front line of a counter-revolution in plant breeding. In this book, author and documentarian Adam Alexander uncovers the remarkable stories of a new generation of fruits and vegetables that are the result of a passionate and committed cohort of breeders and growers around the world.

They are our 21st century 'seed heroes' showing the way forward, championing not only traditional varieties but breeding delicious new ones that are fundamental to a sustainable future for our planet. The new cultivars, the results of their labours, lead the way to breaking the current model where seeds are considered to be intellectual property, controlled by patents, rather than a common resource for all the world to be able to access freely.

The Ayurvedic Approach to Cancer

Dr. Sam Watts

The Ayurvedic Approach to Cancer aims to break new ground within the arena of cancer survivorship books by presenting a unique approach to supporting those living with cancer. It achieves this by dovetailing the beautifully holistic practices of Ayurveda, a natural system of medicine that originated in India over five thousand years ago, with the most advanced, cutting-edge science from the field of exceptional cancer survivorship research.

This paradigm changing area of research concerns itself with the clinical investigation of individuals living with incurable and terminal cancers who defy the statistical odds facing them by going on to enjoy decades of health and in many cases full remission. The consistencies in the practices that the majority of exceptional cancer patients adopt into their lives have been identified, and the vast majority exist within the framework of Ayurveda.

The Ayurvedic Approach to Cancer marries together these two unique and independent areas of exceptional cancer survivorship research and Ayurveda into a unified, practical and easy to follow blueprint.

Hunt for the Shadow Wolf

The Lost History of Wolves and the Myths and Stories that Surround Them

Derek Gow

Longlisted for the James Cropper Wainwright Prize 2024 for Nature Writing

“One of the most remarkable figures in British conservation.”
—*The Observer*

“[Derek Gow is] a wry, profane truth teller who is equal parts yeoman farmer, historical ecologist, and pirate.”—Ben Goldfarb, author of *Eager*, 2019 PEN/E.O. Wilson Literary Science Writing Award Winner

Renowned rewilder Derek Gow has a dream: that one day we will see the return of the wolf to Britain as it has already returned elsewhere. Does the wolf deserve its reputation a savage beast and villain of children’s stories, or was that reputation and fear-mongering a carefully crafted fairytale of its own?

With biting funny but also tender stories, *Hunt for the Shadow Wolf* is Derek’s quest to uncover the true nature of this creature and its ultimate demise by piecing together fragments of information, stories, myths, legends, artefacts and local records, so that we may come to celebrate it, and even one day herald its return.



What Remains?

Life, Death, and the Human Art of Undertaking

Rupert Callender

“Sharp, angry, punchily philosophical and often funny.”—*The Times*

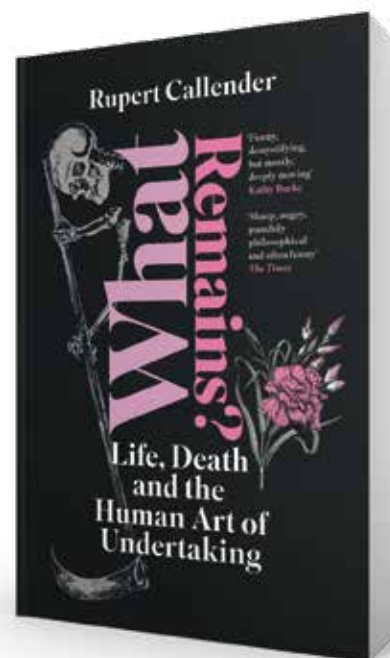
“This book is a great work of craft and beauty.”—Salena Godden

“A moving revelation.”—*Love Reading*

“Inspiring and unforgettable.”—John Higgs, author of *William Blake vs the World*

Ru Callender wanted to become an undertaker in order to offer people a more honest experience than the stilted formality of traditional ‘Victorian’ funerals. Driven by raw emotion and the unresolved grief of losing his own parents, Ru brought a new ethos to the business of death, in the name of creating truly authentic experiences that celebrate those who are no longer here and those who remain.

Radical, poignant, unflinchingly real and laugh-aloud funny, *What Remains?* will change the way you think about life, death and the human experience.



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