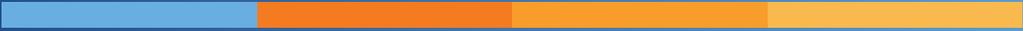


# HOPKINS PRESS

---

**CANADA**  
**FALL 2024**

**JOHNS HOPKINS UNIVERSITY PRESS**  
**UNIVERSITY OF NEW ORLEANS PRESS**

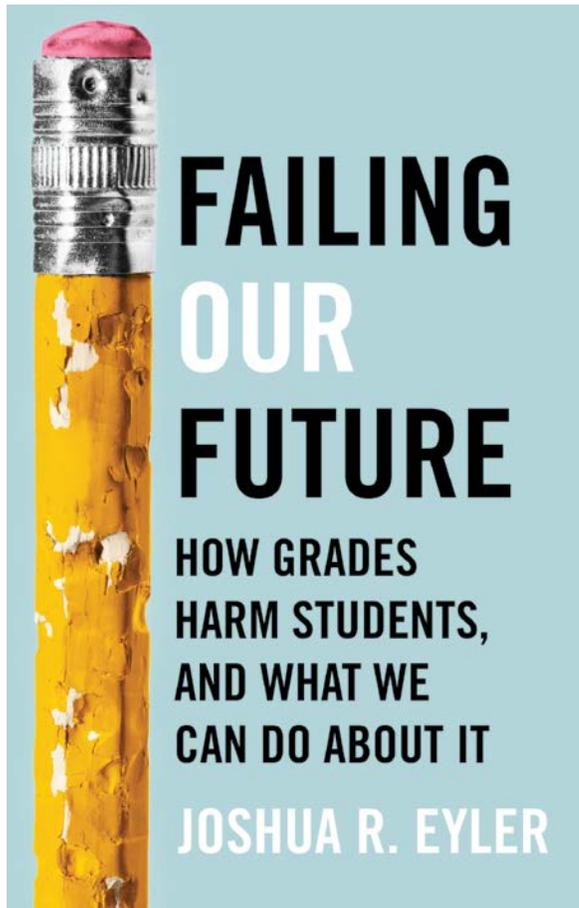


America's oldest university press was established at the nation's first research university in 1878. Ever since, Johns Hopkins University Press has shared the benefits of discovery with the world. With a portfolio of four interconnected publishing businesses, Hopkins Press provides global access, impact, and influence for the scholarship that we publish and distribute. We select and develop innovative ideas and research; we employ groundbreaking technologies to enhance discovery and learning; we connect a global audience of readers to trusted knowledge from leading researchers, scholars, and educators. We do all this under the imprint of Johns Hopkins University Press and in the name of our University's distinguished faculty and institutions.



**TRADE &  
GENERAL INTEREST**





## **Failing Our Future**

*How Grades Harm Students, and What We Can Do about It*

JOSHUA R. EYLER

One of the most urgent and long-standing issues in the US education system is its obsession with grades. In *Failing Our Future*, Joshua R. Eyler shines a spotlight on how grades inhibit learning, cause problems between parents and children, amplify inequities, and contribute to the youth mental health crisis.

Eyler, who runs the Center for Excellence in Teaching and Learning at the University of Mississippi, illustrates how grades interfere with students' intrinsic motivation and perpetuate the idea that school is a place for competition rather than discovery. Grades force students to focus on rewards and distract them from exploring ideas or pursuing interests beyond what they'll be tested on. In fact, grades significantly impede the learning process. They are also significantly affecting children's physical, emotional, and psychological well-being. Rates of anxiety, depression, and suicidal ideation have spiked, and academic stress tied to grades is a leading cause of this escalation.

Eyler shares success stories of grading reform efforts that are already under way as an antidote to the harms caused by the practices currently used in educational institutions. Equal parts scathing and hopeful, *Failing Our Future* aims to improve the lives of students by encouraging them to define success on their own terms. Parents, educators, policymakers, and students will find in these pages a rallying cry for change and a blueprint for how to implement reforms in our homes and classrooms.

### **Praise for *Failing Our Future***

*"Joshua Eyler turns the seemingly radical idea that we should abolish grades into a practical, principled, common sense agenda for the future of education and, more importantly, for the best future for our children. Highly recommended to anyone who cares about students today."*

**—Cathy N. Davidson,**  
Graduate Center, City University of New York

**EDUCATION / Schools / Levels / Elementary**

08/27/2024

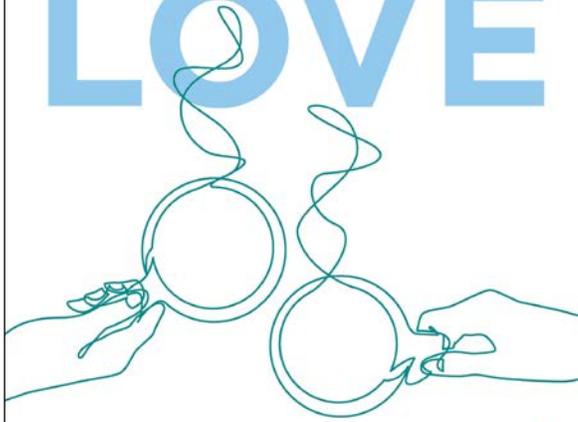
\$27.95 · Hardcover · 9781421449937

208pp · 5.5 x 8.5" · Trade

**Joshua R. Eyler** is the director of the Center for Excellence in Teaching and Learning and a clinical assistant professor of teacher education at the University of Mississippi. He is the author of *How Humans Learn: The Science and Stories behind Effective College Teaching*.

A JOHNS HOPKINS PRESS HEALTH BOOK

# SOBER LOVE



*How to Quit Drinking as a Couple*

JOSEPH NOWINSKI, PHD

Foreword by Marvin D. Seppala, MD

## Sober Love

*How to Quit Drinking as a Couple*

JOSEPH NOWINSKI, PHD. FOREWORD BY MARVIN D. SEPPALA, MD, FORMER CHIEF MEDICAL OFFICER OF THE HAZELDEN BETTY FORD FOUNDATION

Are you and your partner curious about sobriety or managing your drinking? In *Sober Love*, Dr. Joseph Nowinski offers practical advice and proven strategies to help couples end their relationship with alcohol—and redefine their relationship with each other.

Alcohol misuse can become an insidious problem for many couples. As a psychologist with extensive experience in designing effective treatment programs, Dr. Nowinski describes how and why people, and couples, develop problems with alcohol. He lays out a step-by-step approach to helping readers assess their own level of drinking and develop an action plan to address it. This plan can be tailored to an individual's and a couple's journey. Crucially, Dr. Nowinski discusses common challenges to maintaining sobriety and outlines strategies for overcoming these obstacles. *Sober Love* is an engaging and nonjudgmental resource that can help you and your partner begin your journeys to better habits and a happier relationship.

### Praise for *Sober Love*

"Dr. Nowinski delivers a much-needed book for couples who are both struggling with unhealthy use. He poignantly illustrates the way a relationship can change from one between two people to a relationship between each person and alcohol, splitting the ties between a couple. With thoughtful vignettes and prompts for discussion, he provides needed help to couples who want to move from shared drinking to a life of shared recovery."

—Valerie Slaymaker,  
Hazelden Betty Ford Foundation

### FAMILY & RELATIONSHIPS / Love & Romance

09/10/2024

\$21.95 • Paperback • 9781421449159

\$54.95 • Hardcover • 9781421449142

224pp • 6 x 9" • Trade • 3 line drawings

**Joseph Nowinski** is an internationally recognized clinical psychologist. He is the author of *Recovery after Rehab: A Guide for the Newly Sober and Their Loved Ones*.

COVER  
TO COME

# **The Science of Weed**

*An Indispensable Guide to Cannabis*

GODFREY PEARLSON

Pot, marijuana, cannabis, weed, ganja, hash, grass: whatever you call it, cannabis can profoundly affect the human body and brain. In *The Science of Weed*, renowned psychiatric researcher, physician, and Yale neuroscience professor Godfrey Pearlson offers a deep dive into the facts of cannabis, covering everything from its botany and chemistry to its impacts on psychology and human behavior. Taking a neutral approach to the subject in an easily comprehensible style, Pearlson emphasizes evidence-based research to separate the truth from the hype about this complicated plant.

Pearlson examines key issues, including the origins of the plant and its interactions with humans throughout history, plus its medicinal applications. He also explores its chemical structure and composition, as well as the internal cannabinoid system of the human body, its major functions, and the mechanisms behind how this system produces a subjective high. Moving beyond its impacts on the human brain and body, Pearlson shares the plant's collective impact on economics and the health care system, with a focus on how scientific scrutiny can bring enlightened reason to the contentious debates surrounding the drug.

This fascinating survey of what we know from a scientific point of view about cannabis can help guide public policy on legalization and help readers make their own decisions about using it. This book is for anyone who wants to understand how cannabis impacts our brains and bodies to objectively weigh its risks and benefits.

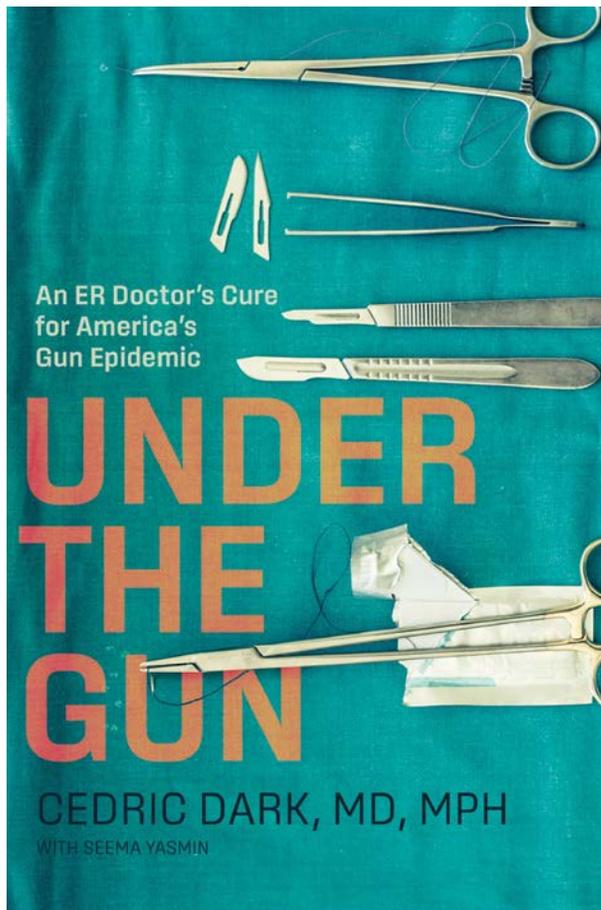
**SCIENCE / Life Sciences / Botany**

11/05/2024

\$39.95 · Hardcover · 9781421449951

592pp · 6.125 x 9.25" · Trade

**Godfrey Pearlson** is a professor of psychiatry and neuroscience at Yale University and directs a brain research center at the Institute of Living in Connecticut.



## Under the Gun

*An ER Doctor's Cure for America's Gun Epidemic*

CEDRIC DARK, MD, MPH, WITH SEEMA YASMIN

Gun violence has become the leading cause of death for children and has decreased the lifespan of American adults by 2.5 years. In 2021, more than forty-eight thousand people were killed by guns in the United States. Nearly twice as many were injured. But beyond these statistics are the untold stories of doctors and health care workers who work to save the lives of victims of gun violence.

In this powerful and moving book, Cedric Dark takes readers into the harrowing experiences of these physicians. Dark intertwines these stories with an examination of policies that could save countless lives. Combining research, an examination of gun culture, and an exploration of policy options, *Under the Gun* equips readers with a new understanding of the data and stories needed to confront and persuade politicians to better protect the health and safety of Americans.

As an emergency room doctor whose own family has been affected by gun violence, Dark intimately understands how gun violence can destroy lives and communities. He reflects on the events that bring people to the ER while also talking to doctors who not only treat victims of gun violence but also own guns themselves. *Under the Gun* is a powerful meditation on this uniquely American epidemic and an urgent call to action toward a balanced gun policy in the United States.

### Praise for *Under the Gun*

*"Under the Gun reminds us that making public policy and keeping our communities safe are collaborative efforts that benefit from the wisdom, experience, and participation of many. Through this insightful and compelling work, Dr. Dark demonstrates that gun violence prevention is, and must be, all of our lane."*

—Congresswoman Lizzie Fletcher

### MEDICAL / Public Health

08/13/2024

\$27.95 · Hardcover · 9781421449111

232pp · 6 x 9" · Trade · 4 line drawings

**Cedric Dark, MD, MPH**, is a board-certified emergency physician practicing in a Houston, Texas trauma center. An assistant professor at Baylor College of Medicine, he also serves as the medical editor-in-chief of *ACEP Now*, the official voice of emergency medicine. His website is [cedricdark.com](http://cedricdark.com).

**Dr. Seema Yasmin** is an Emmy Award-winning journalist, public health physician, and director of the Stanford Health Communication Initiative. She is the author of eight books, including *Viral BS: Medical Myths and Why We Fall for Them*. Her website is [seemayasmin.com](http://seemayasmin.com).

COVER  
TO COME

## Way Home

*Journeys Through Homelessness*

JOSEPHINE ENSIGN

The United States grapples with a solution for the unhoused by employing a patchwork of uneven rhetoric and policy. How can policymakers and public health professionals address this urgent problem in more innovative and sustainable ways? In *Way Home*, Josephine Ensign explores the contemporary landscape of homelessness by focusing on Seattle in King County to assess how their innovative local solutions can be scaled up nationally.

From consumer-led shelter programs to the expansion of the Housing First model of care, Seattle-King County is a leader in this area. Ensign assesses the effectiveness of policies such as child tax credits, rental subsidies, eviction moratoriums, and programs for vehicle residents. As an expert in the field who has also experienced homelessness, Ensign draws from an extensive oral history project to share poignant firsthand accounts that inform and enrich her storytelling. This narrative incorporates human rights, support services, public health issues, and a path forward that acknowledges the true realities of people living unhoused.

Amid the rapidly evolving public health and political landscape accelerated by the COVID-19 pandemic, *Way Home* deepens our understanding of the historical roots of homelessness and highlights innovative public policy and program efforts at the national, state, and local levels to address it.

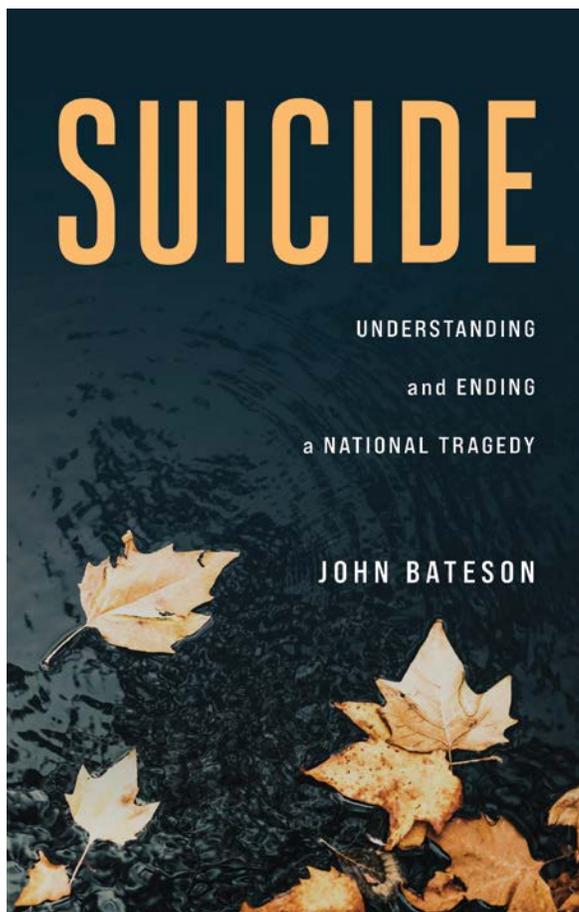
**SOCIAL SCIENCE / Poverty & Homelessness**

11/19/2024

\$29.95 · Hardcover · 9781421450230

336pp · 6 x 9" · Trade · 10 b&w photos

**Josephine Ensign** is a professor in the School of Nursing and an adjunct professor in the Department of Gender, Women, and Sexuality Studies at the University of Washington, Seattle. She is the author of *Catching Homelessness: A Nurse's Story of Falling Through the Safety Net* and *Skid Road: On the Frontier of Health and Homelessness in an American City*.



## **Suicide**

*Understanding and Ending a National Tragedy*

JOHN BATESON

Each year in the United States alone, nearly 50,000 individuals die by suicide; more than 1.2 million others attempt it. John Bateson, former executive director of a suicide prevention center, examines this national tragedy from multiple angles while debunking common myths, sharing demographic data, and identifying risk factors and warning signs. This book provides essential information about the current landscape surrounding suicide in the United States as well as strategies to prevent further tragedy.

Bateson emphasizes that the rise in suicide and attempted suicide is not only a mental health issue affecting individuals but also an urgent problem for society at large. He discusses suicide in parks, prisons, and the military, as well as assisted suicide, suicide by cop, and murder-suicide. In particular, he details the stark relationship among guns, drugs, jump sites, and suicide, focusing on one of the most effective ways to prevent suicide—restricting access to lethal means. In addition to presenting practical information for identifying people at risk of suicide, Bateson details important steps that individuals, businesses, and the government can take to end this public health problem.

**MEDICAL / Public Health**

09/03/2024

\$29.95 · Hardcover · 9781421449418

328pp · 6 x 9" · Trade

**John Bateson** was executive director of a nationally certified crisis intervention and suicide prevention center for 16 years. He also was executive director of three university counseling centers and deputy director of a multicounty social service agency. He served on the steering committee of the National Suicide Prevention Lifeline (now the 988 Suicide and Crisis Lifeline) and was appointed to a blue-ribbon committee that created the “California Strategic Plan on Suicide Prevention. He is the author of *The Education of a Coroner*, *The Last and Greatest Battle*, *The Final Leap*, and *Building Hope*.

### **Praise for *Suicide***

“John Bateson reaches beyond traditional approaches and perspectives, weaving a compelling case that America’s suicide problem cannot be meaningfully changed without challenging public policies that fuel easy access to lethal means and stigma. This book is a must-read for everyone who wants to make a difference and see the kind of changes that will literally save lives.”

—**M. David Rudd**,

author of *Brief Cognitive-Behavioral Therapy for Suicide Prevention*

COVER  
TO COME

## Before They Vanish

*Saving Nature's Populations—and Ourselves*

PAUL R. EHRLICH, GERARDO CEBALLOS, AND RODOLFO DIRZO,  
FOREWORD BY JARED DIAMOND

Can we save threatened animals and ecosystems in the midst of a mass extinction? The answer is a resounding yes, and *Before They Vanish* shows us how. In their ambitious, impassioned, and wise new book, conservation scientists Paul R. Ehrlich, Gerardo Ceballos, and Rodolfo Dirzo urge us to shift our thinking rather than bow our heads, grieving over the losses that humanity faces. This comprehensive look at a crucial but often overlooked aspect of conservation—population extinction—urges us toward a new, hopeful path.

While the extinction of species describes the global disappearance of entire kinds of organisms, population extinction represents the loss of fundamental geographic elements of species. The authors argue that conservationists have placed too much emphasis on the extinction of entire species, which occurs gradually enough that we only detect it in the direst of cases, by which time meaningful action may be impossible. By shifting the focus to identifying extinction threats at the more localized population level, we can intervene more rapidly and effectively to prevent broader declines—and the eventual extinction of entire species themselves. This shift represents a critical step in saving these vanishing species; early detection and intervention may be our last, best hope for stemming the tide of this global crisis.

Using examples from the worlds of vertebrates, invertebrates, plants, fungi, and microorganisms, the authors explain the concept of population extinction, its causes and consequences, and how to prevent the mass destruction of the amazing and unique creatures with whom we share our planet. This call to action is a must-read for anyone concerned with saving endangered and threatened species, our natural world—and ourselves.

**NATURE / Endangered Species**

09/17/2024

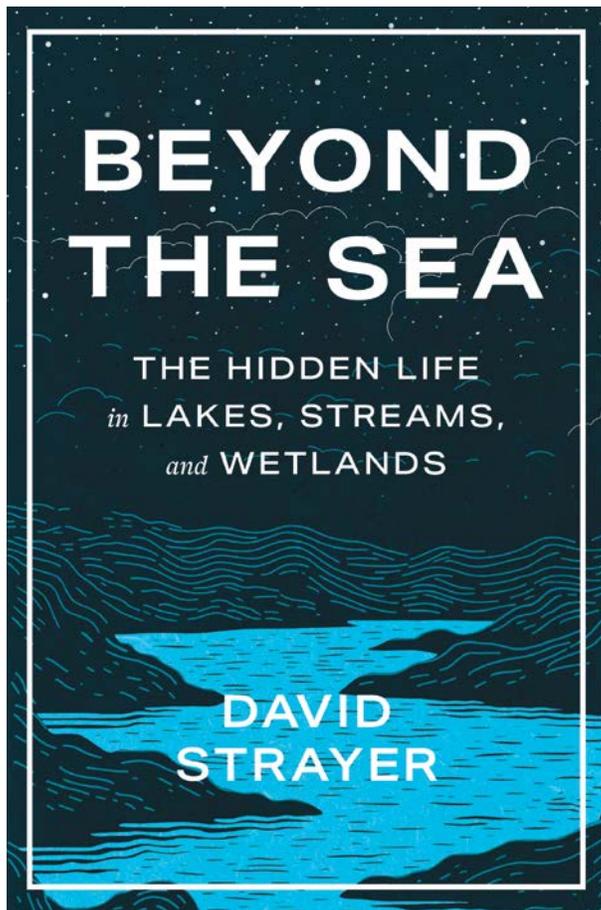
\$29.95 · Hardcover · 9781421449692

384pp · 6 x 9" · Trade · 14 b&w photos, 16 color plates

**Paul R. Ehrlich** is the emeritus Bing Professor of Population Studies in the Department of Biology and the president of the Center for Conservation Biology at Stanford University. He is the author of *The Population Bomb* and *Human Natures: Genes, Cultures, and the Human Prospect*.

**Gerardo Ceballos** one of the world's leading ecologists, is a professor at the Institute of Ecology at National Autonomous University of Mexico (UNAM). He has established more than twenty protected areas in Mexico and is the author or coauthor of more than 55 books. Ehrlich and Ceballos are coauthors of *The Annihilation of Nature: Human Extinction of Birds and Mammals*.

**Rodolfo Dirzo** one of the world's leading conservation scientists, is the Bing Professor of Environmental Science in the Departments of Biology and Earth Systems Science at Stanford University and a senior fellow at the Woods Institute for the Environment.



## **Beyond the Sea**

*The Hidden Life in Lakes, Streams, and Wetlands*

DAVID STRAYER

We call Earth “the blue planet” because oceans cover 71 percent of its surface. But this description ignores the diverse inland waters—streams, lakes, wetlands, and ground waters—that are so important to global biodiversity. These crucial ecosystems are home to about ten percent of all known species, many of which are extraordinary, and some of which are critically endangered.

In *Beyond the Sea*, David Strayer introduces readers to the world’s most remarkable and varied inland waters, including volcanic lakes more corrosive than battery acid, catastrophic floods that carried ten times as much water as the Amazon River, ground waters miles beneath our feet that are home to unique microbes, and vast lakes that fill only once a century. These varied ecosystems support a wide array of remarkable and unique species, such as tiny animals that can become “reversibly dead,” mussels that seduce fish, and lungfishes that have evolved to meet the myriad challenges posed by inland-water habitats.

Because humans have used—and abused—inland waters so intensively for everything from drinking water to sewage disposal, many species around the world that depend on them are already extinct or in desperate peril. Strayer explains the damage caused by human activities and outlines the solutions that are needed to sustain and restore inland-water ecosystems and their inhabitants. Proving that the sea isn’t the only watery realm of mystery and wonder, this book illuminates the secrets, science, and amazing denizens of the overlooked waters in our backyards.

**NATURE / Ecosystems & Habitats / Lakes, Ponds & Swamps**

11/26/2024

\$27.95 · Hardcover · 9781421450070

272pp · 6 x 9” · Trade · 42 b&w photos, 7 b&w illus.

**David Strayer** is a freshwater ecologist at the Cary Institute of Ecosystem Studies. He is a coeditor of *Fundamentals of Ecosystem Science* and the author of *The Hudson Primer: Ecology of an Iconic River*.

COVER  
TO COME

## ***Intertwined***

*From Insects to Icebergs*

MICHAEL GROSS

In nature, everything is connected: from microscopic bacteria and soaring trees to animals struggling for survival amid thriving humanity. Yet many of today's toughest problems, from environmental destruction to divisive politics, stem from fundamental disconnection. In *Intertwined*, science writer Michael Gross explains how the natural world can act as a powerful reminder of the core truth of our interdependence.

Using examples based on recent scientific discoveries across a broad range of ecosystems and species, Gross shares important—and often surprising—stories about the sophisticated web of connections in nature. From plant cooperation to turtle conversation, he highlights crucial lessons we can apply to solve complex problems caused by human disturbances to these connections. Gross provides ample evidence of the far-reaching impacts of both natural and anthropogenic phenomena, from coevolution and nutrient cycles to species domestication and extinction.

We live in a complex world endangered by simplistic thinking, as the escalating climate crisis and loss of biodiversity demonstrate. To address these issues, we must recognize the wonder and ubiquity of the self-regulating network that enables life on Earth, as well as the threats that endanger its functioning. These thought-provoking stories from nature prove why it is so important to remember the connections that tie us to each other and our world.

### ***Praise for Intertwined***

*"Intertwined ranges widely across life's landscape, illuminating the infinite complexities of form and function that can be found among living organisms. In highlighting how Earth's fabric of life is being diminished by myriad, amplifying human impacts—and, crucially, how we might reduce these impacts—it sends an important message to us all."*

**—Jan A. Zalasiewicz,**  
author of *The Cosmic Oasis*

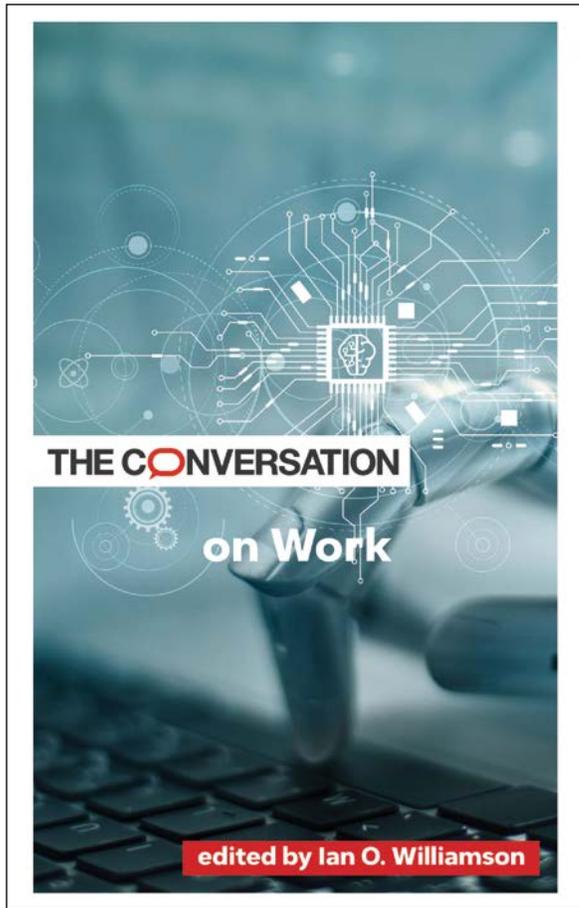
**SCIENCE / Life Sciences / Ecology**

10/15/2024

\$32.95 · Hardcover · 9781421449975

424pp · 6 x 9" · Trade

**Michael Gross** is a science writer who has published in *Current Biology* and other publications. He is the coauthor of *Astrobiology: A Brief Introduction* and the translator and editor of *Lust and Love: Is It More than Chemistry?*



## The Conversation on Work

EDITED BY IAN O. WILLIAMSON

Work has evolved tremendously over the last 50 years and even more so since the COVID-19 pandemic. In *The Conversation on Work*, editor Ian O. Williamson assembles essential essays from *The Conversation* to explore paradigmatic shifts in how people work—and what these changes mean for the future of labor. Covering diverse and urgent topics such as burnout and mental health, remote and hybrid working environments, unions, and job inequities among marginalized groups, the authors critically examine the future of the changing workplace. Essays on how artificial intelligence will affect workers and companies, the effects of the COVID-19 pandemic on workplaces, and other critical labor trends round out the collection.

The Critical Conversations series collects essays from top scholars on timely topics, including water, biotechnology, gender diversity, and guns, originally published on the independent news site *The Conversation*.

### Praise for *The Conversation on Work*

“A thought-provoking anthology curated by leading academic minds, yet presented in an engaging and accessible style. *The Conversation on Work* provides fresh insights and paradigm-shifting revelations about the intricacies of the modern workplace. Prepare to expand your understanding and question conventional wisdom on the dynamics of work.”

—Sekou Bermiss,  
University of North Carolina at Chapel Hill

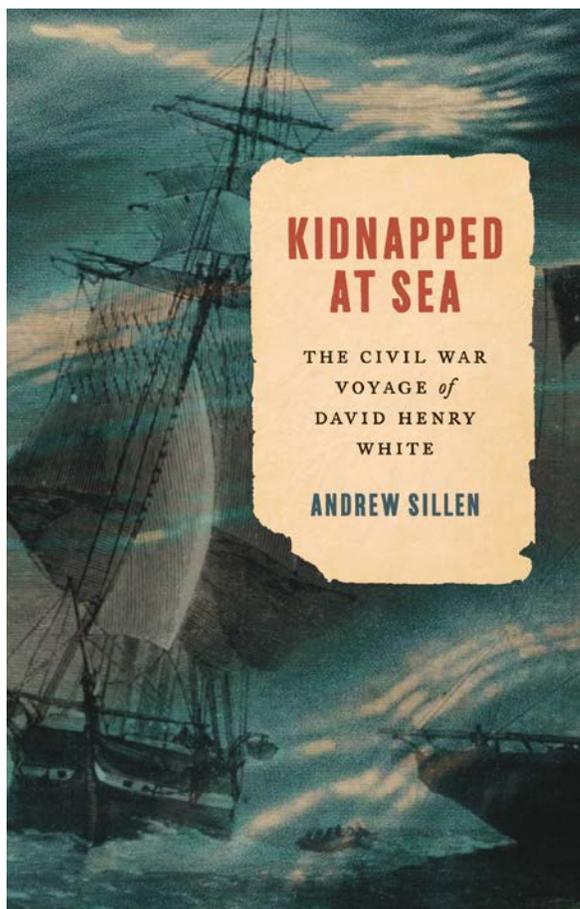
**BUSINESS & ECONOMICS / Workplace Culture**

08/27/2024

\$17.95 · Paperback · 9781421449036

272pp · 5 x 8” · Trade · 7 b&w photos, 6 b&w illus.

**Ian O. Williamson** is the dean of the University of California-Irvine Paul Merage School of Business. He is the coeditor of *Doing Business in ASEAN Markets: Leadership Challenges and Governance Solutions across Asian Borders*.



## **Kidnapped at Sea**

*The Civil War Voyage of David Henry White*

ANDREW SILLEN

David Henry White, a free Black teenage sailor from Lewes, Delaware, was kidnapped by Captain Raphael Semmes of the Confederate raider *Alabama* on October 9, 1862, from the Philadelphia-based packet ship *Tonawanda*. White remained captive on the *Alabama* for over 600 days, until he drowned during the Battle of Cherbourg on June 19, 1864.

In a bestselling postwar memoir, Semmes falsely described White as a contented slave who remained loyal to the Confederacy. In *Kidnapped at Sea*, archaeologist Andrew Sillen uses a forensic approach to describe White's enslavement and demise and illustrates how White's actual life belies the Lost Cause narrative his captors sought to construct.

*Kidnapped at Sea* is the first book to focus on White's actual life, rather than relying on Semmes and other secondary sources. Until now, Semmes's appropriation of White's life has escaped scrutiny, thereby demonstrating the challenges faced by disempowered, illiterate people—and how well-crafted, racist fabrications have become part of Civil War memory.

### **Praise for *Kidnapped at Sea***

"In this fast-paced narrative, Andrew Sillen uncovers the astounding story of David White, a free Black teenager kidnapped from a US ship and forced to accompany the Confederate raider *Alabama*. Though a haunting account, Sillen restores White's humanity and in doing so provides a timely examination of the necessity for addressing historical crimes."

—**Caroline E. Janney**,

author of *Ends of War: The Unfinished Fight of Lee's Army after Appomattox*

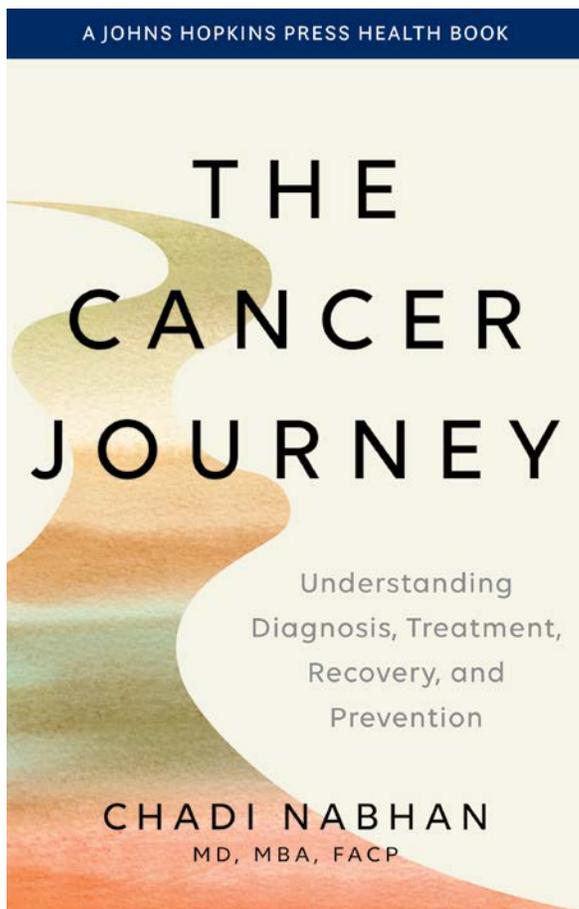
**HISTORY / United States / Civil War Period  
(1850-1877)**

10/08/2024

\$32.95 · Hardcover · 9781421449517

384pp · 6 x 9" · Trade · 1 b&w photo, 34 b&w illus.

**Andrew Sillen** is a visiting research scholar in the Department of Anthropology at Rutgers University. He was formerly a professor of paleoanthropology and the founding director of development at the University of Cape Town and the vice president of institutional advancement at Brooklyn College.



## **The Cancer Journey**

*Understanding Diagnosis, Treatment, Recovery, and Prevention*

CHADI NABHAN, MD, MBA, FACP

A cancer diagnosis can change our lives and the lives of our loved ones in an instant. It leaves us seeking answers to myriad questions and searching for hope. In *The Cancer Journey*, Dr. Chadi Nabhan demystifies this complex disease and offers a compassionate guide to understanding your diagnosis and treatment options.

With decades of experience treating oncology patients, Dr. Nabhan answers your essential questions about cancer, including how it develops, how it is diagnosed, how it is treated, and how to prevent it from returning. He provides suggestions for how readers can prepare for their first visit to a cancer specialist, what questions to ask the health care team, and insider tips for getting second opinions and clinical trials. This comprehensive guide covers screening, survivorship, the art of communication, complementary and integrative medicines, and the future of cancer care. For those who may be at risk or are newly diagnosed, for family members and friends seeking guidance to help their loved ones, and for non-specialist providers seeking to educate their patients, *The Cancer Journey* is your one-stop-shop for all the information you need.

**HEALTH & FITNESS / Diseases & Conditions / Cancer**

09/24/2024

\$22.95 · Paperback · 9781421449760

\$54.95 · Hardcover · 9781421449753

360pp · 6 x 9" · Trade

Chadi Nabhan, MD, MBA, FACP, is a board-certified hematologist and a medical oncologist who practiced hematology and oncology for years. He has authored or co-authored over 300 peer-reviewed manuscripts and abstracts. He is the author of *Toxic Exposure: The True Story behind the Monsanto Trials and the Search for Justice* and is the creator and host of the weekly *Healthcare Unfiltered* podcast.

### **Praise for *The Cancer Journey***

"Nabhan, a gifted clinician researcher, shares his in-depth knowledge in the field and his genuine talent in communicating to benefit cancer patients and their families. Each chapter is a gem written with clarity and a heartfelt humanity. This book will become the gold standard reference for all challenged with cancer."

—Steven T. Rosen, MD,

Executive Vice President City of Hope and Emeritus Provost, Director of the Beckman Research Institute and Comprehensive Cancer Center, City of Hope

A JOHNS HOPKINS PRESS HEALTH BOOK

# LIVING

## with Rheumatoid Arthritis

FOURTH  
EDITION



TAMMI L. SHLOTZHAUER, MD

## Living with Rheumatoid Arthritis

Fourth Edition

TAMMI L. SHLOTZHAUER, MD

Rheumatoid arthritis is an autoimmune disease in which inflammation plays a major role in causing joint problems. Warmth and swelling in the joints, along with significant stiffness and pain, can make daily life difficult. Many people with rheumatoid arthritis also experience fatigue, low-grade fever, loss of appetite, depression, and muscle aches.

In the fourth edition of *Living with Rheumatoid Arthritis*, Tammi L. Shlotzauer, MD, shares new findings about causes and treatments, including:

- Research on risk factors and triggers, from pathologic bacteria in the digestive tract and smoking to pollutant and chemical exposure
- Lifestyle and diet modifications that can help sufferers avoid potential triggers
- How stress contributes to inflammation and other symptoms
- Information about new targeted disease-modifying drugs
- Promising research on biomarkers that may generate a personalized approach to treatment
- Remarkable gains in reducing disability, hospitalizations, and surgeries

Dr. Shlotzauer, who has lived with rheumatoid arthritis since 2016 and has treated thousands of patients, is uniquely qualified to explain associated diseases such as osteoporosis. Writing with compassion and clarity, she also explains how to get an accurate diagnosis, shares tips for finding safe and reliable information online, and offers practical strategies for coping with the pain, fatigue, and emotional toll of a chronic illness.

**HEALTH & FITNESS / Diseases & Conditions /  
Immune & Autoimmune**

11/12/2024

\$29.95 · Paperback · 9781421449890

\$54.95 · Hardcover · 9781421449883

480pp · 6 x 9" · Trade · 64 b&w illus.

**Tammi L. Shlotzauer, MD**, a retired rheumatologist who practiced at Rheumatology Associates of Rochester, is the former associate medical director at Rochester Clinical Research.

A JOHNS HOPKINS PRESS HEALTH BOOK

▪ LIVING WELL WITH ▪

# ORTHO STATIC INTOLERANCE

A Guide to Diagnosis  
and Treatment

PETER C. ROWE, MD

**HEALTH & FITNESS / Diseases & Conditions /  
General**

08/27/2024

\$22.95 · Paperback · 9781421450254

\$54.95 · Hardcover · 9781421449425

168pp · 6 x 9" · Trade · 4 b&w photos, 12  
figures

**Peter C. Rowe, MD**, is a professor of pediatrics at the Johns Hopkins University School of Medicine, the inaugural Sunshine Natural Wellbeing Foundation Professor of Chronic Fatigue Syndrome and Related Disorders, and the Director of the Chronic Fatigue Clinic at Johns Hopkins Children's Center.

## Living Well with Orthostatic Intolerance

*A Guide to Diagnosis and Treatment*

PETER C. ROWE, MD

Orthostatic intolerance (OI) describes a group of circulatory disorders whose symptoms are characterized by a dramatic drop in blood flow to the brain when people sit down or stand up. It is often associated with other acute issues, such as substantial drops in blood pressure, tachycardia, dizziness, and fainting, or long-term problems, such as chronic fatigue, fibromyalgia, and "long COVID." *Living Well with Orthostatic Intolerance* is an indispensable guide for those diagnosed with the disorder, their families, and physicians.

Written by Peter C. Rowe, MD, a pediatrician, researcher, and professor who directs the Chronic Fatigue Clinic at Johns Hopkins Children's Center, this guide explains:

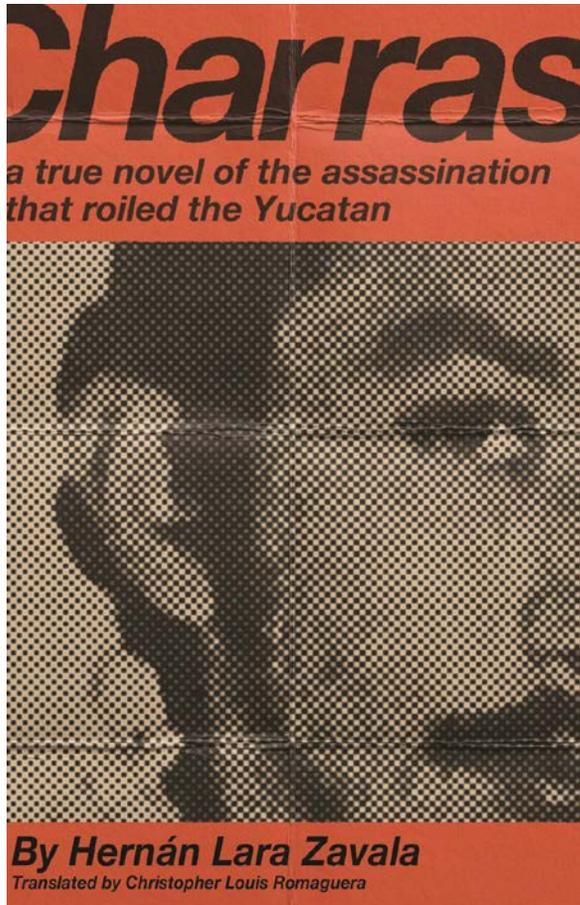
- The symptoms, causes, and different forms of OI
- What a diagnosis of OI entails
- How to manage OI symptoms using medications, physical therapy, and other treatments
- How diet affects OI

Guided by decades of research on managing and treating OI patients, Dr. Rowe provides illustrative case studies to help explain the disease and includes additional resources for further information.

### Praise for *Living Well with Orthostatic Intolerance*

*"An insightful book on orthostatic intolerance which will be of value to all who suffer from this condition. This book reflects Dr Rowe's experience treating patients with this condition in the clinic and at the bedside for the past three decades. Easily understandable to patients and physicians alike, it is an invaluable resource. I congratulate Peter on this masterpiece."*

—Hugh Calkins,  
Johns Hopkins University School of Medicine



## Charras

*A True Novel of the Assassination that Roiled the Yucatan*

HERNÁN LARA ZAVALA

*Charras* is the true story of Efraín “El Charras” Calderón Lara, a twenty-six-year-old union leader and student activist, and the Yucatean government’s successful plot to kidnap and murder him. Acclaimed Mexican novelist Hernán Lara Zavala combines real-life newspaper articles and interviews with renderings of key events, laying the state-sanctioned narrative of Charras’s death beside the actual experiences of those involved. To kaleidoscopic effect, Zavala enters not only the mind of the hero but also those in his orbit: the governor of the Yucatán, Charras’s bureaucrat brother-in-law, even the mercenary hired to carry out the kidnapping—the chilling “you” whose point-of-view the reader must inhabit to unravel what took place during that fateful spring of 1974.

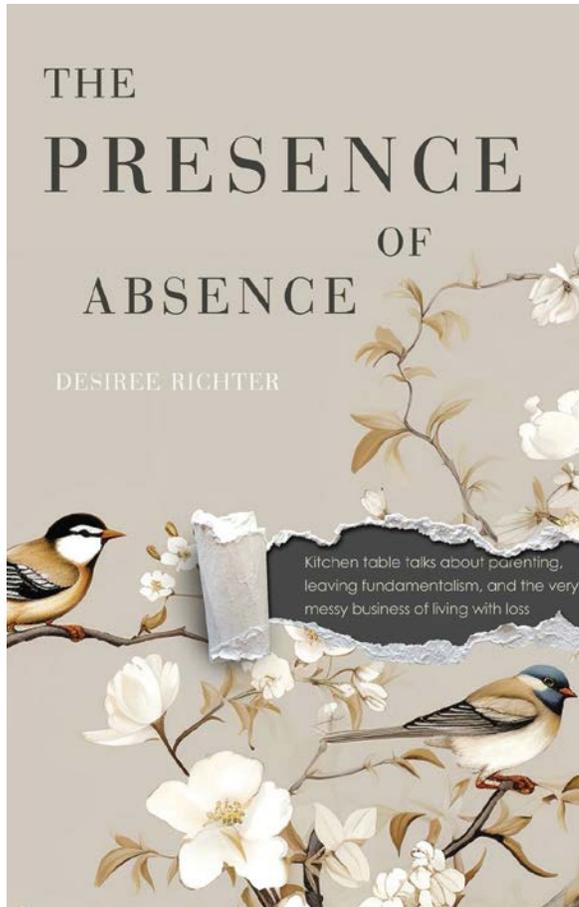
**Fiction / World Literature / Mexico**

11/5/24

\$18.95 • Paperback • 9781608012657

205pp • 8.5 x 5.5” • Trade

**Hernán Lara Zavala** was born in Mexico City in 1946. He read English Lit. at the University of Mexico and made a Master’s Degree on “Studies on the Novel” at the University of East Anglia, England. He participated in The International Writing Program at the University of Iowa in 1987. He has published short stories, novels and literary essays, among them the novel *Charras* (1989), *Península Península*, (2008) Iberoamerican Novel Award 2009, and the Spanish Royal Academia Award 2010. Recently he published the novel *The Last Carnival* (2023). He teaches English Lit. at the National University of México.



## **The Presence of Absence**

*Kitchen table talks about parenting, leaving fundamentalism, and the very messy business of living with loss*

DESIREE RICHTER

When I laid down the dogma, I picked up wonder for the world. And that wonder, Desiree Richter has found, is as much about embracing pleasure as it is about granting grief the stewardship that it requires. In 2000, Richter's two-year-old son Elijah died in a tragic domestic accident. The world as she knew it was dismantled along with her understanding of her place in it, leaving her to figure out how to parent her remaining children, how the fundamentalist Christian faith she'd practiced all her life fit into her new reality—and, most fundamentally, how to heal.

This book is a tapestry woven by someone who has faced what most refuse to even imagine and lived to tell about it, and much more. From vignettes about grief-infused dating to stress-tested advice on parenting through hypervigilance, trauma, and transformation, *The Presence of Absence* is an artful rendering of one mom's defiant desire to dream a new life in the face of great loss.

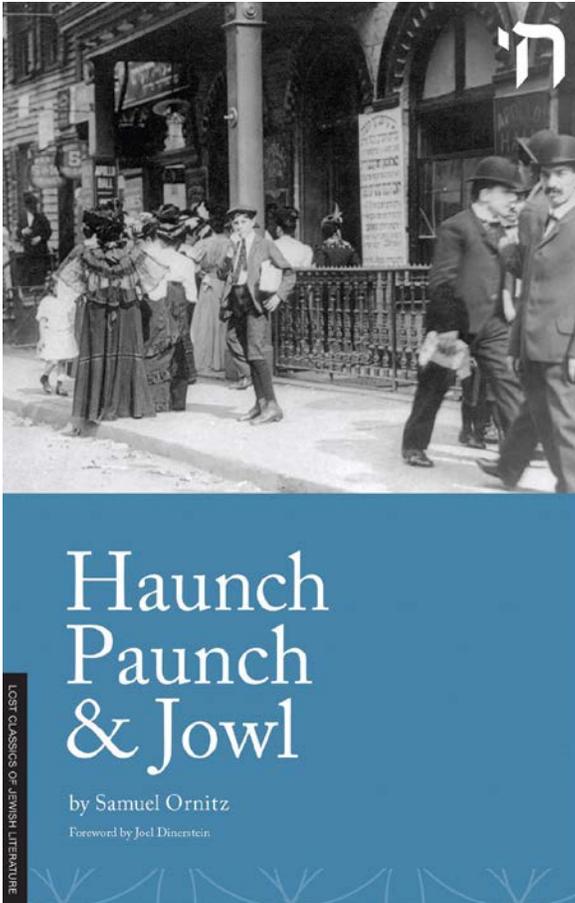
**Self-Help / Death, Grief, Bereavement**

10/1/24

\$18.95 • Paperback • 9781608013005

250pp • 8 x 5.5" • Trade

**Desiree Richter** is a writer, musician, and educator. She writes about bereavement, post-fundamentalism, and parenting (often the intersection of these three things). It is her belief that loss is the tie that binds us all and that, especially in these times, writing about loss in honest ways can help us to heal. She is also a research instructor and dissertation consultant who has helped many doctoral students shape, conduct, and defend their research. Desi lives in New Orleans with several of her amazing offspring and way too many cats. Her dream is to travel the world and lead art-infused grief retreats where no one has to get fixed—just loved.



## **Haunch, Paunch, & Jowl**

BY SAMUEL ORNITZ. FORWARD BY JOEL DINERSTEIN.

Long out of print, Samuel Ornitz's *Haunch, Paunch, & Jowl* (1923) deserves the renewed attention it has received as a lost classic of modernist Jewish-American literature. The novel provides a panorama of the first generation of Jewish immigrant life on New York's Lower East Side through a cohort of young men: the struggles between religion and secular success, socialism and capitalism, tradition and modernity, manufacturers and labor unions. Originally marketed as an autobiography, the novel became a best-seller as an exposé of corruption. It was the first work by author Samuel Ornitz, a lifelong reformer later blacklisted as one of the Hollywood Ten during the McCarthyist era. Ornitz intended for his narrator, Meyer Hirsch, to be a negative example of assimilation, yet Meyer Hirsch's savvy voice still speaks contemporary American truths about poverty, social mobility, corruption, ethnic politics, and the costs of social mobility.

**Fiction / Jewish**

10/1/24

\$21.95 · Paperback · 9781608012695

310pp · 8.5 x 5.5" · Trade

**Samuel Ornitz** was an author, screenwriter, and one of the Hollywood Ten. *Haunch, Paunch & Jowl* was his first novel, and was alternately admired and reviled. Along with nine other screenwriters, he was called to testify before the House Committee on Un-American Activities in October, 1947. Ornitz was cited for contempt of Congress, and served nine months of a one-year term in 1950-1951 at the Medical Center for Federal Prisoners at Springfield, Missouri.

**Joel Dinerstein** holds a Sizeler Professorship in Judaic studies at Tulane University, where he is also a professor of English and American studies. He is a cultural historian of comparative racisms, whether anti-Semitism or anti-Black racism. His first book was an award-winning theory of jazz and industrialization, *Swinging the Machine*, followed by a cultural history, *The Origins of Cool in Postwar America*. He is the founding editor of this new series, *Lost Classics in Jewish Literature*.

# ORDERING INFORMATION



# GENERAL ORDERING INFORMATION

Prices and publication dates are subject to change without notice.

For special sales and bulk orders, please contact Davida Breier (dgb@jhu.edu) or Rachel Miller (rmill157@jhu.edu).

We are part of Pubnet. SAN 2027348

## CANADA SALES REPS

Hornblower Group Inc.

Tel: 1-855-444-0770

www.hornblowerbooks.com

### Roberta Samec

Toronto, Northern & Southwestern Ontario

Tel: 416-461-7973 / Fax: 416-461-0365

Toll-free Tel: 1-855-444-0770, Ext. 1

rsamec@hornblowerbooks.com

### Laurie Martella

Atlantic Canada, Toronto, Ottawa &

Eastern Ontario

Tel: 416-461-7973 / Fax: 416-461-0365

Toll-free Tel: 1-855-444-0770, Ext. 2

lmartella@hornblowerbooks.com

### Karen Stacey

Quebec

Tel: 514-704-3626

Toll-free Fax: 1-800-596-8496

kstacey@hornblowerbooks.com

### Tracey Boisvert-Bhangu

Quebec

Tel: 514-231-4727

tboisvert-bhangu@hornblowerbooks.com

### Rorie Bruce

Manitoba, Saskatchewan & Northwestern

Ontario/Lakehead

Tel: 204-781-1769

rorbruce@mymts.net

### Heather Read

BC, Alta & the North/ bookstores

Tel: 250-532-3976

readandcobooks@gmail.com

### Bridget Clark

BC Alta & the North/ gift & specialty accts

Tel: 778-772-1276

bridget@readandcobooks.ca

## MEDIA REQUESTS

To contact the publicity department, email [kehoward@jhu.edu](mailto:kehoward@jhu.edu), or visit:

[press.jhu.edu/books/for-media](http://press.jhu.edu/books/for-media)

Sign up for our e-newsletter to hear about new books and to receive exclusive discounts and offers:

[jhupbooks.press.jhu.edu/newsletter](http://jhupbooks.press.jhu.edu/newsletter)



# HOPKINS PRESS

2715 NORTH CHARLES STREET

BALTIMORE MD 21218-3263

410-516-6900