



# ROBERT ROSE

RIGHTS 2023



## BEGINNER'S BABY SIGN LANGUAGE

### Sign & Sing at Home

*Your baby is ready to sign when they can wave bye-bye*

*Beginner's Baby Sign Language: Sign & Sing at Home* includes 100+ American Sign Language (ASL) signs to introduce to your baby. This book is designed to show you what and when to sign to your child. Not only is it surprisingly easy, signing with your baby can increase connection as you better understand baby's behavior and can relieve frustration by helping them to communicate their wants. You'll find easy-to-follow illustrations and instructions for signs like *milk* and *diaper*. You'll also learn practical songs to sign and sing with your child. Also included are the alphabet and numbers (1-10) in ASL conveniently located at the front and back of the book for quick reference.

Unlike other books in the genre, this beautifully designed educational book stands out with loads of full-color photographs to make it easy to look up the signs you want to share. With this book you and your baby will be communicating clearly and confidently!

**SARA BINGHAM** is the founder of WeeHands, the world's leading children's sign language and language development program for babies, toddlers and preschool children. She is a trained therapist, the mother of two and a frequent contributor to parenting magazines and baby-related professional websites.



ISBN(S): 978-0-7788-0710-0 / 077880710X

PUBLICATION DATE: March 2023 (Shipping February 2023)

LIST PRICE: \$19.95 US / \$24.95 CAN

FORMAT/TRIM: TP / 7" X 10"

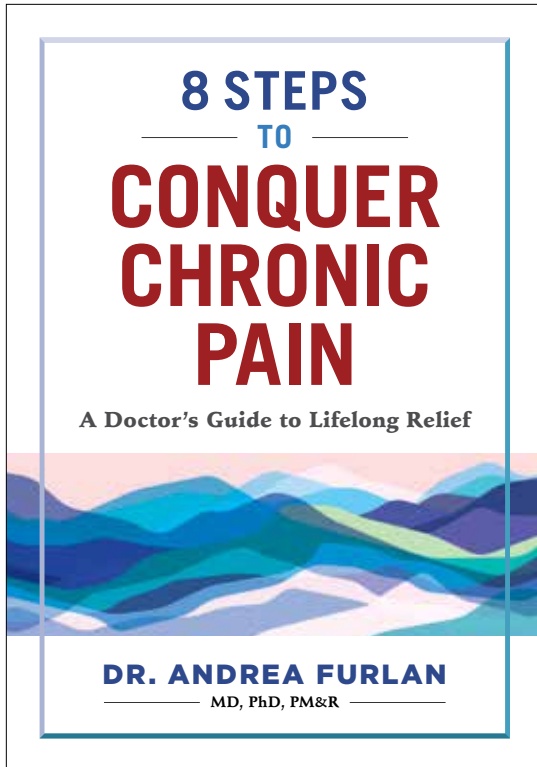
PAGE COUNT: 176

WORD COUNT: 16,246

ILLUSTRATIONS: 60+ photos and illustrations, 4 color text, cover printed on both sides

SUBJECT / CATEGORY: Education - ANF / Sign Language

RIGHTS SOLD: TBD



# 8 STEPS TO CONQUER CHRONIC PAIN

## A Doctor's Guide to Lifelong Relief

*A practical, solution-based guide for ending chronic pain*

Chronic pain is one of the most common chronic conditions in the United States. The CDC estimates that 20% of US adults live with chronic pain. That's more than 50 million adults in the US, alone! But what exactly is chronic pain? And is there a solution for it?

*8 Steps to Conquer Chronic Pain* answers these questions and more, presenting attainable, accessible and evidence-based solutions to your pain problems. Written by a pain specialist with extensive hands-on experience and knowledge of the latest advances in treatment, this book will help you to understand the different types of pain, how they're diagnosed and, most important, what you can do to relieve your chronic pain.

**DR. ANDREA FURLAN** is an Associate Professor in the Department of Medicine at the University of Toronto and a Staff Physician and Senior Scientist at the Toronto Rehabilitation Institute. Her YouTube page has more than 400,000 subscribers and more than 30 million views. She received a CIHR New Investigator Award, and her research focus is on treatments of chronic pain including medications, complementary and alternative therapies, and rehabilitation.

ISBN(S): 978-0-7788-0711-7 / 0778807118

PUBLICATION DATE: April 2023

(Shipping MArch 2023)

LIST PRICE: \$24.95 US / \$29.95 CAN

FORMAT/TRIM: TP / 7" X 10"

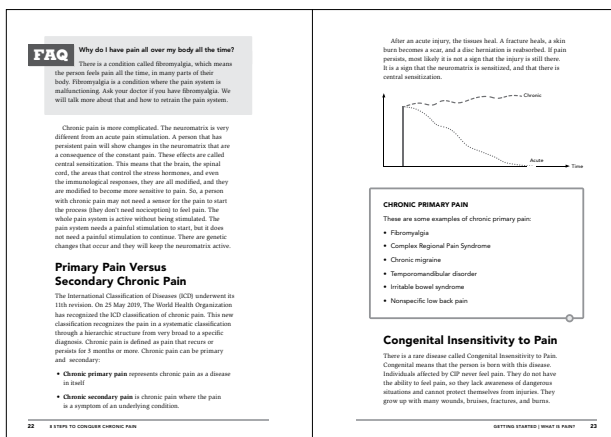
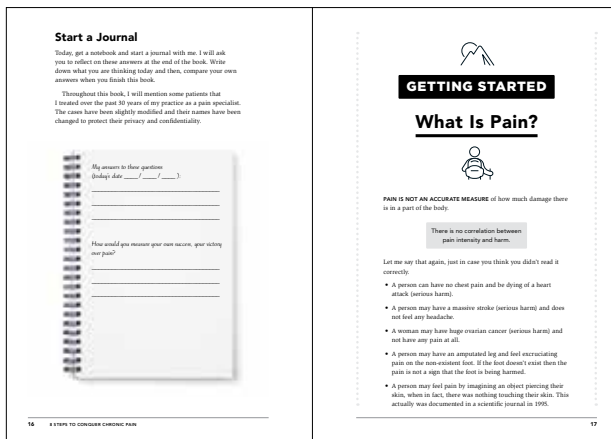
PAGE COUNT: 256

WORD COUNT: Approx. 70,000

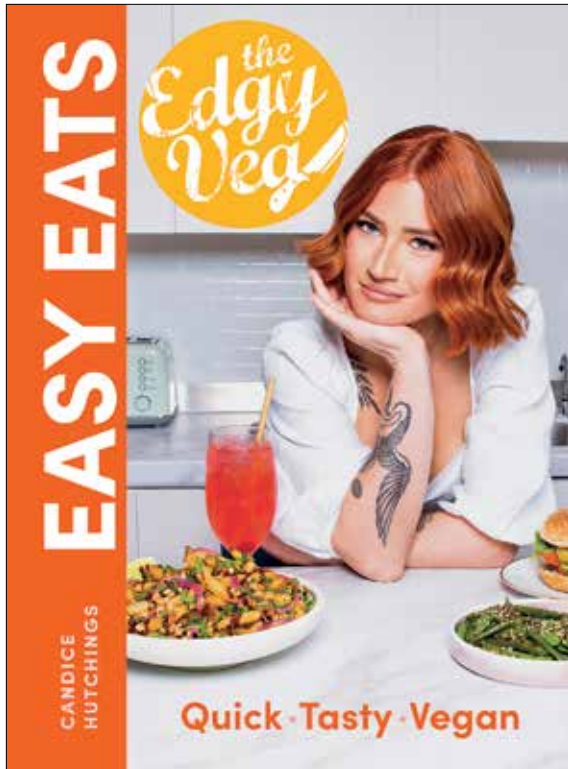
ILLUSTRATIONS: Fully illustrated throughout, charts and graphs, two color

SUBJECT / CATEGORY: HEALTH & FITNESS / Pain Management

RIGHTS SOLD: TBD







## THE EDGY VEG: EASY EATS

Quick • Tasty • Vegan

*Mouth-Watering Vegan Food You'll Crave — Everyday*

She's back! In her follow-up to the bestselling *The Edgy Veg*, Candice Hutchings, the face of the Edgy Veg YouTube channel (445,000+ Subscribers, 500,000+ Average Monthly Views) returns with *The Edgy Veg Easy Eats*, a collection of 106 brand-new recipes that don't sacrifice creativity or bold flavor for ease or time.

Candice's recipes are always as exciting and original as she is and in these deliciously designed pages, you'll find vegan food built differently. This is food that satiates every craving. Everything from Lazy Lasagna to impress your main squeeze to tasty one-pot dinners like Easy Breezy Creamy Chic-Peas for when you've got a case of the Mondays. Candice is serving you finger-licking and lightning-fast appetizers (think Fancy Fall Charcuterie Board) and no-fuss desserts, such as Chipsy Marshmallow Treats, for when you need a sweet-fix in a hurry. Flip open to any page, and each recipe will take you no longer than 45 minutes to make, while never compromising your need for great taste. In no time at all, you will be serving up dinner with an attitude and a cheeky side.

Whether life throws you lemons or tosses you a bone, we all need to eat — preferably really tasty food — and, as always, Edgy Veg has got your back!



**CANDICE HUTCHINGS** is the face of the popular Edgy Veg YouTube channel and blog, where she delivers plant-based recipes with comedy and attitude, and the author of the bestselling *The Edgy Veg: 138 Carnivore-Approved Vegan Recipes*. She disrupts the vegan community with her candid and humorous takes on activism not only for animals and plant-based food, but also mental health, the environment, and female empowerment. She lives in Toronto, Ontario, with her three rescue dogs.

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ISBN(S): 978-0-7788-0703-2 / 0778807037

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PUBLICATION DATE: October 2022  
(Shipping August 2022)

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LIST PRICE: \$29.95 US / \$34.95 CAN

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FORMAT & TRIM: HC / 7.75" x 10.5"

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PAGE COUNT: 256

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WORD COUNT: 46,829

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ILLUSTRATIONS: Full-color book including 100 full-color photographs and index

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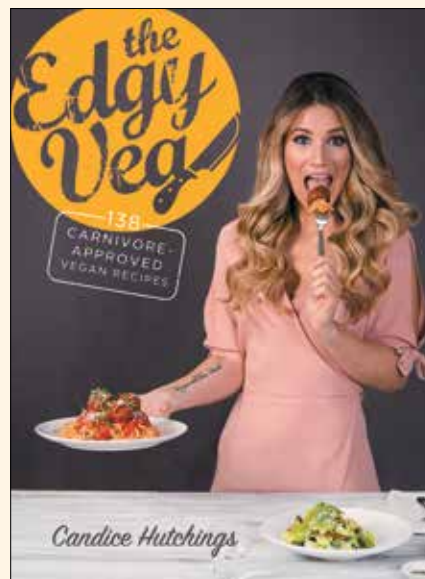
SUBJECT/ CATEGORY: CKB125000 COOKING / Vegan;  
CKB086000 COOKING / Vegetarian

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RIGHTS SOLD: TBD

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ALSO AVAILABLE



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THE EDGY VEG

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ISBN: 978-0-7788-0581-6

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PUBLICATION DATE: Fall 2017

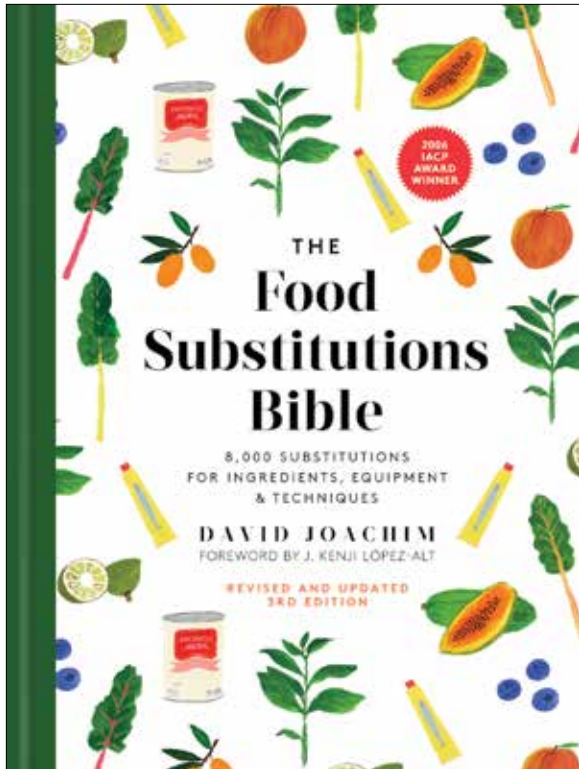
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\$27.95 US / \$32.95 CAN

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## THE FOOD SUBSTITUTIONS BIBLE, THIRD EDITION

8,000 Substitutions for Ingredients, Equipment & Techniques

*This full-color, hardcover edition features a brand-new design with a foreword by J. Kenji López-Alt, 8,000 substitutions, custom hand-drawn illustrations by Emily Isabella, and 24 new recipes, increasing the total to 188 recipes*

Have you ever been in the middle of making a meal only to discover you have run out of a key ingredient or don't own a specialty pan called for in the recipe? Or maybe, you want to create a different flavor or texture for a tried-and-true family dish by experimenting with something new and exciting.

The answer to these dilemmas? Substitute. But the internet doesn't always have reliable answers or accurate replacements. Winner of an International Association of Culinary Professionals (IACP) award, The Food Substitutions Bible, now in an expanded, updated, and revised third edition, is the authoritative guide to making substitutions in the kitchen.

In one comprehensive, easy-to-use book that's organized from A to Z, bestselling author David Joachim has compiled creative and clear options to solve cooking conundrums. Now it offers more than 8,000 alternative ingredients, equipment, and techniques plus 188 simple recipes, covering emergency substitutions, time-saving substitutions, healthy substitutions, alternatives for hard-to-find ingredients, vegan and kosher alternatives, and ideas for varying the flavor of a dish in countless ways. You'll also find over 30 ingredient guides and measurements tables to help decipher things like choosing fresh chiles and pan size equivalents.





Don't have mirin? Use a mixture of sherry and sugar instead. Looking for a less-rich alternative to whipped cream? Evaporated milk whips up surprisingly well and makes a creamy, lower-calorie substitute you can dollop onto your favorite desserts. Can't find your fondue pot? Use a heavy stoneware dish set on a warming tray or heating pad. David gives you all the information you need to improvise with confidence at home or in a commercial kitchen.

**DAVID JOACHIM** has written, edited, or collaborated on more than 50 cookbooks. With Andrew Schloss, he co-authored *The Science of Good Food*, which was nominated for a James Beard Award. He also wrote the *A Man, A Can, A Plan* series, which has sold more than 1 million copies. David recently co-wrote *Mastering Pizza* with James Beard Award-winning chef Marc Vetri and *The Wicked Healthy Cookbook* with plant-based chefs Chad and Derek Sarno. He lives in Pennsylvania.

**J. KENJI LÓPEZ-ALT** is *The New York Times* bestselling author of *The Food Lab* and *Every Night Is Pizza Night*. He is a *New York Times* food columnist; the chief culinary advisor for *Serious Eats*; and the host of *Kenji's Cooking Show*, which has more than a million subscribers on YouTube. He lives in Seattle.

**EMILY ISABELLA** is a New York-based illustrator. Her clients include Kate Spade and Anthropologie.

ISBN(S): 978-0-7788-0706-3 / 0778807061

PUBLICATION DATE: September 2022  
(Shipping July 2022)

LIST PRICE: \$49.95 US / \$59.95 CAN

FORMAT & TRIM: HC / 7.5" x 10"

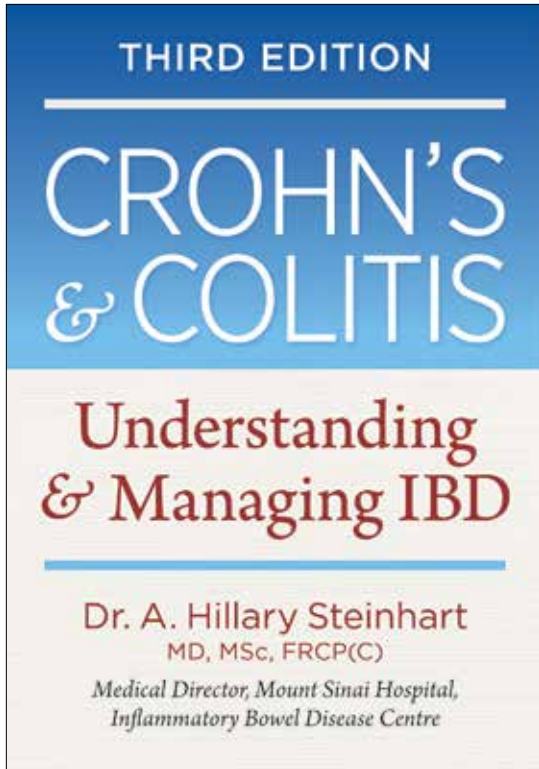
PAGE COUNT: 688

WORD COUNT: 220,007

ILLUSTRATIONS: Full-color and illustrated throughout with 170+ unique illustrations

SUBJECT/ CATEGORY: CKB071000 COOKING / Reference

RIGHTS SOLD: TBD



# CROHN'S & COLITIS, THIRD EDITION

## Understanding & Managing IBD

*A newly updated edition from one of the most respected and authoritative experts on Crohn's and colitis.*

For anyone who suffers from Crohn's disease or ulcerative colitis, an understanding of inflammatory bowel disease is the key to developing effective management strategies. Crohn's & Colitis aims to help patients deepen their knowledge about their disease, and it has been recognized by practitioners and patients alike for its invaluable information and its supportive and easy-to-follow approach. It has long been a market leader, with over 30,000 copies sold.

This new edition features updated content based on the most current research and standards for diagnosis and treatment, along with information on genetics-based drugs and naturopathic treatments.

Crohn's & Colitis also includes information on underlying causes, clinical features and effective treatments. With informative charts, case studies, "Did You Know?" boxes and answers to frequently asked questions, this book truly aims to help patients improve their health and well-being in a way that is friendly and accessible.

**DR. A. HILLARY STEINHART, MD, MSc, FRCP(C),** is Head of the Combined Division of Gastroenterology for Mount Sinai Hospital and the University Health Network in Toronto. He is also an Associate Professor in the Department of Medicine at the University of Toronto.

ISBN: 978-0-7788-0619-6

PUBLICATION DATE: Fall 2018

LIST PRICE: \$24.95 US / \$24.95 CAN

FORMAT & TRIM: TP / 7" x 10"

PAGE COUNT: 256

WORD COUNT: 93,881

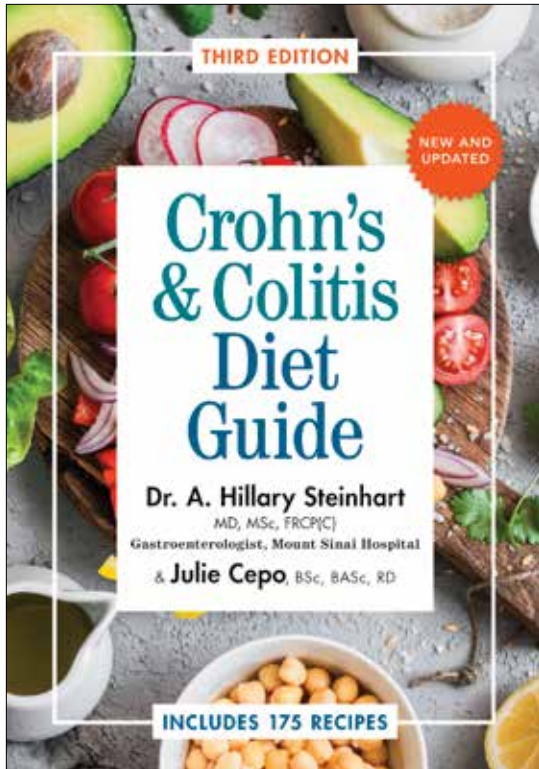
ILLUSTRATIONS: B&W Diagrams and index

SUBJECT / CATEGORY: Health

RIGHTS SOLD: Hungarian, Romanian







# CROHN'S AND COLITIS DIET GUIDE, THIRD EDITION

Includes 175 Recipes

*Easy to follow guidance for sufferers, families, friends and caregivers in helping to manage IBD (inflammatory bowel disease) symptoms.*

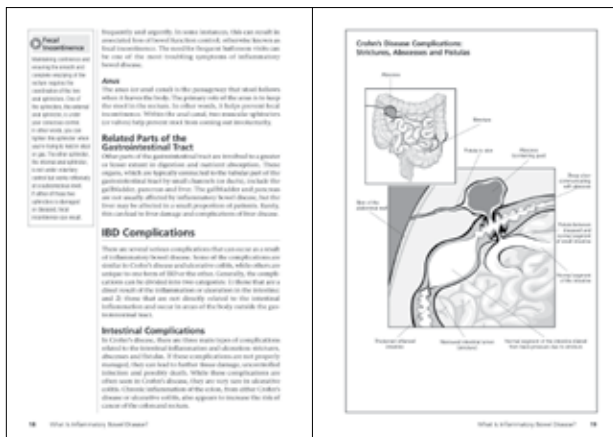
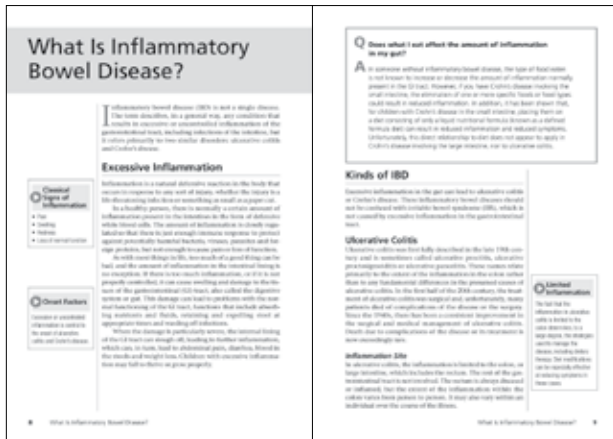
Inflammatory bowel disease (IBD) describes a group of conditions, the two main forms of which are Crohn's disease and ulcerative colitis. IBD causes inflammation of your digestive tract, which can lead to abdominal pain, severe diarrhea, fatigue, weight loss and malnutrition.

This updated 3rd edition, in an easy-to-understand manner, provides all the necessary guidelines regarding the foods that might cause problems, as well as IBD-tailored recipes that can be enjoyed without compromising taste and overall nutrition.

With its informative charts and graphs, the book's recipes provide sumptuous comfort foods like Old-Fashioned Tuna Noodle Casserole and vegetarian favorites like Slow Cooker Squash Couscous. And all with the most current information.

**DR. A. HILLARY STEINHART, MD, MSc, FRCP(C)**, is a Gastroenterologist at Mount Sinai Hospital in Toronto and an Associate Professor in the Department of Medicine at the University of Toronto.

**JULIE CEPO, BSc, BASc, RD**, is the in-patient clinical dietitian for the Gastrointestinal Program at Mount Sinai Hospital. She specializes in parenteral and enteral nutrition support, and perioperative diet education.



ISBN(S): 978-0-7788-0478-9 / 077880478X

PUBLICATION DATE: October 2022  
(Shipping August 2022)

LIST PRICE: \$24.95 US / \$27.95 CAN

FORMAT & TRIM: TP / 7" x 10"

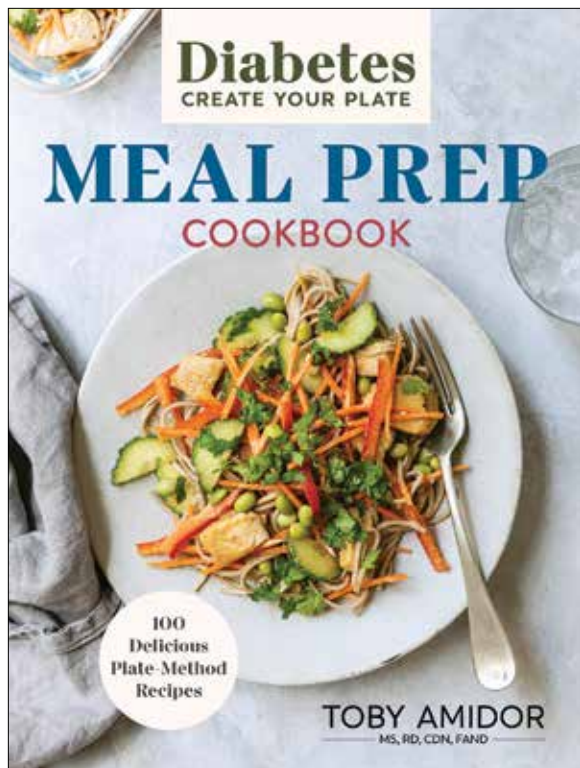
PAGE COUNT: 336

WORD COUNT: 118,283

ILLUSTRATIONS: B&W Diagrams and index

SUBJECT / CATEGORY: HEA039010 HEALTH & FITNESS / Diet & Nutrition / Diets

RIGHTS SOLD: TBD



# DIABETES CREATE YOUR PLATE MEAL PREP COOKBOOK

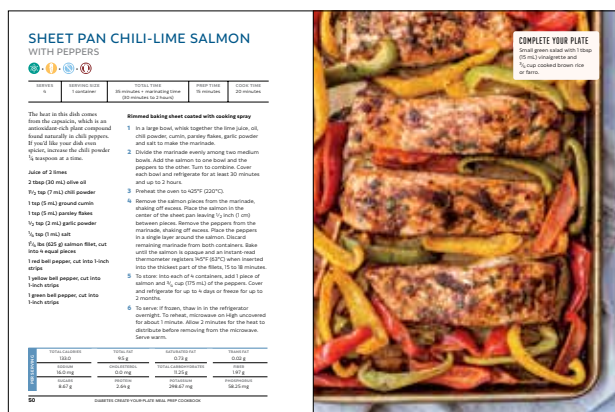
100 Delicious Plate-Method Recipes

*Finally, the perfect diabetes meal-prep cookbook everyone has been waiting for!*

*Diabetes Create Your Plate Meal Prep Cookbook* presents and explains the popular Diabetes Plate Method with 100 delicious recipes, and 5 different meal plans that range in complexity for beginners to experienced meal preppers. Specific food safety concerns are outlined for people with diabetes along with helpful tips, and all recipes contain nutritional information and step-by-step guidance for creating multiple dishes at one time.

Meal plans include grocery lists and nutritional information for each individual-serving meal prep container. At-a-glance icons show which recipes are freezer-friendly, one-pot, 30 minutes or less, vegetarian, vegan, dairy-free, gluten-free or a complete plate in one dish. Each recipe is a make-ahead meal designed for preparing in advance so you can confidently grab and go all week long.

**TOBY AMIDOR, MS, RD, CDN, FAND**, is a Wall Street Journal bestselling cookbook author, leading dietitian and recipe developer who believes that healthy and wholesome can also be appetizing and delicious. She is the author of six cookbooks, including *The Best 3-Ingredient Cookbook*, *The Best Rotisserie Chicken Cookbook* and *The Family Immunity Cookbook*. She is the founder of Toby Amidor Nutrition and the nutrition expert for FoodNetwork.com. She lives in New York.



ISBN(S): 978-0-7788-0707-0 / 077880707X

PUBLICATION DATE: April 2022 (Shipping March 2022)

LIST PRICE: \$24.95 US / \$29.95 CAN

FORMAT/TRIM: TP / 7.5" X 10"

PAGE COUNT: 288

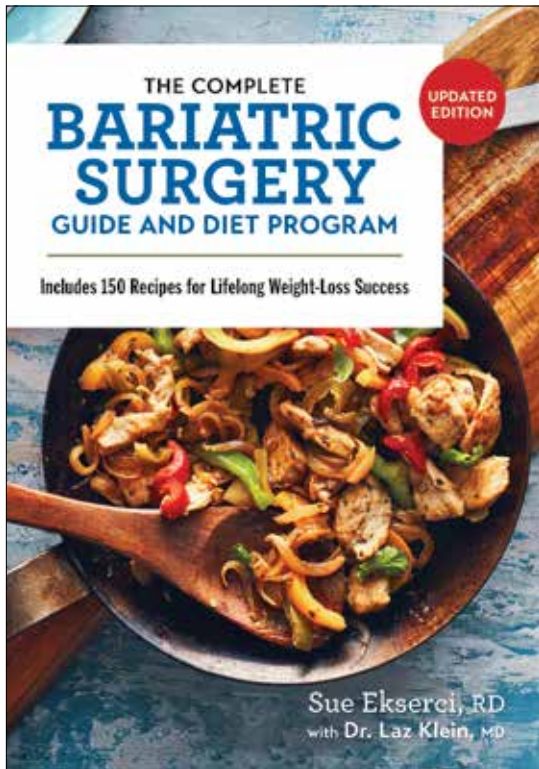
WORD COUNT: 50,996

ILLUSTRATIONS: 80 full color photos

SUBJECT/CATEGORY: Cooking / Health & Healing

RIGHTS SOLD: TBD





# THE COMPLETE BARIATRIC SURGERY GUIDE AND DIET PROGRAM

Includes 150 Recipes for Lifelong Weight-Loss Success

*Find post-surgery confidence, creativity and satisfaction in good food*

Bariatric surgery is a procedure designed to help people decrease their food intake and change the way their body handles food — the result being significant weight loss. This new edition of *The Complete Weight-Loss Surgery Guide and Diet Program* (9780778802730) provides up-to-date information on the many procedures that are currently available in North America, including vertical sleeve gastrectomy, duodenal switch and the Roux-en-Y gastric bypass. All the potential risks and benefits associated with each type of bariatric surgery are examined, as well as measures of success, and preparation and recovery instructions. To further ensure success, 150 recipes have been included that have been specially created with weight-loss patients in mind.

**SUE EKSERCI, BASc, RD**, has worked at Humber River Hospital in several areas of dietetics, including bariatrics and medicine, and she is currently a dietitian in the hospital's Maternal and Child Program.

**LAZ KLEIN, MD, MSc, FRCS(C)**, is a staff surgeon at Humber River Hospital in Toronto, where he converted the existing bariatric program from “open” to “laparoscopic,” and he is an assistant professor in the Department of Surgery at the University of Toronto.

ISBN(S): 978-0-7788-0709-4 / 0778807096

PUBLICATION DATE: October 2022  
(Shipping August 2022)

LIST PRICE: \$24.95 US / \$27.95 CAN

FORMAT & TRIM: TP / 7" x 10"

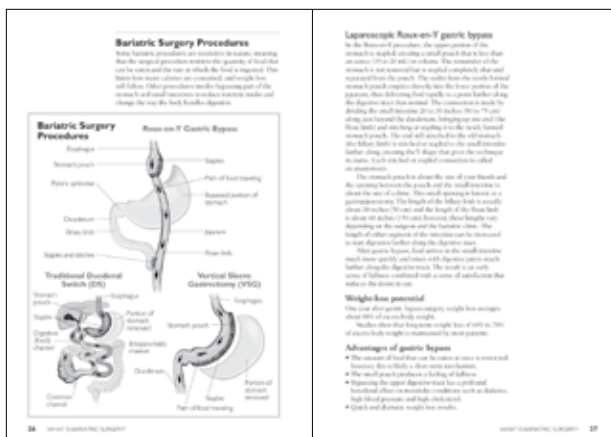
PAGE COUNT: 352

WORD COUNT: 84,199

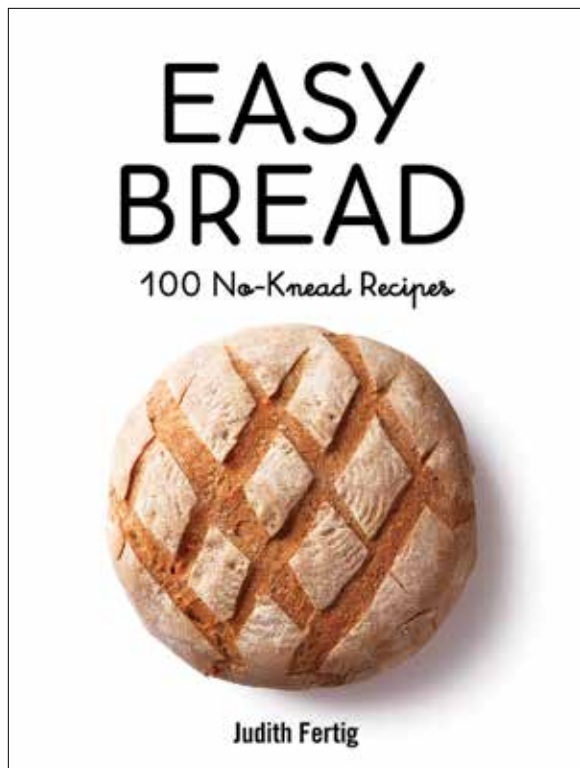
ILLUSTRATIONS: B&W Diagrams and index

SUBJECT/ CATEGORY: CKB026000 COOKING / Health & Healing / Weight Control

RIGHTS SOLD: TBD







## EASY BREAD

### 100 No-Knead Recipes

*Yes, you can have wonderful, home-baked bread any day of the week.*

*Easy Bread* will change the way you think about baking bread. Skip the traditional rounds of kneading and rising. With dough always ready to go, you'll be serving up glorious, fresh-baked breads in no time! Award-winning cookbook author Judith Fertig shares her expertise with a simplified, step-by-step technique and clear, detailed recipes easy enough for even beginning bread bakers. Start with a simple French loaf or pizza dough and quickly advance to filled breads, bagels and flaky buttery croissants. Prepare delicious bread toppings and fillings, like artisan butter, cinnamon sugar and caramelized onions, ready for whenever a craving for sweet or savory strikes.

Baking bread was never so easy — or so satisfying!

**JUDITH FERTIG** is an award-winning and bestselling cookbook author, specializing in baking, barbecue, and the regional cuisine of the North American Heartland. Her food and lifestyle writing has appeared in *The New York Times*, *The London Sunday Times*, *Bon Appetit*, *Food & Wine*, *Natural Awakenings*, *Better Homes & Gardens*, *Saveur*, *Fine Cooking*, and *Eating Well*. Fertig has appeared on the Food Network and many TV and radio programs.



ISBN(S): 978-0-7788-0684-4 / 0778806847

PUBLICATION DATE: Fall 2021

LIST PRICE: \$19.95 US / \$24.95 CAN

FORMAT/TRIM: TP / 7.5" X 10"

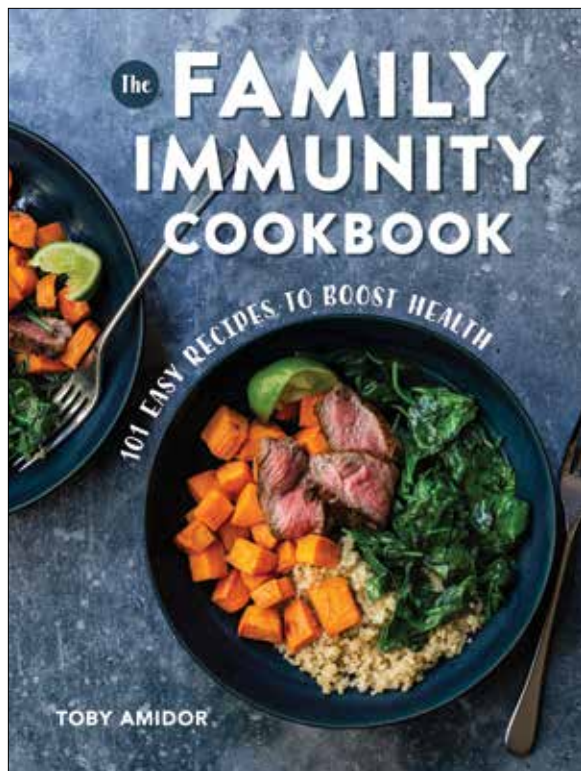
PAGE COUNT: 224

WORD COUNT: 52,572

ILLUSTRATIONS: 60 color photos

SUBJECT/CATEGORY: Cooking

RIGHTS SOLD: French Canadian



# THE FAMILY IMMUNITY COOKBOOK

101 Easy Recipes to Boost Health

*An easy-to-follow, family friendly cookbook filled with delicious recipes all designed to boost health, energy and wellness.*

All of us want to keep our families safe and healthy. We also want to eat delicious and satisfying food. *The Family Immunity Cookbook* includes 25 of the top immune-boosting foods, incorporated into 101 delicious recipes. These are ingredients that provide immune-essential nutrients like vitamin C, vitamin D, zinc, selenium, iron and protein to keep your body's defenses in tip-top shape, or they are foods that help decrease inflammation and boost antioxidant activity.

Bestselling cookbook author and nutritionist Toby Amidor is skilled at making tricky topics fun and easy to understand – she's done the work for you. She expertly describes the nutritional benefits of foods and then weaves them into recipes the whole family will enjoy. It tastes so good you won't even know it's good for you!

**TOBY AMIDOR, MS, RD, CDN, FAND**, is a *Wall Street Journal* bestselling cookbook author, leading dietitian and recipe developer who believes that healthy and wholesome can also be appetizing and delicious. She is the author of six cookbooks, including *The Best 3-Ingredient Cookbook*, *The Best Rotisserie Chicken Cookbook*, *Smart Meal Prep For Beginners*, *The Healthy Meal Prep Cookbook* and *The Easy 5-Ingredient Healthy Cookbook*. She is the founder of Toby Amidor Nutrition and the nutrition expert for FoodNetwork.com. She lives in New York.



ISBN(S) 978-0-7788-0680-6 / 0778806804

PUBLICATION DATE: Fall 2021

LIST PRICE: \$24.95 US / \$29.95 CAN

FORMAT/TRIM: TP / 7.5" X 10" / French Flaps

PAGE COUNT: 256

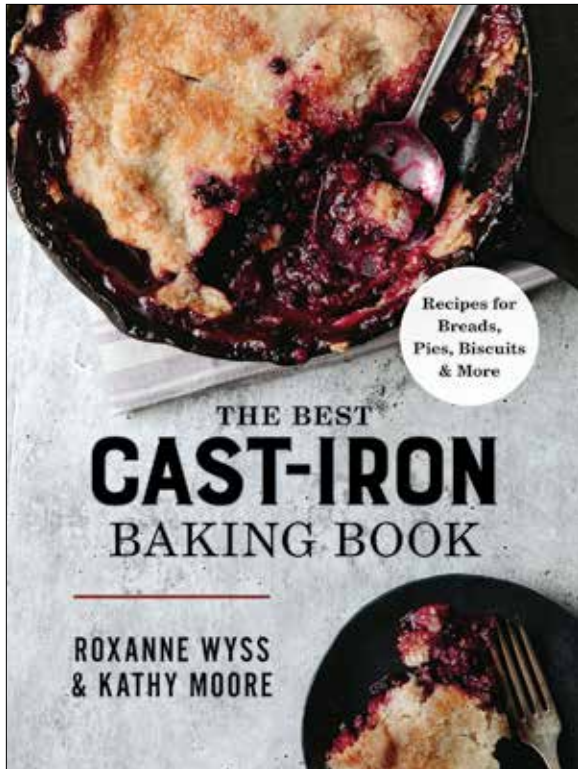
WORD COUNT: 48,545

ILLUSTRATIONS: 90 color photos

SUBJECT/CATEGORY: Cooking

RIGHTS SOLD: Italian, Polish





# THE BEST CAST-IRON BAKING BOOK

Recipes for Breads, Pies, Biscuits & More

## *The Best Baking You'll Ever Taste*

Many home cooks have learned from relatives and top chefs about the benefits of cooking with cast iron: it infuses food with more flavor, reaches higher temperatures and is naturally nonstick. But did you know cast iron is the key to the most delicious baking you will ever taste? Think effortless, but unforgettable Easy No-Knead Bread, the most delicious Skillet Berry Cobbler and incredible Maple Pecan Rolls.

In *The Best Cast-Iron Baking Book*, veteran cookbook authors Roxanne Wyss and Kathy Moore share over eighty sweet and savory recipes. Everything in this book is cooked in a 10-inch skillet or Dutch oven. You'll find breads, biscuits, cobblers, pies, cakes, pizzas, brownies and much more.

Cast-iron baking is easy — and this cookbook empowers home cooks to bake and use their cast iron confidently. Roxanne and Kathy also include tips for cooking with cast iron and information for how to care for, season and store these versatile products.

**ROXANNE WYSS** and **KATHY MOORE** are cookbook authors, food consultants, cooking teachers and bloggers who share their test-kitchen expertise through creative recipes and tips that make cooking easier and more fun. They have written seventeen cookbooks, including *Delicious Bundt Cakes*, *Delicious Dump Cakes*, *175 Best Babycakes Cupcake Maker Recipes* and *175 Best Babycakes Cake Pop Maker Recipes*. Their popular food blog can be found at [www.pluggedintocooking.com](http://www.pluggedintocooking.com).



ISBN(S): 978-0-7788-0683-7 / 0778806839

PUBLICATION DATE: Fall 2021

LIST PRICE: \$19.95 US / \$24.95 CAN

FORMAT/TRIM: TP / 7.5" x 10"

PAGE COUNT: 192 pages

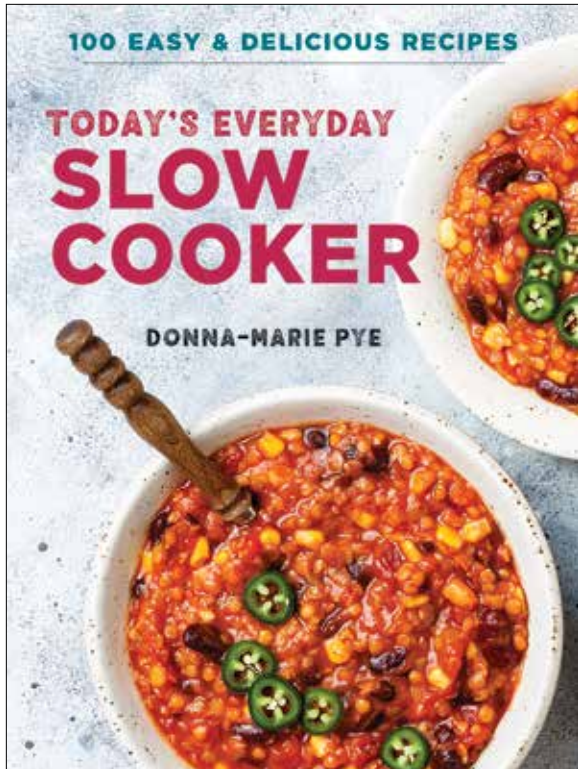
WORD COUNT: 43,177

ILLUSTRATIONS: 60 color photos

SUBJECT/CATEGORY: Cooking

RIGHTS SOLD: TBD





# TODAY'S EVERYDAY SLOW COOKER

## 100 Easy and Delicious Recipes

*Cooking trends come and go, but slow cookers continue as a beloved and trustworthy kitchen staple*

Planning a meal can be almost as satisfying as cooking it. But when life is just too busy to cook, the best meal planner knows a slow cooker can do it all for you.

*Today's Everyday Slow Cooker* is a collection of Donna-Marie Pye's most popular recipes from her bestselling cookbooks and includes more than 100 recipes updated and perfected for today's kitchen.

Bestselling cookbook author Donna-Marie Pye has chosen her most perfect, easy and economical mealtime solutions for every occasion. Whether you spend your weekends batch cooking, or simply relish the ease and pleasure of coming home after a long day at school or work to a house filled with the savory smells of old-time Sunday cooking.

**DONNA-MARIE PYE** is the best-selling author of four cookbooks that have sold over 300,000 copies including *Essential Instant Vortex Air Fryer Oven Cookbook*, *The Best Family Slow Cooker Recipes*, *300 Slow Cooker Favorites* and *300 Slow Cooker Winners*. Donna-Marie lives in Ontario, Canada.



ISBN(S): 978-0-7788-0676-9 / 0778806766

PUBLICATION DATE: Spring 2021

LIST PRICE: \$19.95 US / 24.95 CAN

FORMAT/TRIM: TP / 7.5" x 10"

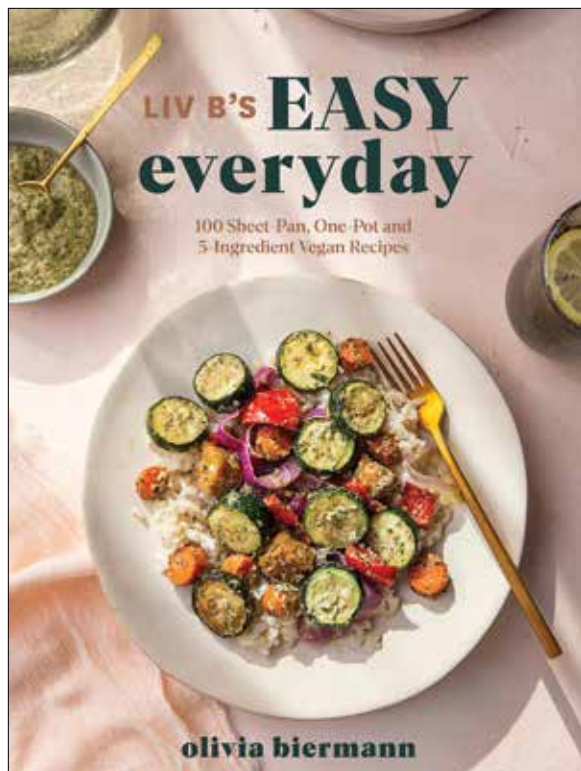
PAGE COUNT: 192

WORD COUNT: 46,040

ILLUSTRATIONS: 20 full color photos

SUBJECT/CATEGORY: Cooking

RIGHTS SOLD: TBD



## LIV B'S EASY EVERYDAY

100 Sheet Pan, One Pot and 5-Ingredient Vegan Recipes on a Budget

*Vegan on a Budget. Simplified.*

Fans already know Olivia Biermann, from her Liv B YouTube fame (1 million average monthly views!), the Liv B blog (140,000 average monthly views!) and for her effortless and inexpensive plant-based cooking. In this follow-up to her bestselling *Liv B's Vegan on Budget*, Olivia is back with a new collection of 100 recipes that are tastier and easier than ever before — all helping you master cost-effective plant-based cooking. Everything in this book is cooked with either five ingredients or in one pot or on a sheet pan. You'll use less kitchen equipment and less effort, giving you more space to exhale in your already busy day.

*Liv B's Easy Everyday* also includes pressure cooker recipes, meal prep and freezing instructions, tips and food substitutions — all to help you streamline your time in the kitchen. Hosting a cozy family gathering? Try Sheet Pan Pot Pie. In a world of seemingly endless tasks, to-do lists and people clamoring for our attention, it's no wonder so many of us don't have the time or energy to cook. Olivia is here to help.

**OLIVIA BIERMANN** is the creator of the *Liv B* blog and YouTube channel. She focuses on a mix of comfort and health-conscious recipes, while keeping everything entirely plant-based. She is the author of the bestselling cookbook *Liv B's Vegan on a Budget*. She's also an avid baker, a dog mom to two big doggos and oat milk latte addict. She lives in Halifax, Nova Scotia.



ISBN(S): 978-0-7788-0679-0 / 0778806790

PUBLICATION DATE: Spring 2021

LIST PRICE: \$24.95 US / \$29.95 CAN

FORMAT/TRIM: TP / French flaps / 7.5" x 10"

PAGE COUNT: 224

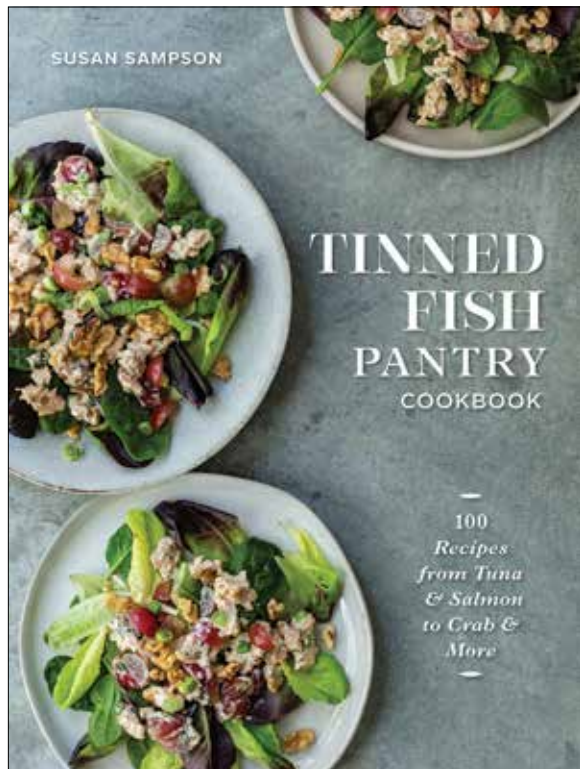
WORD COUNT: 33,519

ILLUSTRATIONS: 85 full color photographs

SUBJECT/CATEGORY: Cooking

RIGHTS SOLD: TBD





## TINNED FISH PANTRY COOKBOOK

100 Recipes from Tuna & Salmon to Crab & More

*Enjoy the modern convenience, fresh flavors, and reliability of tinned seafood*

*Tinned Fish Pantry Cookbook: 100 Recipes from Tuna & Salmon to Crab & More*, includes 100 classic canned fish and seafood recipes. North Americans already consume about 4 lbs of canned fish and seafood per person annually. With home-cooking and pantry-loading gaining momentum, sales of tinned fish are soaring, some by as much as 100%. That's a lot of tuna casserole! This book is devoted to expanding the range of ways for using tinned fish and shellfish. Why? Because tinned seafood is a great way to consume inexpensive protein in troubled times. Enjoy recipes for salmon, tuna and crab, and then expand your repertoire to include anchovies and sardines. Consumers want ready-to-eat tinned seafood and we've got the recipes to make every meal its best.

**SUSAN SAMPSON** is food writer based in Toronto. Susan was born in Budapest, grew up in Toronto's "Goulash Archipelago" and worked for three decades as a newspaper journalist. In the Toronto Star's Test Kitchen, she stirred the pot as an editor, columnist, news and feature writer, recipe tester and product reviewer.

Susan was given a Cordon d'Or – Gold Ribbon International Culinary Academy Award for *12,167 Kitchen And Cooking Secrets*. She is also the author of *The Complete Leafy Greens Cookbook* and *200 Best Canned Fish And Seafood Recipes: For Tuna, Salmon, Shrimp, Crab, Clams, Oysters, Lobster And More*.



ISBN(S): 978-0-7788-0681-3 / 0778806812

PUBLICATION DATE: Spring 2021

LIST PRICE: \$19.95 US / 24.95 CAN

FORMAT/TRIM: TP / 7.5" x 10"

PAGE COUNT: 192

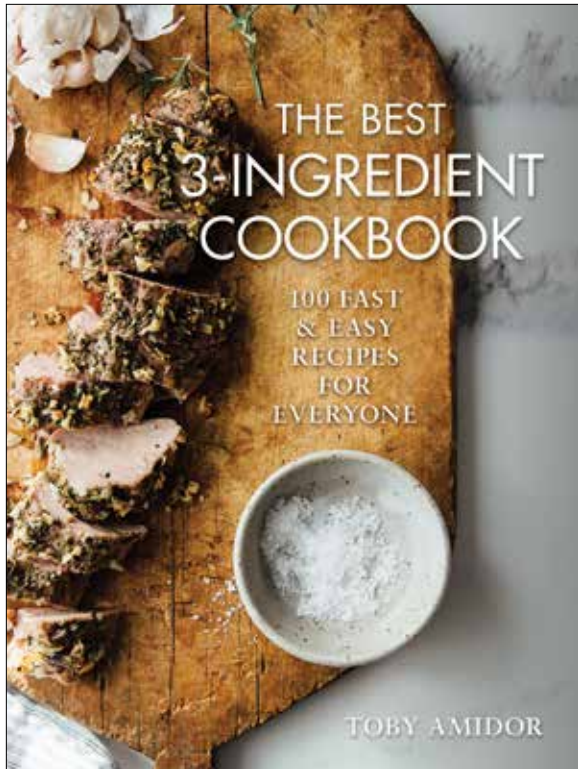
WORD COUNT: 47,825

ILLUSTRATIONS: 20 full color photos

SUBJECT/CATEGORY: Cooking

RIGHTS SOLD: TBD





# THE BEST 3-INGREDIENT COOKBOOK

100 Fast and Easy Recipes for Everyone

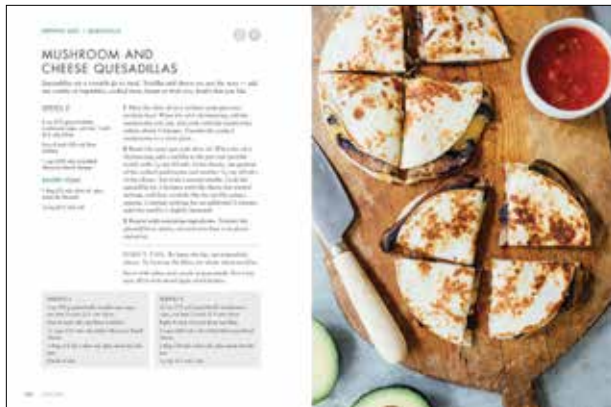
*Delicious and easy 3-ingredient recipes for every budget, diet and lifestyle*

How many times have you opened a cookbook and been overwhelmed by the amount of ingredients and prep time involved in what should be a simple meal? *The Best 3-Ingredient Cookbook* presents more than 100 delicious, fast, budget friendly recipes to cook for yourself, your family, or a gathering of guests for any occasion, each requiring just 3 ingredients.

Bestselling cookbook author and nutritionist Toby Amidor, is the nutrition expert at FoodNetwork.com, a regular contributor to MensFitness.com, and has her own "Ask the Expert" column in Today's Dietitian Magazine.

*The Best 3-Ingredient Cookbook* highlights the advantages of meal prep, essential utensils to have on hand, meal planning, freezer friendly, one-pot and 15-minute meals with ingredients you'll have on hand already or easily sourced at any grocery store.

**TOBY AMIDOR, MS, RD, CDN,** is a *Wall Street Journal* bestselling cookbook author, leading dietitian and recipe developer who believes that healthy and wholesome can also be appetizing and delicious. She is the author of five cookbooks, including *The Best 3-Ingredient Cookbook*, *The Best Rotisserie Chicken Cookbook*, *Smart Meal Prep For Beginners*, *The Healthy Meal Prep Cookbook*, and *The Easy 5-Ingredient Healthy Cookbook*. She is the founder of Toby Amidor Nutrition and the nutrition expert for FoodNetwork.com. She lives in New York.



ISBN(S): 978-0-7788-0678-3 / 0778806782

PUBLICATION DATE: Fall 2020

LIST PRICE: \$24.95 US / \$29.95 CAN

FORMAT/TRIM: TP / French flaps / 7.5" x 10"

PAGE COUNT: 224

WORD COUNT: 39,495

ILLUSTRATIONS: 85 full color photos

SUBJECT/CATEGORY: Cooking

RIGHTS SOLD: German



## THE 3-INGREDIENT BAKING BOOK

101 Simple, Sweet and Stress-Free Recipes

*When it comes to baking, Charmian Christie shows us that less is definitely more*

*The 3-Ingredient Baking Book* shows you that, when it comes to baking, less is more—with recipes for high-quality, no-stress desserts using just three ingredients that you might already have on hand or can buy in a single trip to just one grocery store. Charmian Christie, creator of blog *The Messy Baker*, shares 101 delicious and easy-to-follow recipes, from cookies to ice cream; from entertaining-worthy desserts like Quick Chocolate Mousse, Mini Baklava Bites and Strawberry Eton Mess to solo, effortless treats like Peanut Butter Cookies, Maple Popcorn and Chocolate Hazelnut Mug Cake. She also provides tips and tricks, must-have pantry items and equipment, and walks you through how to avoid common baking mistakes.

**CHARMIAN CHRISTIE** specializes in food and storytelling. She is the author of *The Messy Baker* and the creator of a blog of the same name where she writes about food and daily life. She has also written for a range of publications including *More*, *Edible Toronto*, *Canadian Gardening*, and *The Globe and Mail*. She makes regular television appearances with CTV and lives in Ontario, Canada.



ISBN(S): 978-0-7788-0634-9 / 0778806340

PUBLICATION DATE: Fall 2019

LIST PRICE: \$24.95 US / \$29.95 CAN

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PAGE COUNT: 224

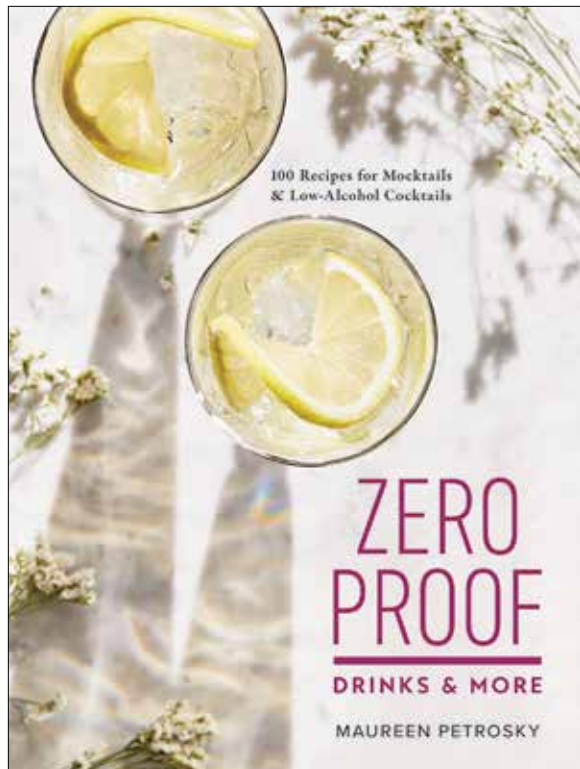
WORD COUNT: 39,428

ILLUSTRATIONS: 85 full color photos

SUBJECT / CATEGORY: Cooking

RIGHTS SOLD: German, French





## ZERO PROOF DRINKS AND MORE

### 100 Recipes for Mocktails and Low-Alcohol Cocktails

*Leave no guest out and get creative with on-trend drink recipes perfect for every occasion*

*Zero Proof Drinks & More* offers delicious and mindful drinks for every guest and every occasion. Maureen Petrosky, an Entertaining and Lifestyle Expert, who appears regularly on NBC's Today show and hosts multiple video series on Today.com, shares over 100 no-alcohol and low-alcohol recipes for cocktails, spritzers, ciders, coffees, shandys & radlers, and a whole lot more. The choice for no- and low-alcohol drinking is as individual as the drinks themselves: health concerns; calorie reduction; religion; cultural trends; pregnancy... *Zero Proof Drinks & More* has the perfect flavor for every pallet along with easy tips and tricks for creating the perfect on trend drink.

**MAUREEN PETROSKY** appears regularly as an Entertaining and Lifestyle Expert on NBC's Today Show. Author of *The Wine Club* and *The Cocktail Club*, she's also a popular columnist for Today.com and thekitchn.com. Fans love her accessible and fun approach to making quick and easy yet sophisticated recipes, hosting parties, decorating, food and wine pairings and cocktails. Maureen is the ultimate host, and the only lifestyle expert focused on helping young professionals, moms, neighbors and co-workers bring their on-line social experiences to life. Real-world social clubs are inspired by Maureen's smart-chic book series, her tv and spokesperson appearances and regular editorial features. She currently resides in Bucks County, Pennsylvania.



ISBN(S): 978-0-7788-0675-2 / 0778806758

PUBLICATION DATE: Spring 2021

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PAGE COUNT: 224

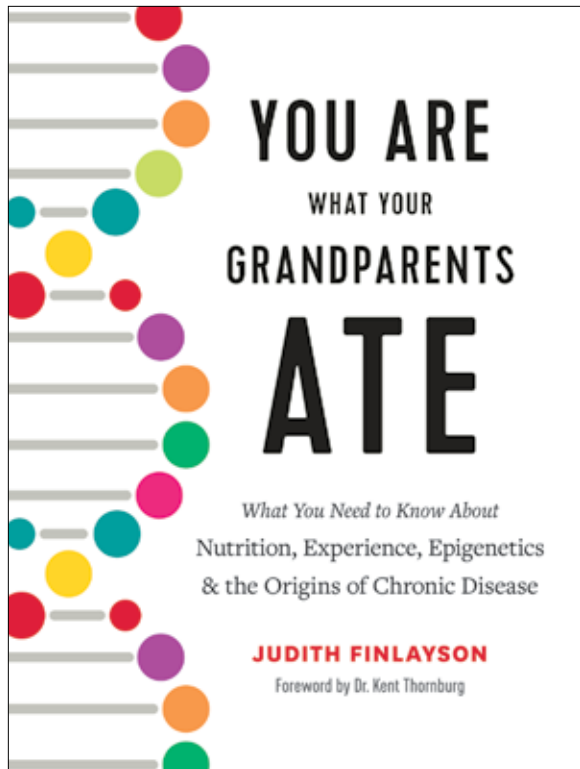
WORD COUNT: 31,059

ILLUSTRATIONS: 85 full color photos

SUBJECT/CATEGORY: Cooking / Drinks

RIGHTS SOLD: TBD





# YOU ARE WHAT YOUR GRANDPARENTS ATE

Nutrition, Experience, Epigenetics and the Origins of Chronic Disease

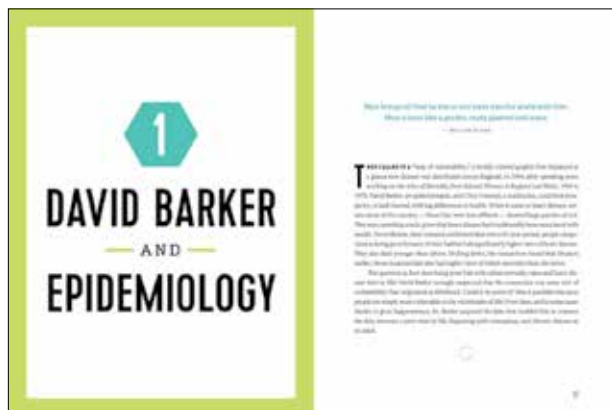
*Learn how to live a healthy life and leave a legacy of wellness by looking both to the past and to the future*

**FIRST PLACE WINNER, GOURMAND WORLD COOKBOOK AWARDS (FOOD AND NUTRITION)**

*You Are What Your Grandparents Ate* takes conventional wisdom about the origins of chronic disease and turns it upside down. Rooted in the work of the late epidemiologist Dr. David Barker, it highlights the exciting research showing that heredity involves much more than the genes your parents passed on to you. Thanks to the relatively new science of epigenetics, we now know that the experiences of previous generations may show up in your health and well-being.

This book makes hard science accessible. It is a call to action for social as well as personal change, delivering the message that by changing our own health, we can also influence the future of the world.

**JUDITH FINLAYSON** is a bestselling author of books about food, nutrition and wellness. A former national newspaper columnist for *The Globe and Mail*, magazine health journalist and board member of various organizations focusing on legal and medical issues, she is also the author of numerous books, including over a dozen cookbooks which have sold over a million copies. Judith lives in Toronto, Canada.



ISBN(S): 978-0-7788-0633-2 / 0778806332

PUBLICATION DATE: Fall 2019

LIST PRICE: \$29.95 US / \$37.95 CAN

FORMAT / TRIM: HC POB / 7.5" x 10"

PAGE COUNT: 320

WORD COUNT: 123,984

ILLUSTRATIONS: Full color throughout

SUBJECT / CATEGORY: Health

RIGHTS SOLD: French, German, Japanese, Slovakian, Russian, Spanish, Hungarian

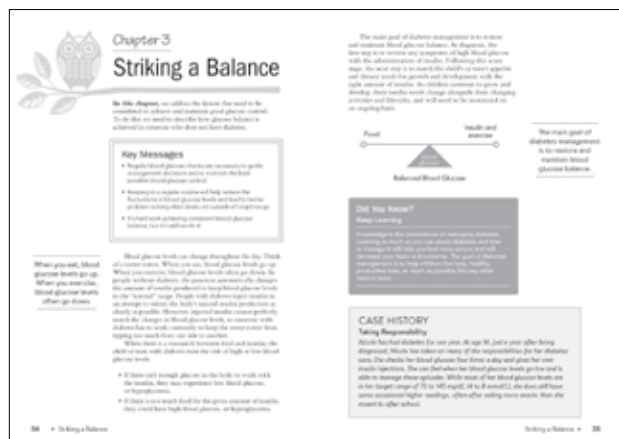
*Updated edition of one of the most highly respected resources on juvenile diabetes, from the Diabetes Team at the world-renowned Hospital for Sick Children.*

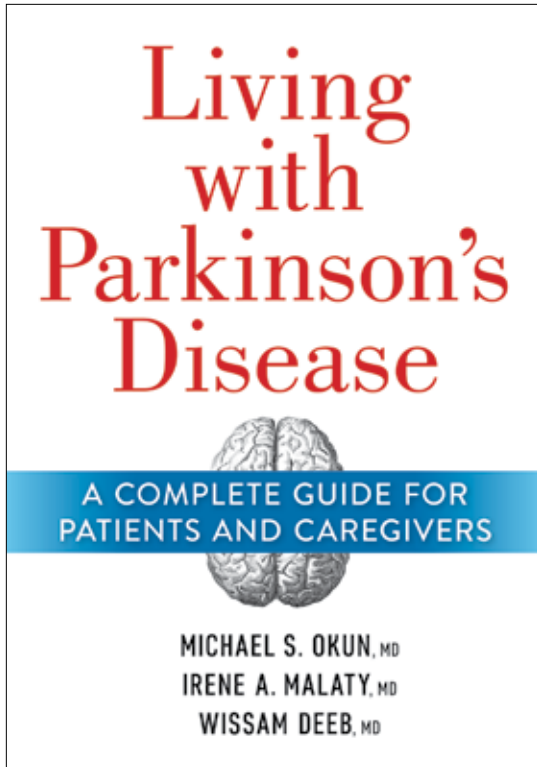
For the parents and caregivers of over 15,000 children diagnosed with diabetes every year, the key to successful diabetes management is to learn as much as possible about juvenile diabetes. Armed with this knowledge, they will be able to improve quality of life for both their children and themselves.

**DENIS DANEMAN, OC, MBBCh, DSc(Med), FRCPC, FFPAED(Hon)RCPI**, is Professor and Chair Emeritus at the Department of Paediatrics, University of Toronto, and Paediatrician-in-Chief Emeritus at SickKids. He has been involved in diabetes care and research for over 40 years.

**JENNIFER HARRINGTON, MD, PhD, FRCP**, is an Assistant Professor of Paediatrics at the University of Toronto and a Staff Paediatric Endocrinologist at SickKids.

**RIGHTS SOLD:** Polish





# LIVING WITH PARKINSON'S DISEASE

A Complete Guide for Patients and Caregivers

*An optimistic guide from an expert author and the world authority on Parkinson's disease*

Parkinson's disease (PD) is the fastest growing disorder worldwide and is a chronic, progressive disorder of the nervous system affecting movement. Worldwide, there are more than 10 million people living with PD. This book is a critical resource for Parkinson's disease patients and their families. In a friendly and easy-to-understand way, this book addresses PD-related issues and symptoms along with emerging therapies. In each chapter, Dr. Okun offers patient's the necessary tools to manage their disease and to ultimately find joy and fulfilment in their lives.

**MICHAEL S. OKUN, M.D.**, is Executive Director of the Fixel Institute for Neurological Diseases, Chair of Neurology at the University of Florida and the National Medical Director for the Parkinson's Foundation. His work has been supported by grants from the Parkinson Foundation and the Michael J. Fox Foundation. He is author of *Parkinson's Treatment: 10 Secrets to a Happier Life* which has been translated into over 20 languages.

**IRENE A. MALATY, M.D.**, is a Professor at the University of Florida, leads the Parkinson's Foundation Center of Excellence and is the President of the Florida Society of Neurology.

**WISSAM DEEB, M.D.**, is a Professor at the University of Florida and holds a grant from the American Brain Foundation.



ISBN(S): 978-0-7788-0672-1 / 0778806723

PUBLICATION DATE: Spring 2020

LIST PRICE: \$24.95 US / \$29.95 CAN

FORMAT/TRIM: TP / 7" x 10"

PAGE COUNT: 256

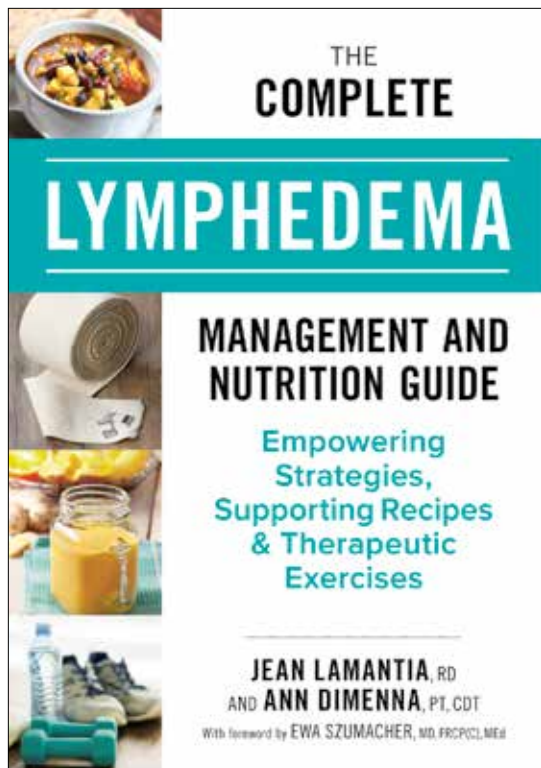
WORD COUNT: 64,200 words

ILLUSTRATIONS: B+W photography

SUBJECT/CATEGORY: Health

RIGHTS SOLD: Chinese





# THE COMPLETE LYMPHEDEMA MANAGEMENT AND NUTRITION GUIDE

Empowering Strategies, Supporting Recipes & Therapeutic Exercises

*An essential guide for anyone experiencing symptoms of lymphedema.*

In *The Complete Lymphedema Management and Nutrition Guide*, physiotherapist Ann DiMenna and dietitian Jean LaMantia share their expert knowledge of lymphedema, explaining its link with diet and exercise. Together they offer lifestyle adjustments and self-management strategies that may help those living with lymphedema gain control of their condition, lessen their symptoms and improve the overall quality of their life.

The book offers a friendly, easy-to-understand approach with step-by-step photographs and illustrations. It also delivers over 50 recipes to support an anti-inflammatory diet characterized by low sodium, low fat, adequate fluid and sufficient protein.

**JEAN LAMANTIA, RD**, is a registered dietitian, cancer survivor and bestselling author of *The Essential Cancer Treatment Nutrition Guide and Cookbook*. She provides nutrition counseling and leads nutrition seminars in her private practice in Ontario, Canada, where she lives.

**ANN DIMENNA, PT, CDT** (Complete Decongestive Therapist), is a trained physiotherapist with extensive years of clinical experience, including private practice, inpatient hospital and home care. She lives in Ontario, Canada.

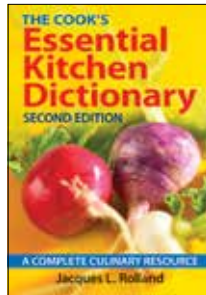




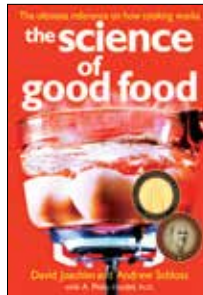
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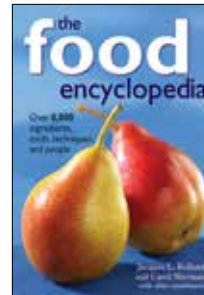
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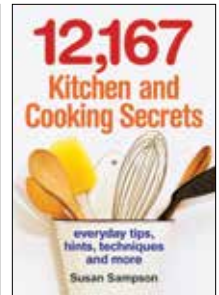
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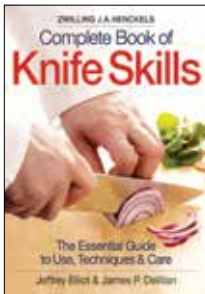
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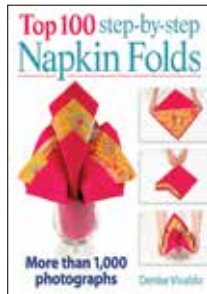
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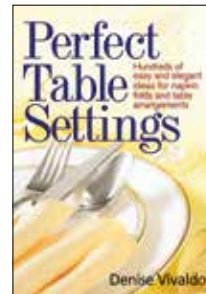
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ISBN 978-0-7788-0423-9  
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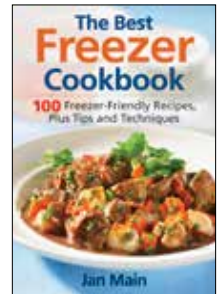
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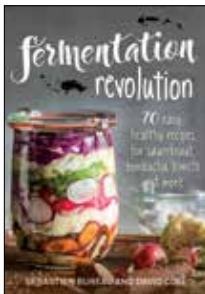
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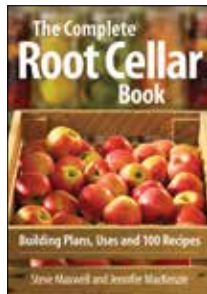
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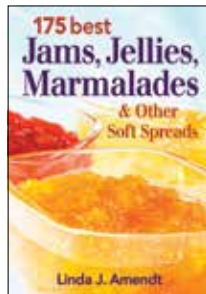
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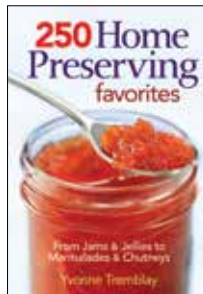
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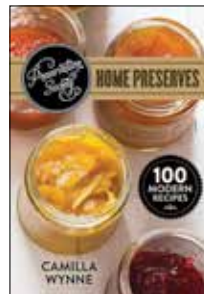
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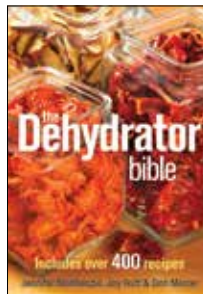
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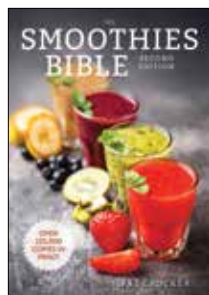


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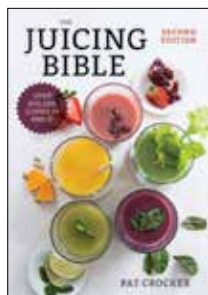


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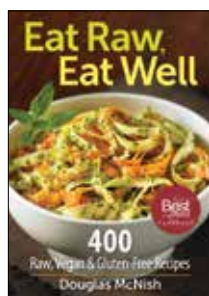
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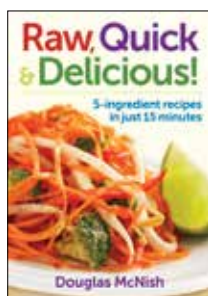
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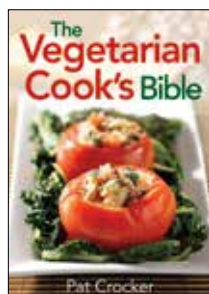
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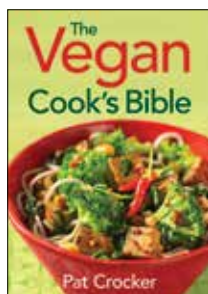
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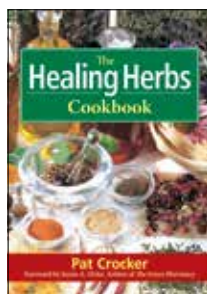
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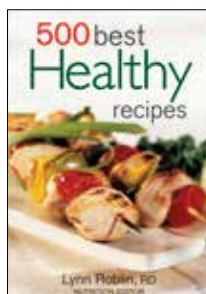
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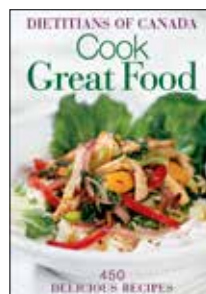
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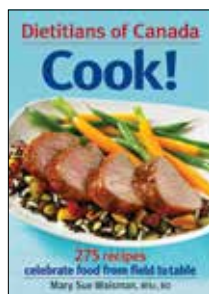
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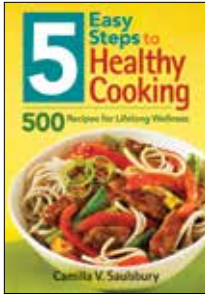


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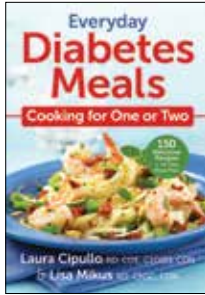


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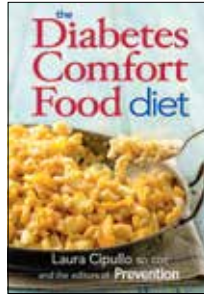




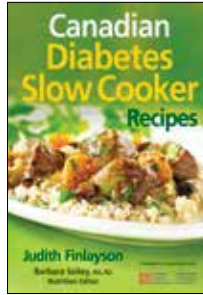
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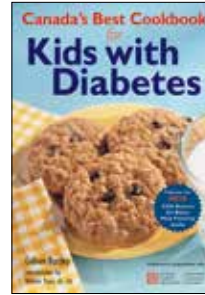
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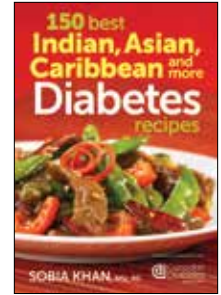
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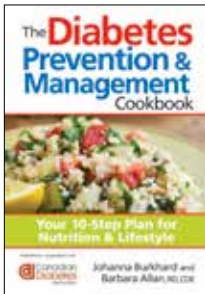
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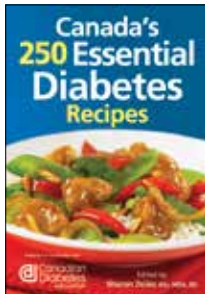
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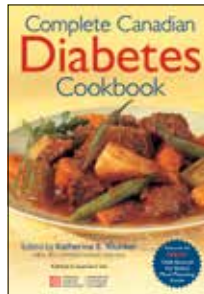
ISBN 978-0-7788-0491-8  
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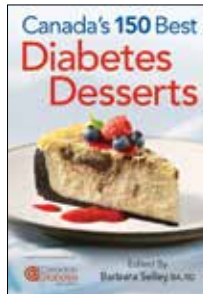
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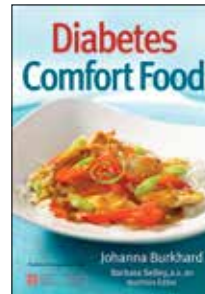
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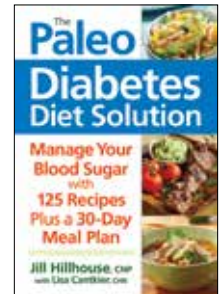
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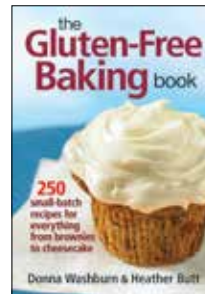
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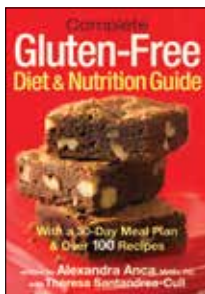
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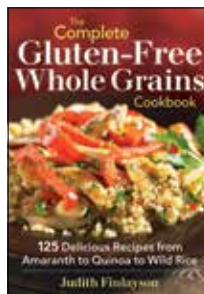
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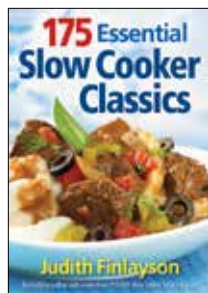


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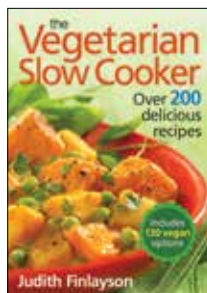


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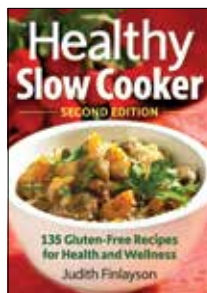




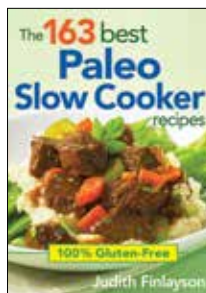
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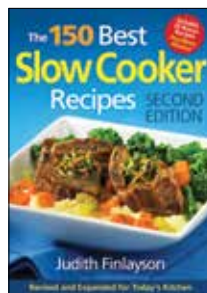
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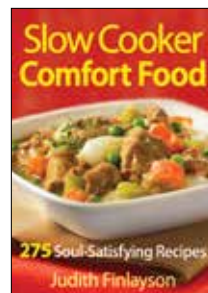
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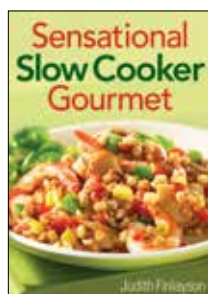
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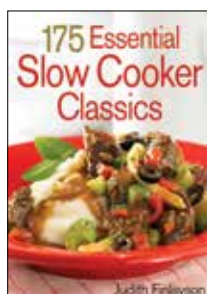
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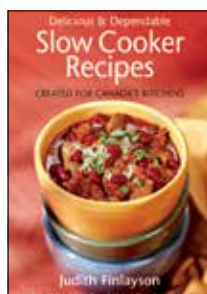
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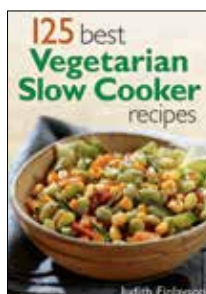
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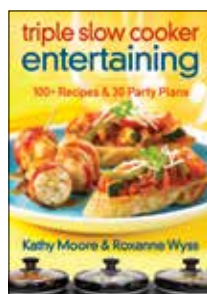
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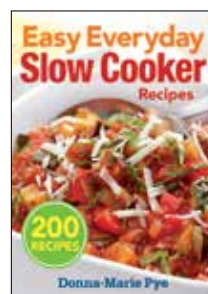
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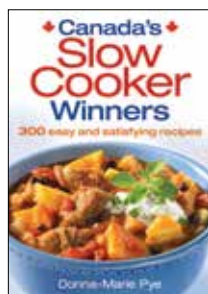
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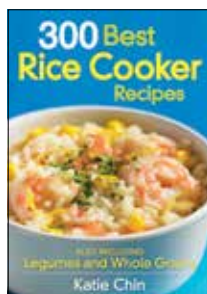
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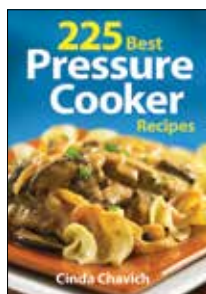
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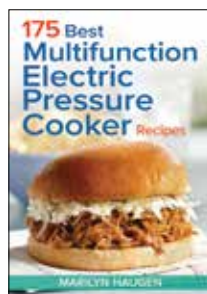
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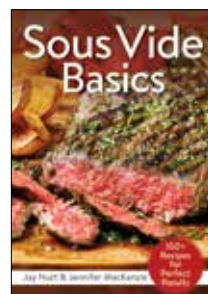
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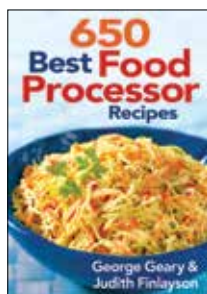
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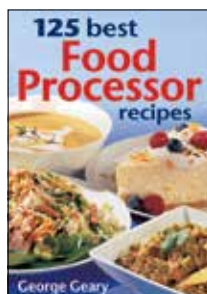
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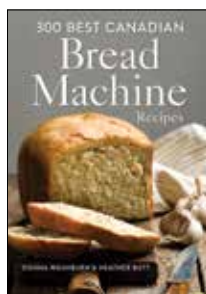
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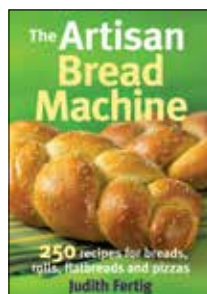
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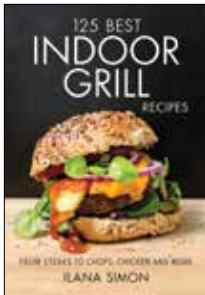


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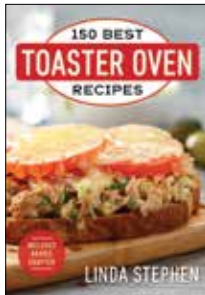


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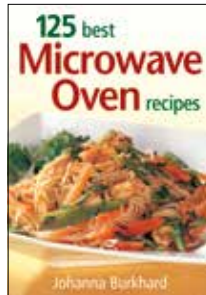




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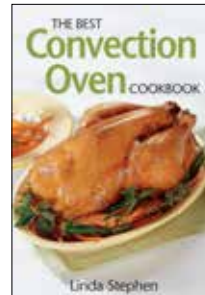
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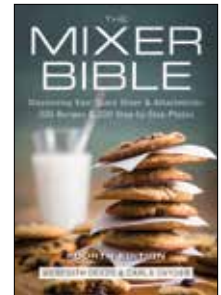
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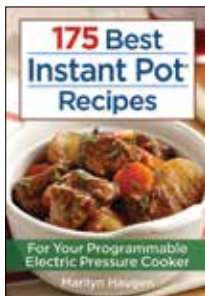
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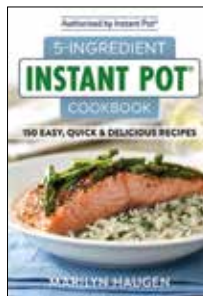
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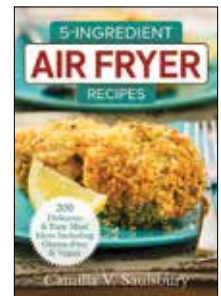
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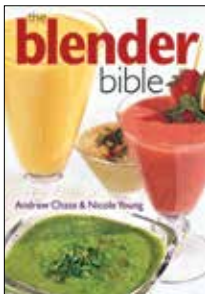
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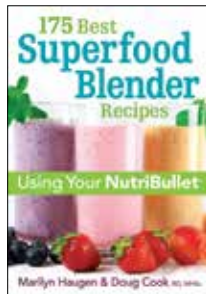
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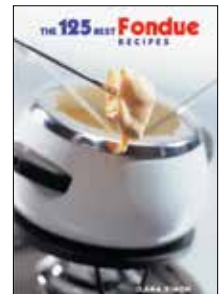
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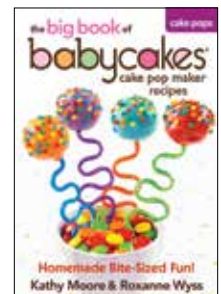
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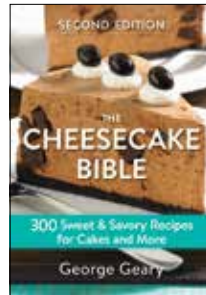




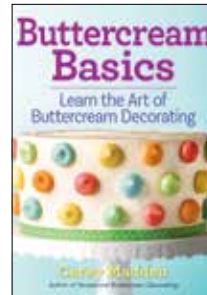
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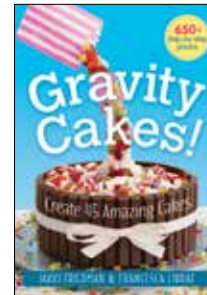
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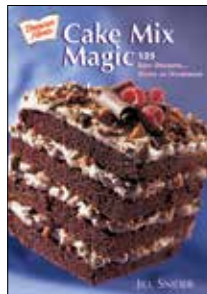
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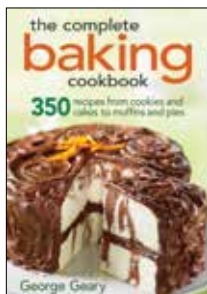
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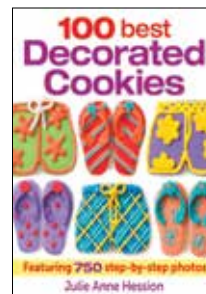
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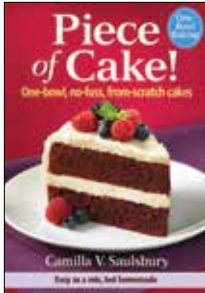


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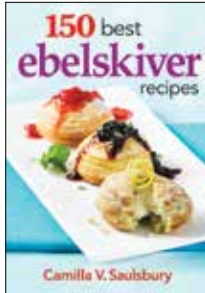


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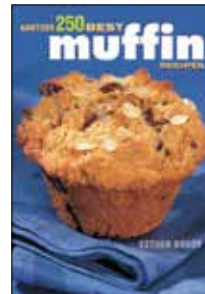
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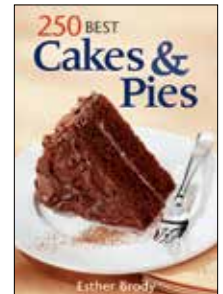
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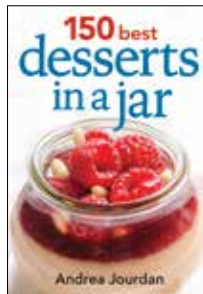
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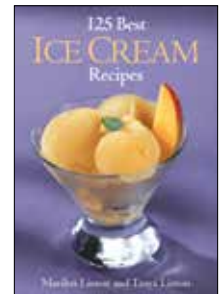
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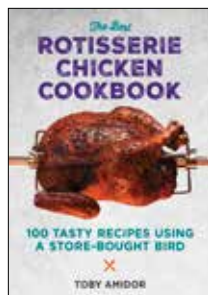


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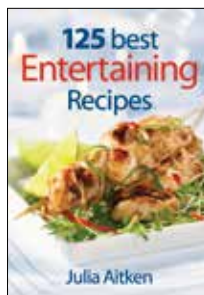
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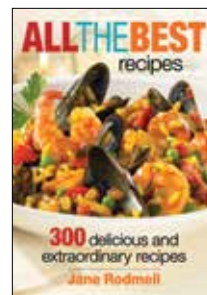
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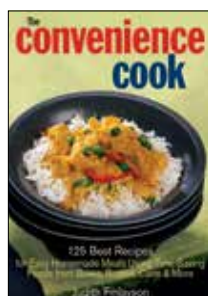
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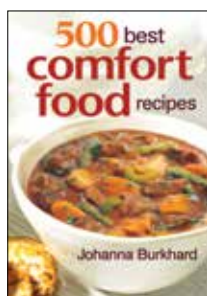
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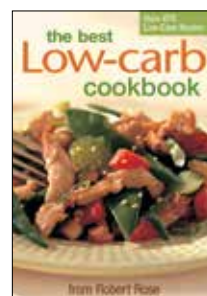
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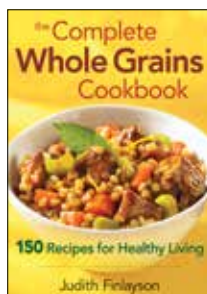
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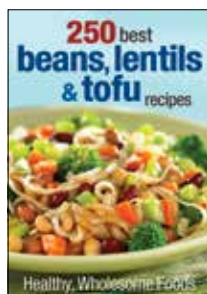
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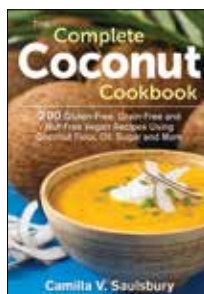
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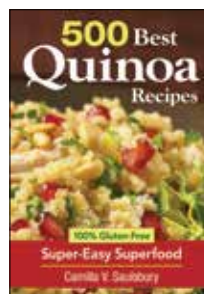
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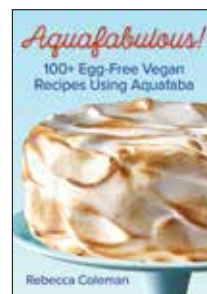
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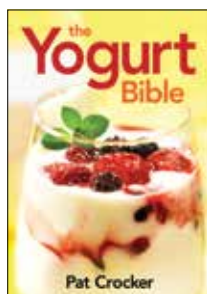
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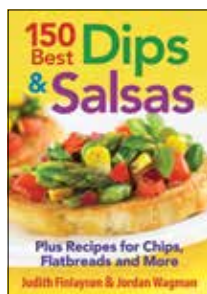
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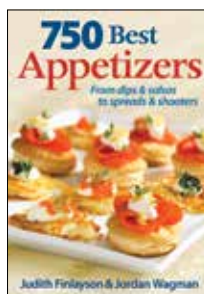
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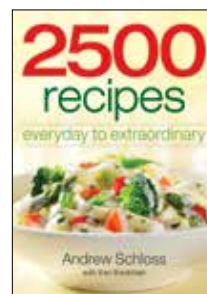
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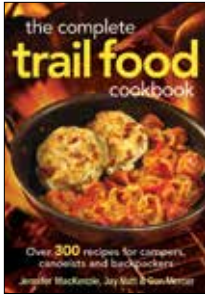


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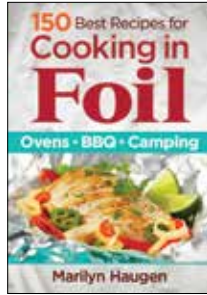


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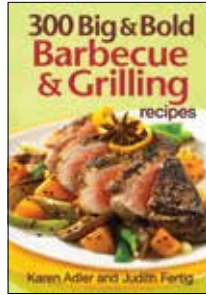




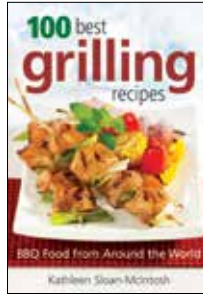
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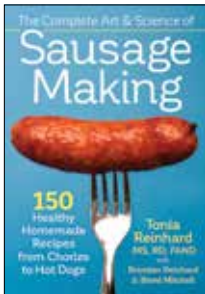
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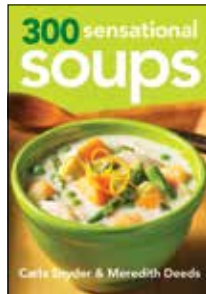
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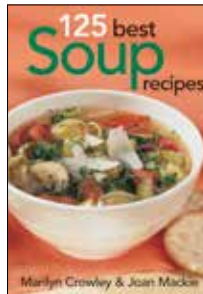
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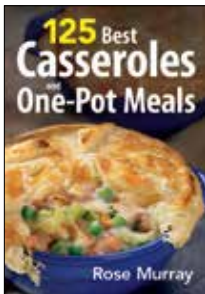
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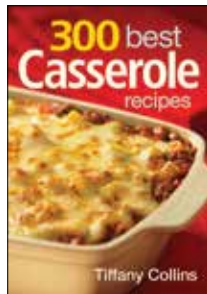
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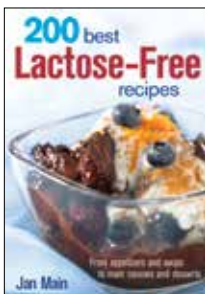
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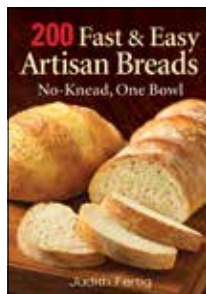
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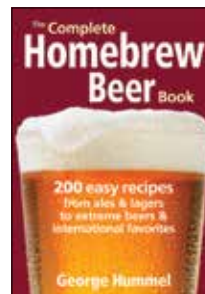
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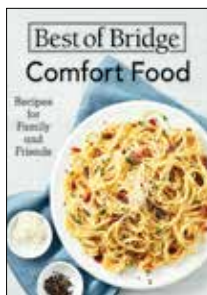




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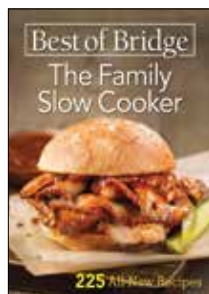
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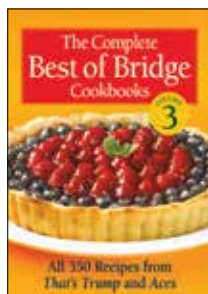
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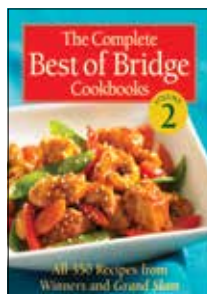
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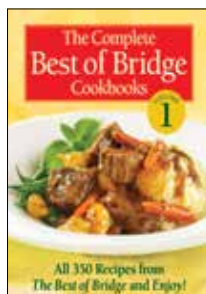
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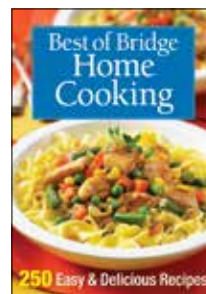
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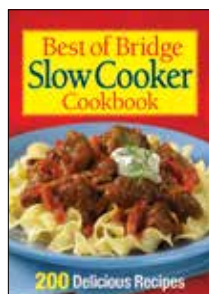
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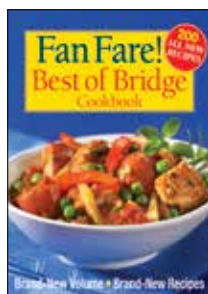
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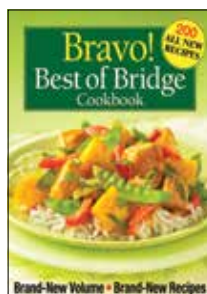
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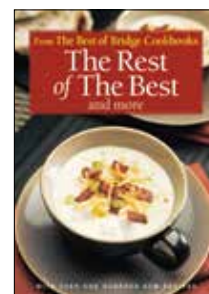
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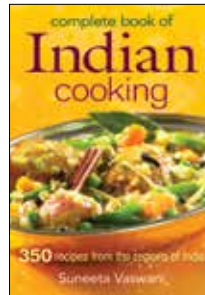
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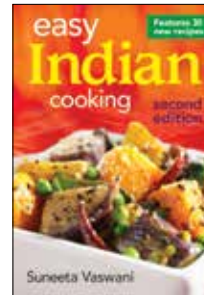
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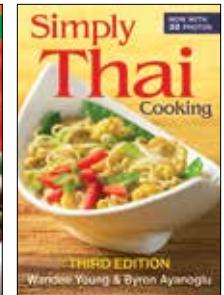
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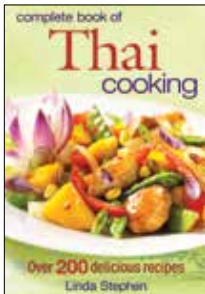
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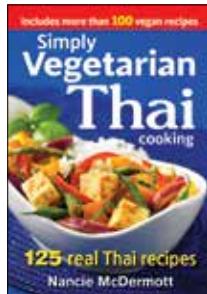
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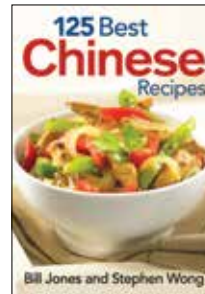
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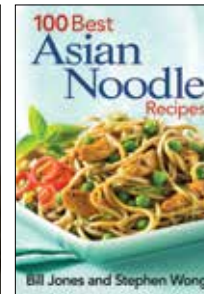
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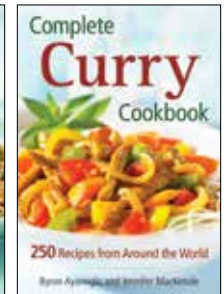
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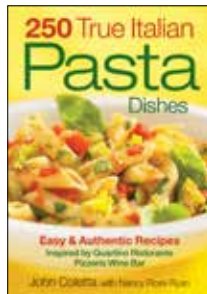
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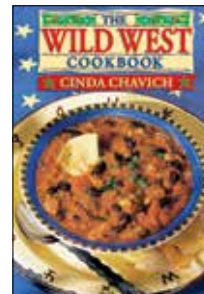
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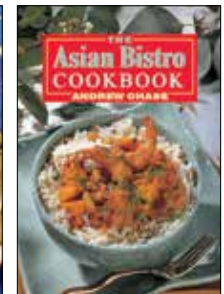
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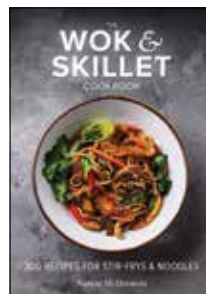
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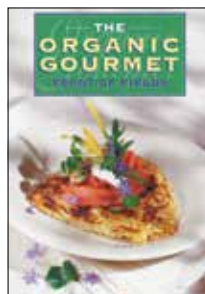
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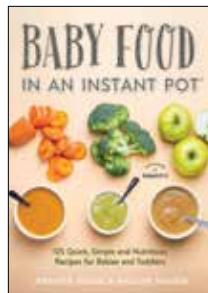


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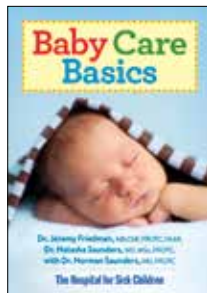


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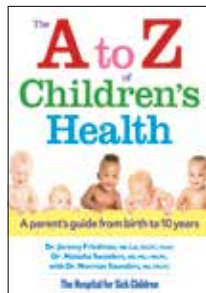




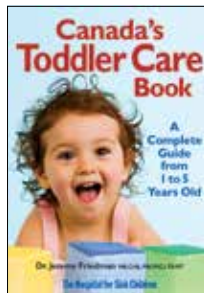
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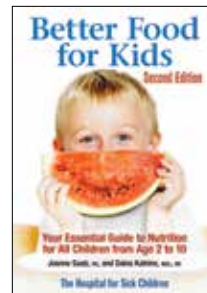
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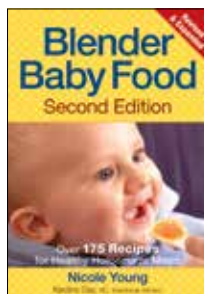
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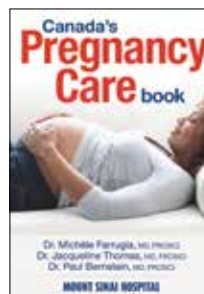
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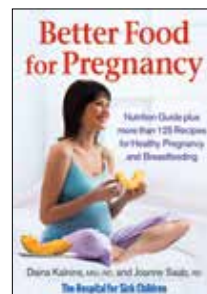
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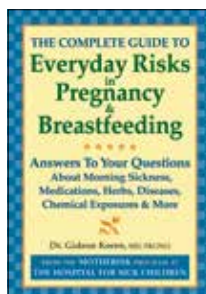
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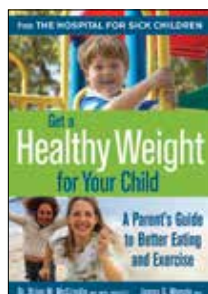
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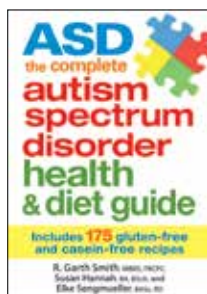
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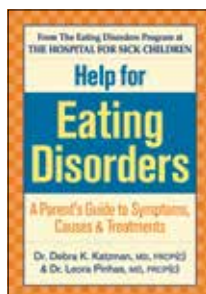
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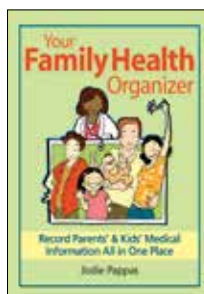
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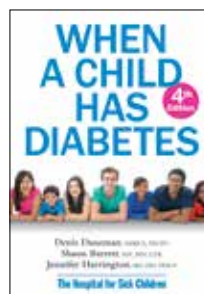
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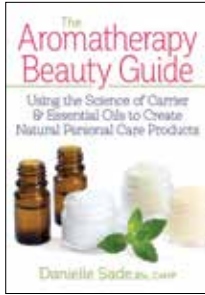
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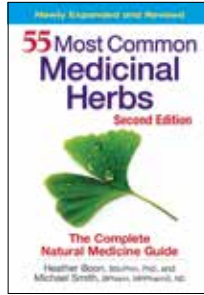
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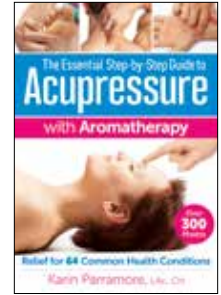
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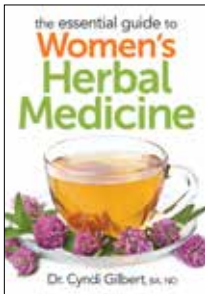
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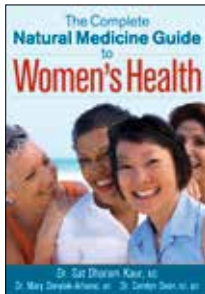
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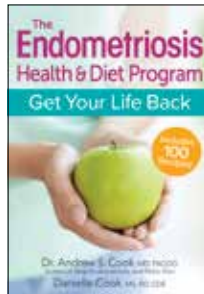
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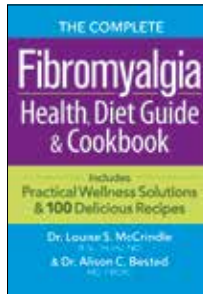
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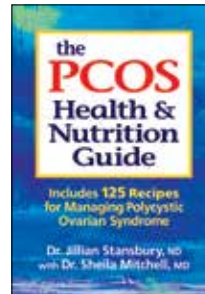
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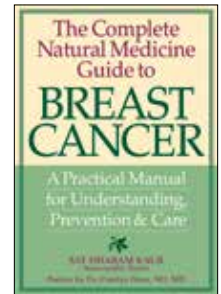
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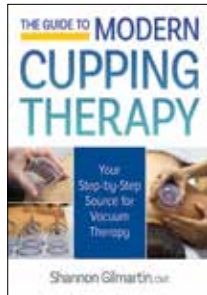


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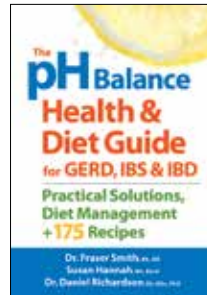




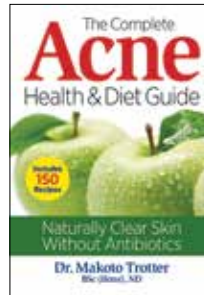
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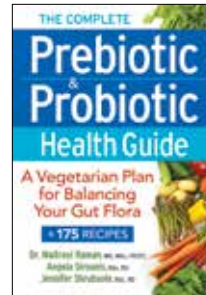
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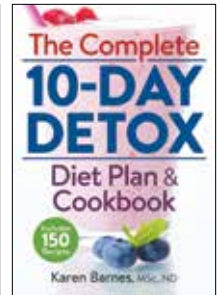
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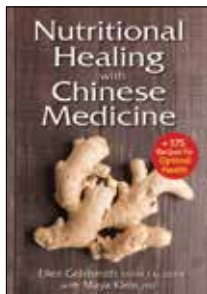
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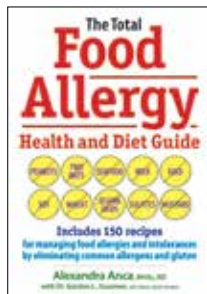
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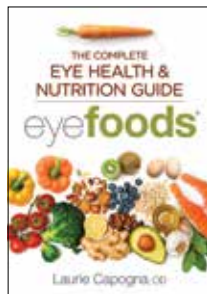
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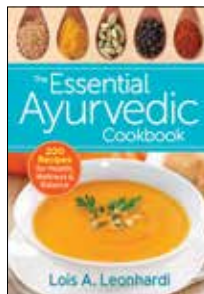
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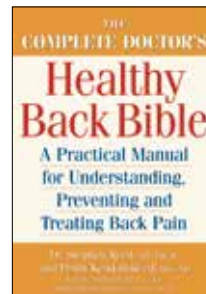
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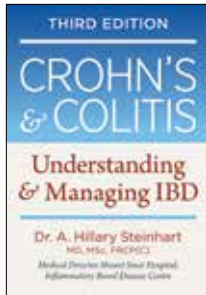
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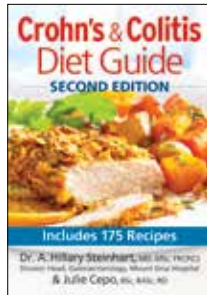
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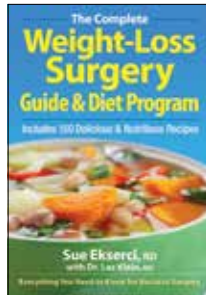




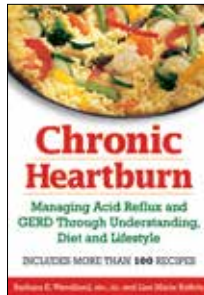
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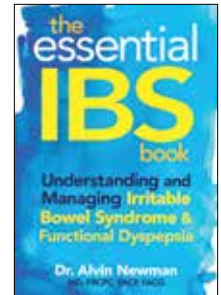
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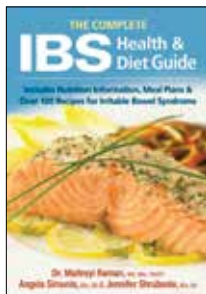
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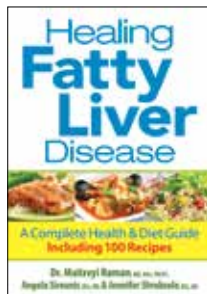
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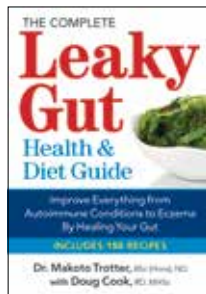
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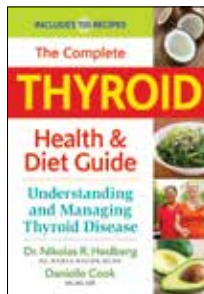
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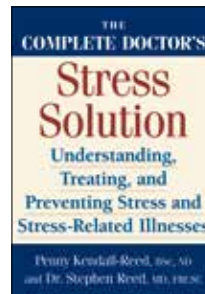
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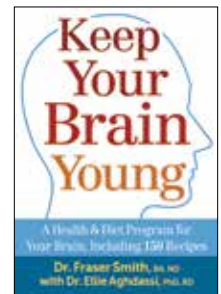
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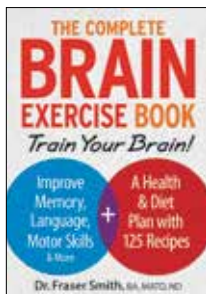
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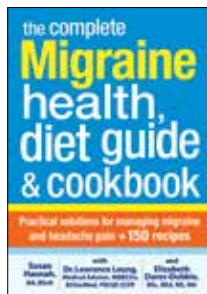
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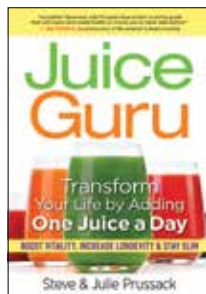
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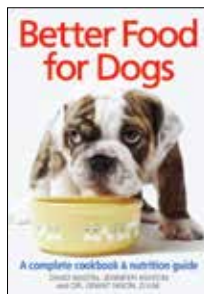
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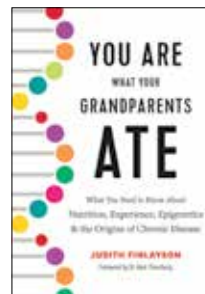
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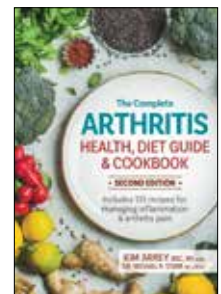
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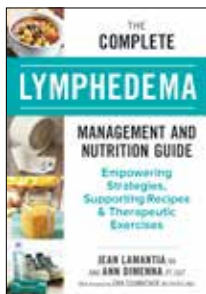
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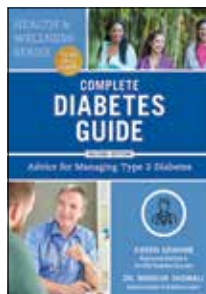
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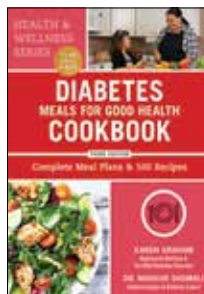
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