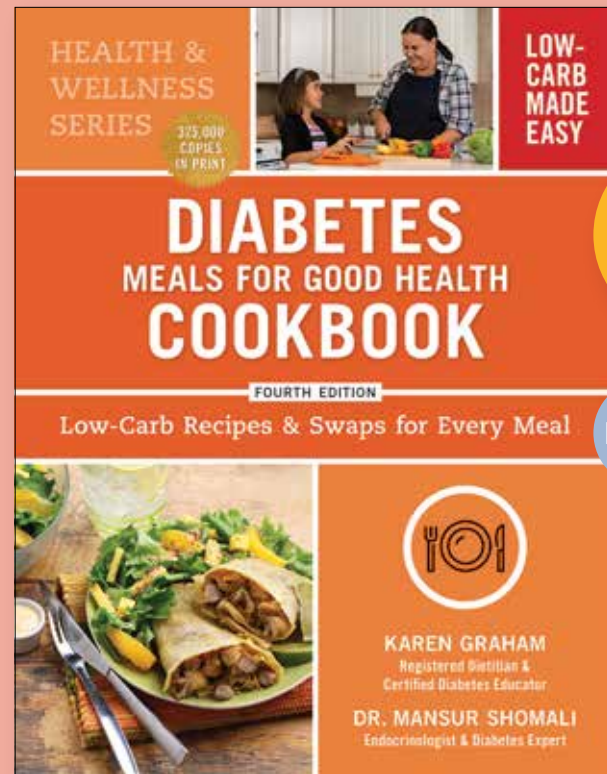


A vibrant, fresh salad is presented in a light pink ceramic bowl. The salad is a mix of green arugula leaves, bright red cherry tomatoes (some sliced), sliced cucumbers, slivered almonds, and chickpeas. Small pieces of purple onion and white cheese are also visible. A wooden-handled fork is tucked into the salad on the right side. In the background, another similar salad is partially visible in a white bowl, and a glass of orange juice is on the left. The entire scene is set on a light-colored, possibly marble, surface.

ROBERT ROSE

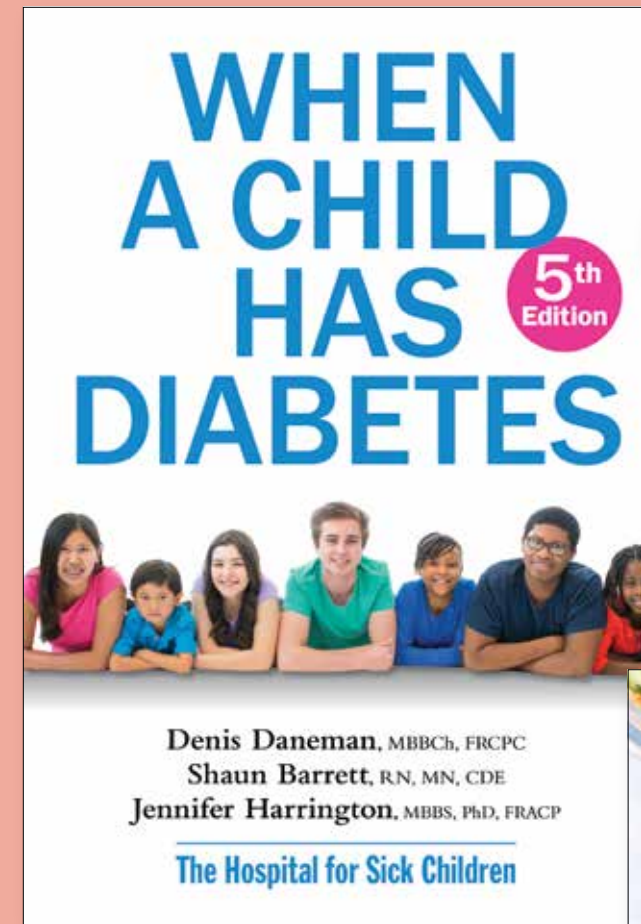
RIGHTS 2024

RIGHTS BESTSELLERS: DIABETES



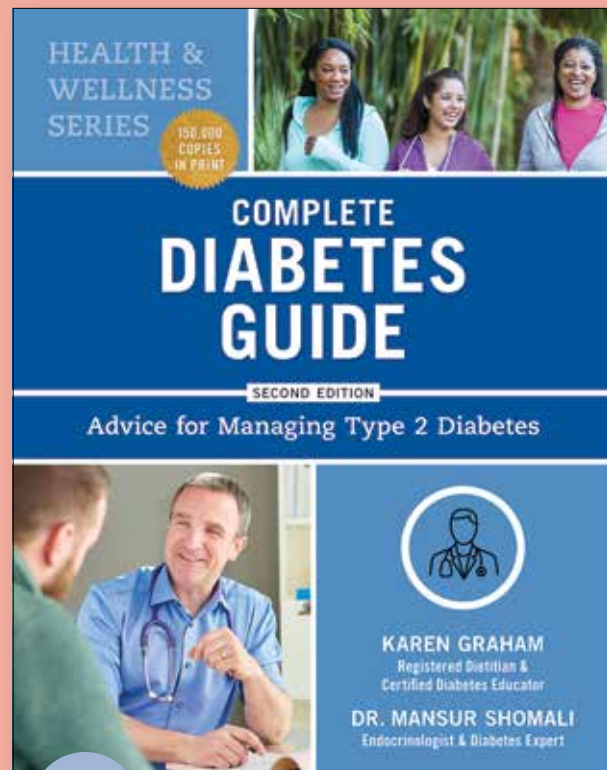
NEW

BLAD

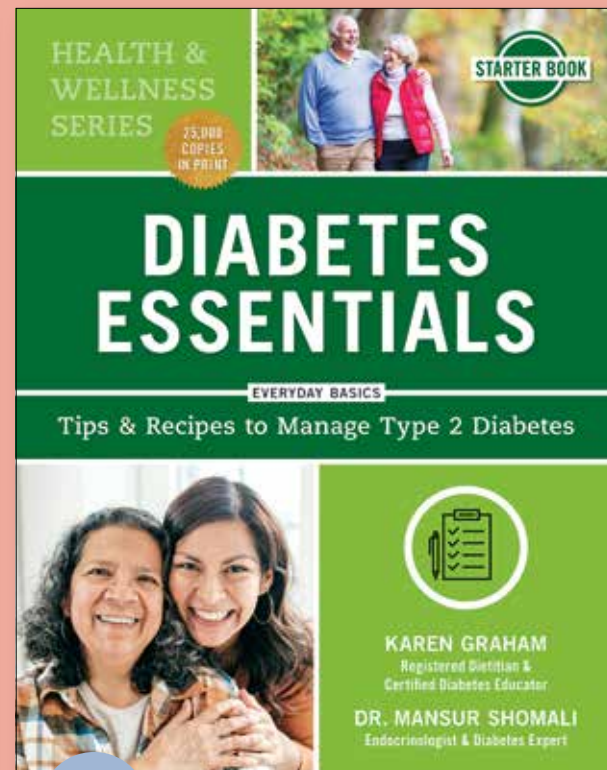


NEW

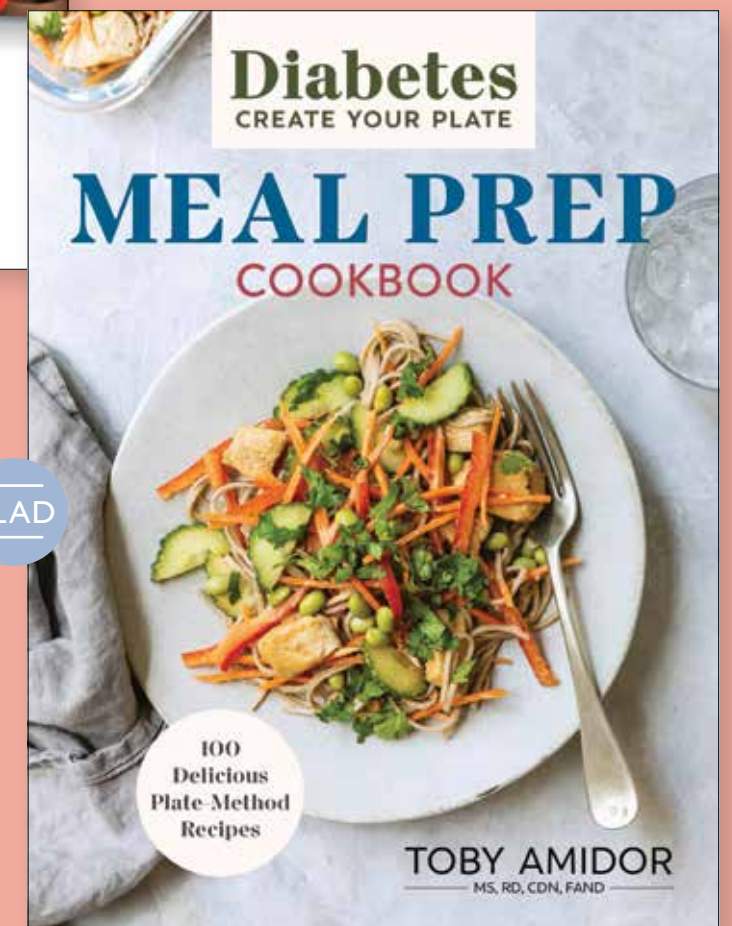
BLAD



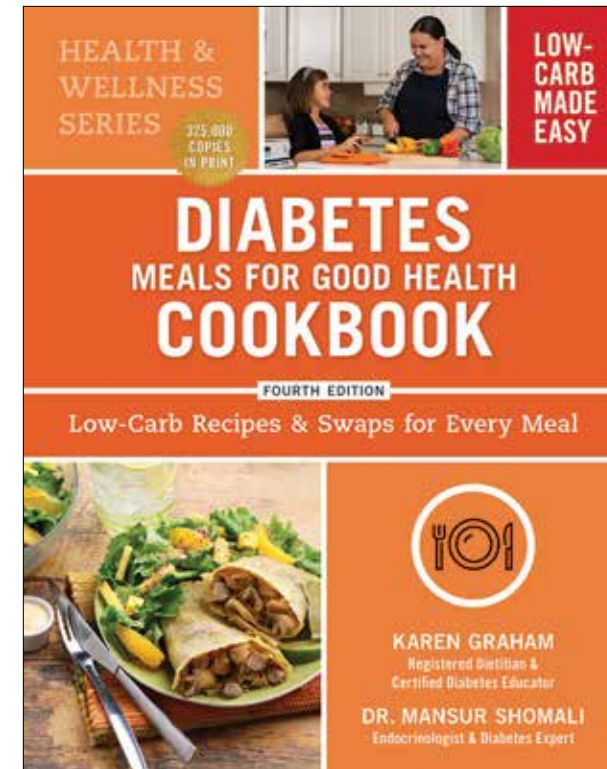
BLAD



BLAD



BLAD



DIABETES MEALS FOR GOOD HEALTH COOKBOOK, 4TH EDITION

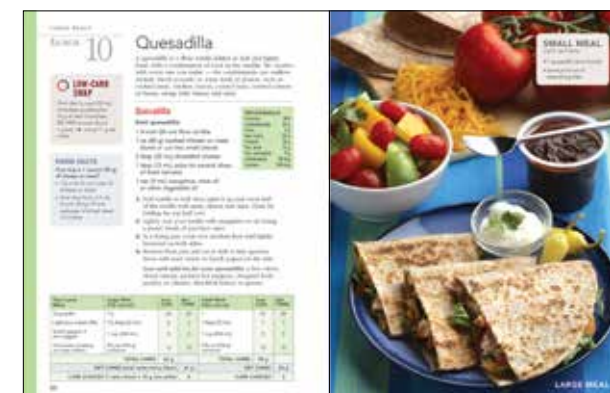
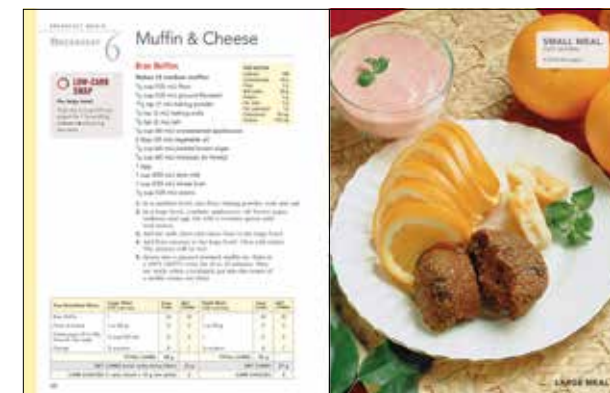
Low-Carb Recipes & Swaps for Every Meal

Includes all the most up-to-date dietary information for those living with diabetes or pre-diabetes

This 4th edition of the cookbook is a companion to Karen Graham's bestselling *The Complete Diabetes Guide*. Recent CDC reports indicate that over 37 million Americans have diabetes and another 96 million have pre-diabetes. Trending fad diets such as keto and Atkins have been used to help people with diabetes manage their caloric intake and lose weight. However, these restrictive diets are challenging to maintain. This simple meal planning guide includes balanced options for every meal of the day.

KAREN GRAHAM, RD, CDE is a Registered Dietitian, Certified Diabetes Educator and nutrition counsellor with over 30 years of specialization in the management and treatment of diabetes. She lives in British Columbia, Canada.

MANSUR SHOMALI, MD, CM, is a physician, researcher and educator specializing in endocrinology, diabetes and metabolism. He cares for people with diabetes at MedStar Health and is an Adjunct Professor of Medicine at the University of Maryland School of Medicine. Dr. Shomali also serves as Chief Medical Officer at the technology company Welldoc, where he helps develop solutions for people with diabetes and other chronic health conditions. He resides near Baltimore, Maryland.



ISBN(S): 978-0-7788-0716-2 / 0778807169

PUBLICATION DATE: Available

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

FORMAT/TRIM: TP / 8.5" x 10.875"

PAGE COUNT: 288

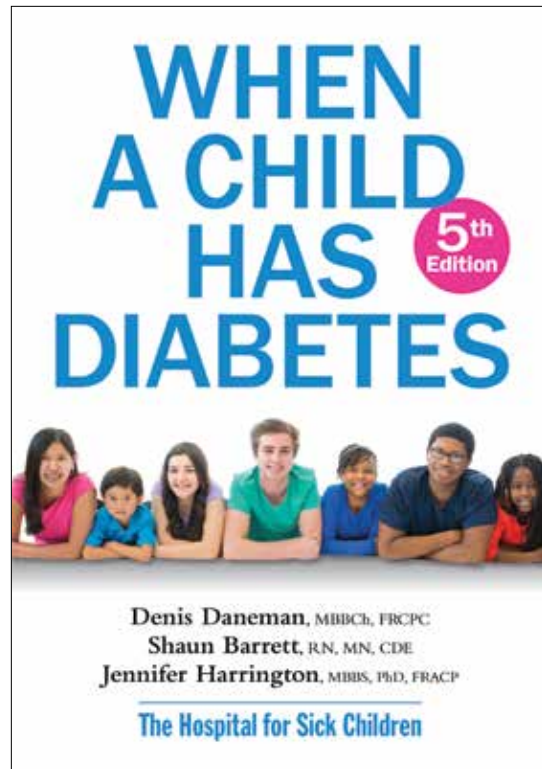
WORD COUNT: 55,371

ILLUSTRATIONS: Full-color photography throughout

SUBJECT / CATEGORY: COOKING / Health & Healing / Diabetic & Sugar-Free

RIGHTS SOLD: TBD





WHEN A CHILD HAS DIABETES, FIFTH EDITION

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

FIRST PLACE WINNER, GOURMAND WORLD COOKBOOK AWARDS (FAMILY)

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.

This new edition offers the latest medical expertise, based on current research and standards for diagnosis, and features an even more user-friendly format, case studies, charts and Q&A sections. A must-have for anyone caring for a child with diabetes, this book covers the causes of diabetes, current and evolving treatments, associated conditions and much more.

DENIS DANEMAN, OC, MBBCh, DSc(Med), FRCPC, FPPAED(Hon)RCPI, is Professor and Chair Emeritus at the Department of Paediatrics, University of Toronto, and Paediatrician-in-Chief Emeritus at The Hospital for Sick Children (SickKids).

SHAUN BARRETT, RN, MN, CDE, is a Clinical Nurse Specialist and Certified Diabetes Educator, who has been a part of the SickKids Diabetes Team for more than 20 years.

JENNIFER HARRINGTON, MBBS, PhD, FRACP, is a Paediatric Endocrinologist at the Women's and Children's Hospital in Adelaide, Australia. She previously was a member of the SickKids Diabetes team for 10 years.

ISBN: 978-0-7788-0717-9 / 0778807177

PUBLICATION DATE: March 2024

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

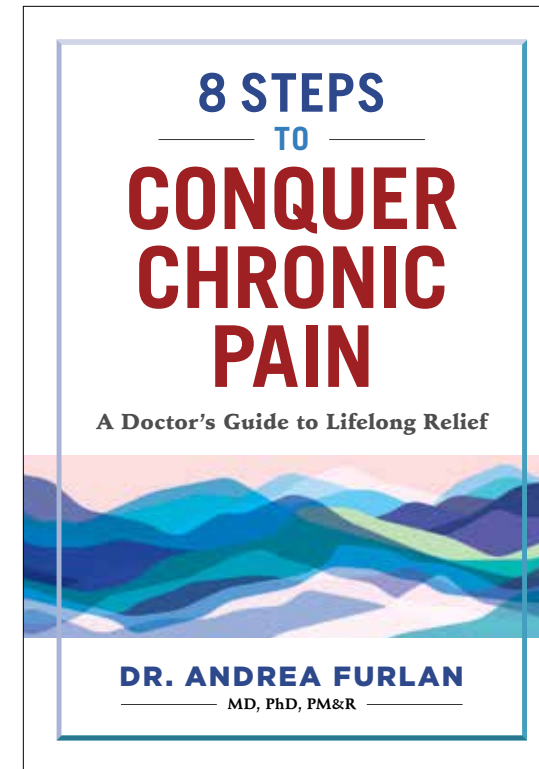
FORMAT/TRIM: TP / 7" x 10"

PAGE COUNT: 240

WORD COUNT: 138,606 words

SUBJECT/CATEGORY: Health

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: Available

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

FORMAT/TRIM: TP / 7" X 10"

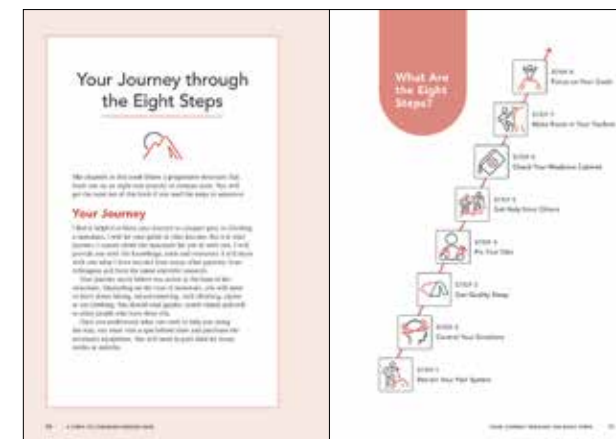
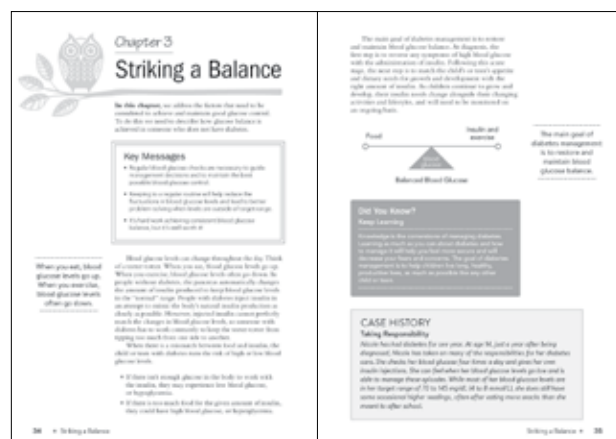
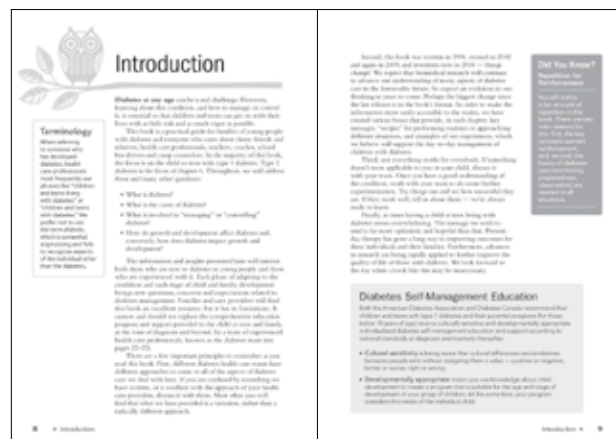
PAGE COUNT: 256

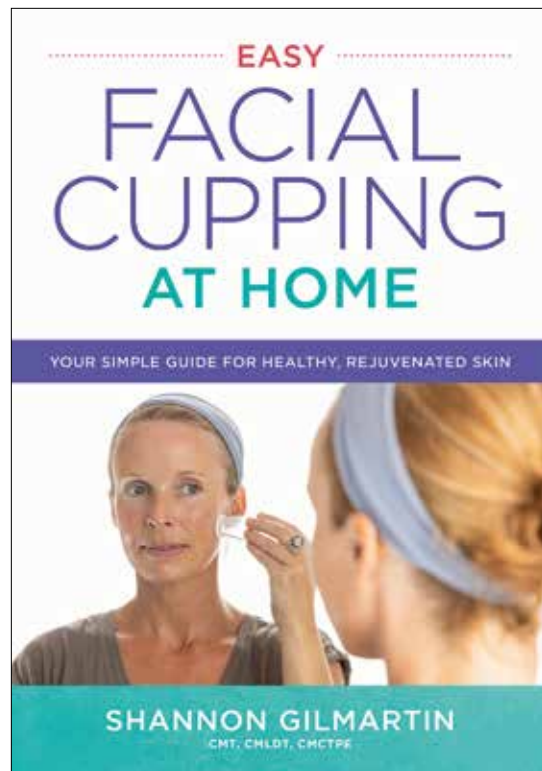
WORD COUNT: 71,078

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

SUBJECT / CATEGORY: HEALTH & FITNESS / Pain Management

RIGHTS SOLD: TBD





EASY FACIAL CUPPING AT HOME

Your Simple Guide for Healthy, Rejuvenated Skin

Treat yourself to the anti-aging benefits of facial cupping without the expense of a professional cosmetic procedure

Facial cupping is a safe, non-invasive and easy practice designed to highlight cheekbones, define the jawline, tighten skin and target those dreaded drooping jowls. In this book you'll find more than 60 step-by-step photos and clear easy-to-follow directions. You will learn how to prepare your skin, which equipment and products to use and all the proper procedures for best results. Facial cupping increases circulation while stimulating natural collagen and elastin production. Increased blood flow delivers oxygen and nutrients to alleviate the signs of stress and inflammation while giving the face a youthful glow.

Author Shannon Gilmartin is a cupping expert with decades of experience teaching and administering the treatment. With Shannon's expertise, you'll quickly master this age-old practice and skip expensive sessions with a dermatologist or esthetician.

SHANNON GILMARTIN is a certified massage therapist, certified manual lymph drainage practitioner and certified modern cupping therapy practitioner and educator. Author of *The Guide to Modern Cupping Therapy*, she has over 20 years of experience in therapeutic bodywork, including cupping, manual lymph drainage and medical massage. She has taught all over the United States and abroad and practises in Virginia Beach.

ISBN(S): 978-0-7788-0715-5 / 0778807150

PUBLICATION DATE: Available

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

FORMAT/TRIM: TP / 7" x 10"

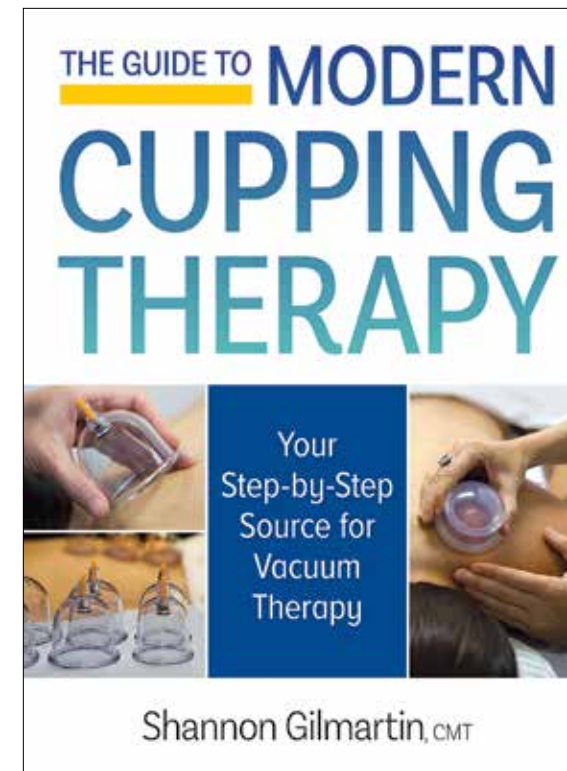
PAGE COUNT: 176

WORD COUNT: 21,310

ILLUSTRATIONS: 60+ full-color photographs

SUBJECT / CATEGORY: HEALTH & FITNESS / Beauty & Grooming

RIGHTS SOLD: French



THE GUIDE TO MODERN CUPPING THERAPY

Your Step-by-Step Source for Vacuum Therapy

A wonderful ancient technique has found its place in the modern world of healing

In recent years, you've no doubt noticed countless high-profile athletes and celebrities sporting distinctive circular welts on their bodies. Dating back thousands of years, cupping is a form of alternative medicine. The cups create suction that helps with pain, inflammation and blood flow and can provide relief for sciatica and sinus congestion.

Massage Cupping is a modern version of cupping therapy that creates suction and negative pressure through the use of both stationary and moving cups. These cups can be found on pharmacy shelves, and they do not use heat, making them entirely safe and easy for home use.

Shannon shares all her extraordinary professional experience within these pages so that everyone can experience the positive benefits of cupping.

SHANNON GILMARTIN, CMT, is a licensed and nationally certified massage therapist, and a certified vacutherapies practitioner and educator. She has 15+ years experience in therapeutic bodywork, including aromatherapy, body-mind integration, craniosacral, deep tissue and medical massage, myofascial, neuromuscular and orthopedic massage, soft tissue injury rehabilitation, sports massage, Thai massage and Eastern theory, vacutherapies (massage cupping and medicupping) and visceral manipulation.

ISBN(S): 978-0-7788-0583-0 / 0778805832

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$24.95 CAN / £16.95 UK

FORMAT/TRIM: TP / 7.75" x 10.5"

PAGE COUNT: 256

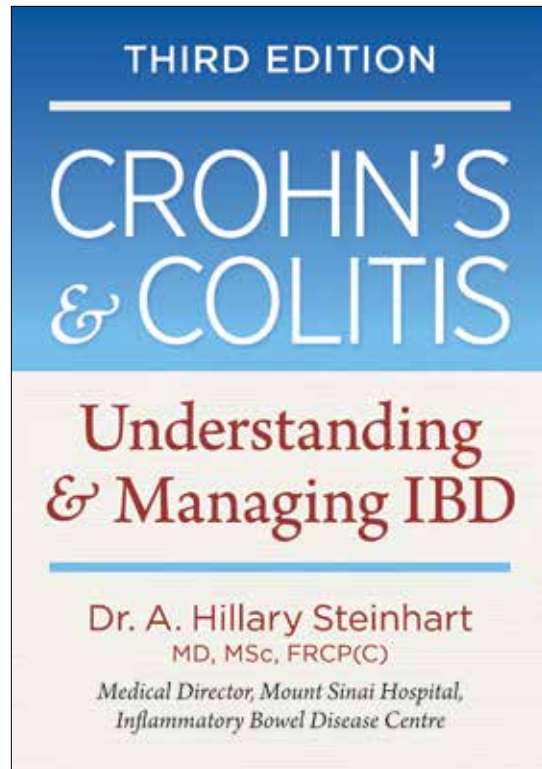
WORD COUNT: 86,601

ILLUSTRATIONS: More than 200 photographs

SUBJECT / CATEGORY: HEALTH & FITNESS / Beauty & Grooming

RIGHTS SOLD: Polish, Russian, Turkey





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 / 0778806197

PUBLICATION DATE: Available

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

FORMAT & TRIM: TP / 7" x 10"

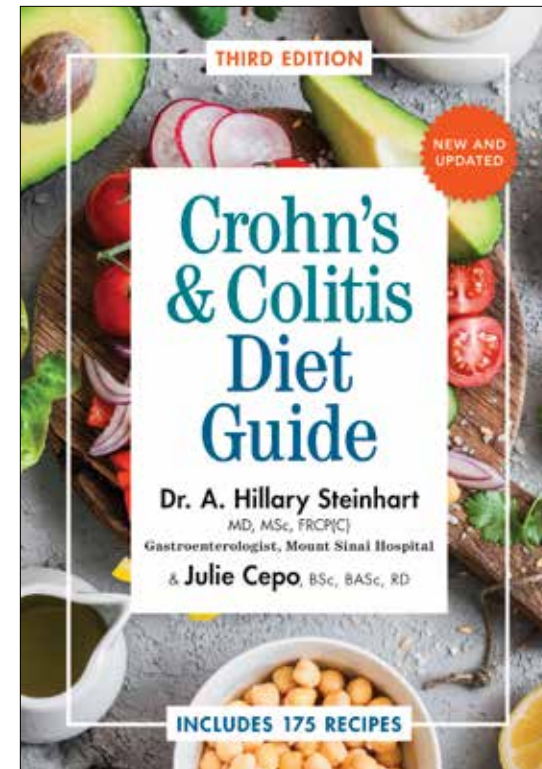
PAGE COUNT: 256

WORD COUNT: 93,881

ILLUSTRATIONS: B&W diagrams and index

SUBJECT / CATEGORY: Health

RIGHTS SOLD: Hungarian, Romanian, Spain



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 provides all the necessary guidelines on foods that might cause problems, with easy-to-understand text and informative charts and graphs, plus IBD-tailored recipes that can be enjoyed without compromising taste and overall nutrition.

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: Available

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

FORMAT & TRIM: TP / 7" x 10"

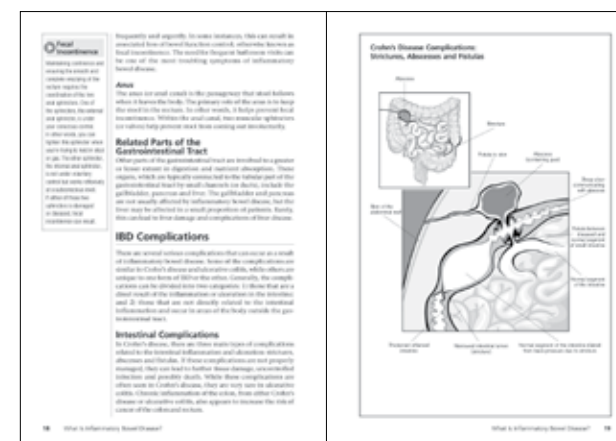
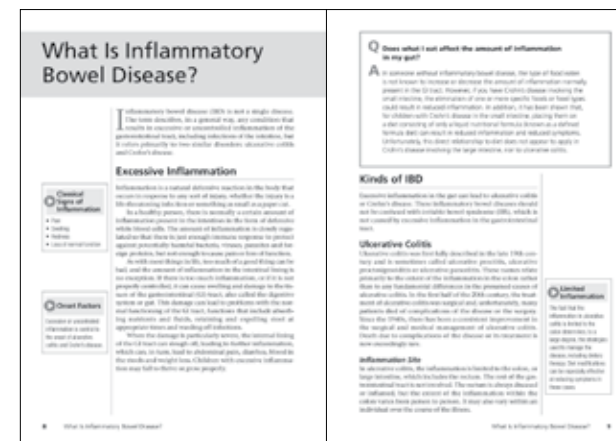
PAGE COUNT: 336

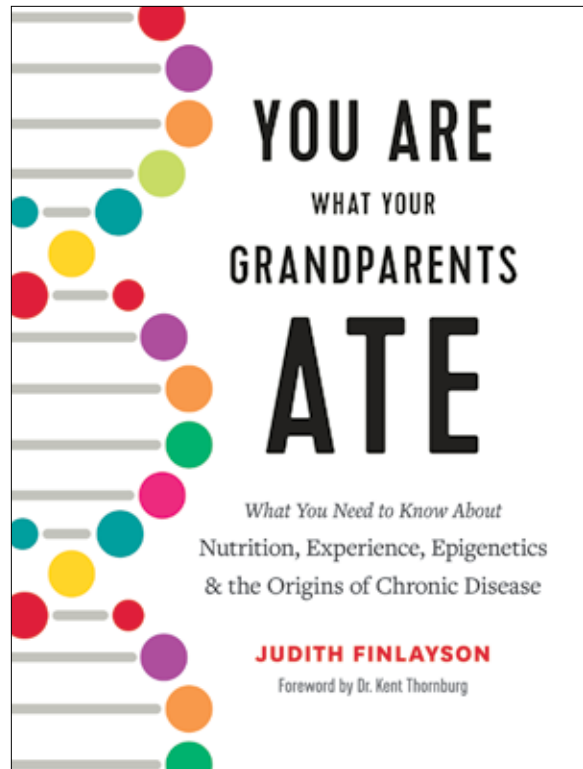
WORD COUNT: 118,283

ILLUSTRATIONS: B&W diagrams and index

SUBJECT / CATEGORY: Health & Fitness / Diet & Nutrition / Diets

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: Available

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

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

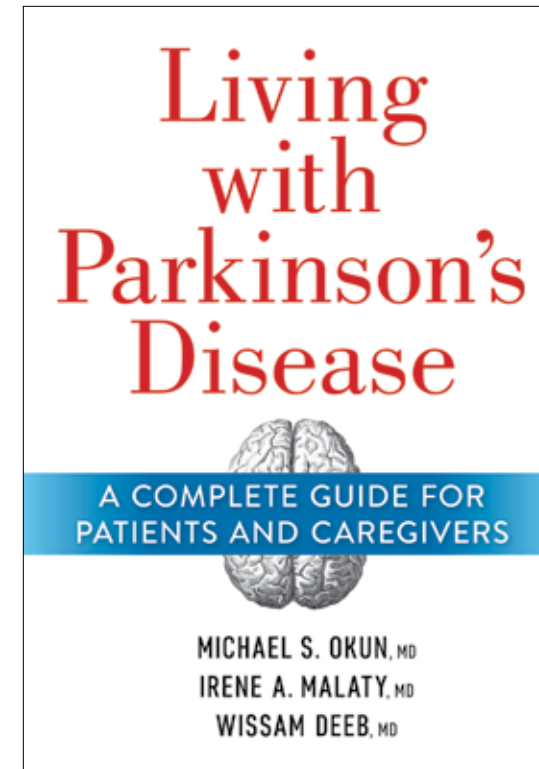
PAGE COUNT: 320

WORD COUNT: 123,984

ILLUSTRATIONS: Full color throughout

SUBJECT / CATEGORY: Health

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



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 patients 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: Available

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

FORMAT/TRIM: TP / 7" x 10"

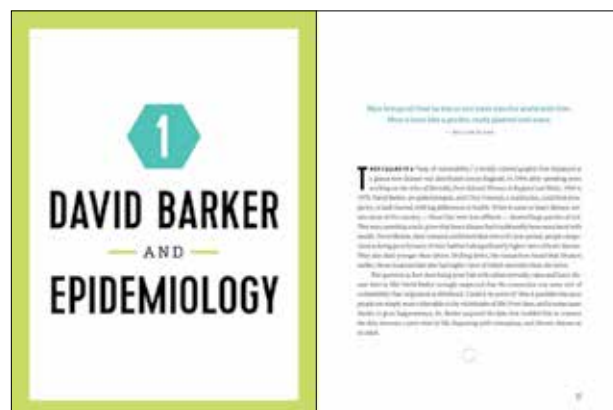
PAGE COUNT: 256

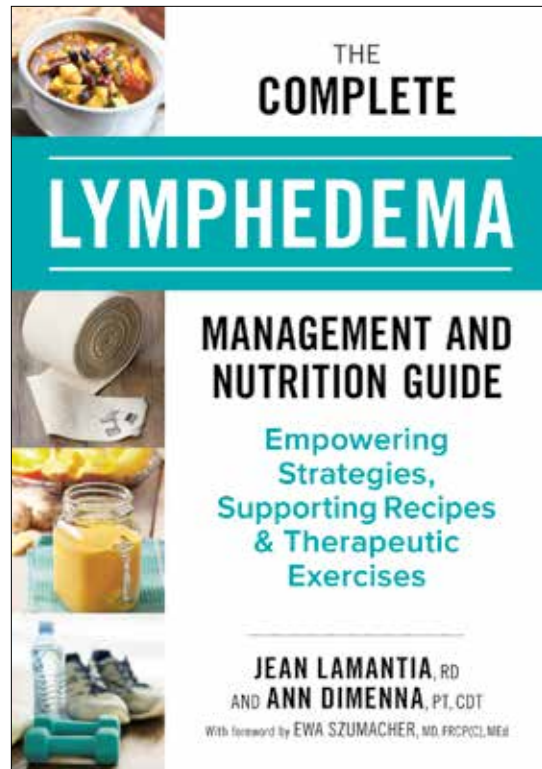
WORD COUNT: 64,200 words

ILLUSTRATIONS: B+W photography

SUBJECT/CATEGORY: Health

RIGHTS SOLD: Chinese Simplified, Slovakian





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.

ISBN(S): 9780778806271 / 0778806278

PUB. DATE: Available

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

FORMAT / TRIM: TP / 7" x 10"

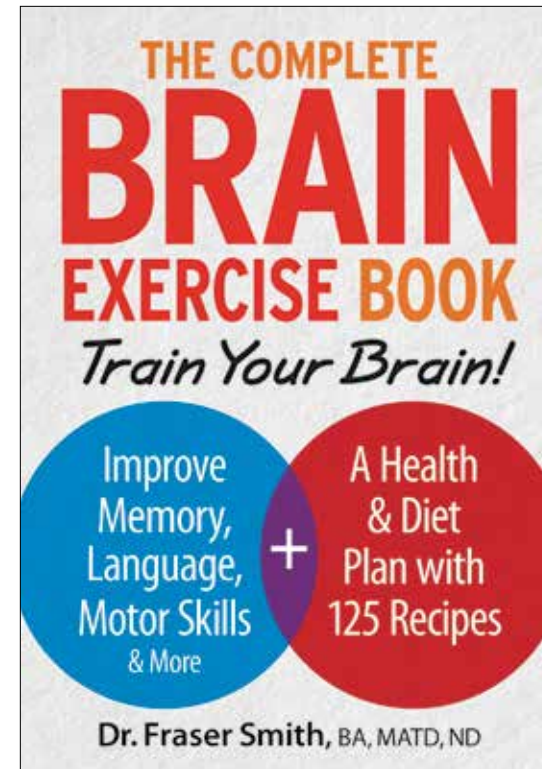
PAGE COUNT: 352

WORD COUNT: 78,129

ILLUSTRATIONS: 150 B+W photographs

SUBJECT / CATEGORY: Health

RIGHTS SOLD: Polish



THE COMPLETE BRAIN EXERCISE BOOK

Improve Memory, Language, Motor Skills & More + A Health & Diet Plan with 125 Recipes

This rigorous but easy-to-follow program will help your brain stay sharp.

While most brain exercise books focus on preventing and treating memory loss due to aging and disease, this wonderful book takes it steps further, covering mental speed, visual-spatial acuity, language acquisition, sensory growth and motor skills.

In addition to helping recover brain function, the exercises will also help prevent the loss of brain function due to aging and neurological disease.

Entertaining and engaging, *The Complete Brain Exercise Book* features over 150 brain exercises and puzzles. And because the relationship between brain health and diet is integral, nutrition is front and center, with extensive brain food lists, menu plans and more than 100 recipes.

DR. FRASER SMITH, BA, MATD, ND, is the Assistant Dean for Naturopathic Medicine at the National University of Health Science's College of Professional Studies, teaches at NU HS and is an editorial board member of *Natural Medicine Journal*.

ISBN(S): 978-0-7788-0515-1 / 0778805158

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$24.95 CAN / £16.95 UK

FORMAT/TRIM: TP / 7" x 10"

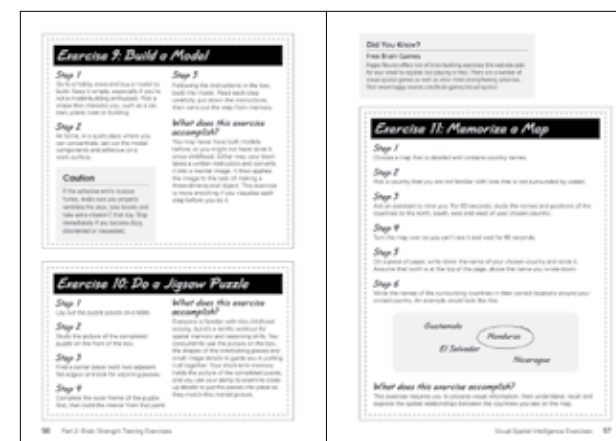
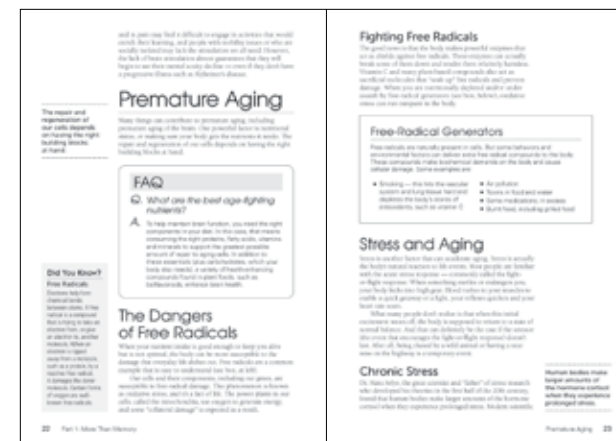
PAGE COUNT: 256

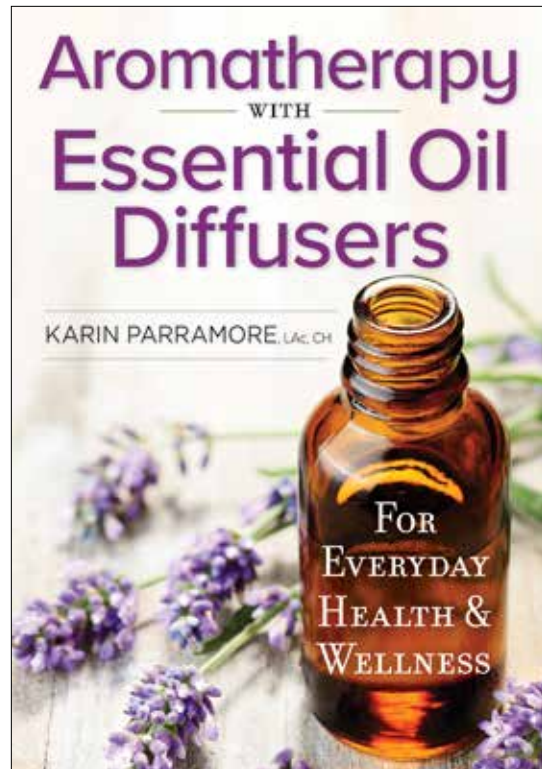
WORD COUNT: 105,871

ILLUSTRATIONS: N/A

SUBJECT / CATEGORY: Health

RIGHTS SOLD: Chinese Simplified, Turkish, Spanish





AROMATHERAPY WITH ESSENTIAL OIL DIFFUSERS

For Everyday Health & Wellness

Diffusing essential oils can improve your health and well-being

Aromatherapy and essential oils are more popular than ever, as more and more people discover that concentrated aromatics can be used in a therapeutic way to address imbalances in our bodies that can lead to poor health.

In this perfect companion book to your favorite diffuser, Karin teaches you how to diffuse essential oils, from ammi to ylang ylang, to improve your physical, mental and emotional health and to de-stress your time, your work space and even your car. Part 1 covers the history of aromatherapy, explains the different types of diffusers and teaches you how to choose, use and store essential oils. Part 2 provides detailed instructions on diffusing essential oils to treat various health conditions and offers over 160 formulas for specialized oil blends.

KARIN PARRAMORE, LAc, CH, is the executive director of Good Life Medicine Center and the owner/formulator of Luminous Presence facial treatments and skin care products. She obtained Chartered Herbalist status from Dominion Herbal College in 2001 and has a degree in Chinese Medicine from the National University of Natural Medicine. She has been a practicing aromatherapist since 2002. She lives in Portland, Oregon.

ISBN(S): 978-0-7788-0588-5 / 0778805883

PUBLICATION DATE: Available

LIST PRICE: \$19.95 US / \$19.95 CAN / £14.95 UK

FORMAT/TRIM: TP / 7" x 10"

PAGE COUNT: 216

WORD COUNT: 64,246

ILLUSTRATIONS: 90 illustrations

SUBJECT / CATEGORY: Health & Fitness / Beauty & Grooming

RIGHTS SOLD: French, Chinese (Taiwan), Turkey



THE COMPLETE AROMATHERAPY & ESSENTIAL OILS HANDBOOK FOR EVERYDAY WELLNESS

Includes 109 Essential Oils & More Than 450 Remedies and Uses

A complete update for a book that has sold over 300,000 copies internationally.

Essential oils have been variously described as the "life force" or "essence" of plants. The most wonderful thing about essential oils is that they are available to everyone, and once you understand the basic concepts and observe the appropriate methods and procedures, they are very simple to use.

Aromatherapy is a method of using the essential oils to protect, heal and beautify. The best known way to employ oils is through massage, but as you'll discover in this comprehensive book, there are so many more ways to use them for everything from arthritis to high blood pressure.

The oils are organized in an A to Z format, and each entry features the botanical name and a full description of how and why the oil is extracted, as well as its therapeutic uses.

NERYS PURCHON was one of Australia's leading experts on aromatherapy and essential oils. Her books have sold more than 300,000 copies worldwide.

LORA CANTELE, RA, CMAIA, AAS, is a registered aromatherapist, clinical aromalogist, certified Swiss reflex therapist, aromatherapy educator and writer.

ISBN(S): 978-0-7788-0486-4 / 0778804860

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$24.95 CAN / £16.95 UK

FORMAT/TRIM: TP / 7" x 10"

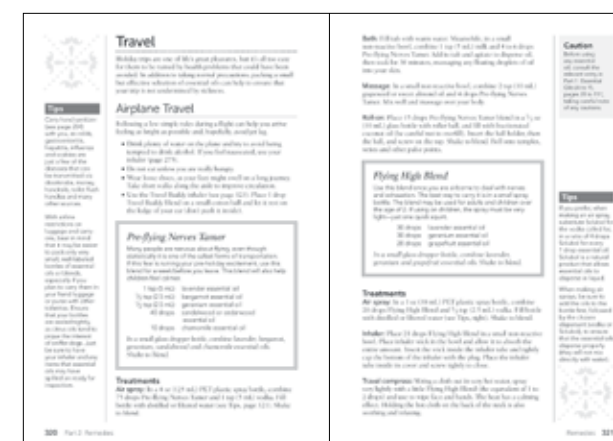
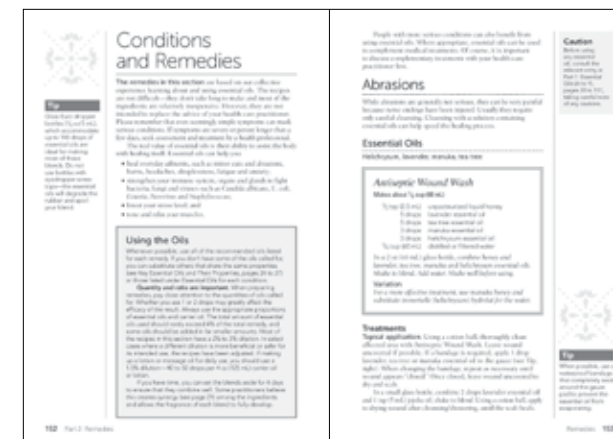
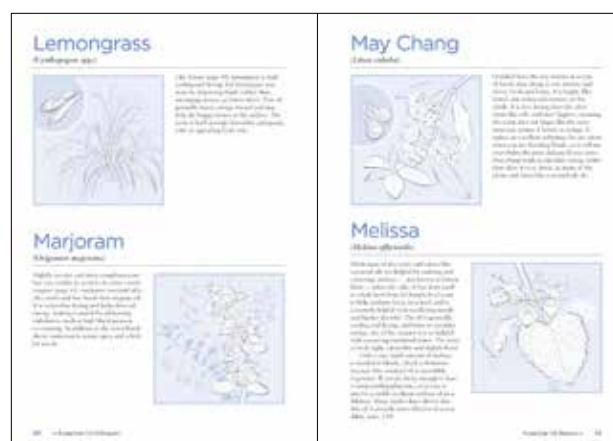
PAGE COUNT: 352

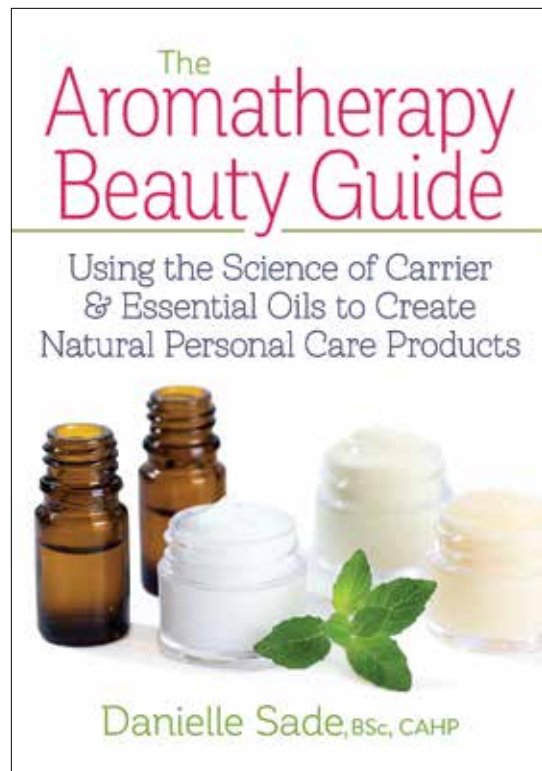
WORD COUNT: 160,638

ILLUSTRATIONS: NA

SUBJECT / CATEGORY: Health & Fitness / Beauty & Grooming

RIGHTS SOLD: German, Turkey





THE AROMATHERAPY BEAUTY GUIDE

Using the Science of Carrier & Essential Oils to Create Natural Personal Care Products

Each drop of essential oil is a pharmacy

Danielle was inspired to write this book when she developed extreme skin sensitivities, irritations and rashes that didn't improve even after visits to skin specialists, who prescribed only topical treatments and conventional therapies. When her symptoms didn't subside, she took matters into her own hands and sought out a natural medicinal healing approach through essential oils.

This incredibly comprehensive book offers a wealth of evidence-based information and provides a sensible and sound approach when it comes to creating your own natural product formulas.

Making your own natural botanical creams and lotions is surprisingly simple and incredibly satisfying, and you'll soon be on the road to recovery and living a more natural lifestyle.

DANIELLE SADE, BSc, CAHP, is the founder of Healing Fragrances School of Aromatherapy and is currently the president of the Canadian Federation of Aromatherapists. She has over 20 years' experience in teaching and practicing complementary health care.

ISBN(S): 978-0-7788-0560-1 / 0778805603

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$24.95 CAN / £16.95

FORMAT/TRIM: TP / 7" x 10"

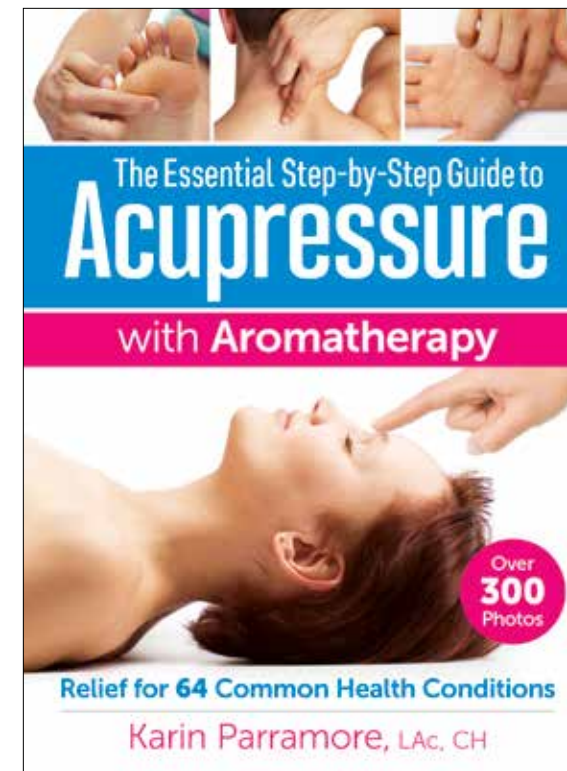
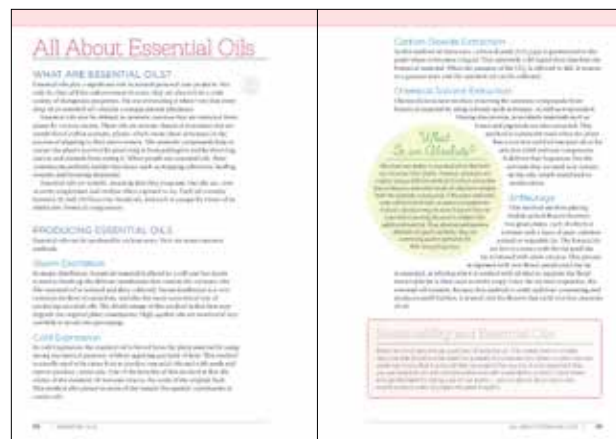
PAGE COUNT: 352

WORD COUNT: 100,590

ILLUSTRATIONS: More than 32 color photographs

SUBJECT / CATEGORY: HEALTH & FITNESS / Beauty & Grooming

RIGHTS SOLD: Taiwan, French, Turkey



THE ESSENTIAL STEP-BY-STEP GUIDE TO ACUPRESSURE WITH AROMATHERAPY

Relief for 64 Common Health Conditions

Maintain your good health through the ancient healing art of acupressure

Acupressure uses the same pressure points as acupuncture, but instead of needles, you simply use your fingers to gently but firmly stimulate your body's natural ability to heal. When acupressure points are correctly stimulated, they promote blood circulation and release muscular tension, providing an overall sense of well-being.

With its easy and conversational style and step-by-step photos, this book will teach you how to heal yourself naturally so you can live a pain-free and vibrant life. You'll learn everything you need to know about acupressure and how aromatherapy can complement acupressure and enhance your health.

KARIN PARRAMORE, LAc, CH, has been interested in herbal medicine her entire life. She has been a practicing aromatherapist since 2002 and obtained her degree in Chinese Medicine a few years later. She has her own clinic and teaches at her alma mater, the National College of Natural Medicine and East West College of the Healing Arts. Karin lives in Portland, Oregon.

ISBN(S): 978-0-7788-0546-5 / 0778805468

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$24.95 CAN / £16.95

FORMAT/TRIM: TP / 7.75" x 10.5"

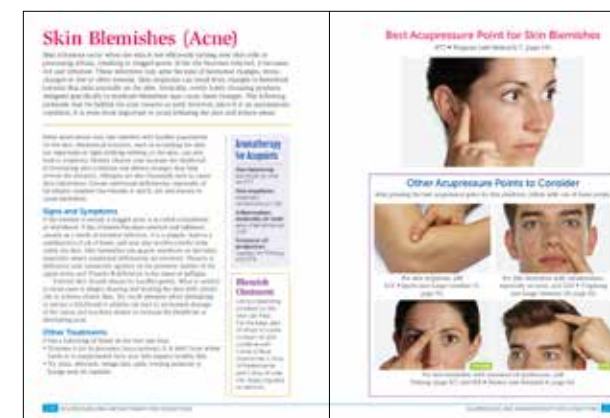
PAGE COUNT: 272

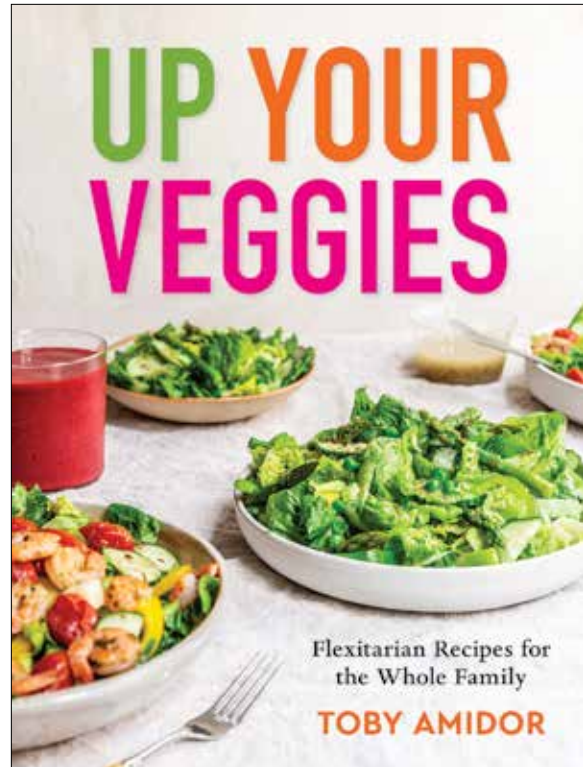
WORD COUNT: 61,640

ILLUSTRATIONS: More than 300 color photographs

SUBJECT / CATEGORY: HEALTH & FITNESS / Beauty & Grooming

RIGHTS SOLD: Arabic





UP YOUR VEGGIES

Flexitarian Recipes for the Whole Family

100 Plant-Forward Recipes

How many times have you heard a parent tell their kids to eat their veggies? Kids aren't the only problem though: in the U.S., only one in 10 adults meet the daily recommended vegetable intake while in Canada it's just three in 10 adults.

Whether you're a vegetarian, flexitarian or just looking to eat more plants, this book's for you. Bestselling author Toby Amidor wants to help you overcome popular barriers like taste, cost and effort in order to eat more vegetables, which can help provide your body with the nutrition it needs to thrive and help lower the risk of chronic diseases, including cardiovascular disease and type 2 diabetes.

Up Your Veggies is truly a celebration of vegetables — their delicious flavors, gorgeous colors, and important contributions to overall health.

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

ISBN(S): 978-0-7788-0713-1 / 0778807134

PUBLICATION DATE: September 2023

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

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

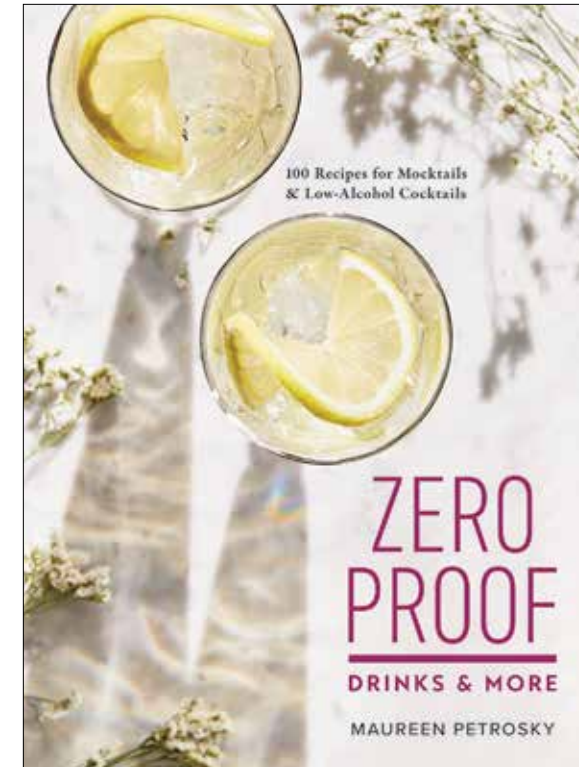
PAGE COUNT: 208

WORD COUNT: 40,600

ILLUSTRATIONS: Full-color photos throughout

SUBJECT / CATEGORY: Cooking

RIGHTS SOLD: TBD



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 and 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 palate 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: Available

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

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

PAGE COUNT: 224

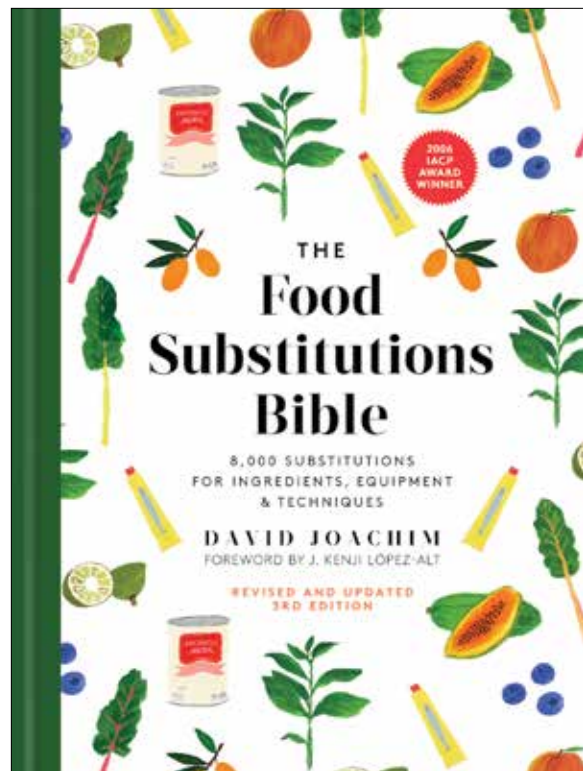
WORD COUNT: 31,059

ILLUSTRATIONS: 85 full-color photos

SUBJECT/CATEGORY: Cooking / Drinks

RIGHTS SOLD: TBD





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

Have you ever been in the middle of making a meal only to discover you have run out of a key ingredient?

The answer to this dilemma? 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 and revised third edition, is the authoritative guide to making substitutions in the kitchen.

DAVID JOACHIM has written, edited, or collaborated on more than 50 cookbooks including *The Science of Good Food*, *A Man, A Can, A Plan* series, *Mastering Pizza* and *The Wicked Healthy Cookbook*. He lives in Pennsylvania.

J. KENJI LÓPEZ-ALT is *The New York Times* bestselling author of *The Food Lab*. He is a *New York Times* food columnist and the chief culinary advisor for *Serious Eats*. He lives in Seattle.

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

PUBLICATION DATE: Available

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

FORMAT & TRIM: HC / 7.5" x 10"

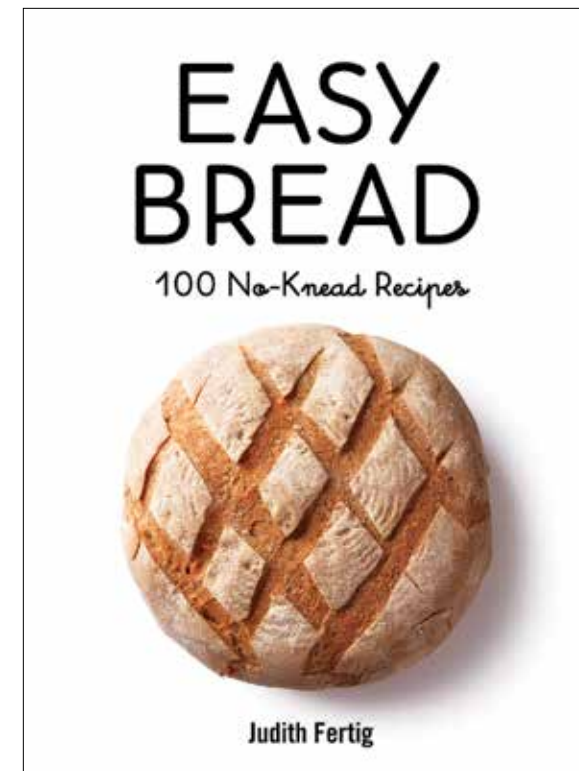
PAGE COUNT: 688

WORD COUNT: 220,007

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

SUBJECT/ CATEGORY: CKB071000 COOKING / Reference

RIGHTS SOLD: TBD



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: Available

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

FORMAT/TRIM: TP / 7.5" X 10"

PAGE COUNT: 224

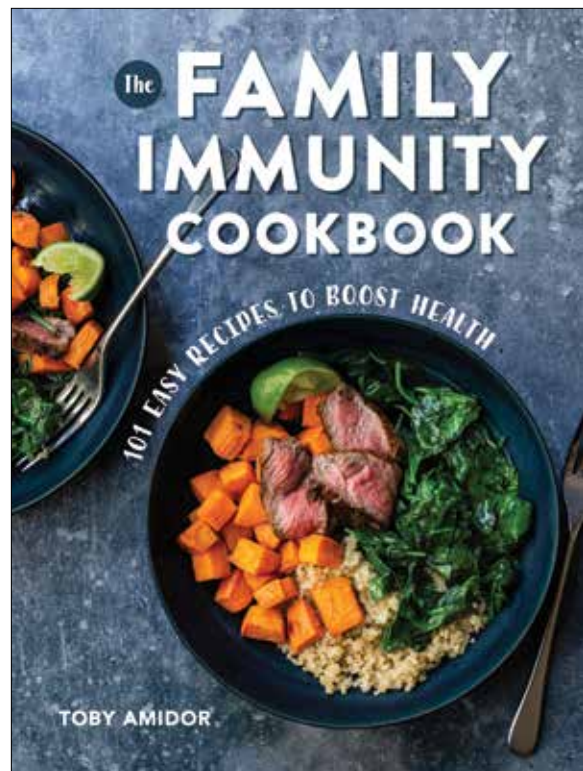
WORD COUNT: 52,572

ILLUSTRATIONS: 60 color photos

SUBJECT/CATEGORY: Cooking

RIGHTS SOLD: French





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: Available

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

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

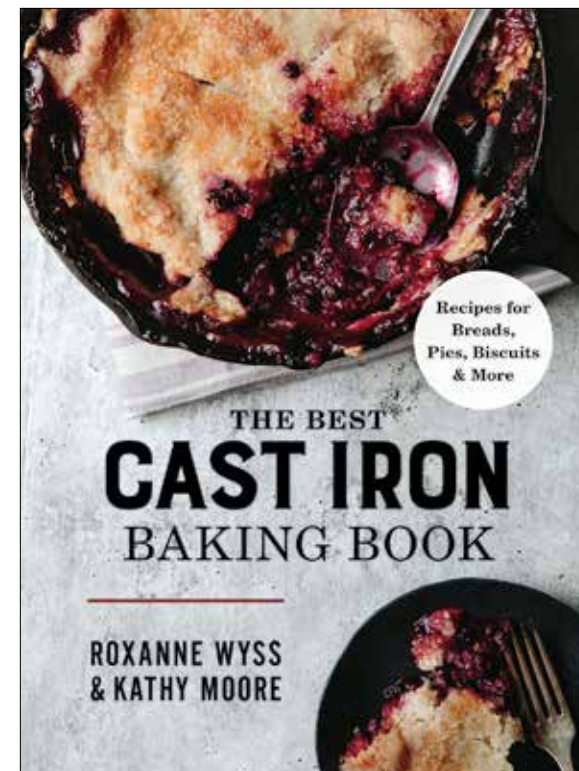
PAGE COUNT: 256

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.

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

PUBLICATION DATE: Available

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

FORMAT/TRIM: TP / 7.5" x 10"

PAGE COUNT: 192 pages

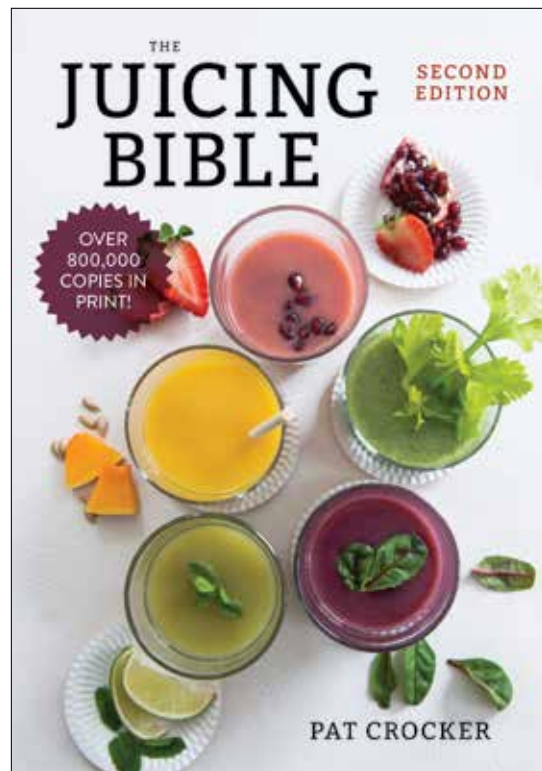
WORD COUNT: 43,177

ILLUSTRATIONS: 60 color photos

SUBJECT/CATEGORY: Cooking

RIGHTS SOLD: TBD





THE JUICING BIBLE, SECOND EDITION

An updated and upgraded edition of the #1 bestselling *The Juicing Bible*, featuring over 300 recipes

This updated and beautifully repackaged edition of *The Juicing Bible* will show you how to easily get your daily servings of fruits and vegetables with incredibly healthy, nutrient-dense, mineral-packed and vitamin-rich juice blends. It also includes juicing recommendations for over 80 common health concerns, with recommendations on combatting them with natural foods. It includes both photos and illustrations of hundreds of fruits, vegetables and herbs, along with information on their uses and healing properties, and advice on purchasing and storage. You will also find details on seven systems of the human body, their importance to good health and necessary diet and lifestyle changes for peak performance. With over 300 juice options, you'll get real, whole foods into your body every day of the week and discover why *The Juicing Bible* has continued to be a trusted resource for nearly two decades.

PAT CROCKER is a culinary herbalist, professional home economist and author of *The Vegetarian Cook's Bible* and *The Smoothie Bible*. In 2000, she won the International Cookbook Revue Award for the first edition of *The Juicing Bible*. She lives in Ontario, Canada.

ISBN(S): 978-0-7788-0181-8 / 0778801810

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$27.95 CAN / £18.95 UK

FORMAT/TRIM: TP / 7" x 10"

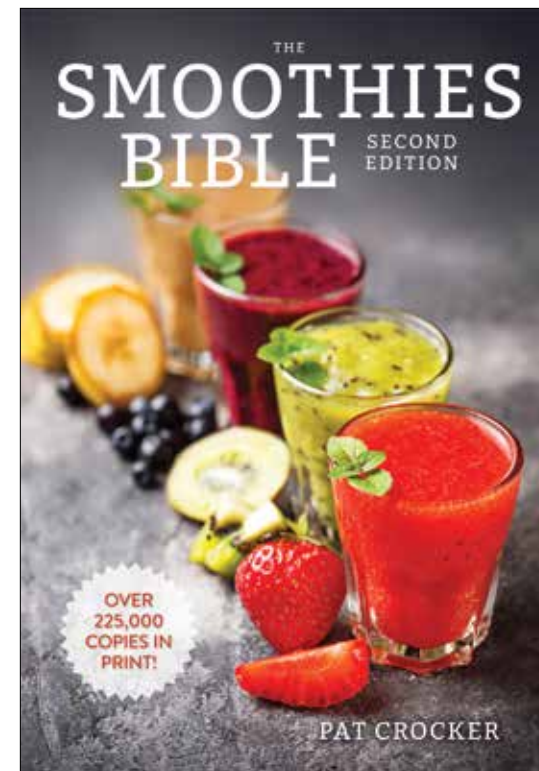
PAGE COUNT: 384

WORD COUNT: 115,771

ILLUSTRATIONS: 32 photo pages / 32 photos

SUBJECT / CATEGORY: Cooking

RIGHTS SOLD: French Canada, Chinese Simplified, Russian, Japanese, Portuguese, Polish, Arabic, Spanish, Italian



THE SMOOTHIES BIBLE, SECOND EDITION

A bestselling and essential smoothies guide covering their wide-ranging nutritional and health benefits

The #1 bestselling *The Smoothies Bible* features over 400 recipes along with advice on how to easily get your daily servings of fruits and vegetables with incredibly healthy, nutrient-dense, mineral-packed, and vitamin-rich smoothie blends. Culinary herbalist and professional home economist Pat Crocker offers recipes for hot, cold and frozen smoothies using fruit, vegetables and herbs with both dairy and nondairy alternatives. The easy-to-make and great-tasting drinks will help anyone interested in getting real, whole foods into their body each and every day of the week. They include Flu Fighter, Watermelon Wave, Blazing Beets, Sage Relief and Mega Melon Supreme, among many others.

The book also contains information on seven body systems and their importance to good health, along with advice about diet and lifestyle changes to support their peak performance.

PAT CROCKER is a culinary herbalist and professional home economist. She has written, demonstrated and lectured about herbs and health issues for 25 years. An international award-winning cookbook author, Crocker has written 15 cookbooks and three herb books, including *The Juicing Bible*. She lives in Ontario, Canada.

ISBN(S): 9780778802419 / 0778802418

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$27.95 CAD / £18.95 UK

FORMAT/TRIM: TP / 7" x 10"

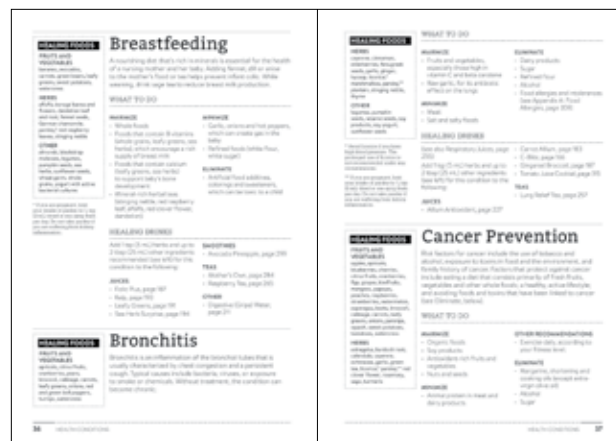
PAGE COUNT: 384

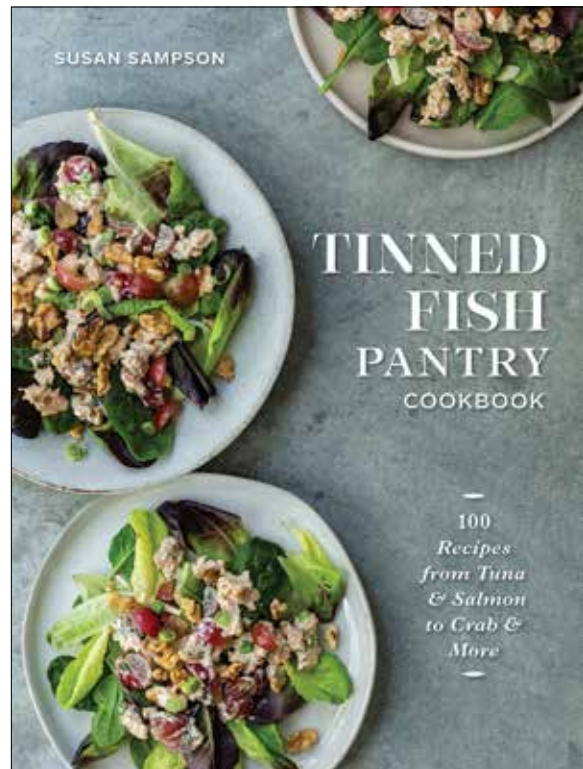
WORD COUNT: 105,000

ILLUSTRATIONS: 32 photo pages / 32 photos

SUBJECT / CATEGORY: Cooking

RIGHTS SOLD: Japanese, Polish, Spanish, Italian, Romanian, Turkey





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: Available

LIST PRICE: \$19.95 US / 24.95 CAN

FORMAT/TRIM: TP / 7.5" x 10"

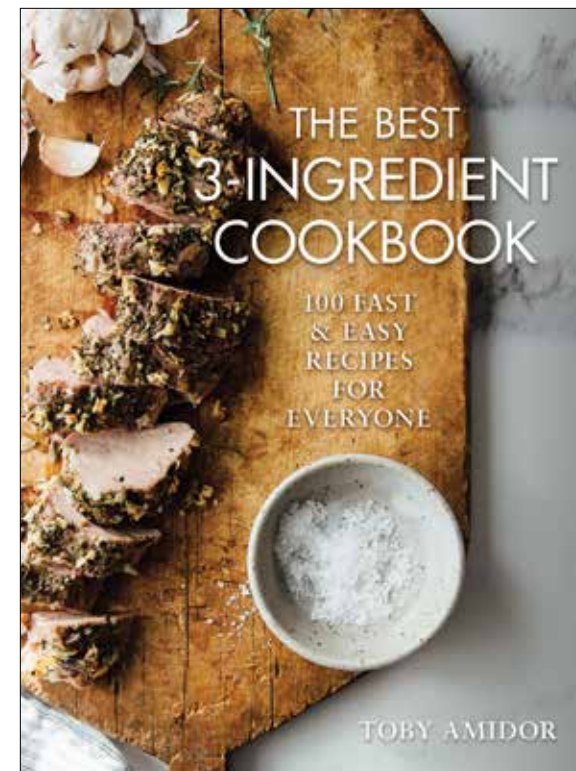
PAGE COUNT: 192

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 three 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: Available

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

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

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: Available

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

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

PAGE COUNT: 224

WORD COUNT: 39,428

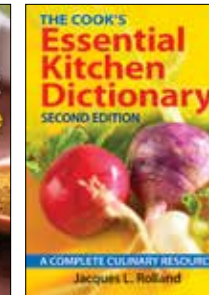
ILLUSTRATIONS: 85 full-color photos

SUBJECT / CATEGORY: Cooking

RIGHTS SOLD: German, French



ISBN 978-0-7788-0493-2
\$39.95 US / \$39.95 CAN



ISBN 978-0-7788-0494-9
\$19.95 US / \$19.95 CAN



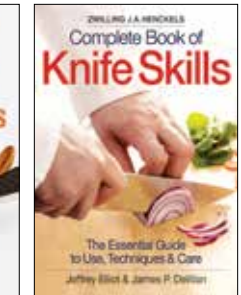
ISBN 978-0-7788-0189-4
\$39.95 US / \$39.95 CAN



ISBN 978-0-7788-0150-4
\$49.95 US / \$49.95 CAN



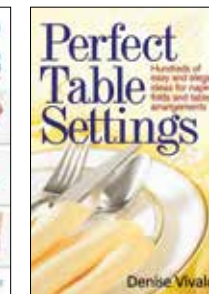
ISBN 978-0-7788-0222-8
\$24.95 US / \$27.95 CAN



ISBN 978-0-7788-0256-3
\$37.95 US / \$37.95 CAN



ISBN 978-0-7788-0423-9
\$29.95 US / \$29.95 CAN



ISBN 978-0-7788-0254-9
\$29.95 US / \$29.95 CAN



ISBN 978-0-7788-0219-8
\$24.95 US / \$27.95 CAN



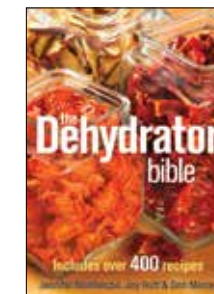
ISBN 978-0-7788-0183-2
\$21.95 US / \$24.95 CAN



ISBN 978-0-7788-0237-2
\$21.95 US / \$24.95 CAN



ISBN 978-0-7788-0216-7
\$24.95 US / \$27.95 CAN



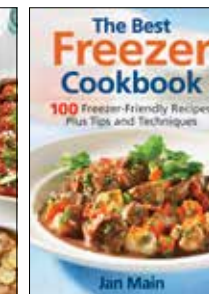
ISBN 978-0-7788-0213-6
\$24.95 US / \$27.95 CAN



ISBN 978-0-7788-0243-3
\$24.95 US / \$27.95 CAN

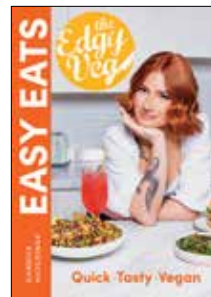


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\$29.95 US / \$29.95 CAN



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\$19.95 US / \$19.95 CAN





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\$29.95 US / \$34.95 CAN



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\$27.95 US / \$32.95 CAN



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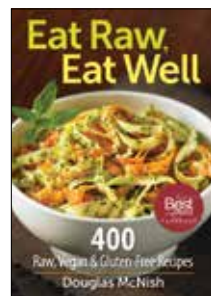
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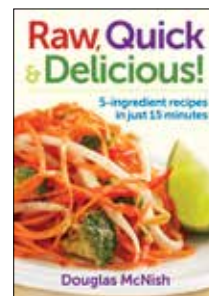
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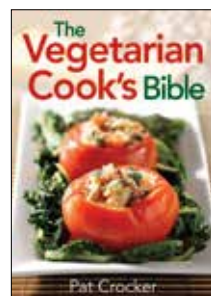
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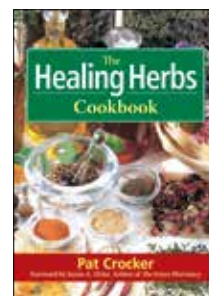
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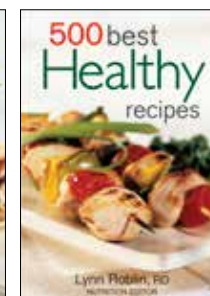
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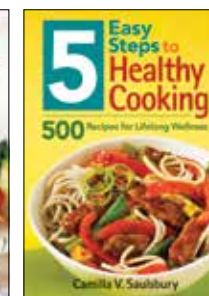
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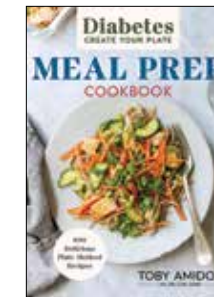
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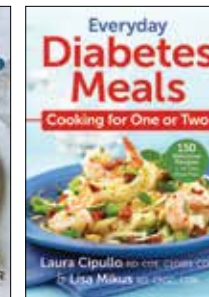
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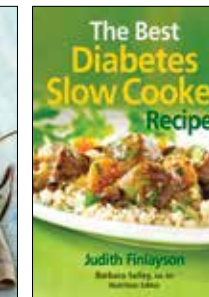
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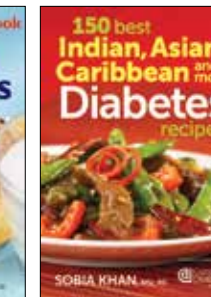
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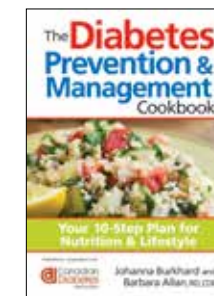


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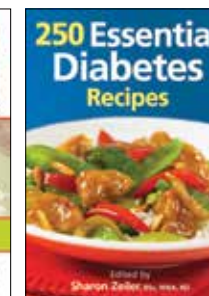
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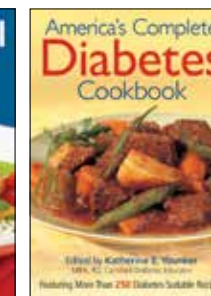
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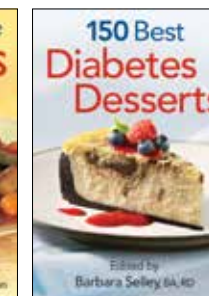
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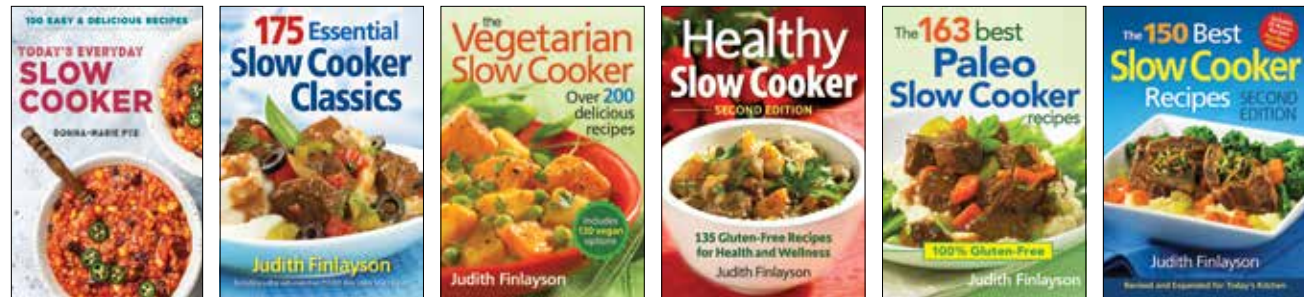
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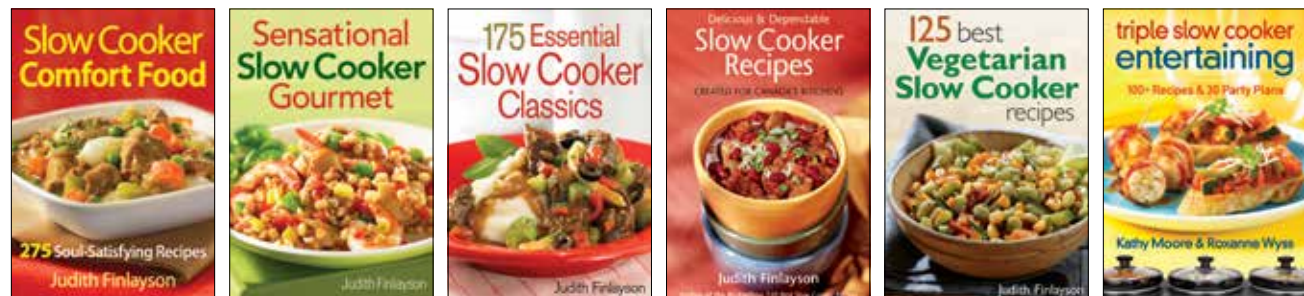
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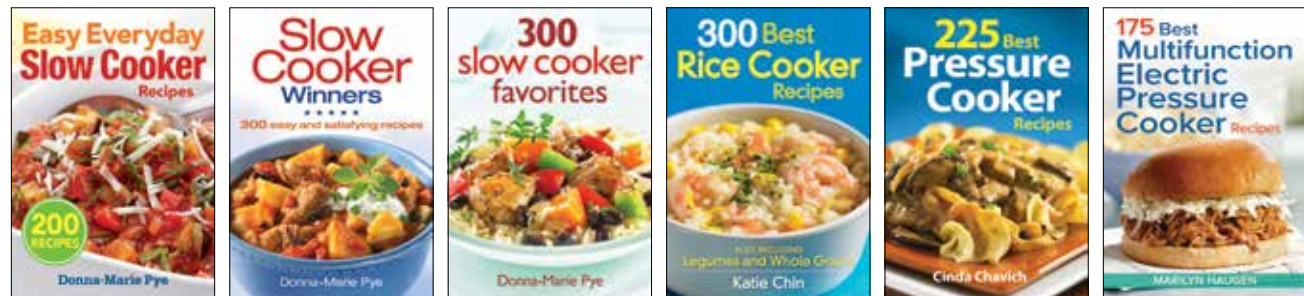
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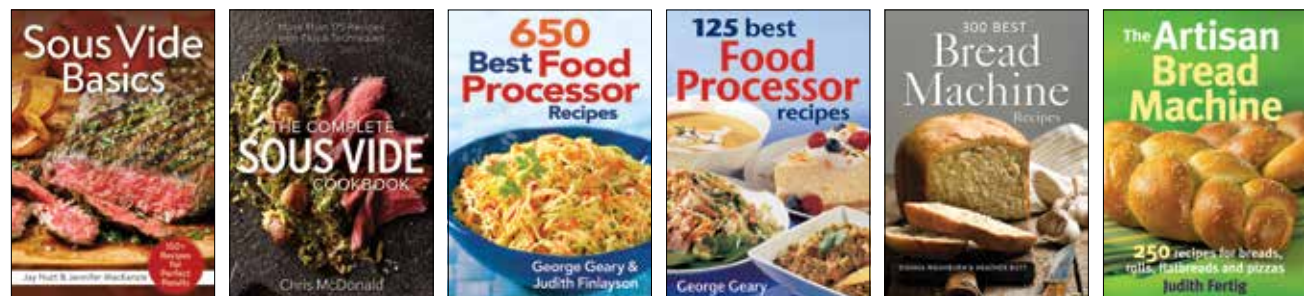
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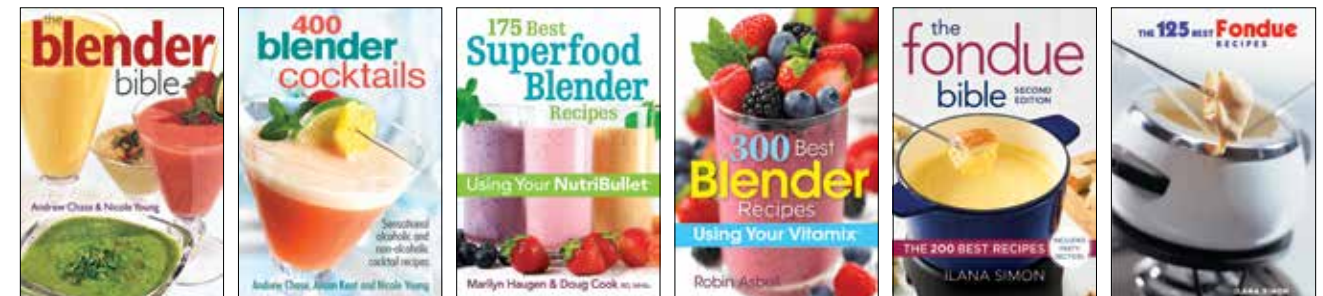
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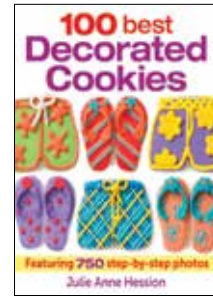
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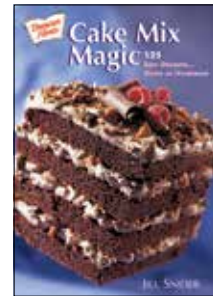
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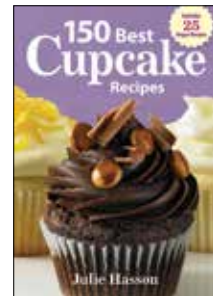
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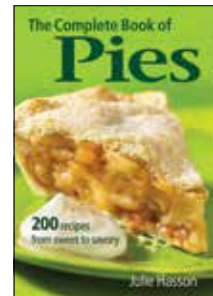
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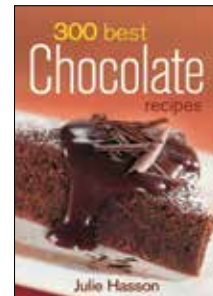
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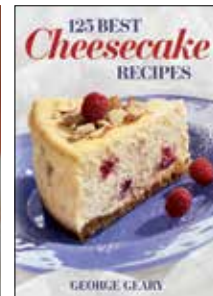
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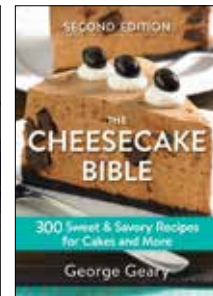
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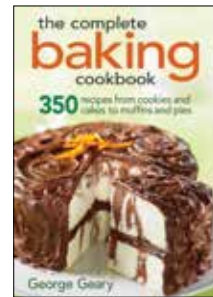
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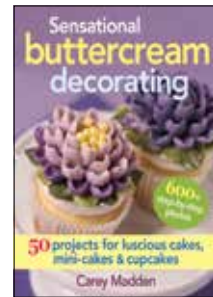
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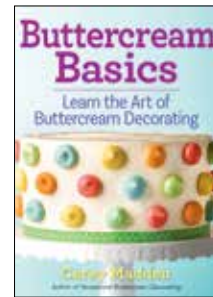
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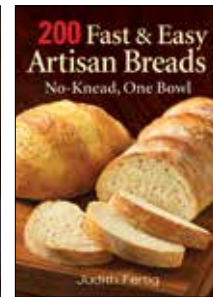
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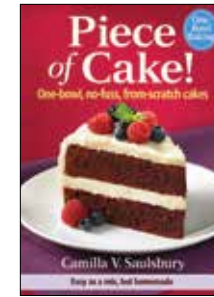
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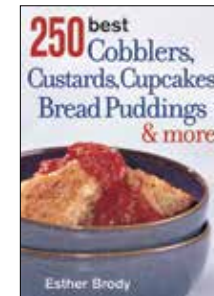
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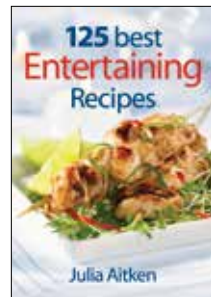
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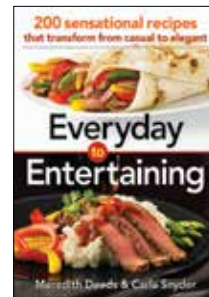
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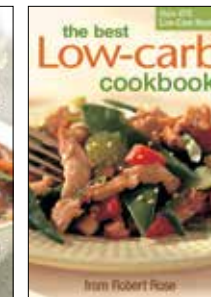
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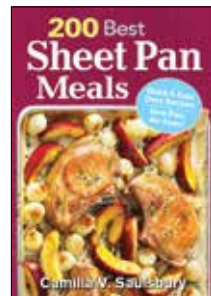
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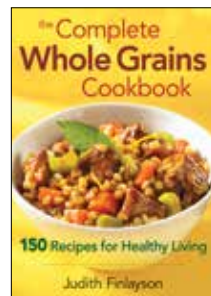
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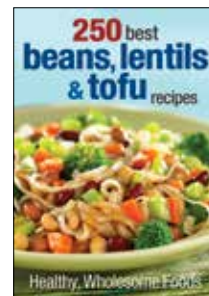
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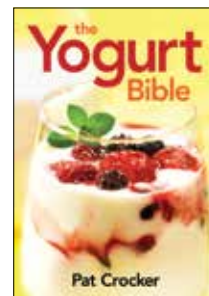
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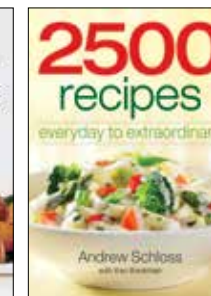
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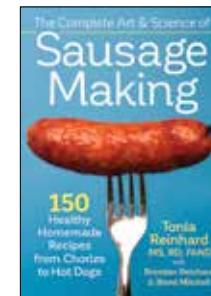
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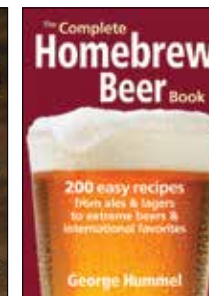
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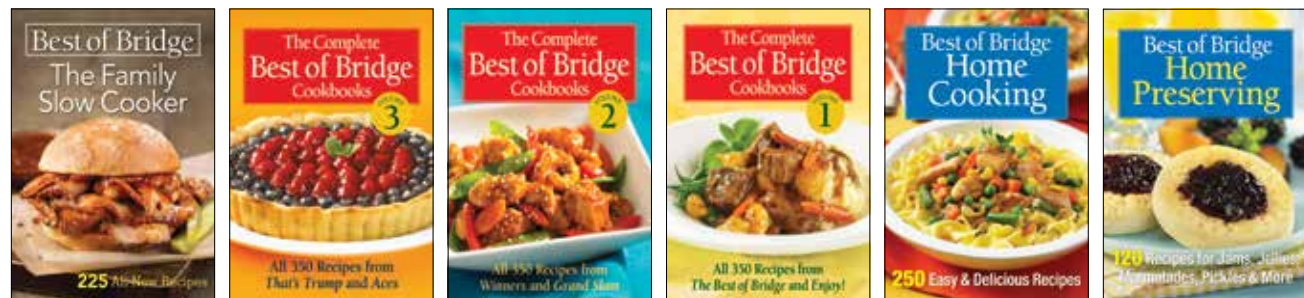
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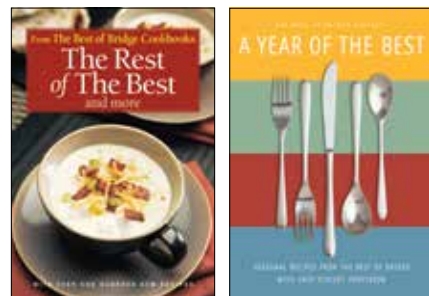
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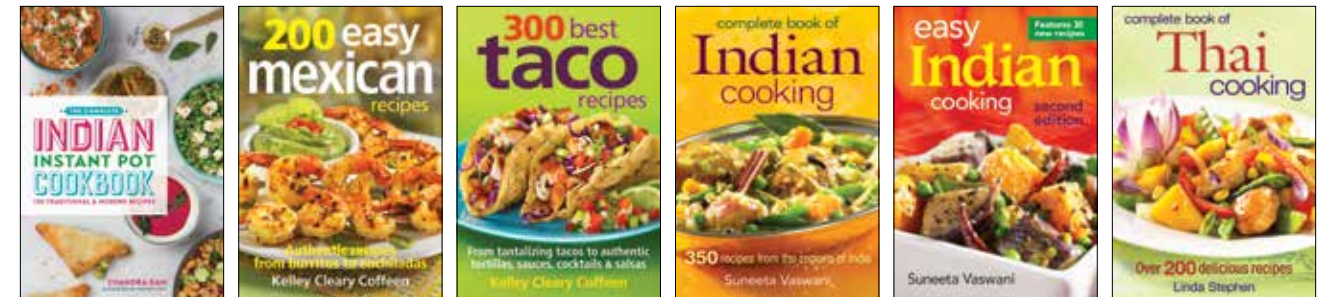
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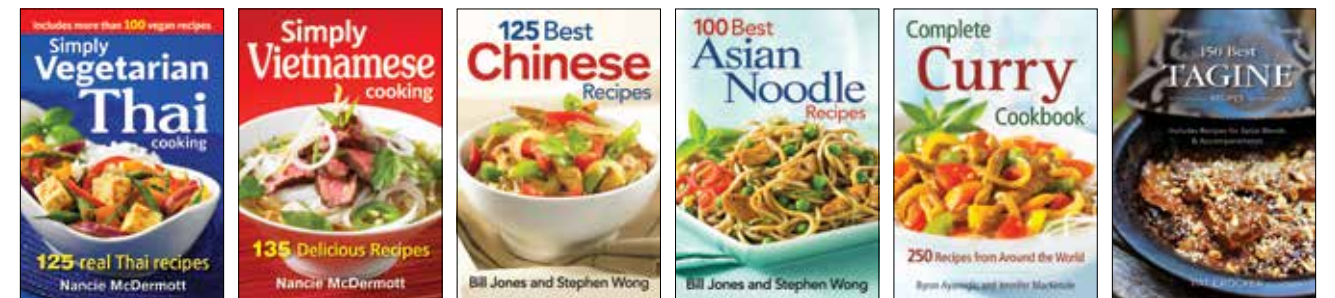
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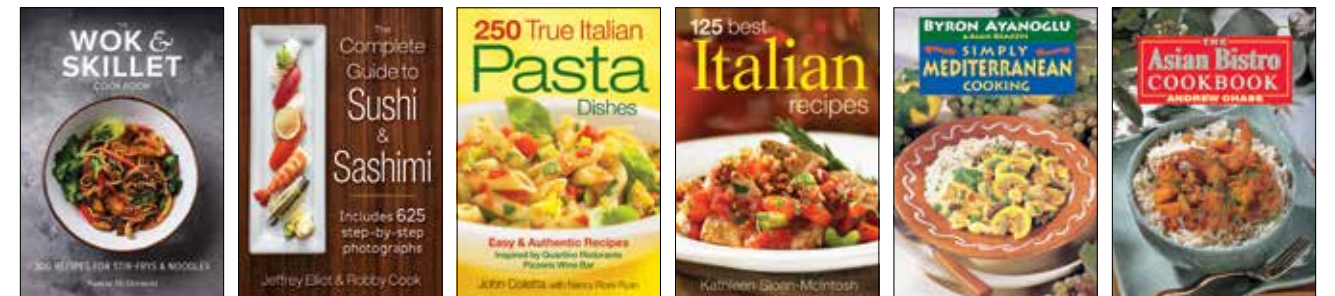
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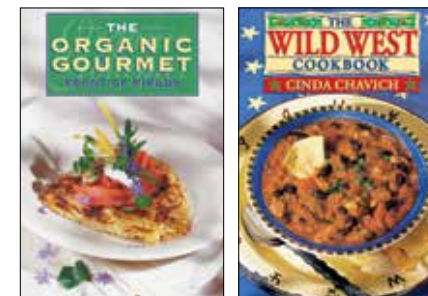
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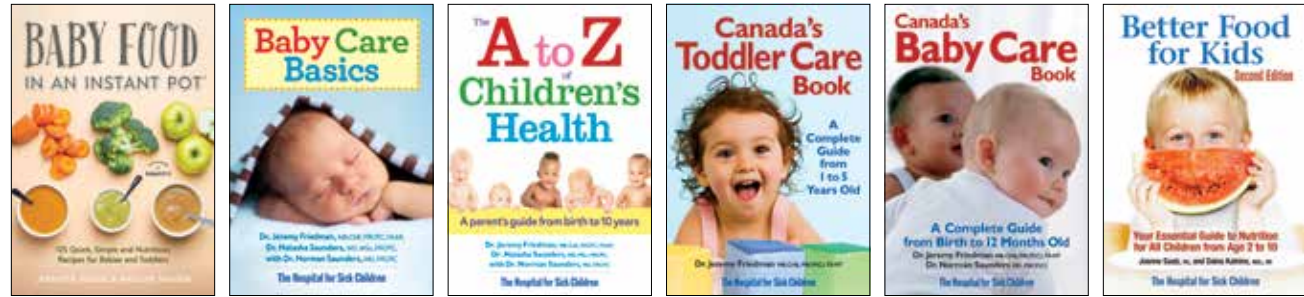
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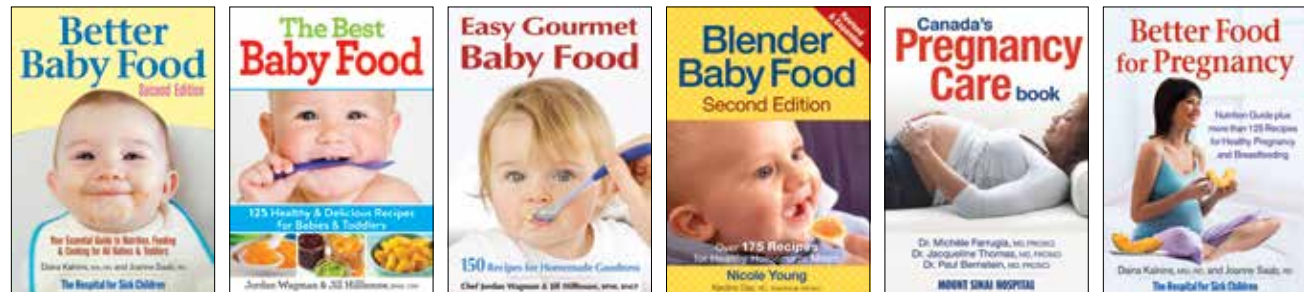
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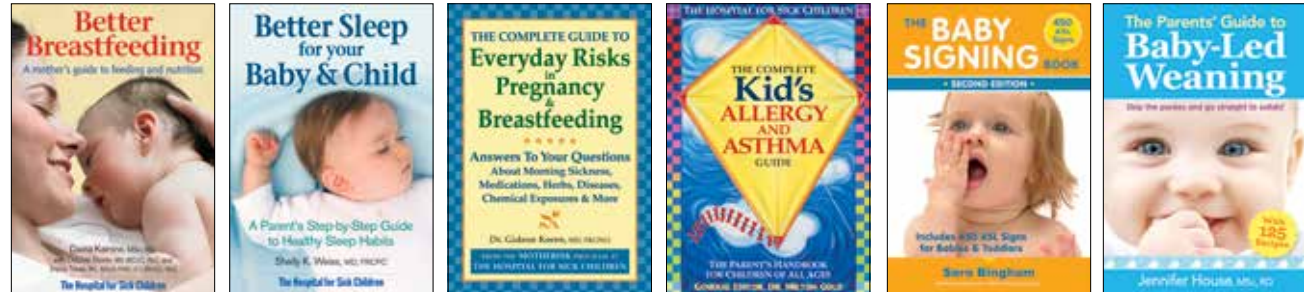
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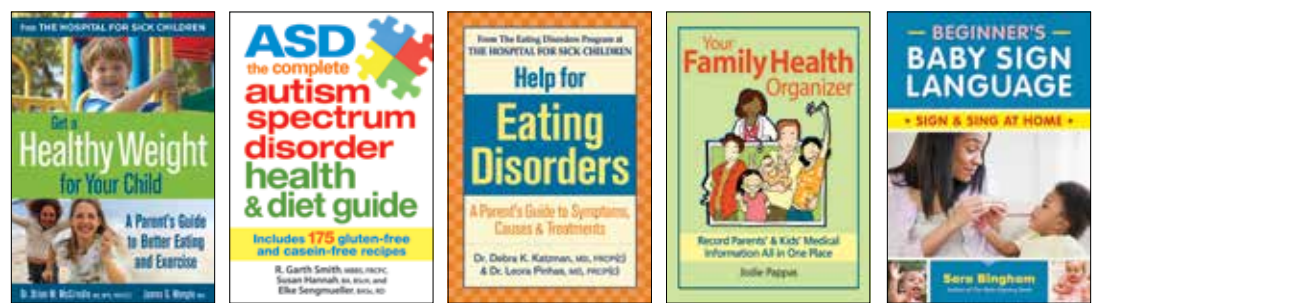
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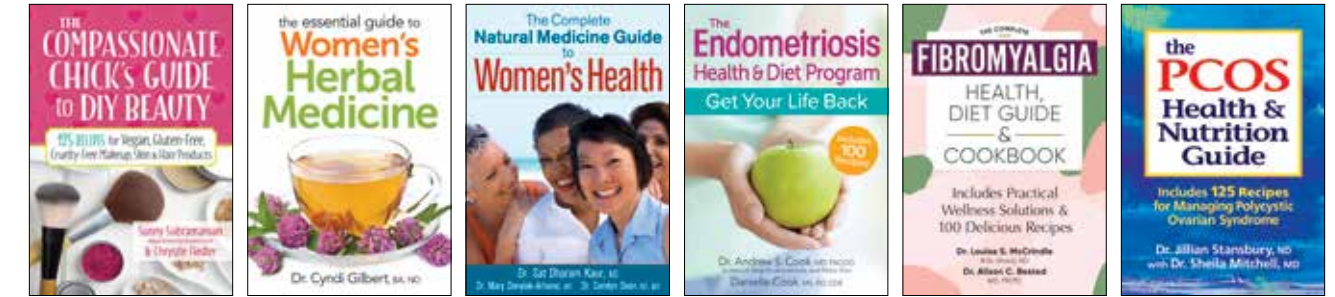
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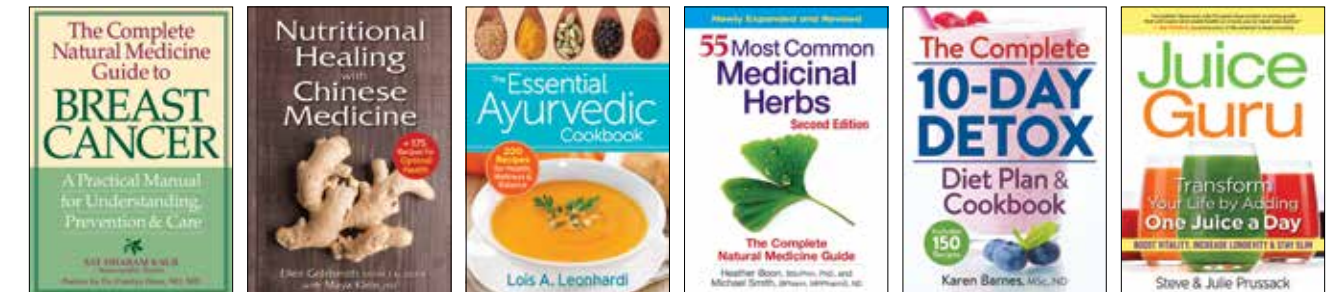
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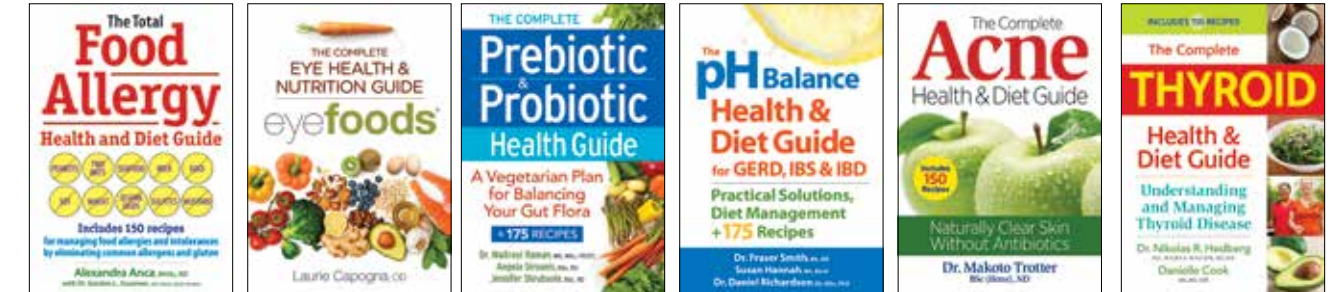
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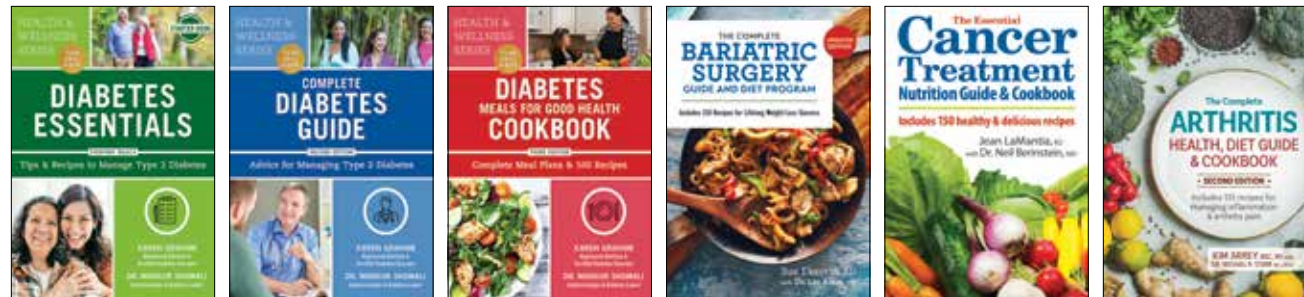
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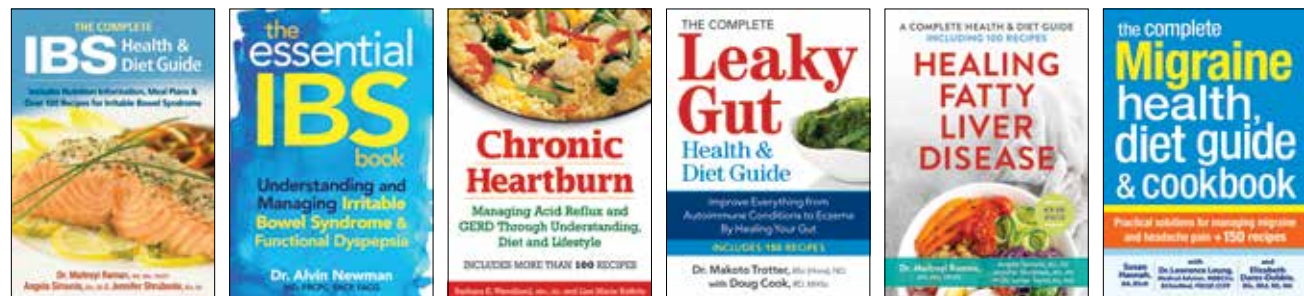
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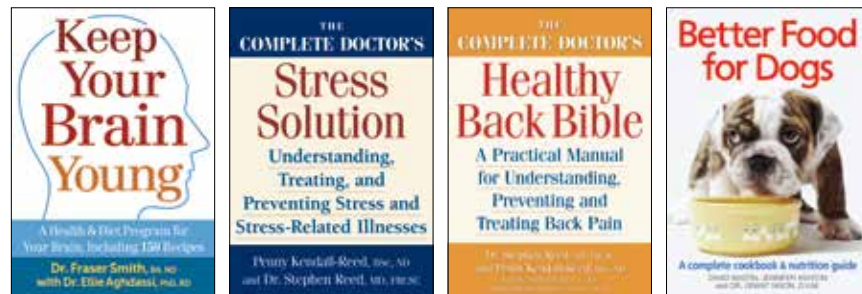
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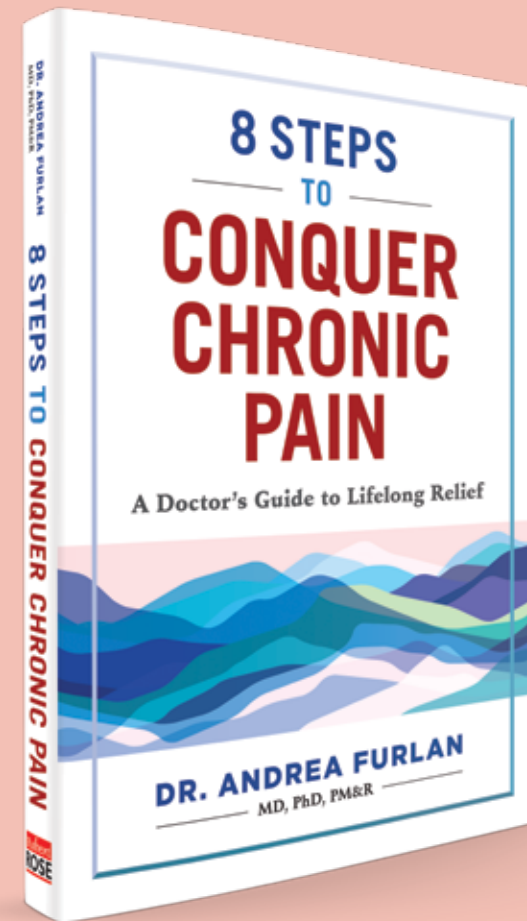
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DID YOU KNOW THAT CHRONIC PAIN AFFECTS 770 MILLION PEOPLE GLOBALLY?

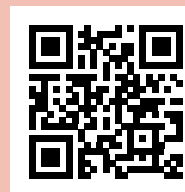
The four most common types of chronic pain are:
 Low Back Pain,
 Severe Headaches or Migraine Pain,
 Neck Pain
 and Facial Pain.

Worldwide patients suffering from chronic pain are on the rise:

CHINA	501 MILLION
INDIA	174 MILLION
COLOMBIA	23 MILLION
BRAZIL	77 MILLION
MEXICO	28.5 MILLION
FRANCE	0 MILLION
GERMANY	20.5 MILLION
POLAND	16 MILLION
ITALY	15.2 MILLION
BELGIUM	1 MILLION
S. KOREA	15 MILLION
SWEDEN	1.8 MILLION
JAPAN	12.7 MILLION
SPAIN	8 MILLION
SINGAPORE	1.2 MILLION

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Parisa Michailidis

Director, Rights & Licensing

Firefly Books & Robert Rose

parisa@fireflybooks.com

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