



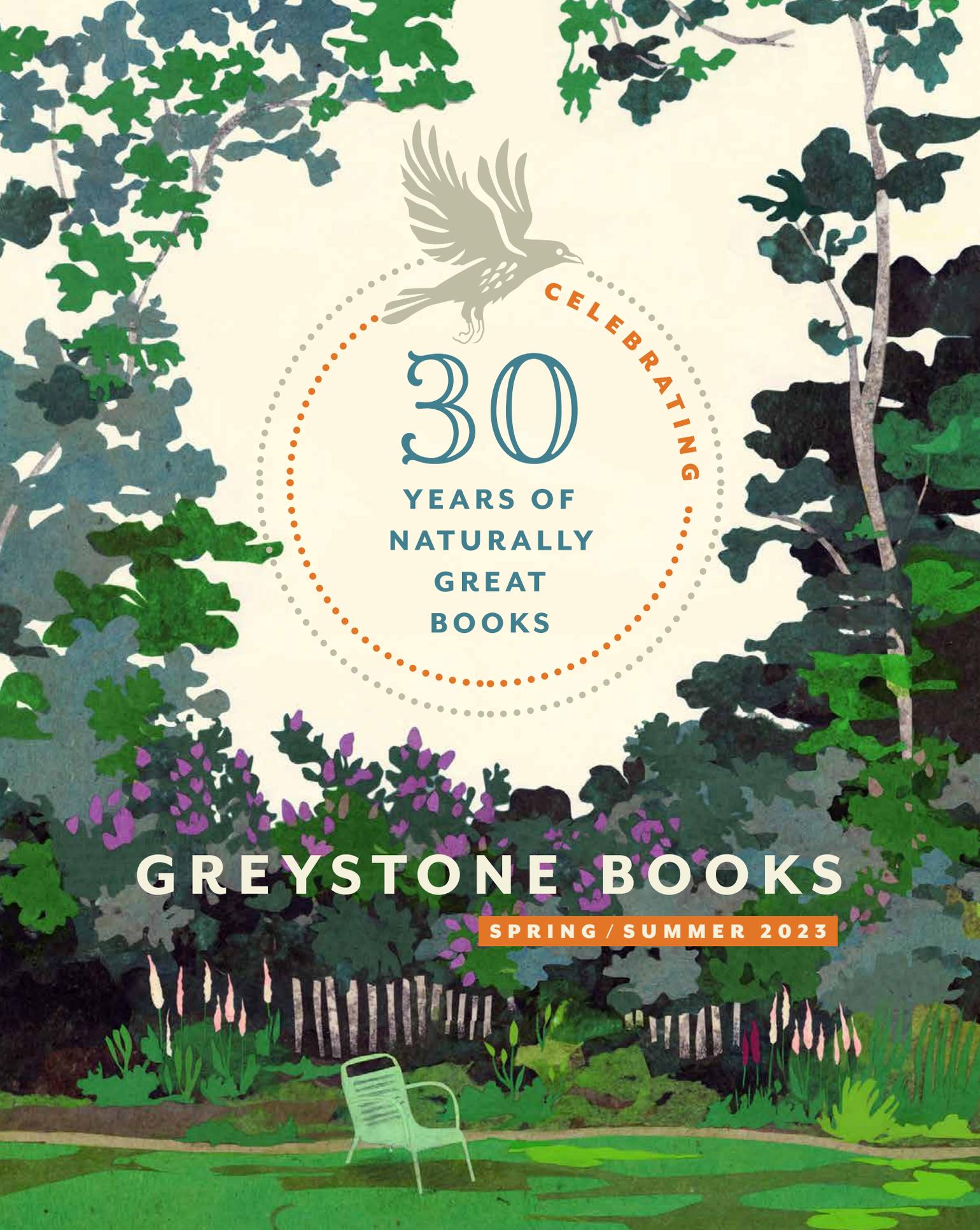
CELEBRATING

30

YEARS OF  
NATURALLY  
GREAT  
BOOKS

GREYSTONE BOOKS

SPRING / SUMMER 2023





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GREYSTONE  
BOOKS



GREYSTONE  
KIDS

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We acknowledge the support of the Canada Council for the Arts, which every year invests millions to bring the arts to Canadians throughout the country; the British Columbia Arts Council and the Province of British Columbia; the Government of British Columbia through the Book Publishing Tax Credit; and the Government of Canada for supporting our publishing activities.

Canada



BRITISH  
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BRITISH COLUMBIA  
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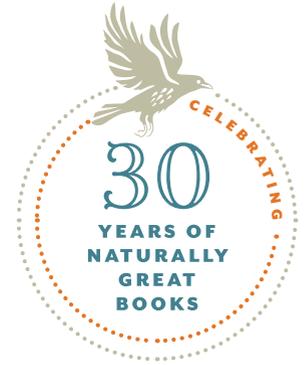
Canada Council  
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Conseil des arts  
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Greystone Books gratefully acknowledges the x<sup>m</sup>məθk<sup>o</sup>əyəm (Musqueam), Skwxwú7mesh (Squamish), and salilwətaʔ (Tsilil-Waututh) peoples on whose land our Vancouver head office is located.



## PUBLISHER'S NOTE



**SINCE 1993** Greystone has been publishing Naturally Great Books—books that celebrate the natural world and call on humans to be better stewards of our planet. In our very early years, we released books by Candace Savage, David Suzuki, and Wayne Grady, luminaries of writing about nature and the environment we continue to proudly publish today.

Over time, Greystone's list expanded to include books about the health and wellness of people as well as the planet. We are now leaders in this field, with bestselling books that have helped thousands of people reverse metabolic disorders, understand their gut health, and improve their overall well-being.

While much has changed over those three decades, a lot remains the same, as is evident from the incredible books on our Spring 2023 list. From *The Power of Trees* by Peter Wohlleben, a compelling plea to save ancient forests so they can save us, to *Archives of Joy*, a celebration of the many small pleasures of nature, the books in these pages will delight readers with all that nature has to offer and encourage them to do what they can to preserve it.

As we begin to emerge from a multi-year global pandemic, many people are reevaluating what is important to them. For many of us, health and wellness are more valued than ever before—and we are realizing that our own well-being is intimately tied to the health of the planet.

The books on this list will give readers tools to help them improve their own lives as well as the environment, continuing the thirty-year mission of Greystone Books: to publish titles that make the world a better place for everyone.

**JEN GAUTHIER** | PUBLISHER

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Greystone Books is committed to reducing our environmental footprint in our production and supply chain. We print on paper that meets international standards set by globally recognized organizations that certify paper products sourced with socially responsible and environmentally friendly methods.

Printed in Canada at Hemlock Printers on 100% recycled paper.



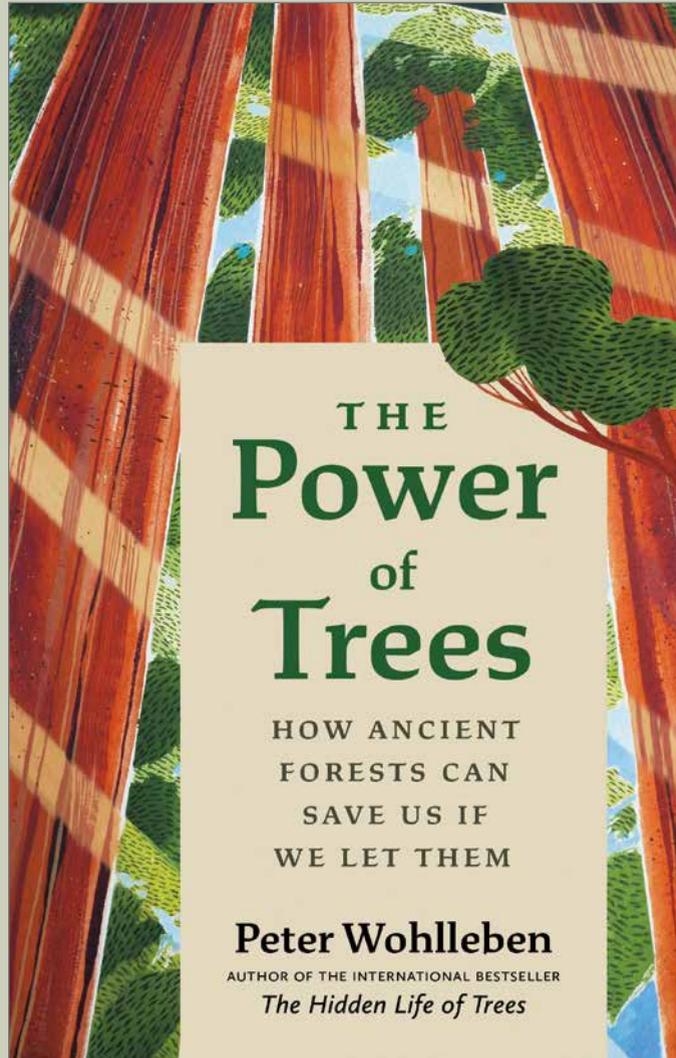
# The Power of Trees

*How Ancient Forests Can Save Us if We Let Them*

**PETER WOHLLEBEN**

Translated by **JANE BILLINGHURST**

---



From internationally bestselling author Peter Wohlleben comes a powerful follow-up to *The Hidden Life of Trees*—a book that will deepen our understanding of ancient forests, reaffirm our dependence on trees, and celebrate their ability to survive human-caused climate change.

Hardcover  
978-1-77164-774-8  
Ebook also available  
5.5 × 8.5 • 280 pages

**RIGHTS HELD:** World, English

**AUTHOR HOME:** HümmeI, Germany

**TRANSLATOR HOME:** U.S. / Canada

**SCIENCE / NATURE**

**Published in partnership with  
the David Suzuki Institute**

**Canada** May 2023 • \$32.95

**U.S.** May 2023 • \$26.95

**U.K.** April 2023 • £16.99

- Extensive galley distribution
- International publicity campaign
- Digital and print advertising
- Promotion on Edelweiss
- Social media campaign; influencer outreach

### Praise for Peter Wohlleben

“He has listened to trees and decoded their language. Now he speaks for them.”

**NEW YORK REVIEW OF BOOKS**

“A veritable tree-whisperer.” **WALL STREET JOURNAL**

“Mr. Wohlleben has delighted readers and talk-show audiences alike with the news—long known to biologists—that trees in the forest are social beings.”

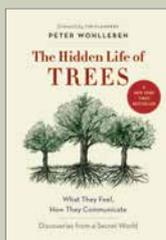
**NEW YORK TIMES**

**TREES CAN SURVIVE** without humans, but we can’t live without trees. Even if human-caused climate change devastates our planet, trees will return—as they do, always and everywhere, even after ice ages, catastrophic fires, destructive storms, and deforestation. It would just be nice if we could be around to see them flourish.

*The Power of Trees* is forester Peter Wohlleben’s follow-up to *The Hidden Life of Trees*, a *New York Times* bestseller that sold millions of copies worldwide. This latest work is as fascinating and eye-opening as it is trenchant in its critique: on the one hand, Wohlleben describes astonishing discoveries about how trees pass knowledge down to succeeding generations and their ability to survive climate change; on the other, he is unsparing in his criticism of those who wield economic and political power—who plant trees exclusively for the sake of logging and virtue signaling—even as they ruthlessly exploit nature. *The Power of Trees* is a love letter to the forest and a passionate argument for protecting nature’s boundless diversity, not only for the trees, but also for ourselves.

**PETER WOHLLEBEN** is one of the world’s most notable foresters and a passionate advocate for tree conservation. Wohlleben lives in Germany, where he manages an ecologically conscious forest and runs an academy for education and advocacy. His books are bestsellers around the world.

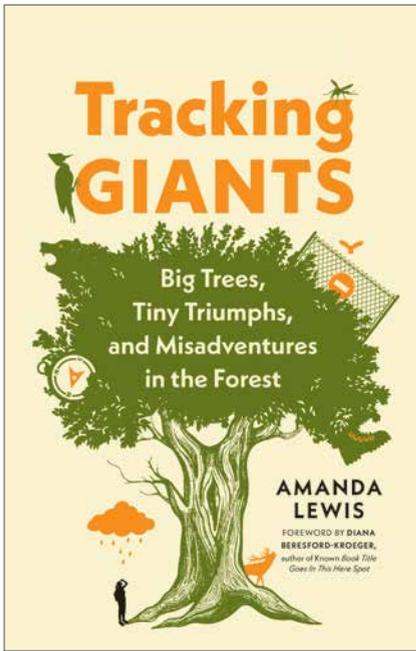
### ALSO OF INTEREST:



**The Hidden Life of Trees**  
*What They Feel, How They  
Communicate—Discoveries  
From a Secret World*  
Peter Wohlleben  
978-1-77164-248-4 • HC  
\$29.95 CAN, \$24.95 U.S.,  
£16.99 U.K.



**The Heartbeat of Trees**  
*Embracing Our  
Ancient Bond With  
Forests and Nature*  
Peter Wohlleben  
978-1-77164-689-5 • HC  
\$32.95 CAN, \$26.95 U.S.,  
£19.99 U.K.



# Tracking Giants

*Big Trees, Tiny Triumphs, and Misadventures in the Forest*

**AMANDA LEWIS**

Foreword by **DIANA BERESFORD-KROEGER**

“What an absolutely delightful romp through the forest, delivered with verve, joy, humility, determination, and grace... I love this hilarious, heartfelt book and its quirky quest.” **KATE HARRIS**, author of *Lands of Lost Borders*

*A funny, deeply relatable book about one woman’s quest to track some of the world’s biggest trees. For readers of Nowhere for Very Long and A Walk in the Woods.*

**WHEN SHE FIRST** moved back west after nearly a decade away, Amanda Lewis was an overachieving, burned-out book editor most familiar with trees as dead blocks of paper. A dedicated “indoorswoman,” she could barely tell a birch from a beech. But that didn’t stop her from pledging to visit all of the biggest trees in British Columbia, a Canadian province known for its rugged terrain and gigantic trees.

The “Champion” trees on Lewis’s ambitious list ranged from mighty Western red cedars to towering arbutus. They lived on remote islands and at the center of dense forests. The only problem? Well, there were many... Climate change and a pandemic aside, Lewis’s lack of wilderness experience, the upsetting reality of old-growth logging, the ever-changing nature of trees, and the pressures of her one-year timeframe complicated her quest. Burned out again—and realizing that her “checklist” approach to life might be the problem—she reframed her search for trees to something humbler and more meaningful: getting to know forests in an interconnected way.

Weaving in insights from writers and artists, Lewis uncovers what we’re really after when we pursue the big things—revealing that sometimes it’s the smaller joys, the mindsets we have, and the companions we’re with that make us feel more connected to the natural world.

**AMANDA LEWIS** is a big-tree tracker and an award-winning book editor. Born in Dublin, Ireland, she now divides her time between the internet and a small island in British Columbia, Canada. *Tracking Giants* is her first book. Visit her at [amandalewis.org](http://amandalewis.org).

**DIANA BERESFORD-KROEGER** is a botanist and medical biochemist whose work uniquely combines Western scientific thinking and the traditional concepts of the ancient world. Her most recent book is *To Speak for the Trees: My Life’s Journey From Ancient Celtic Wisdom to a Healing Vision of the Forest*.

**ALSO OF INTEREST:**

Paperback

ISBN 978-1-77164-673-4

Ebook also available

5.5 × 8.5 • 264 pages

**RIGHTS HELD:** North America, English

**AUTHOR HOME:** Gabriola Island, BC

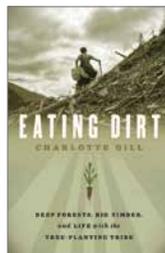
**NATURE / MEMOIR**

**Canada** May 2023 • \$24.95

**U.S.** May 2023 • \$18.95

**U.K.** July 2023 • £13.99

- Extensive galley distribution
- International publicity campaign
- Digital and print advertising
- Promotion on Edelweiss
- Social media campaign; influencer outreach



**Eating Dirt**

*Deep Forests, Big Timber, and Life With the Tree-Planting Tribe*

Charlotte Gill

978-1-55365-792-7 • PBK  
\$19.95 CAN, \$18.95 U.S.

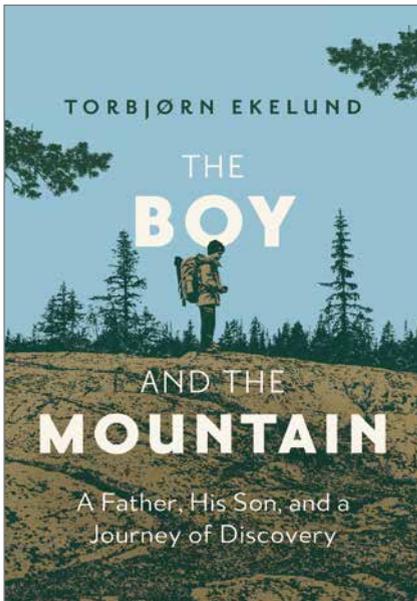


**Tree Thieves**

*Crime and Survival in North America's Woods*

Lyndsie Bourgon

978-1-77164-719-9 • HC  
\$36.95 CAN



# The Boy and the Mountain

*A Father, His Son, and a Journey of Discovery*

**TORBJØRN EKELUND**

Translated by **BECKY L. CROOK**

---

## Praise for *In Praise of Paths* and *A Year in the Woods*

“A charming read, celebrating the relationship between humans and their bodies, their landscapes, and one another.” **WASHINGTON POST**

“What Ekelund is addressing is the intention to walk one’s way to meaning: the walk as spiritual exercise, a kind of vision quest.” **NEW YORK TIMES BOOK REVIEW**

“A lovely little book.” **TORONTO STAR**

“A topical and beguiling book. Admirably humble and honest.”

**TRISTAN GOOLEY**, author of *The Natural Navigator*

*A father and son ascend a mountain together for the first time, retracing the steps of a young boy who went missing a century earlier.*

**SIX-YEAR-OLD HANS TORSKE** disappeared in Norway’s Skrim mountains in 1894. Why he wandered away from his family’s cabin is still a mystery, but his body was found the following summer, lying atop a 2,860-foot mountain peak and covered with his thin jacket. More than 100 years later, nature writer Torbjørn Ekelund and his seven-year-old son, August, attempt the same summit. It’s August’s first overnight hiking trip, and Ekelund is eager to share his love of nature with his son. But soon he notices that the ways children and adults experience nature are vastly different, for better and for worse.

*The Boy and the Mountain* reflects on the requirements of parenthood: experiencing the joy of watching your child go out into the world for the first time while worrying about the dangers they may face. Filled with curiosity, humility, and deep gratitude for wild places, this gem of a book is a celebration of the uncompromising nature of the elements, our bond with them, and the special relationship between father and son.

**TORBJØRN EKELUND** is an outdoor enthusiast, writer, and co-founder of the online magazine *Harvest*. He is also the author of *In Praise of Paths* and *A Year in the Woods*.

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## ALSO OF INTEREST:



### **A Year in the Woods**

*Twelve Small Journeys*

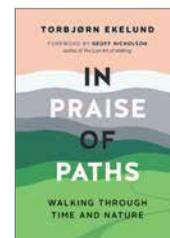
*Into Nature*

Torbjørn Ekelund

978-1-77164-512-6 • HC

\$32.95 CAN, \$26.95 U.S.,

£16.99 U.K.



### **In Praise of Paths**

*Walking Through*

*Time and Nature*

Torbjørn Ekelund

978-1-77164-995-7 • PBK

\$22.95 CAN, \$17.95 U.S.,

£12.99 U.K.

Hardcover

ISBN 978-1-77164-509-6

Ebook also available

5.25 × 7.5 • 144 pages

6 B&W photos

**RIGHTS HELD:** World, English

**AUTHOR HOME:** Oslo, Norway

**TRANSLATOR HOME:** U.S.

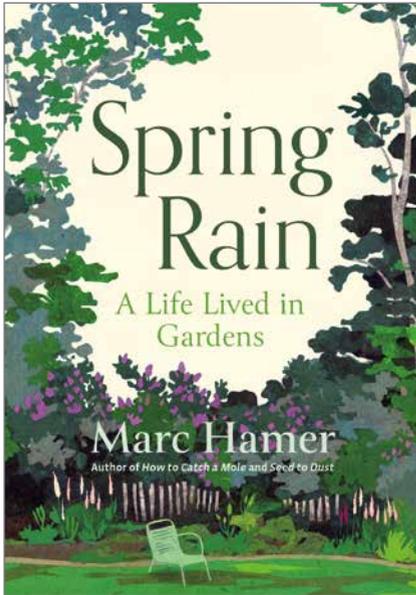
**NATURE / MEMOIR**

**Canada** May 2023 • \$27.95

**U.S.** May 2023 • \$22.95

**U.K.** June 2023 • £14.99

- 
- Extensive galley distribution
  - International publicity campaign
  - Digital and print advertising
  - Promotion on Edelweiss
  - Social media campaign; influencer outreach



Hardcover

ISBN 978-1-77840-027-8

Ebook also available

5.25 x 7.5 • 216 pages

**RIGHTS HELD:** North America, English

**AUTHOR HOME:** Cardiff, Wales

**NATURE / MEMOIR**

**Canada** April 2023 • \$32.95

**U.S.** April 2023 • \$26.95

Published in the U.K. by Harvill Secker

- Extensive galley distribution
- International publicity campaign
- Digital and print advertising
- Promotion on Edelweiss
- Social media campaign; influencer outreach

## Spring Rain

*A Life Lived in Gardens*

**MARC HAMER**

**Praise for *How to Catch a Mole and Seed to Dust***

“A wonderful memoir ... hands down the most charming book I read last year.” **MARGARET RENKL**, *New York Times*

“Candid, tender, thoughtful and absorbing.” **SHELF AWARENESS** (STARRED Review)

*From the beloved author of **How to Catch a Mole and Seed to Dust** comes a highly original memoir of childhood, old age, and the restorative power of the garden.*

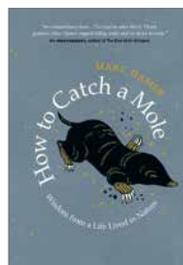
**IN THIS RESTORATIVE** little book, best enjoyed in one sitting on a spring day, an adventurous young boy who traveled the world in his mind meets the old man he becomes, and together they build a new garden in a neglected plot behind his house on the edge of town.

Alternate chapters follow author and professional gardener Marc Hamer as a child and, in his current life, as a sixty-five-year-old. Hamer weaves practical gardening knowledge through these two memoir strands as he describes the planning and planting of his small new garden near Cardiff, Wales.

In the words of Hamer, “*Spring Rain* is about the joy of your own back garden. It is a story about the joy of small things, the world in a grain of sand, a universe in a small garden, with love for all the insects and slugs and flowers and weeds and seeds and roots and boundaries and shade and weather that the garden contains.”

**MARC HAMER** was born in the north of England and moved to Wales over thirty years ago. After spending a period homeless, then working on the railway, he returned to education and studied fine art. He has worked in art galleries, marketing, graphic design and taught creative writing in a prison before becoming a gardener. His previous books, *How to Catch a Mole* and *Seed to Dust*, were both Indie Next picks and shortlisted for the Wainwright Prize.

### ALSO OF INTEREST:



**How to Catch a Mole**

*Wisdom From a Life Lived in Nature*

Marc Hamer

978-1-77164-994-0 • PBK  
\$22.95 CAN, \$17.95 U.S.

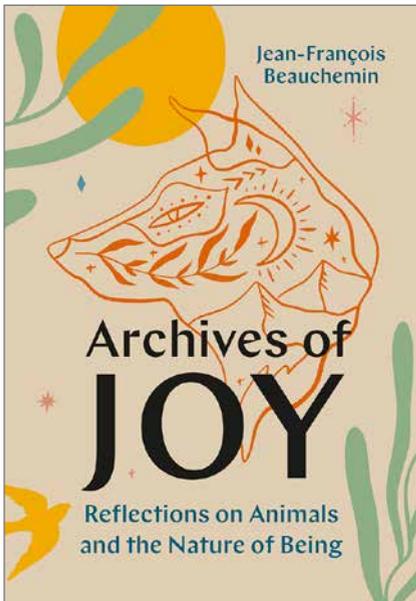


**Seed to Dust**

*Life, Nature, and a Country Garden*

Marc Hamer

978-1-77164-768-7 • HC  
\$34.95 CAN, \$26.95 U.S.



# Archives of Joy

Reflections on Animals and the Nature of Being

**JEAN-FRANÇOIS BEAUCHEMIN**

Translated by **DAVID WARRINER**

*For readers of World of Wonders and On Animals comes a joyful, tender book of encounters with animals and the impacts they have had on one writer's life.*

**IN ARCHIVES OF JOY**, renowned French-language poet, essayist, and novelist Jean-François Beauchemin reflects on his encounters with animals throughout his writing life. Sparrows, crows, cows, and foxes dot the farms and woodlands along his meditative walks. Beloved cats and dogs keep him company in his solitary profession. An injured bird allows him to nurse her back to health, and two deer bless his garden with a newborn fawn.

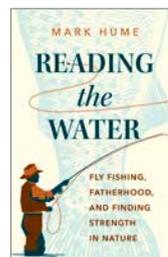
As Beauchemin revisits each memorable encounter, he returns to a simple idea: that the joy he finds in animals is an essential counterweight to the mystery and brevity of life. Deeply restorative, imaginative, occasionally metaphysical, and dreamily poetic, *Archives of Joy* contemplates our relationship to animals, both wild and domesticated, and invites readers into the unique mind of a great writer.

**JEAN-FRANÇOIS BEAUCHEMIN** is a prolific French-Canadian author whose novels, poems, essays, and contemplations have earned great critical acclaim. His work has been called “one of the best-kept secrets” of Québécois literature. He has twice been shortlisted for the Governor General’s Award.

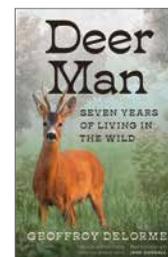
Hardcover, no jacket  
ISBN 978-1-77164-932-2  
Ebook also available  
5.25 × 7.5 • 160 pages  
63 B&W illustrations  
**RIGHTS HELD:** World, English  
**AUTHOR HOME:** Canada  
**TRANSLATOR HOME:** Canada  
**NATURE WRITING / MEMOIR**  
**Canada** May 2023 • \$27.95  
**U.S.** May 2023 • \$22.95  
**U.K.** June 2023 • £14.99

- Extensive galley distribution
- International publicity campaign
- Digital and print advertising
- Promotion on Edelweiss
- Social media campaign; influencer outreach

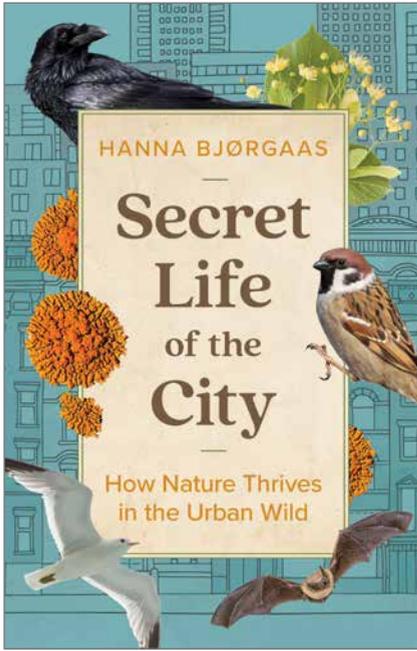
## ALSO OF INTEREST:



**Reading the Water**  
*Fly Fishing, Fatherhood, and Finding Strength in Nature*  
Mark Hume  
978-1-77164-569-0 • HC  
\$34.95 CAN, \$27.95 U.S.,  
£18.99 U.K.



**Deer Man**  
*Seven Years of Living in the Wild*  
Geoffroy Delorme  
978-1-77164-979-7 • HC  
\$32.95 CAN, \$26.95 U.S.



# Secret Life of the City

How Nature Thrives in the Urban Wild

HANNA BJØRGAAS

Translated by MATT BAGGULEY

“A gem of a book.” ANNE SVERDRUP-THYGESON, author of *Extraordinary Insects*

*For readers of Darwin Comes to Town and Nature Obscura comes an informative, whirlwind tour of urban species—from intelligent crows to backyard lichens—that shows we are surrounded by wild nature even in the city.*

WHEN BIOLOGIST HANNA BJØRGAAS spots a beautiful fairy cup lichen in Antarctica, she is surprised to recognize it from her own backyard in Oslo. So begins Bjørgaas’s deep dive into urban nature. In *Secret Life of the City*, she takes us to city parks, cemeteries, and concrete rooftops to investigate some of the species that live in urban spaces. We meet corvids, songbirds, ants, pigeons, bats, sparrows, lichen, fungi, and linden trees—and the experts who study their surprising abilities to survive, and thrive, in the city.

As Bjørgaas discovers, urban nature—and its unique mixture of species that have never lived together before in Earth’s history—is valuable. More than half of the world’s human population lives in densely populated areas—and plants and animals have followed us into cities. *Secret Life of the City* invites us to pay closer attention to the sounds, sights, and smells of urban nature. A treasure trove of fascinating flora and fauna, this wonderful book offers a plea to save our city plants, animals, and fungi before we lose them too.

HANNA BJØRGAAS is a biologist who has worked as a guide in the Arctic and Antarctic, led field courses in Norway, and worked with architects and artists to help communicate the joy of nature to others. She has written articles on popular science and contributed to conferences on ecology and farming. Bjørgaas admits to feeling a bit naked without a pair of binoculars and a magnifying glass hanging around her neck.

Hardcover

ISBN 978-1-77164-935-3

Ebook also available

5.5 × 8.5 • 264 pages

14 B&W line drawings

**RIGHTS HELD:** World, English

**AUTHOR HOME:** Oslo, Norway

**TRANSLATOR HOME:** Norway

**SCIENCE / NATURE**

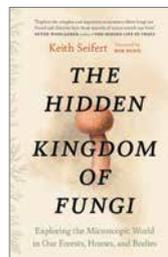
**Canada** April 2023 • \$32.95

**U.S.** April 2023 • \$26.95

**U.K.** June 2023 • £16.99

- Extensive galley distribution
- International publicity campaign
- Digital and print advertising
- Promotion on Edelweiss
- Social media campaign; influencer outreach

ALSO OF INTEREST:



**The Hidden**

**Kingdom of Fungi**

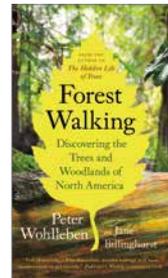
Exploring the Microscopic World in Our Forests, Homes, and Bodies

Keith Seifert

978-1-77164-662-8 • HC

\$34.95 CAN, \$27.95 U.S.,

£18.99 U.K.



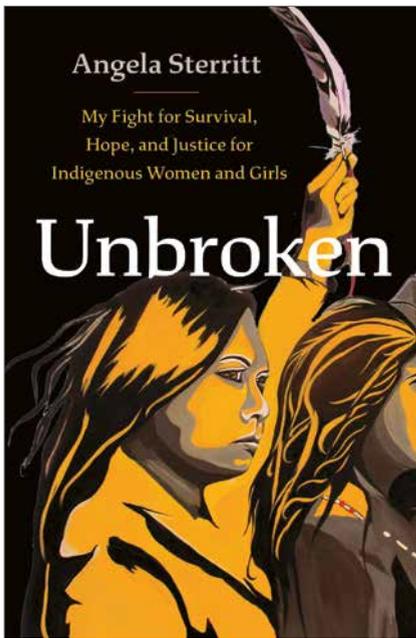
**Forest Walking**

Discovering the Trees and Woodlands of North America

Peter Wohlleben and Jane Billinghurst

978-1-77164-331-3 • PBK

\$24.95 CAN, \$18.95 U.S.



Hardcover

ISBN 978-1-77164-816-5

Ebook also available

6 x 9 • 296 pages

**RIGHTS HELD:** World, all languages

**AUTHOR HOME:** Vancouver, BC

**MEMOIR / INDIGENOUS STUDIES /  
TRUE CRIME**

**Canada** June 2023 • \$34.95

**U.S.** June 2023 • \$27.95

**U.K.** June 2023 • £19.99

- Extensive galley distribution
- International publicity campaign
- Digital and print advertising
- Promotion on Edelweiss
- Social media campaign; influencer outreach

## Unbroken

*My Fight for Survival, Hope, and Justice  
for Indigenous Women and Girls*

**ANGELA STERRITT**

“Sterritt’s story is living proof of how courageous Indigenous women are. Listen to her voice and hear the sound of the land, hear the sound of our women weeping but also raging—refusing to be neglected or ignored any longer.”

**TANYA TALAGA**, author of *Seven Fallen Feathers* and *All Our Relations*

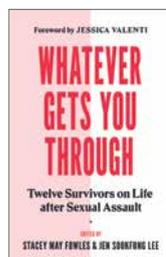
*A remarkable work of memoir and investigative journalism on missing and murdered Indigenous women, written by an award-winning Gitxsan journalist who survived life on the streets against all odds.*

**AS A GITXSAN** teenager navigating life on the streets, Angela Sterritt wrote in her journal to help her survive and find her place in the world. Now an acclaimed journalist, she writes for major news outlets to push for Indigenous justice. In her brilliant debut, Sterritt shares her memoir alongside investigative reporting on cases of missing and murdered Indigenous women in Canada, showing how colonialism and racism have led to a society where Sterritt struggled to survive as a young person, and where the lives of Indigenous women and girls are ignored and devalued.

“She could have been me,” Sterritt acknowledges throughout the book, and her empathy for victims, survivors, and families drives her present-day investigations. In the end, Sterritt steps into a place of power, demanding accountability from the media and the public, exposing racism, and showing that there is much work to do on the path towards understanding the truth. But most importantly, she proves that the strength and brilliance of Indigenous women are unbroken, and that, together, they can build lives of joy and abundance.

**ANGELA STERRITT** is an award-winning journalist, writer, and artist. Sterritt has worked as a journalist for close to twenty years and has been with the CBC since 2003. She currently works with CBC Vancouver as a host and television, radio, and digital reporter. She is a proud member of the Gitxsan Nation and lives on x<sup>w</sup>məθk<sup>w</sup>əyám (Musqueam), S<sup>k</sup>wxwú7mesh (Squamish), and s<sup>l</sup>ilw ta (Tsleil-Waututh) territories in Vancouver, Canada.

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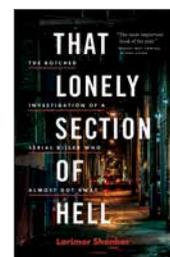


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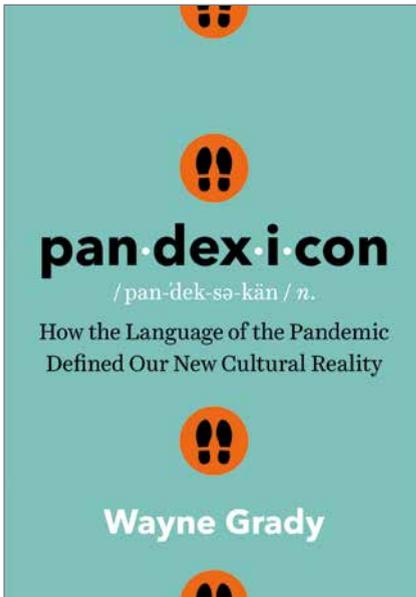


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**AUTHOR HOME:** Kingston, ON

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## Pandexicon

*How the Language of the Pandemic Defined Our New Cultural Reality*

**WAYNE GRADY**

“Grady has given us a travelogue documenting our journey through the rough seas of the pandemic, examining the words we have used to talk about the contradictory cross-currents of jokes, opinions, laboratory data, heart-breaking personal anecdotes, and political rants.” **DAVID WALTNER-TOEWS**, author of *On Pandemics: Deadly Diseases From Bubonic Plague to Coronavirus*

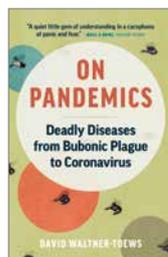
*This exploration of the many new terms created during the COVID-19 pandemic provides insight into the ways in which an ever-evolving vocabulary helped us cope with our anxiety and adapt to a new reality.*

**WHEN THE PANDEMIC** struck in early 2020, Wayne Grady started collecting the words and phrases that arose from our shared global experience. Some, such as “uptick” and “pivot,” had existed before but now took on new meaning, and others, such as “covidivorce,” “quarantini,” “covexit,” and “shecession” appeared for the first time, their meaning instantly clear. Through this new vocabulary, we became more adaptable to change, domesticating it and reducing our fears.

Moving from the very beginning of the pandemic (and the preceding “Before Times”) and our early response to it, through the peaks and troughs of the various waves in countries throughout the world, and ending with a contemplation of what the “After Times” might look like, this book takes us on a journey through the pandemic. It illuminates both how this new language has unfolded and how it has changed the way we think about ourselves and each other.

**WAYNE GRADY** is the author of three novels and more than a dozen books of nonfiction. His many awards include four Science in Society Awards, the Amazon.ca First Novel Award, the Governor General’s Award for English Translation, and the National Outdoor Book Award. He lives in Kingston, Ontario, and San Miguel de Allende, Mexico.

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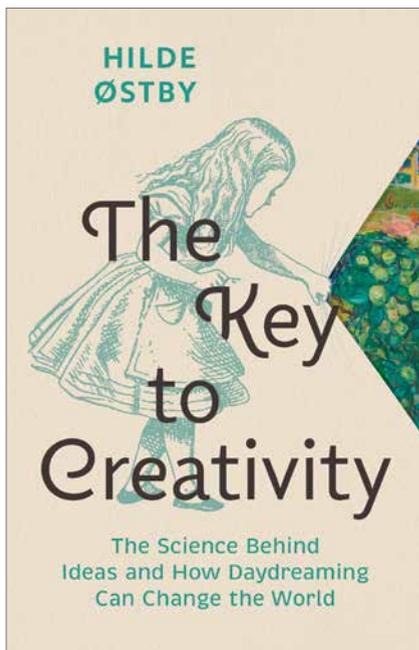


#### **On Pandemics**

*Deadly Diseases From  
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Coronavirus*

**David Waltner-Toews**

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**AUTHOR HOME:** Oslo, Norway

**TRANSLATOR HOME:** Norway

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## The Key to Creativity

*The Science Behind Ideas and How Daydreaming Can Change the World*

**HILDE ØSTBY**

Translated by **MATT BAGGULEY**

**Praise for *Adventures in Memory* by Hilde Østby and Ylva Østby**

“An accessible book, which makes it all the more joyful.” **NYLON**

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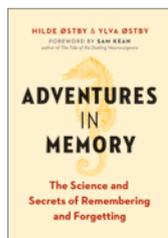
*Readers of *Stolen Focus* and *Quiet* will appreciate this wide-ranging, passionate investigation into creativity: why and when it strikes us, and how to transform workplaces, classrooms, and communities for creativity to flourish.*

**AFTER A CYCLING CRASH** leaves her head spinning, journalist Hilde Østby finds herself suddenly bursting with creative energy, which makes her wonder: What’s the secret to human creativity? Where do ideas come from? And most importantly, in a society that praises productivity and pace, how can we nurture, rather than suppress, our creative impulses?

Using *Alice’s Adventures in Wonderland* as her inspiration, Østby takes readers tumbling down the rabbit hole of ideas. She enrolls in an improv class, straps herself into a brain-imaging machine, revisits her third-grade classroom, and floats in a sensory deprivation tank. She interviews powerhouse creatives—like novelist Maja Lunde, journalist Michael Pollan, and artist Tracey Emin. All along, she writes about the cultural history and science behind our “aha” moments, our inner critics, and our idle thoughts. With the charm of *Alice* exploring *Wonderland*, *The Key to Creativity* invites us to imagine a world where daydreaming is encouraged and even our strangest ideas have value.

**HILDE ØSTBY** is the coauthor of *Adventures in Memory*, and a novelist and journalist published to critical acclaim. She has a master’s degree in the history of ideas, and she lives in Oslo, Norway.

### ALSO OF INTEREST:

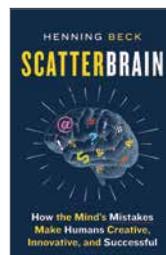


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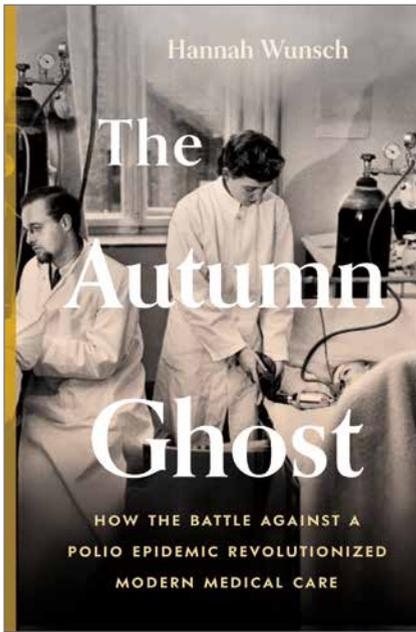
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# The Autumn Ghost

*How the Battle Against a Polio Epidemic Revolutionized Modern Medical Care*

**HANNAH WUNSCH**

*For readers of Pale Rider comes a suspenseful, authoritative account of how the battle against a mid-century polio epidemic sparked a revolution in medical care.*

**THE APPALLING DEATH** toll of the COVID-19 pandemic would have been even higher were it not for mechanical ventilation and intensive care units. In *The Autumn Ghost*, Dr. Hannah Wunsch traces the origins of these two innovations to a polio epidemic in 1952. She tells the dramatic story of how insiders and iconoclasts came together in one overwhelmed hospital in Copenhagen to save the lives of many polio patients dying of respiratory failure. Wunsch shows how the radical advances in care forged in this remarkable episode marked a turning point in the treatment of patients worldwide, fostering further innovation—from the rise of life support and the creation of intensive care units to the evolution of rehabilitation medicine.

Drawing together compelling testimony from doctors, nurses, medical students, and patients, Wunsch relates a gripping tale of an epidemic that changed the world. Moving and informative, *The Autumn Ghost* will leave readers in awe of the courage of those who battled the epidemic, and grateful for the modern medical care they pioneered.

**HANNAH WUNSCH** is a critical care physician and researcher at Sunnybrook Health Sciences Centre. She is a professor of anesthesiology and critical care medicine at the University of Toronto as well as a Canada Research Chair. She lives in Toronto, Ontario, and Woods Hole, Massachusetts. *The Autumn Ghost* is her first book.

Hardcover

ISBN 978-1-77164-945-2

Ebook also available

6 x 9 • 360 pages

50 B&W photos

**RIGHTS HELD:** World, English

**AUTHOR HOME:** Toronto, ON

**HISTORY / MEDICAL**

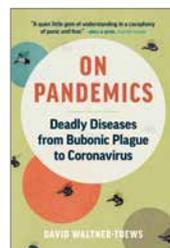
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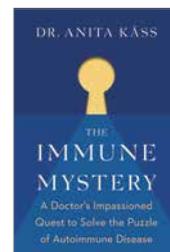
*Deadly Diseases from Bubonic Plague to Coronavirus*

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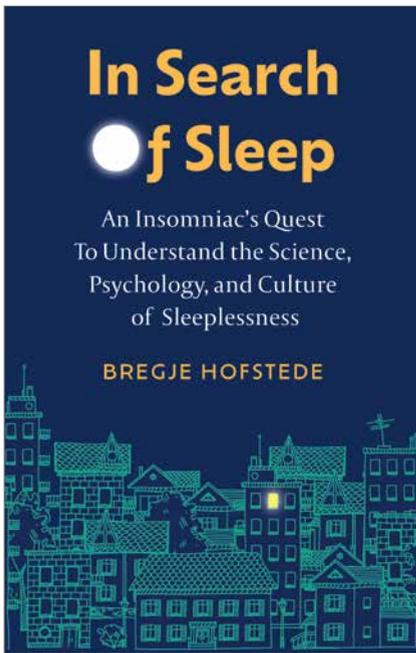
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## In Search of Sleep

An Insomniac's Quest to Understand the Science, Psychology, and Culture of Sleeplessness

**BREGJE HOFSTEDE**

Translated by ALICE TETLEY-PAUL

*Jenny Odell's How to Do Nothing meets Matthew Walker's Why We Sleep in this fascinating deep-dive into the science and history of sleep. In Search of Sleep is at once a self-help manual for insomniacs and a sweeping critique of the hustle culture that blinds us to the real reasons we lie awake at night: from politics to pandemics to poverty.*

**BREGJE HOFSTEDE STRUGGLED** with insomnia for ten years, but advice from doctors and books always felt lacking in perspective. Wasn't insomnia more than just an individual struggle? Might it also be a rational reaction to our increasingly turbulent world?

Unlike the vast majority of books about sleep, *In Search of Sleep* examines insomnia as both a physical and psychological condition and an early warning sign that something is off in society. Studies show that insomnia increased during the pandemic and that those with less money sleep worse. Sleeplessness is tied inextricably to loneliness while meaningful relationships can provide the security we need to slumber. Interweaving neuroscience, cultural anthropology, history, and interviews with experts, *In Search of Sleep* invites us to see insomniacs as oracles, not oddballs, and offers a unique way forward for the sleep-deprived and the dreamless. If we are aware of both the small and large forces that keep us awake, then we can begin to take political action, reimagine the role of sleep in our own lives, and rid ourselves of insomnia for good.

**BREGJE HOFSTEDE** is a journalist and author whose books have been nominated for international prizes and translated into multiple languages. She lived with insomnia for over a decade before putting her research on sleep into practice and moving to a small village in France, where she lives frugally, connects with neighbors and the natural world, and sleeps.

Hardcover

ISBN 978-1-77840-016-2

Ebook also available

5.5 × 8.5 • 248 pages

**RIGHTS HELD:** World, English

**AUTHOR HOME:**

Anost, Bourgogne, France

**TRANSLATOR HOME:** U.K.

**SCIENCE / HEALTH**

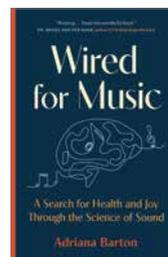
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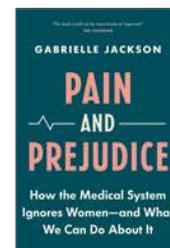
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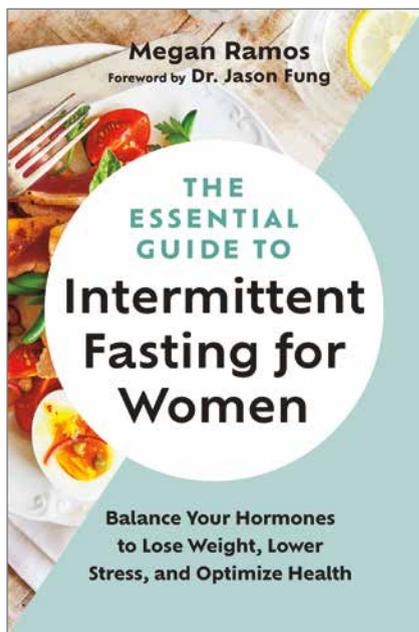


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**RIGHTS HELD:** World, all languages

**AUTHOR HOME:** San Francisco, California

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# The Essential Guide to Intermittent Fasting for Women

*Balance Your Hormones to Lose Weight, Lower Stress, and Optimize Health*

**MEGAN RAMOS**

Foreword by **DR. JASON FUNG**

*From the co-author of the New York Times bestseller Life in the Fasting Lane (with Dr. Jason Fung) comes a guide to intermittent fasting for women, with step-by-step advice for preventing and reversing metabolic disease.*

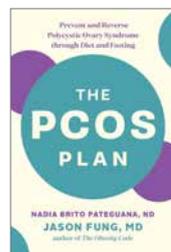
**AS A TEENAGER**, Megan Ramos suffered from non-alcoholic fatty liver disease and polycystic ovarian syndrome. By her mid-twenties she had developed type 2 diabetes. But everything changed when she heard about intermittent fasting at the clinic where she was a researcher. Within six months of giving up snacks, adopting a diet high in natural fats and low in carbs, and fasting regularly for short periods, she reversed her metabolic conditions. And she began to counsel other people—especially women—about therapeutic fasting.

Today, Ramos has helped over 20,000 people improve their health through intermittent fasting. In *The Essential Guide to Intermittent Fasting for Women*, she shares what she's learned about fasting through clinical research, her own lived experience, and the experiences of the many women she's worked with. Women—juggling kids, careers, and their roles in their communities—are prone to stress, which drives up cortisol and estrogen levels in the body. Too much estrogen at any time is bad. But as they age, women produce less estradiol and more of its evil twin, estrone, which leads to weight gain, depression, and abnormal growths. Recognizing this fact, Ramos provides practical advice about when and what to eat, and how and when to fast, in ways that work with and support women first.

**MEGAN RAMOS** is a clinical educator, researcher, and co-founder, with Dr. Jason Fung, of The Fasting Method. After losing significant weight and reversing her own metabolic conditions, she has become a leading expert on therapeutic fasting and low-carbohydrate diets, guiding thousands worldwide to weight loss and better health. She is a co-author of the *New York Times* bestseller *Life in the Fasting Lane*.

**DR. JASON FUNG** is a *New York Times* bestselling author whose many books include *The Obesity Code*, *The Diabetes Code*, *The Obesity Code Cookbook*, *The Diabetes Code Cookbook*, and *The PCOS Plan*, amongst others. He completed medical school at the University of Toronto and a fellowship in nephrology at the University of California. He is the co-founder of The Fasting Method and lives in Toronto.

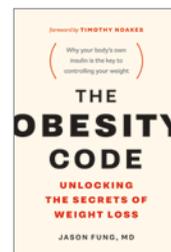
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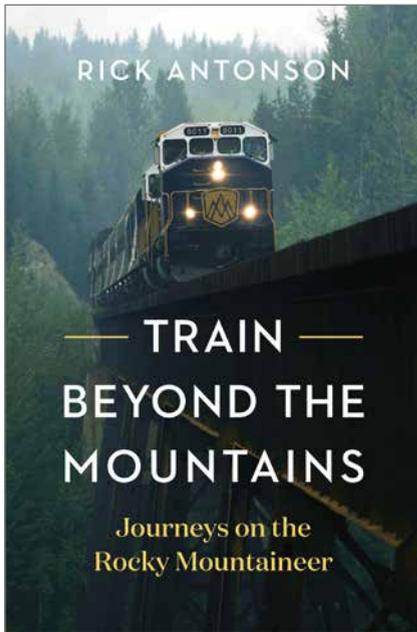
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# Train Beyond the Mountains

*Journeys on the Rocky Mountaineer*

**RICK ANTONSON**

“If you haven’t been lucky enough to ride these rails, Rick’s writing will make you want to climb on board.” **RICK CLUFF**, award-winning CBC Radio host and CBC Sports commentator

*A captivating blend of memoir, travel, and history, profiling one of the world’s most famous trains and its dramatic, picturesque route—and sharing a host of fascinating stories along the way.*

**RICK ANTONSON** HAS ridden trains in more than thirty countries—but everything he thinks he knows about train travel changes when he boards the Rocky Mountaineer with his ten-year-old grandson, Riley. As they wind over trestles and through tunnels, each mile of track uncovers stories of dynamite and discovery, surveyors and schemers, explorers and visionaries, and of the people who helped build Canada against the odds of geography and politics. Surrounded by a wild landscape that sparks the imagination, fellow passengers recount train travels in other countries, get nostalgic for the era of steam locomotives, and consider life’s unfinished journeys.

Peppered with spirited dialogue, heartrending vignettes, and intriguing anecdotes, *Train Beyond the Mountains* is a travelogue with urgency: to make your travel dreams happen now. As one passenger muses, “The mistake we make is that we think we have time.”

**RICK ANTONSON** has traveled by train in thirty-five countries, is the author of five acclaimed travel memoirs, and a co-author of the book of railway tales *Whistle Posts West*. The former president and CEO of Tourism Vancouver, and past vice-president of Rocky Mountaineer, Antonson now lives in Predator Ridge, BC.

Hardcover

ISBN 978-1-77164-486-0

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6 x 9 • 288 pages

15 B&W images

**RIGHTS HELD:** World, all languages

**AUTHOR HOME:** Predator Ridge, BC

**TRAVEL / MEMOIR**

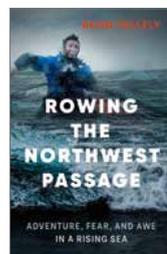
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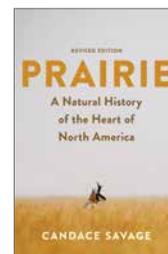
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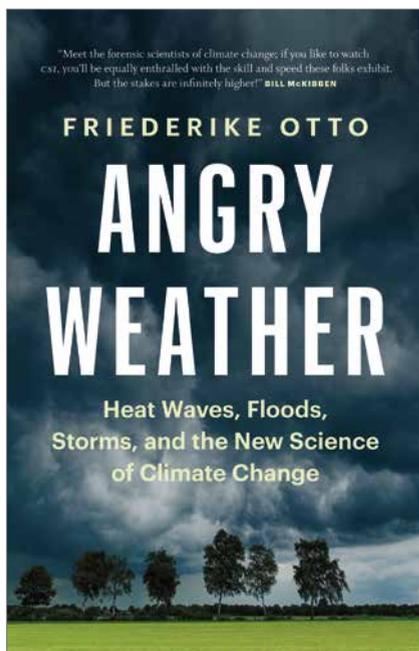
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**RIGHTS HELD:** World, English

**AUTHOR HOME:** Oxford, U.K.

**TRANSLATOR HOME:** U.K.

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## Angry Weather

*Heat Waves, Floods, Storms, and the New Science of Climate Change*

**FRIEDERIKE OTTO**

Translated by **SARAH PYBUS**

**Updated with new content on the 2022 European heat wave and the 2021 Pacific Northwest heat dome.**

“Meet the forensic scientists of climate change; if you like CSI, you’ll be equally enthralled with the skill and speed these folks exhibit. But the stakes are infinitely higher!” **BILL MCKIBBEN**, author of *Falter* and *The End of Nature*

“A good overview of the climate-change issue ... the evolution of climate change in the industrial era, the politics over the issue, and the responsibilities of the industrialized world—in particular, corporations and governments—to help repair the damage. The result is a most timely book.” **BOOKLIST**

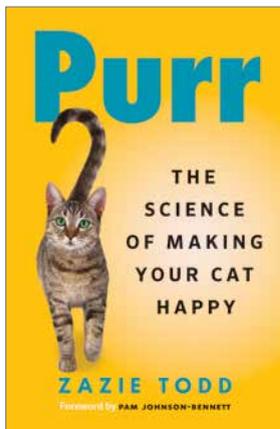
“For the fact-minded, Otto’s arguments are incontrovertible.” **KIRKUS REVIEWS**

“A thrilling work of nonfiction... If readers were holding any doubt about climate’s effects on weather before picking up this book, that doubt will be eviscerated before the last gripping page.” **LITERARY HUB**

*From a TIME 100 Most Influential Person of the Year, this gripping nonfiction book explains how recent weather disasters—including heat waves, massive forest fires, and hurricanes—can be definitively linked to climate change, through the revolutionary method of World Weather Attribution.*

**FRIEDERIKE (FREDI) OTTO** is a physicist, climate researcher, associate professor, and the acting director of the Environmental Change Institute at the University of Oxford. Otto is also a co-investigator on the international project World Weather Attribution, which assesses human influence on extreme weather and has been profiled in the *New York Times*, *Nature*, and others. In 2021, she was named one of *TIME*’s 100 Most Influential People.

- National publicity campaign
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**AUTHOR HOME:** Maple Ridge, BC  
**NATURE & ENVIRONMENT**  
**Canada** June 2023 • \$26.95  
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## Purr

*The Science of Making Your Cat Happy*

**ZAZIE TODD**

Foreword by **PAM JOHNSON-BENNETT**

“Definitely a book your cat would want you to read!”

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“Zazie Todd has created a must-have guide to improving your cat’s life.” **MODERN CAT**

“*Purr* covers all the essentials to ensure we are raising our cats right!”

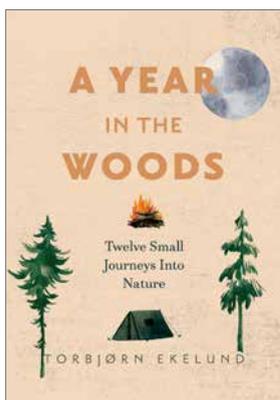
**INGRID JOHNSON**, certified cat behavior consultant and founder of Fundamentally Feline

“*Purr* is cat-centered, so much that it feels like a very smart cat wrote it!”

**CARLO SIRACUSA**, co-editor of *Decoding Your Cat* and board-certified veterinary behaviorist, UPenn Vet School

*Cat people, rejoice! A fun yet science-based guide to keeping your cat healthy and happy.*

**ZAZIE TODD** loves nothing more than helping people with their pets. She is the creator of *Companion Animal Psychology*, an award-winning blog that shares the latest science about our animal companions and evidence-based ways to care for them. Todd has a PhD in psychology and an advanced certificate in feline behavior from International Cat Care. Her award-winning book about dog behavior, *Wag*, was featured in the *New York Times*, *Slate*, and *People* magazine. Todd lives in Maple Ridge, BC, with her husband, a dog, and two cats.



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**AUTHOR HOME:** Oslo, Norway  
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## A Year in the Woods

*Twelve Small Journeys Into Nature*

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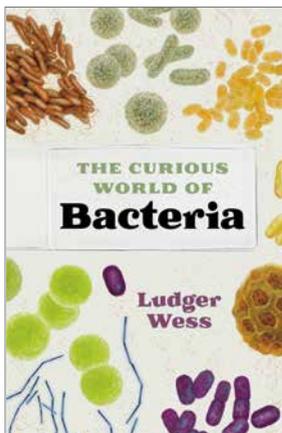
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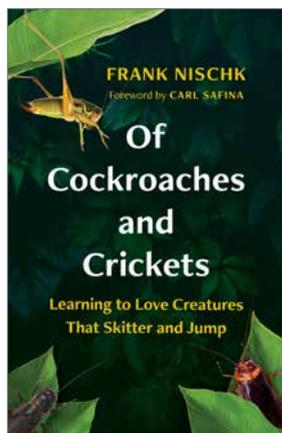
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**LUDGER WESS** holds a degree in biology and chemistry and a PhD in social studies of sciences. He worked as a molecular biologist before turning to a career as a science writer. A member of the National Association of Science Writers, he has published articles in *Chemistry & Industry* and *The Scientist*, amongst others.



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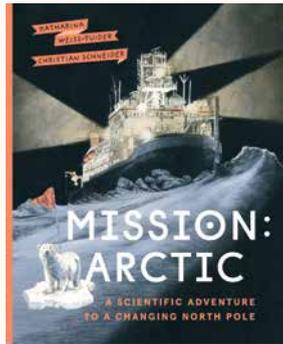
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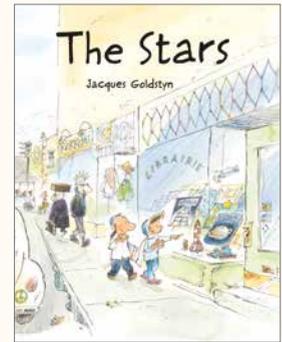
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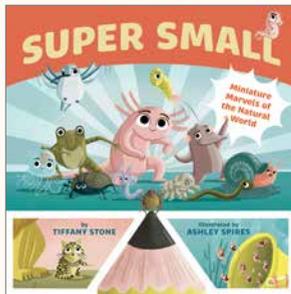
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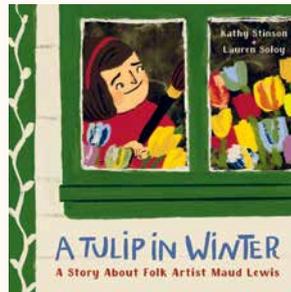
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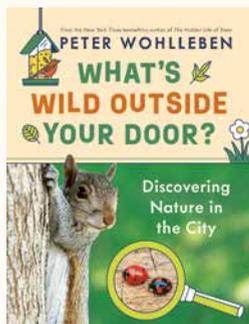
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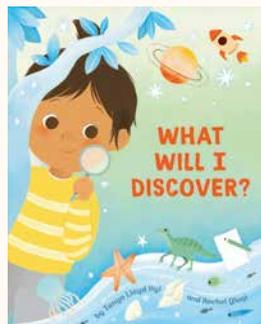
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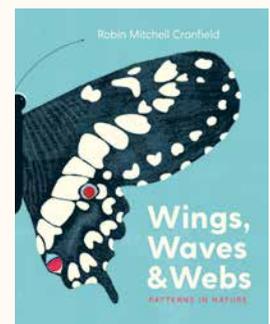
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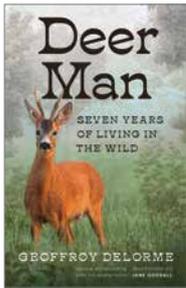
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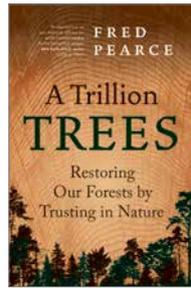


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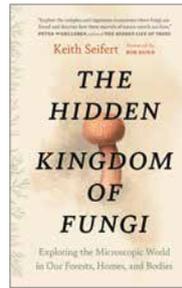


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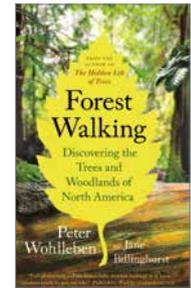


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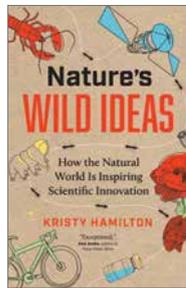


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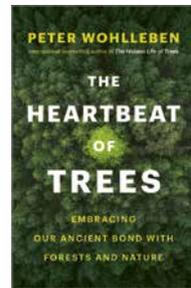
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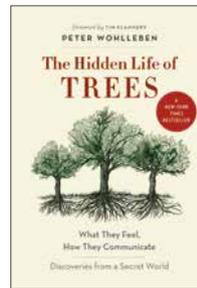


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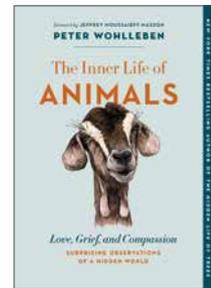
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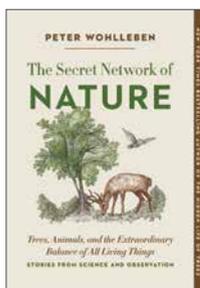
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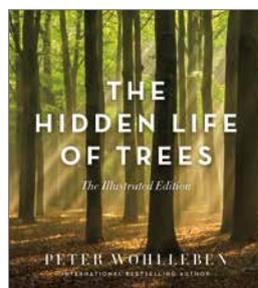
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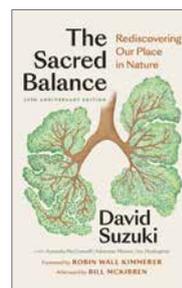
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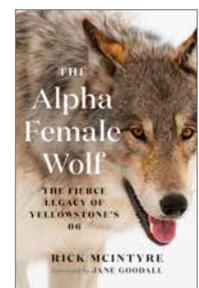
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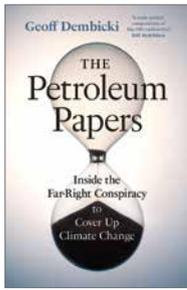
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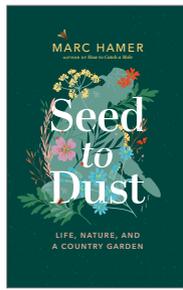


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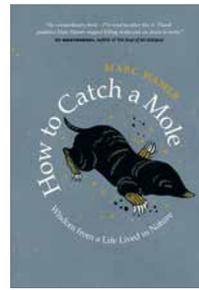
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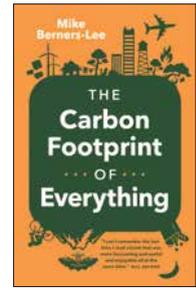
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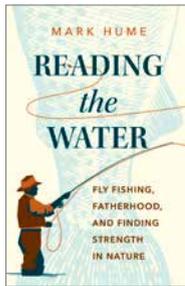
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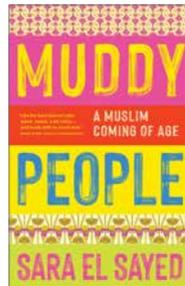
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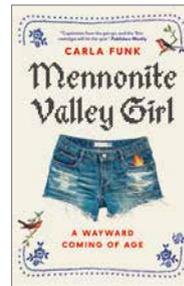
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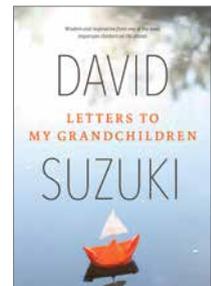
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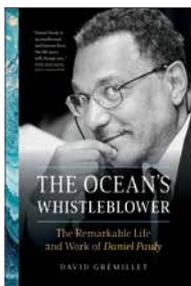
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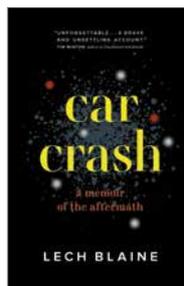
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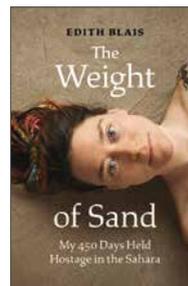
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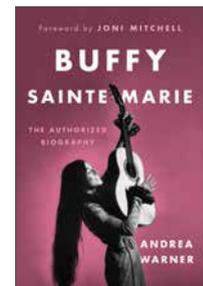
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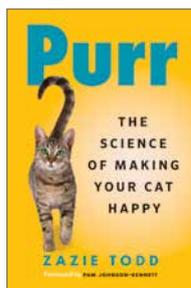


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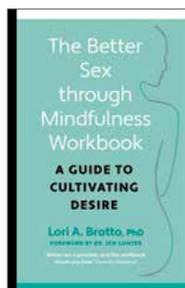
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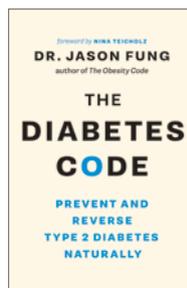
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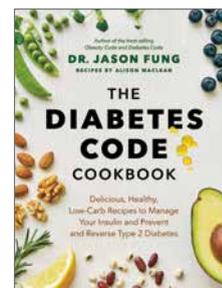
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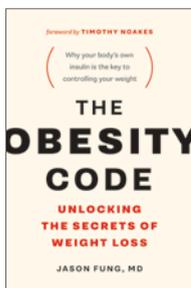
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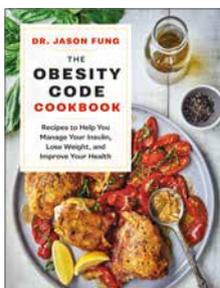
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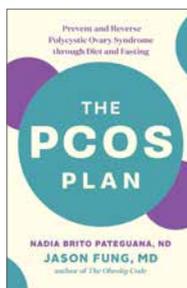
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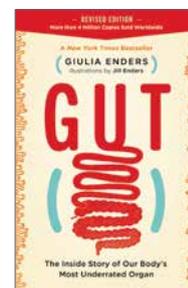
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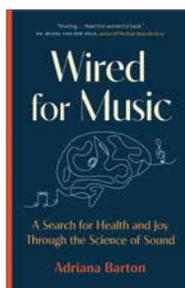
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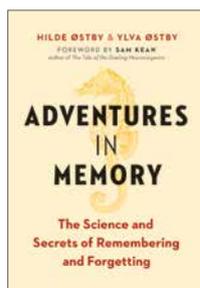
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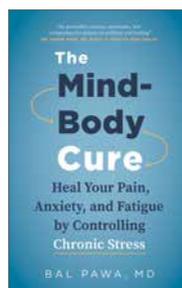
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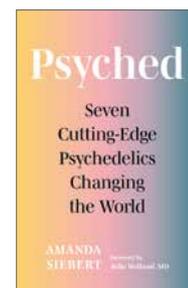
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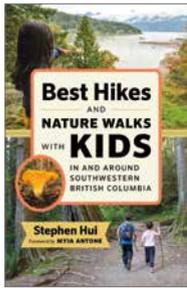
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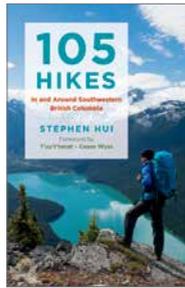
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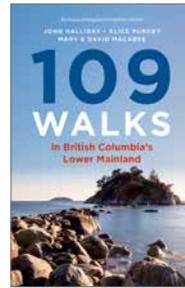
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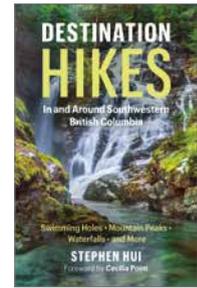
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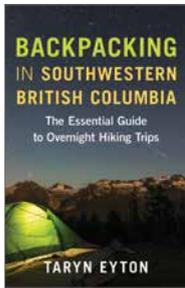
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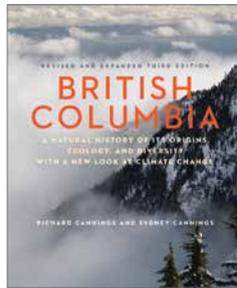


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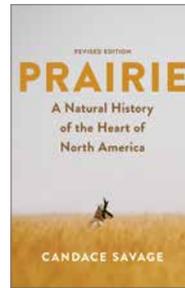


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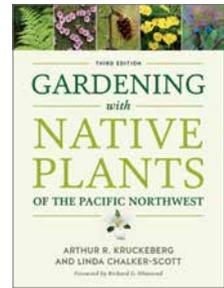
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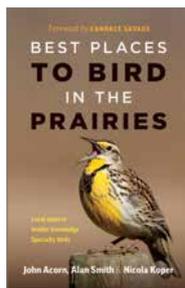
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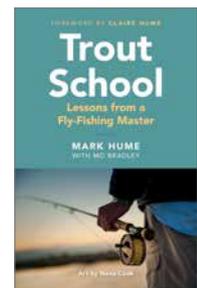
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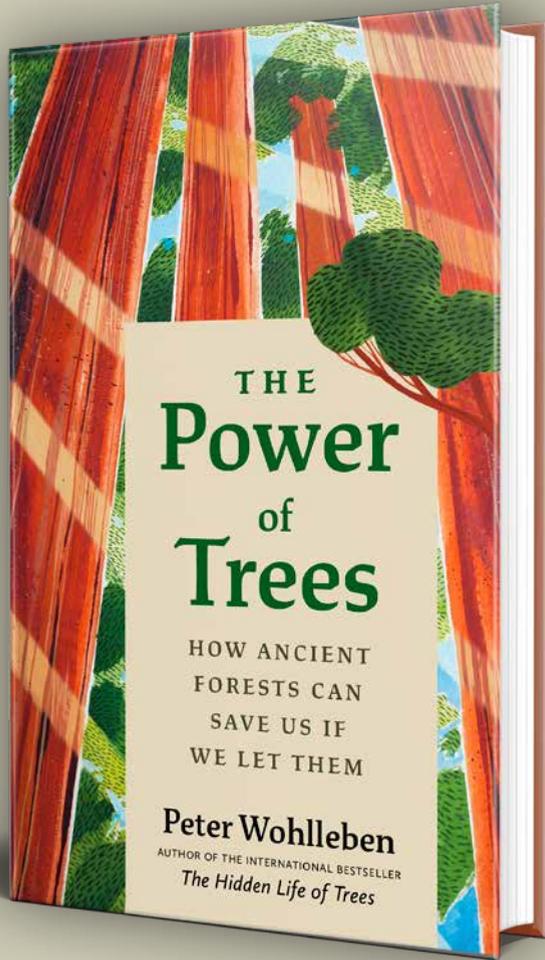
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