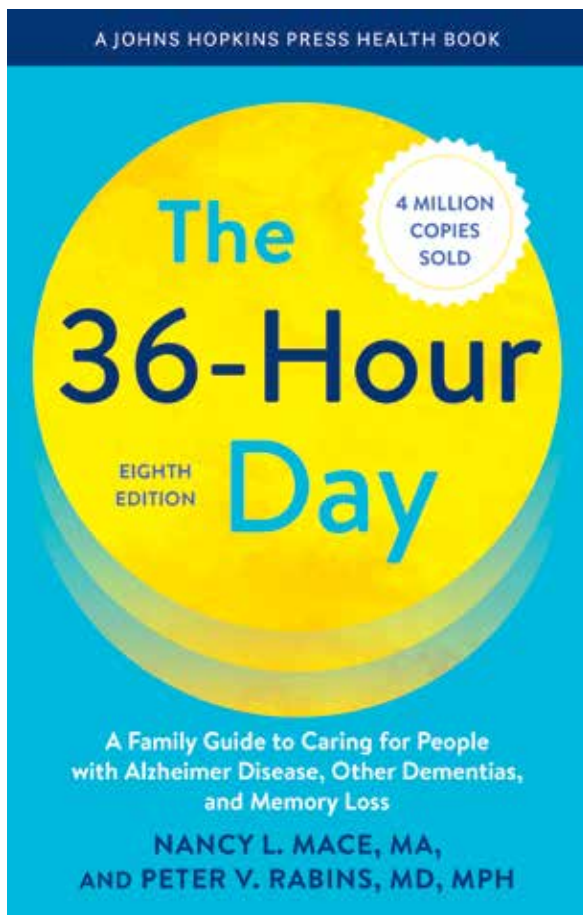


HOPKINS PRESS

CANADA FALL 2025 BOOKS CATALOG

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**



The 36-Hour Day

A Family Guide to Caring for People with Alzheimer Disease, Other Dementias, and Memory Loss, Eighth Edition

NANCY L. MACE, MA, AND PETER V. RABINS, MD, MPH

For 40 years, *The 36-Hour Day* has been the leading work on the care of people with dementia and their family members. Written by experts with decades of experience caring for individuals with memory loss, Alzheimer disease, and other dementias, the book's authoritative and compassionate approach to care features discussions of the causes of dementia and the management of its symptoms from the early stages to late-stage disease.

This edition highlights the significant advances in diagnostic testing, treatment, and research that have occurred in recent years. Offering useful takeaway messages and informed by the latest practices in dementia care, this new edition has been thoroughly updated. The book features:

- updated information on prevention, new diagnostic methods and criteria, and advances in medication therapy;
- essential insights on everything from home care aides to useful apps to promising preventive techniques and therapies; and
- practical advice for avoiding caregiver burnout—plus tips for when and how to get additional help.

Like earlier editions, the eighth edition focuses on improving the lives of those with dementia and memory loss as well as those who love and care for them. The definitive guide to dementia care, *The 36-Hour Day* offers readers compassionate guidance and a ready resource for every step of the journey.

HEALTH & FITNESS / Diseases & Conditions / Alzheimer's & Dementia

Available 09/16/2025

\$59.95 • Hardcover • 9781421452456

\$24.95 • Paperback • 9781421452463

456 pages • 6.125 x 9.25"

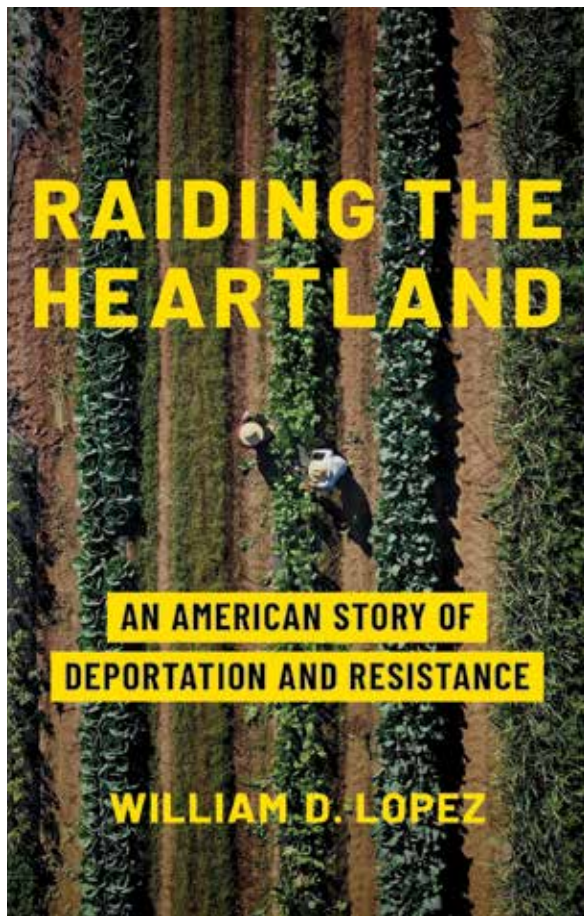
Also available as an ebook

Nancy L. Mace, MA, is retired. She was a consultant to and member of the board of directors of the Alzheimer's Association and an assistant in psychiatry and coordinator of the T. Rowe and Eleanor Price Teaching Service of the Department of Psychiatry and Behavioral Sciences at the Johns Hopkins University School of Medicine.

Peter V. Rabins, MD, MPH, is professor emeritus in the Departments of Psychiatry and Medicine at the Johns Hopkins University School of Medicine. The author of *Is It Alzheimer's? 101 Answers to Your Most Pressing Questions about Memory Loss and Dementia* and *The Why of Things*, he was the founding director of the Division of Geriatric Psychiatry and Neuropsychiatry and the first holder of the Richman Family Professorship for Alzheimer's and Related Diseases.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



Raiding the Heartland

An American Story of Deportation and Resistance

WILLIAM D. LOPEZ

Across the United States, Immigration and Customs Enforcement (ICE) upends small towns and rural communities by staging dramatic raids and rounding up hundreds of people in a single day. These worksite raids fracture families, devastate local economies, and spread fear and trauma that lingers for years. Yet in the wake of these devastating raids, immigrant communities exhibit resistance, resilience, creativity, and an extraordinary determination to rebuild.

In this powerful follow-up to his best-seller *Separated: Family and Community in the Aftermath of an Immigration Raid*, William D. Lopez brings us into the heart of communities targeted by large-scale ICE enforcement under the Trump administration. These are places where immigrant workers, many of whom have lived in the United States for decades, are suddenly torn from their families and livelihoods. Based on extensive fieldwork, this book highlights the voices of those who have endured these raids: the teachers left to comfort traumatized children, the faith leaders who opened their doors to families in crisis, the organizers who mobilized relief efforts overnight, and the workers and their families who fought for their right to remain.

As raids continue to increase across the country, this book is an urgent and deeply human portrait of what these raids leave behind—and the fierce, often unexpected ways communities come together across class, race, and immigration status in their aftermath.

POLITICAL SCIENCE / Public Policy /
Immigration

Available 09/23/2025

\$28.95 • Hardcover • 9781421453705

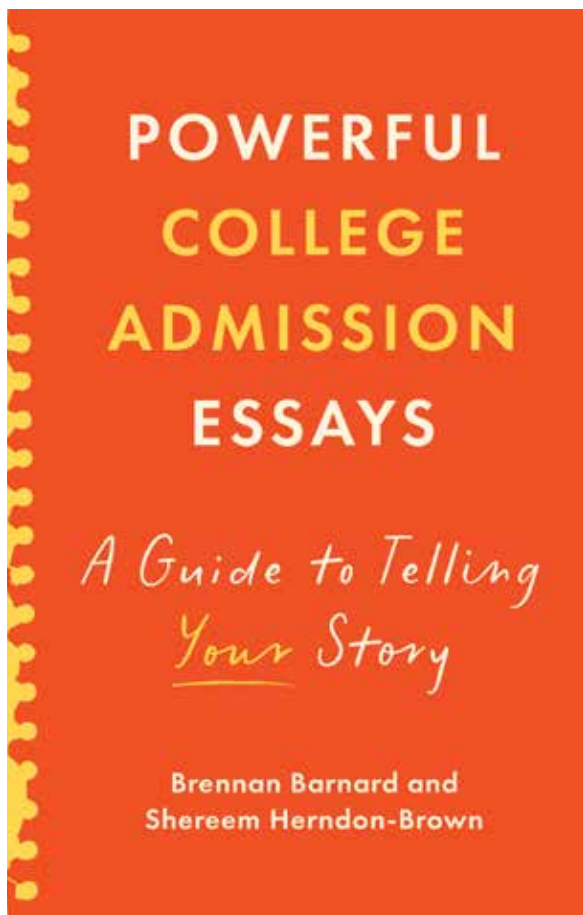
256 pages • 6 x 9"

Also available as an ebook

William D. Lopez is a clinical associate professor at the School of Public Health and a faculty associate in the Latina/o Studies Program at the University of Michigan. He is the author of *Separated: Family and Community in the Aftermath of an Immigration Raid*.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



Powerful College Admission Essays

A Guide to Telling Your Story

BRENNAN BARNARD AND SHEREEM HERNDON-BROWN

The college essay is a defining moment in the admissions process that offers students the chance to showcase their unique stories and voices beyond grades and test scores alone. *Powerful College Admission Essays* is a practical guide designed to help students and families navigate this challenging task. Written by seasoned admissions professionals and counselors with decades of experience, this book helps students write distinct essays that authentically reflect who they are.

This essential guide covers the entire process—from brainstorming and storytelling to structure, tone, and editing—while addressing common hurdles like writer’s block, clichés, and the complexities of integrating AI tools responsibly. Recognizing the pivotal role of families and educators, the authors include insights on how parents and counselors can support students without taking over the process. It’s an invaluable resource not only for high school students and their families but also for teachers and counselors leading essay-writing workshops or working with underserved and first-generation college applicants.

Unlike other books that promise shortcuts or “secrets” to a perfect essay, this guide emphasizes introspective and thoughtful self-expression. It prepares students to adapt their writing to the changing admissions landscape, including recent shifts following the Supreme Court’s decision on affirmative action. *Powerful College Admission Essays* offers the tools and inspiration to transform the college essay from a source of stress into an opportunity for growth and storytelling.

STUDY AIDS / College Entrance

Available 09/23/2025

\$19.95 · Paperback · 9781421453682

136 pages · 6 x 9”

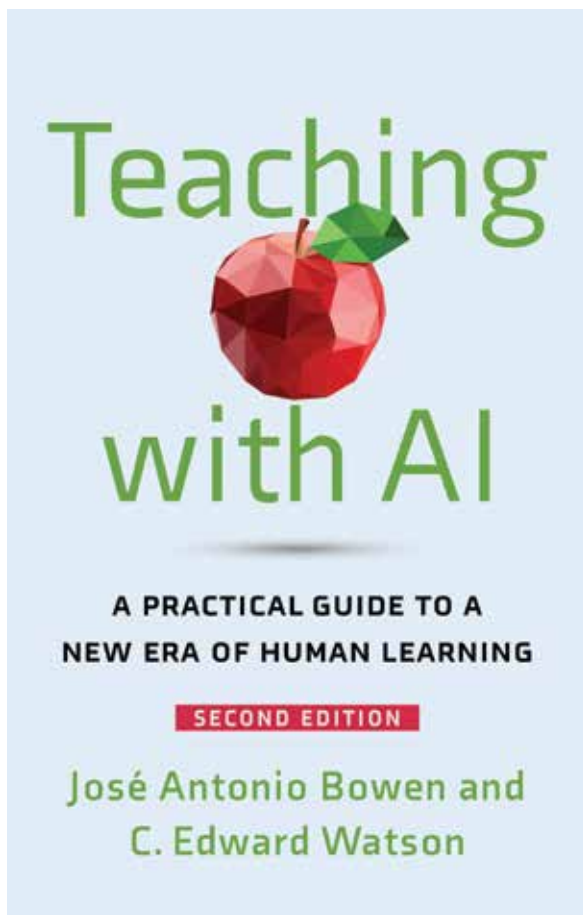
Also available as an ebook

Brennan Barnard is the director of college counseling for Khan Lab School and for the College Guidance Network. He also serves as the college admission program advisor for the Harvard Graduate School of Education’s Making Caring Common project.

Shereem Herndon-Brown is the founder and chief education officer of Strategic Admissions Advice, an educational consulting firm specializing in the creation of college counseling curriculum for charter schools and school districts, online essay courses, and personalized college advice coaching.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



Teaching with AI

A Practical Guide to a New Era of Human Learning, Second Edition

JOSÉ ANTONIO BOWEN AND C. EDWARD WATSON

Artificial Intelligence is revolutionizing the way we learn, work, and think. Its integration into classrooms and workplaces is already underway, transforming ideas about creativity, authorship, and education. In this practical guide, teachers will discover how to harness and manage AI as a powerful teaching tool. José Antonio Bowen and C. Edward Watson present emerging and powerful research on the seismic changes AI is already creating in schools and the workplace, providing invaluable insights into what AI can accomplish in the classroom and beyond.

This second edition provides essential updates to new classes of tools—such as reasoning models, deep research, and agents—as well as many new assignment ideas and revised prompt ideas throughout. The authors expand the section on simulations and role-playing and include a brand-new section on customized bots. A new chapter on ethics and environmental concerns rounds out the collection. By learning how to use new AI tools and resources, educators will gain the confidence to navigate the challenges and seize the opportunities presented by AI. From interactive learning techniques to advanced assignment and assessment strategies, this comprehensive guide offers practical suggestions for integrating AI effectively into teaching and learning environments. Bowen and Watson tackle crucial questions related to academic integrity, cheating, and other emerging issues.

In the age of AI, critical thinking skills, information literacy, and a liberal arts education are more important than ever. As AI continues to reshape the nature of work and human thinking, educators can equip students with the skills they need to thrive in a rapidly evolving world. This indispensable guide leads educators through the uncharted territory of AI-powered education and the future of teaching and learning.

EDUCATION / Schools / Levels / Higher

Available 12/02/2025

\$25.95 • Paperback • 9781421453392

296 pages • 5.5 x 8.5" • 3 b&w illus.

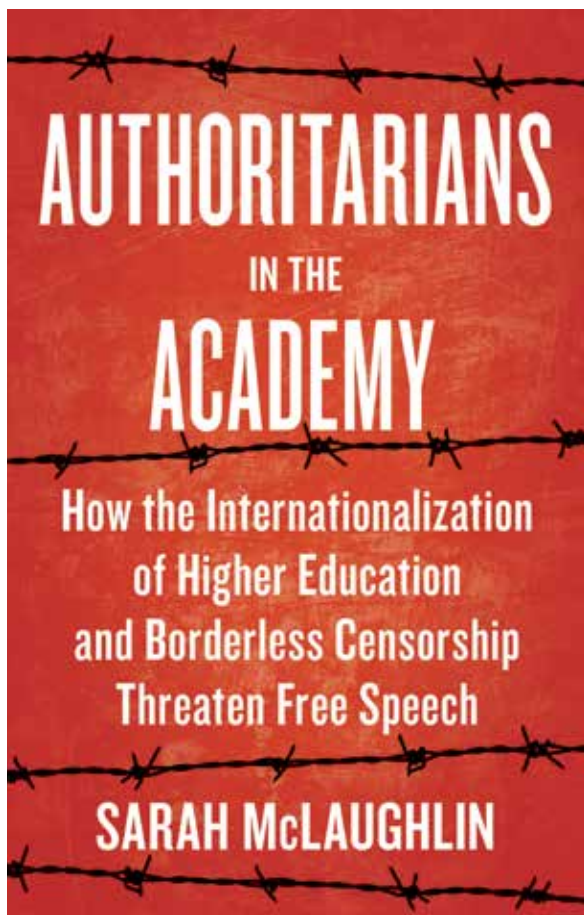
Also available as an ebook

José Antonio Bowen is the author of *Teaching Naked: How Moving Technology Out of Your College Classroom Will Improve Student Learning* and *Teaching Change: How to Develop Independent Thinkers Using Relationships, Resilience, and Reflection*. He is the former president of Goucher College.

C. Edward Watson is the Associate Vice President for Curricular and Pedagogical Innovation at the American Association of Colleges and Universities. He is the former Director of the Center for Teaching and Learning at the University of Georgia. He is the author of *Playing to Learn with Reacting to the Past: Research on High Impact, Active Learning Practices*. Bowen and Watson are coauthors of *Teaching Naked Techniques: A Practical Guide to Designing Better Classes*.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



Authoritarians in the Academy

How the Internationalization of Higher Education and Borderless Censorship Threaten Free Speech

SARAH McLAUGHLIN

In an era of globalized education, where ideals of freedom and inquiry should thrive, an alarming trend has emerged: foreign authoritarian regimes infiltrating American academia. In *Authoritarians in the Academy*, Sarah McLaughlin exposes how higher education institutions, long considered bastions of free thought, are compromising their values for financial gain and global partnerships.

This groundbreaking investigation reveals the subtle yet sweeping influence of authoritarian governments. Universities leaders are allowing censorship to flourish on campus, putting pressure on faculty, and silencing international student voices, all in the name of appeasing foreign powers. McLaughlin exposes the troubling reality where university leaders prioritize expansion and profit over the principles of free expression. The book describes incidents in classrooms where professors hesitate to discuss controversial topics and in boardrooms where administrators weigh the costs of offending oppressive regimes. McLaughlin offers a sobering look at how the compromises made in American academia reflect broader societal patterns seen in industries like tech, sports, and entertainment.

Meticulously researched and unapologetically candid, *Authoritarians in the Academy* is an essential read for anyone who believes in the transformative power of education and the necessity of safeguarding it from the creeping tide of authoritarianism.

EDUCATION / Schools / Levels / Higher

Available 08/19/2025

\$29.95 · Hardcover · 9781421452807

328 pages · 6 x 9"

Also available as an ebook

Sarah McLaughlin is a senior scholar of global expression at the Foundation for Individual Rights and Expression.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



Why Whales Sing

EDUARDO MERCADO III

With breathtaking complexity and haunting beauty, the songs of whales have long fascinated scientists. Whales are the only mammals that sing continuously for ten hours or more, and they do so loudly, even when no listeners are nearby. They also change the songs they sing every year. In *Why Whales Sing*, bioacoustician and cognitive scientist Eduardo Mercado transforms our understanding of these enigmatic sounds and proposes a groundbreaking theory that challenges decades of established science.

Fifty years of field research have led most scientists to conclude that humpback whales sing for the same reason that birds do: to advertise their sexual fitness. But if whale songs are nothing more than tools of attraction, why do whales sing even when they're alone? In light of modern advances in neuroscience and ocean acoustics, Mercado reaches the surprising conclusion that whales may not actually be "singing," but rather engaging in an activity more commonly associated with dolphins and bats—echolocating—which enables them to see their world with sound. By incessantly streaming sounds while listening closely to the returning echoes, whales may be actively tuning their brains in ways that allow them to monitor the movements of silent whales located miles away.

Sophisticated, long-range sonar can enable whales to perceive their vast underwater worlds in unimaginable ways. From the military origins of whale song recordings to the persistent mysteries of cetacean communication, this book displays the wonder of whales and reshapes how we view their intelligence, behavior, and acoustic mastery.

SCIENCE / Life Sciences / Marine Biology

Available 11/04/2025

\$29.95 · Hardcover · 9781421452890

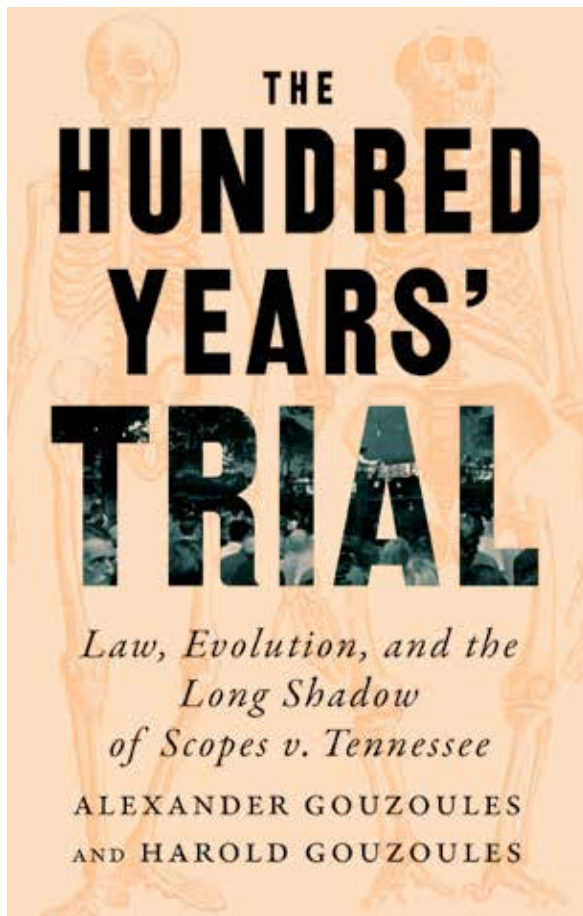
344 pages · 6 x 9" · 30 b&w illus.

Also available as an ebook

Eduardo Mercado III is a professor of psychology at the University of Buffalo, SUNY, and a 2023 Guggenheim Fellow. He is the author of *Principles of Cognition: Finding Minds*, and coauthor of *Learning and Memory: From Brain to Behavior*.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



The Hundred Years' Trial

Law, Evolution, and the Long Shadow of Scopes v. Tennessee

ALEXANDER GOUZOULES AND HAROLD GOUZOULES

In *The Hundred Years' Trial*, Alexander and Harold Gouzooules explore the century-long impacts of the historic 1925 *Scopes* “Monkey Trial,” starting with the development of evolutionary theory and charting the resulting cultural and legal conflicts over evolution in the United States. Through a blend of legal history, scientific exploration, and cultural analysis, the authors reexamine how this landmark trial remains a pivotal moment in shaping modern debates on science, religion, and education.

The *Scopes* Trial became a symbol of a larger culture clash, where questions of academic freedom, the role of religion in public life, and the boundaries of state intervention are fiercely debated. This book uncovers the complex layers of this conflict, offering readers a broader perspective that extends beyond the courtroom drama. In tracing the legacies of Clarence Darrow and William Jennings Bryan, the authors analyze how the trial’s outcomes reverberated through later Supreme Court cases and shaped public policies and educational standards well into the twenty-first century. The authors further illustrate how the dialogue surrounding evolution has contributed to contentious debates—not merely over the acceptance of evolutionary theory itself, but regarding emergent claims and interpretations that continue to generate public and legal scrutiny.

One hundred years later, the tensions between science and religious belief that were so brightly illuminated by *Scopes* are not only still with us, but also increasingly relevant to the perpetual cultural issues in the American political consciousness: abortion, climate change, and vaccines. *The Hundred Years' Trial* is vital for understanding not only how we arrived at our current political moment, but also where we go next in communicating science to a skeptical public.

“Great scientific advances confront heartfelt religious faith from Darwin’s time through the *Scopes* ‘monkey’ trial to today’s eerily similar (and equally needless) battles. Two friends, brilliant progressive lawyers, clash in court over teaching evolution, with echoes down to us in a fraught legacy. An elegant saga of science and law.”

—MELVIN KONNER,

author, *The Tangled Wing: Biological Constraints on the Human Spirit*

HISTORY / United States / General

Available 07/01/2025

\$32.95 · Hardcover · 9781421452173

336 pages · 6 x 9” · 14 b&w illus.

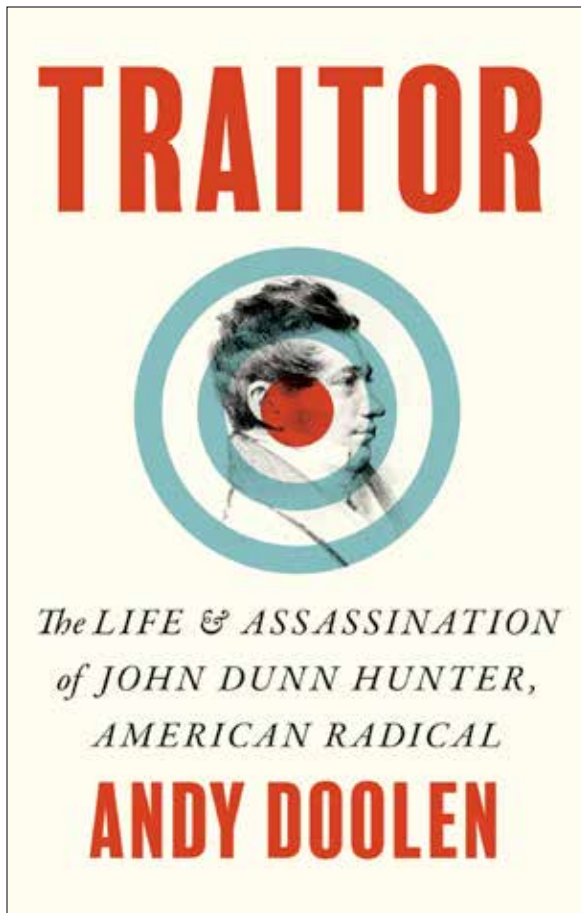
Also available as an ebook

Alexander Gouzooules is a legal scholar and associate professor at the University of Missouri School of Law.

Harold Gouzooules is an evolutionary biologist and a professor in the department of psychology at Emory University.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



Traitor

The Life and Assassination of John Dunn Hunter, American Radical
ANDY DOOLEN

John Dunn Hunter was many things: a frontier hero, a writer, a celebrity at home and abroad, and, ultimately, the victim of a deadly conspiracy. Born to white parents in 1800, he was captured as a young child by the Kickapoo and later raised by the Kansa and then the Osage. As a young man, he left his Osage family and crossed the Mississippi into the United States, where he became an ardent and persuasive voice in favor of Indigenous sovereignty in the face of western expansion and the removal of native populations.

In this gripping biography, Andy Doolen chronicles Hunter's compelling life and disgraceful murder. Often referred to as the "white Indian," Hunter published a gripping account of his life story and held court with esteemed figures of his day, from Presidents Jefferson and Madison to the Duke of Sussex and visionary reformer Robert Owen. But advocating for the rights of Indigenous people and nations painted a target on his back. Officials in the War Department accused him of being an imposter and the author of a hoax, but Hunter never had the chance to defend himself. He was in Texas at the time, one of the leaders in a pan-Indian movement for sovereignty, when he was assassinated in the infamous Fredonian Rebellion.

Although Hunter could not have known it at the time, he was at the vanguard of a movement for an inclusive vision of democracy that embraced Indigenous rights and humanity rather than excluding and denying them. Hunter's story is a stark reminder of the work that still must be done to fulfill the promises of the American experiment.

HISTORY / United States / General

Available 12/02/2025

\$34.95 · Hardcover · 9781421453286

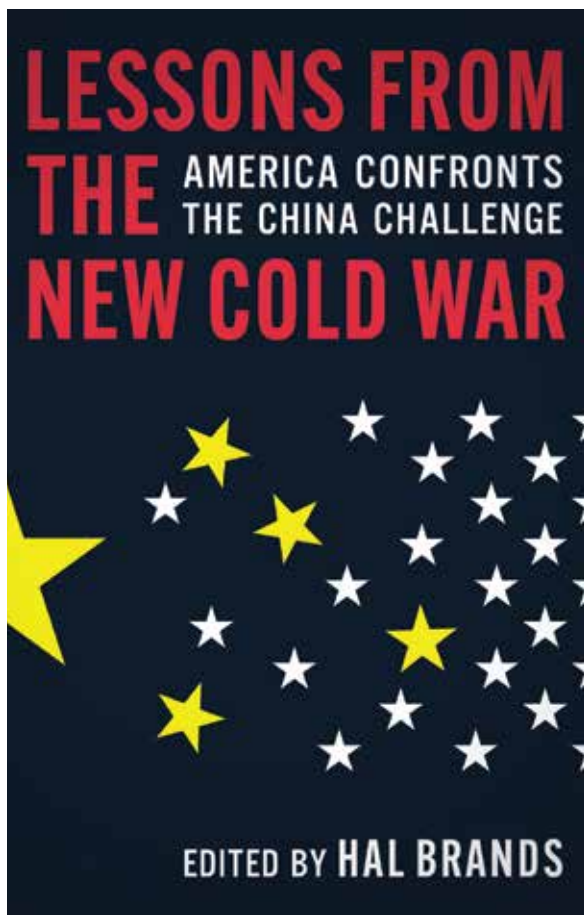
384 pages · 6 x 9" · 19 b&w illus.

Also available as an ebook

Andy Doolen is a professor of English and American studies at the University of Kentucky. He is the author of *Territories of Empire: US Writing from the Louisiana Purchase to Mexican Independence*.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



Lessons from the New Cold War

America Confronts the China Challenge

EDITED BY HAL BRANDS

A new Cold War is unfolding—one that will define the future of the international order. In *Lessons from the New Cold War*, editor Hal Brands assembles an all-star cast of the most influential thinkers in foreign policy, defense strategy, technology, and economics to grapple with the defining geopolitical rivalry of our time: the competition between the United States and China.

Over the past decade, Washington has placed its contest with Beijing at the center of its national strategy, forging a rare consensus across the political spectrum. But as this global confrontation intensifies—across supply chains, the Taiwan Strait, and cyberspace—key questions remain. Where is America succeeding? Where is it falling short? And how can it prepare for what lies ahead? Through a sweeping analysis that spans cutting-edge technology, economic decoupling, and military strategy, this book explores the multilayered nature of the conflict.

Contributors examine China's assertive economic statecraft and its ambitions for a new global order, the shifting nuclear balance and the intelligence war, the complex web of Indo-Pacific alliances, and the ideological struggle over democracy and authoritarianism. Covering vital topics like semiconductor supremacy, democracy's durability, India's strategic role, and the future of US leadership, this incisive collection offers an unflinching assessment of the new Cold War's stakes—and a roadmap for navigating its challenges. Essential reading for policymakers, scholars, and anyone concerned with the global balance of power, it is a vital guide to a rivalry that is reshaping the twenty-first century.

POLITICAL SCIENCE / Public Policy / General

Available 07/01/2025

\$32.95 · Paperback · 9781421453446

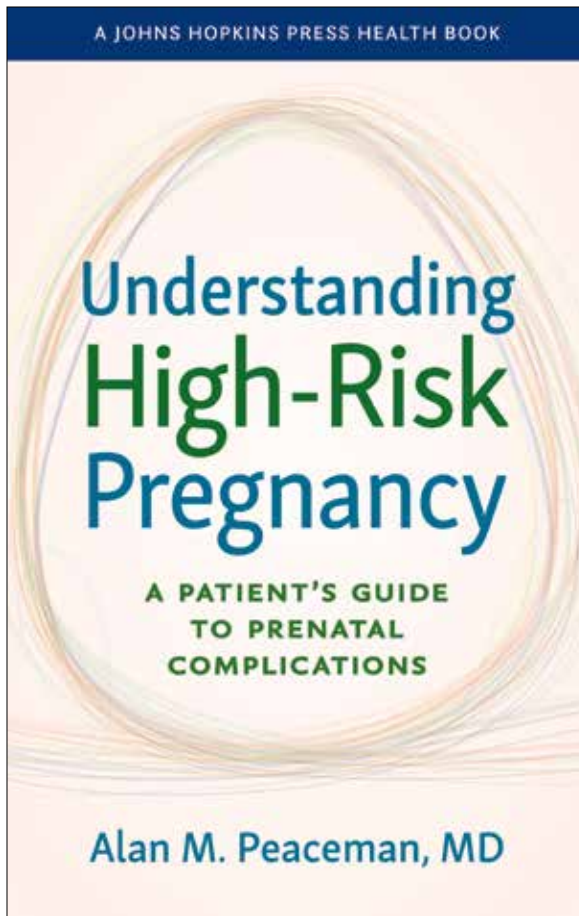
304 pages · 6 x 9" · 5 maps

Also available as an ebook

Hal Brands is the Henry A. Kissinger Distinguished Professor of Global Affairs at the Johns Hopkins School of Advanced International Studies (SAIS) and a scholar at the American Enterprise Institute. A columnist for *Bloomberg Opinion*, he is also the author or editor of several books, including *War in Ukraine: The Future of Conflict, Competition, and Cooperation*; *COVID-19 and World Order: Conflict, Strategy, and the Return of a Fractured World*; *The New Makers of Modern Strategy: From the Ancient World to the Digital Age*; and *The Twilight Struggle: What the Cold War Teaches Us about Great-Power Rivalry Today*.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | [PRESS.JHU.EDU](https://press.jhu.edu) | CANADA FALL 2025



Understanding High-Risk Pregnancy

A Patient's Guide to Prenatal Complications

ALAN M. PEACEMAN, MD

In the United States, millions of people experience the life-changing event of pregnancy every year, but for nearly one-third of them, the journey comes with heightened risks. In this compassionate guide, obstetrician-gynecologist Alan M. Peaceman, MD, explores the complexities of high-risk pregnancies with the empathy and clarity that every expectant parent deserves.

With over thirty years of experience treating patients with high-risk pregnancies, Dr. Peaceman explains:

- What constitutes a high-risk pregnancy and how to identify key factors that make one more likely
- The potential negative and positive effects of medication use during pregnancy, with a focus on essential drugs for managing chronic conditions
- How to address anxiety, depression, and the increased likelihood of postpartum depression for women with preexisting mental health conditions
- The challenges associated with advanced maternal age, including genetic testing and increased monitoring
- How to deal with preexisting health issues such as hypertension, diabetes, thyroid disorders, and autoimmune diseases.
- How the baby can be evaluated for genetic and structural abnormalities
- How to identify and treat pregnancy complications, including preeclampsia, preterm birth, and placental problems
- Special considerations and strategies for handling complicated twin and triplet pregnancies
- The cause, evaluation, and clinical management of each high-risk condition

This companion for expectant parents and their families provides essential knowledge and guidance on how to make informed choices while working collaboratively with health care providers.

“Dr. Peaceman has guided thousands of women through complicated pregnancies. His thoughtful and comprehensive new book addresses the challenges of complex pregnancies in a patient-centered, digestible manner, and is a critical guide for patients with or contemplating a high-risk pregnancy. Everyone can now benefit from Dr. Peaceman’s expertise and words of wisdom.”

—JUSTIN R. LAPPEN, MD,

Director of Maternal-Fetal Medicine, Cleveland Clinic

HEALTH & FITNESS / Pregnancy & Childbirth

Available 08/19/2025

\$54.95 • Hardcover • 9781421452326

\$22.95 • Paperback • 9781421452333

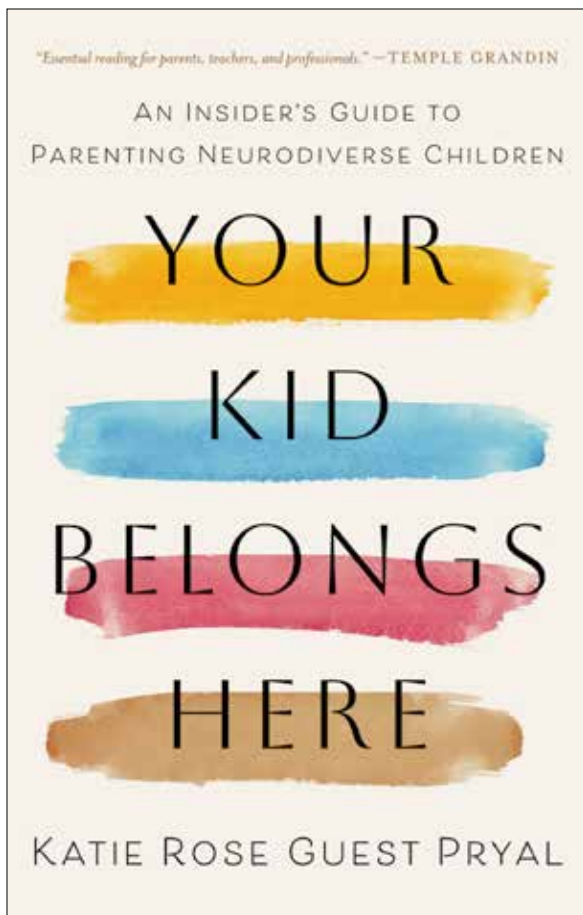
280 pages • 6 x 9" • 7 b&w illus.

Also available as an ebook

Alan M. Peaceman, MD, is an obstetrician-gynecologist at the Prentice Women’s Hospital of Northwestern Medicine and Professor Emeritus of Obstetrics and Gynecology at the Northwestern University Feinberg School of Medicine.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



Your Kid Belongs Here

An Insider's Guide to Parenting Neurodiverse Children

KATIE ROSE GUEST PRYAL

Your Kid Belongs Here is a heartfelt, practical guide to parenting children in a world not designed for them—or their parents. Combining personal stories, research, and helpful strategies, Katie Rose Guest Pryal shares her journey as a neurodivergent mother raising neurodivergent children and offers a powerful narrative of advocacy, empathy, and resilience.

This book addresses the unique challenges faced by neurodiverse families while celebrating the strengths of neurodivergent children and parents alike. With a focus on building trust, fostering self-advocacy, and embracing neurodiversity, this guide:

- Provides advice on parenting children with developmental neurodivergences such as ADHD and autism; psychiatric disabilities such as anxiety and depression; and acquired neurodivergences such as post-concussion syndrome.
- Offers strategies for supporting emotional regulation and managing children's meltdowns, anxiety, and other emotional challenges.
- Guides parents on navigating schools and advocating for their child's rights in educational settings, including securing accommodations like IEPs and 504 plans.
- Discusses the psychological impact of masking and how to create spaces where children can express their true selves.
- Provides balanced insights into medication use, addressing societal shame, and emphasizing informed, personalized choices.
- Encourages parents to support and engage with their children's special interests and passions as a pathway to growth and confidence.
- Highlights the importance of parents' self-care and well-being, with practical tips for managing stress and maintaining resilience.

An empowering, empathetic resource for parents, educators, and advocates, this guide invites readers to reimagine how inclusive and supportive parenting can contribute to a more compassionate world.

“An autistic mother provides lots of practical advice on raising her kids. Essential reading for parents, teachers, and professionals. I really liked her recommendations on social media use and navigating difficult IEP meetings with the school. Her common-sense views on the use of medication were refreshing.”

—TEMPLE GRANDIN,

author, *Thinking in Pictures: My Life with Autism*

FAMILY & RELATIONSHIPS / Autism Spectrum Disorders

Available 11/11/2025

\$22.95 • Paperback • 9781421453354

\$54.95 • Hardcover • 9781421453347

240 pages • 6 x 9"

Also available as an ebook

Katie Rose Guest Pryal is a bipolar-autistic speaker and the author of *A Light in the Tower: A New Reckoning with Mental Health in Higher Education*, *Life of the Mind Interrupted: Essays on Mental Health and Disability in Higher Education*, and *Even If You're Broken: Bodies, Boundaries, and Mental Health*.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025

May Contain Anxiety

Managing the Overwhelm of Parenting Children with Food Allergies

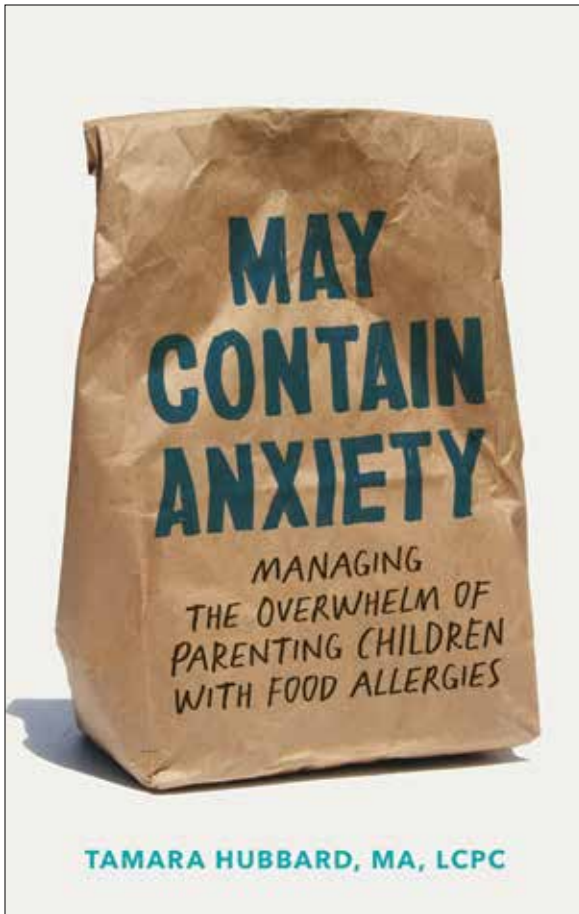
TAMARA HUBBARD, MA, LCPC

Parenting a child with food allergies or other allergic conditions means navigating a labyrinth of emotions, decisions, and challenges. In *May Contain Anxiety*, licensed therapist and allergy parent Tamara Hubbard provides practical guidance tailored to the millions of parents managing this reality. Through her own parenting experiences, clinical expertise, and the voices of other allergy parents, Hubbard offers a compassionate resource to help you thrive amid the overwhelm.

This essential guide provides:

- Insight into the emotional and psychological challenges of allergy parenting, including managing anxiety, dealing with uncertainty, and navigating developmental changes.
- Acceptance and Commitment Therapy (ACT) strategies for accepting discomfort, decreasing overwhelm, and mindfully parenting based on values, not anxiety.
- Evidence-based techniques to address fear-driven thoughts and to cultivate awareness to manage allergy-related anxiety effectively.
- Guidance on how to teach children age-appropriate skills to safely and responsibly manage their allergies.
- Tips for establishing shared parenting goals and clear communication between co-parents to create consistent and effective allergy management routines.
- Mindfulness-based exercises designed to support the whole family in navigating the emotional complexities of allergy management together.
- Step-by-step strategies for creating a personalized mindful allergy parenting plan.

Each chapter is enriched with relatable stories, real-world examples, and exercises designed to empower both you and your family. Whether you're grappling with an unexpected diagnosis or seeking balance after allergy-related challenges, this book will help you foster an encouraging, confident environment for your child and yourself.



HEALTH & FITNESS / Allergies

Available 09/30/2025

\$54.95 · Hardcover · 9781421449579

\$21.95 · Paperback · 9781421449586

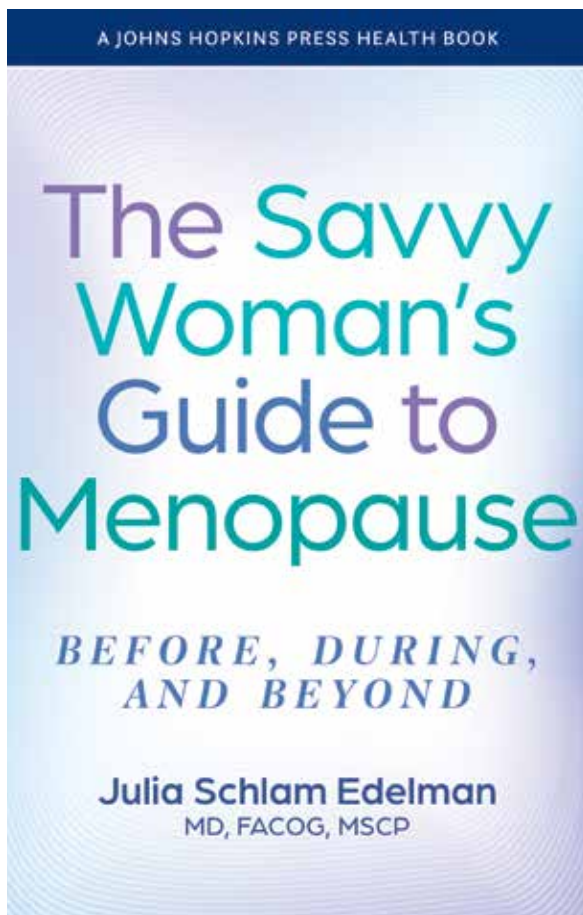
248 pages · 5.5 x 8.5"

Also available as an ebook

Tamara Hubbard is a licensed clinical professional counselor and family therapist who provides evidence-based therapeutic support for women, mothers, and parents of those managing allergic diseases. She is the founder of the Academy of Food Allergy Counseling and an active allied health member of the American Academy of Allergy, Asthma, and Immunology (AAAAI) and the American College of Allergy, Asthma, and Immunology (ACAAI).

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



The Savvy Woman's Guide to Menopause *Before, During, and Beyond*

JULIA SCHLAM EDELMAN, MD, FACOG, MSCP

The Savvy Woman's Guide to Menopause is the definitive guide to navigating the physical, mental, and emotional changes associated with menopause. With over 30 years of experience as a gynecologist and menopause clinician, Dr. Julia Edelman provides evidence-based advice for managing symptoms and preventive health strategies through a variety of approaches, including lifestyle adjustments, hormonal and non-hormonal treatments, and alternative remedies.

This book empowers readers to understand the latest information about optimizing their health in midlife and beyond by addressing critical topics like cancer prevention and the impact of cultural, medical, and demographic factors on women's health as they relate to perimenopause, menopause, and postmenopause. This guide features:

- Practical strategies for managing hot flashes, sleep disturbances, mood changes, memory challenges, and other common menopause symptoms.
- Comprehensive insights into hormonal and non-hormonal treatments, alternative remedies, and precision medicine for personalized care.
- Guidance on lifestyle choices and medical strategies to reduce the risk of cancer, cardiovascular issues, osteoporosis, and diabetes.
- Exploration of how age, sex, race, and sexual orientation influence menopause experiences and treatment options.

Whether you're seeking relief from symptoms or looking to optimize your health during menopause and beyond, this book offers insightful and compassionate guidance tailored to your unique journey.

HEALTH & FITNESS / Menopause

Available 10/14/2025

\$54.95 · Hardcover · 9781421452968

\$24.95 · Paperback · 9781421452975

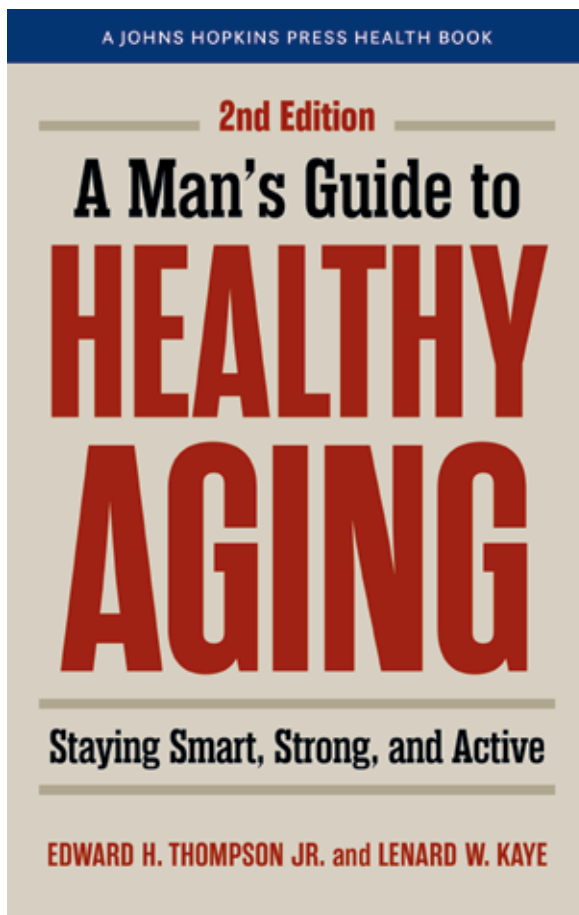
440 pages · 6 x 9"

Also available as an ebook

The Menopause Society's 2010 Menopause Practitioner of the Year, **Julia Schlam Edelman**, MD, FACOG, is a board-certified gynecologist, a certified menopause clinician, and a Fellow of the American College of Obstetricians and Gynecologists. She is in private practice in Massachusetts.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



A Man's Guide to Healthy Aging ***Staying Smart, Strong, and Active, Second Edition*** EDWARD H. THOMPSON JR. AND LENARD W. KAYE

In *A Man's Guide to Healthy Aging*, Edward H. Thompson, Jr., and Lenard W. Kaye explore the new and evolving landscape of men's health over their adult lives. They present a positive outlook on aging, viewing it as an opportunity for continued growth, vitality, and personal agency. Offering an overview of issues and concerns, the authors encourage men to take charge of their health and wellness by maintaining active lifestyles, recoupling if necessary, and engaging in post-retirement careers, among other activities intended to bolster physical, mental, and social health and wellness.

The guide covers important topics including:

- The significance of self-care, especially in terms of physical activity, eating nutritiously, and being socially connected.
- Normal aging's impact on men's bodies, including their sexual health, cognitive function, and physiological changes.
- Navigating post-retirement careers and staying engaged in community life.
- Understanding relationships and recoupling in later life.
- Addressing ageism and resisting negative stereotypes of older men.
- Strategies for maintaining brain health and preventing cognitive decline.
- Practical advice on late life financial planning, including wills, trusts, and estate planning decisions.
- Insights into the social and cultural forces shaping men's health and longevity.
- How aging men can stay connected, maintain friendships, and foster strong social support systems.

New content based on major trends in the last ten years covers the impacts of the COVID-19 pandemic, planning for housing, the expanding availability of Medicare and Medicaid coverage and telemedicine, and more. While focusing on men, this guide also offers valuable insights for anyone hoping to better understand an aging father, brother, or partner. With a mix of research-backed information and relatable anecdotes, the authors encourage men to take charge of their health, challenge earlier generations' societal expectations of late life, and live with purpose and vitality well into their later years.

HEALTH & FITNESS / Men's Health

Available 10/07/2025

\$59.95 · Hardcover · 9781421453255

\$32.95 · Paperback · 9781421453262

616 pages · 7 x 10" · 66 b&w illus.

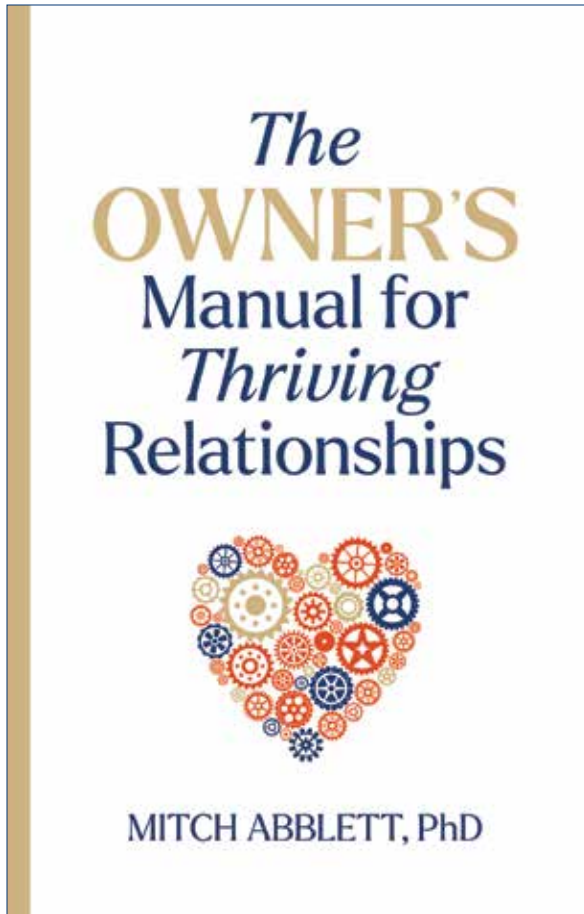
Also available as an ebook

Edward H. Thompson, Jr., is professor emeritus of sociology at the College of the Holy Cross. He is the author of *Men, Masculinities, and Aging: The Gendered Lives of Aging Men*.

Lenard W. Kaye is a professor of social work and the Director of the Center on Aging at the University of Maine. He is the author of *Social Isolation of Older Adults: Strategies to Bolster Health and Well-Being*.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | [PRESS.JHU.EDU](https://press.jhu.edu) | CANADA FALL 2025



The Owner's Manual for Thriving Relationships

MITCH ABBLETT, PHD

In this unique guide to improving relationships, clinical psychologist Mitch Abblett provides advice and tips on how to build more meaningful connections in every area of life—family, friendships, romantic partnerships, and professional relationships. Dr. Abblett encourages readers to replace blame, avoidance, and control-based possessiveness with the liberating practice of relational ownership.

This refreshing guide introduces a practical, accessible framework to help readers navigate relationship challenges, identify the habits that keep them stuck, and build vibrant, healthier patterns of relating. Dr. Abblett explains how to:

- Shift from blaming others to fully owning one's role and responses in relationships.
- Recognize relationships as a series of moments to be authentically engaged, rather than problems to be solved or people to be managed.
- Break control-based habits by transforming possessive or defensive patterns that hinder meaningful connections.
- Address the stories we tell ourselves that contribute to relationship pain and disconnection.
- Develop skills for mindful awareness, empathetic understanding, and taking aligned actions in challenging interactions.
- Understand others' perspectives and emotions without defensiveness or judgment.
- Repair relationships, address past conflicts, navigate resentment, and create safe spaces for emotional healing.
- Practice self-care in relationships by balancing the needs of others with self-compassion and boundaries.

Through engaging stories, perspective-shifting tools, and reflective exercises, *The Owner's Manual for Thriving Relationships* offers a fresh, empowering approach to improving the quality of relationships and unlocking a life of richer, more authentic connections.

SELF-HELP / Self-Management / General

Available 11/18/2025

\$54.95 • Hardcover • 9781421453224

\$22.95 • Paperback • 9781421453231

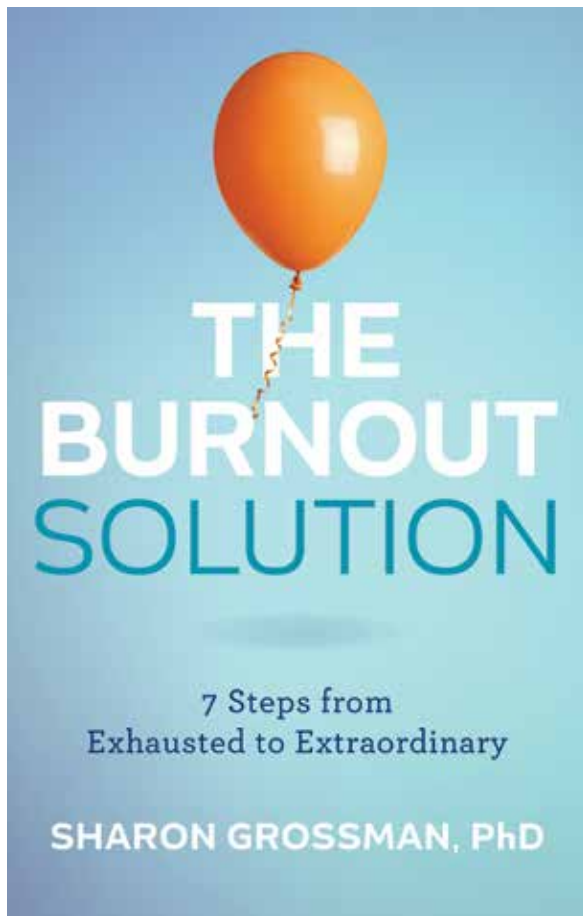
200 pages • 6 x 9"

Also available as an ebook

Mitch Abblett is a practicing clinical psychologist and the author of the Nautilus Gold Medal award-winning *Prizeworthy: How to Meaningfully Connect, Build Character, and Unlock the Potential of Every Child*.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



The Burnout Solution

7 Steps from Exhausted to Extraordinary

SHARON GROSSMAN, PHD

Are you tired of feeling drained, overwhelmed, and uninspired? You're not alone. Millions of people worldwide struggle with burnout, a debilitating condition that can impact every aspect of your life. But it doesn't have to be this way.

Dr. Sharon Grossman, a psychologist and executive coach, has helped countless individuals and organizations overcome burnout and achieve lasting well-being. In *The Burnout Solution*, she shares her proven 7-step framework to help you:

- Identify the early signs of burnout
- Understand how burnout manifests in your life
- Build resilience and emotional intelligence
- Protect and replenish your energy
- Prioritize meaningful work and eliminate energy drains
- Rediscover your core values and purpose
- Create a balanced and gratifying life

With practical exercises, insightful reflections, and a supportive community, *The Burnout Solution* empowers you to take control of your well-being and to thrive. Don't let burnout hold you back any longer. Discover the path to a happier, healthier, and more fulfilling life.

"Each year that goes by leaves us with more things to do, have, and become, and everyone around us reinforces this compulsion to go, go, go. Dr. Sharon's book shows how to reclaim our lives, find our focus, and create something so rare in our modern times: balance and happiness."

**—CHRIS FELLOWS,
Bold Street**

HEALTH & FITNESS / Mental Health

Available 08/05/2025

\$54.95 • Hardcover • 9781421451985

\$24.95 • Paperback • 9781421451992

464 pages • 6 x 9" • 29 b&w illus.

Also available as an ebook

Dr. **Sharon Grossman** is a psychologist and executive coach who has dedicated her career to helping individuals and organizations achieve optimal well-being. She is the author of *The 7E Solution to Burnout: Transforming High Achievers From Exhausted to Extraordinary*.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025

The Friends and Family Guide to the Opioid Overdose Epidemic

Including How to Recognize
and Treat an Overdose

Peter Canning

The Friends and Family Guide to the Opioid Overdose Epidemic

Including How to Recognize and Treat an Overdose

PETER CANNING

The opioid crisis in the United States continues to kill Americans at an alarming rate. Over the past two decades, annual overdose deaths have skyrocketed, growing from roughly 20,000 per year to over 100,000 per year. In this deeply informed and compassionate guide, Peter Canning shares the devastating realities of the opioid crisis from the perspective of a seasoned paramedic and advocate. This essential resource provides practical tools to recognize and respond to overdoses, access life-saving treatments like naloxone, and navigate the complex landscape of addiction and recovery.

Canning humanizes the crisis through poignant stories of individuals and families grappling with the ripple effects of substance use. The book offers a broader understanding of the epidemic's roots, including the rise of fentanyl, the science of addiction, and the transformative potential of harm reduction strategies. Canning explains how to recognize the signs of overdose, the risk factors that increase the likelihood of overdose, and the precautions that both people who use opioids and those who care about them can take. With extensive experience as a paramedic who responded to countless opioid overdoses, Canning explains what to do in case you discover someone who has overdosed on opioids.

For anyone trying to help a loved one manage opioid use disorder, the process can be overwhelming, and the stigma that accompanies substance use disorder makes it even harder. Whether you're a concerned citizen, a family member, or someone directly impacted by the crisis, *The Friend and Family Guide to the Opioid Overdose Epidemic* equips you with the knowledge and empathy to take meaningful steps toward saving lives and fostering understanding in your community.

MEDICAL / Public Health

Available 08/26/2025

\$19.95 · Paperback · 9781421452845

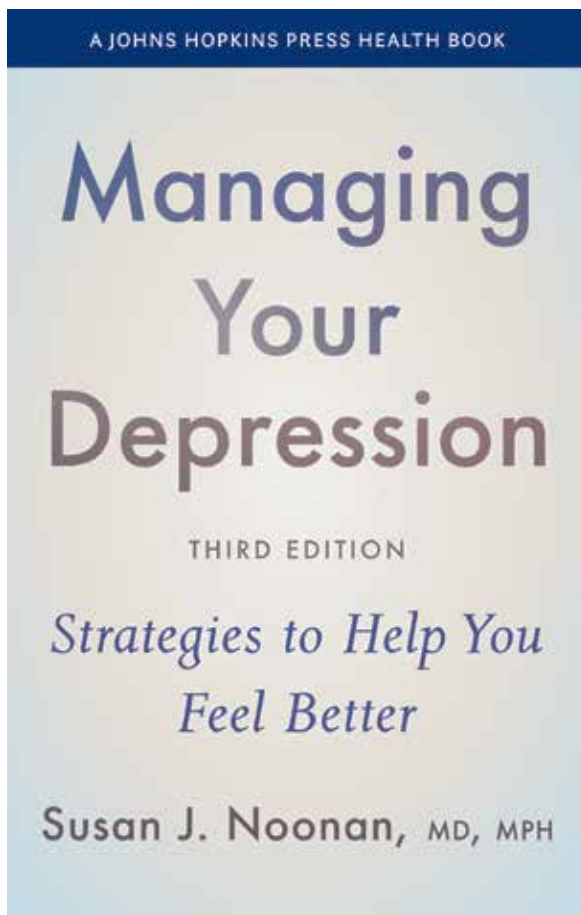
256 pages · 5 x 7" · 22 b&w photos, 1 b&w illus.

Also available as an ebook

Peter Canning, the EMS coordinator at UConn John Dempsey Hospital, has worked for more than thirty years as a 911 paramedic. He is the author of *Killing Season: A Paramedic's Dispatches from the Front Lines of the Opioid Epidemic* and *Paramedic: On the Front Lines of Medicine*.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



Managing Your Depression

Strategies to Help You Feel Better, Third Edition

SUSAN J. NOONAN, MD, MPH

In this updated edition of the classic guide to managing your depression, Dr. Susan J. Noonan provides comprehensive support for navigating the challenges of mood disorders with clarity, compassion, and evidence-based solutions. As a physician who has personal experience living with depression, Dr. Noonan offers practical tools and exercises to help individuals understand and manage their symptoms, build resilience, and foster recovery.

This updated edition introduces the most recent cutting-edge topics, including evolving precision medicine, while addressing the impact of age, cultural factors, and co-occurring conditions on mental health. Expanded sections tackle key issues such as common challenges and obstacles, loneliness, women's mental health, and the role of technology in accessing care.

This essential guide:

- Provides clear explanations of mood disorders, their symptoms, and the biological, psychological, and environmental factors contributing to them.
- Explains various mental health treatments, including therapy approaches and emerging techniques.
- Emphasizes self-care strategies to maintain emotional health and stability: sleep, diet, physical exercise, routine and structure, and avoiding isolation
- Offers practical exercises and strategies to foster resilience, identify warning signs, manage triggers, and prevent relapse
- Includes exercises to improve mindfulness, manage stress, and develop healthier thought patterns.
- Guides readers on navigating the mental health system, finding the right provider, and being active participants in their care.

Whether you are personally affected or supporting a loved one, this trusted work offers clear and practical advice with helpful exercises for addressing depression and feeling better.

SELF-HELP / Self-Management / General

Available 10/07/2025

\$54.95 · Hardcover · 9781421453194

\$22.95 · Paperback · 9781421453200

384 pages · 6 x 9" · 3 figures

Also available as an ebook

Susan J. Noonan, MD, MPH, is a physician, certified peer specialist, mental health and wellness coach, speaker and consultant to Massachusetts General Hospital and to The Engage Initiative. She is the author of *Take Control of Your Depression: Strategies to Help You Feel Better Now* and *Helping Others with Depression: Words to Say, Things to Do*, and *Reconnecting After Isolation: Coping with Anxiety, Depression, Grief, PTSD, and More*.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



Music Between Your Ears

How Musical Engagement Powers the Human Brain

SAMUEL MARKIND, MD, FOREWORD BY SHEILAH RAE, AFTERWORD BY SCOTT C. SHULER, PHD

Why does music influence how we feel so deeply—and what are the scientific mechanisms behind this phenomenon? In *Music Between Your Ears*, Dr. Samuel Markind explores the intriguing relationship between music and brain function. Using evolutionary theory, he illuminates the pivotal role that music plays in human survival and procreation. From communication and caregiving to social bonding and partner selection, music has molded the human species and continues to shape our lives in remarkable ways.

This book combines insights from neuroscience and psychology with helpful drawings and vivid examples to present compelling evidence for music's life-enhancing potential. Dr. Markind highlights the brain's instinctive capacity for music: from newborns' natural affinity for rhythm and melody to the effect that music has on brain development throughout the lifespan. Music also helps people learn at any age and in any condition, so it can improve speech, movement, and memory in both healthy individuals and those suffering from illness or injury. Dr. Markind encourages readers to engage actively with music. Whether through singing, dancing, or instrument playing, the benefits of active participation are profound and accessible to everyone, regardless of musical background. This book, filled with straightforward and practical suggestions, is an inspiring guide for anyone seeking to enrich their life through music.

Music Between Your Ears shows how the act of engaging with music can profoundly impact your mental, physical, and emotional well-being. And the benefits of music go far beyond entertainment—they're essential to the very fabric of what makes us human.

PSYCHOLOGY / Neuropsychology

Available 10/28/2025

\$32.95 · Hardcover · 9781421452371

384 pages · 6 x 9" · 23 b&w illus.

Also available as an ebook

Samuel Markind, MD, is a neurologist with more than 30 years of experience in clinical practice as well as a student of piano and dance.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



The Conversation on Extreme Weather

EDITED BY JENNIFER A. HORNEY

As extreme weather events grow in frequency and intensity, climate science has made significant strides in understanding their underlying causes. In *The Conversation on Extreme Weather*, editor Jennifer A. Horney collects essays from *The Conversation* by scholars and experts that explore how climate change contributes to record-breaking storms, heat waves, droughts, and floods.

These essays highlight the latest advances in attribution studies, which can now quantify the impact of human-caused climate change on individual weather events, such as Hurricane Helene's historic rainfall. Changing weather patterns interact in dangerous ways—droughts are followed by floods, cascading disasters like landslides are triggered by wildfires, and “weather whiplash” threatens crops and economies alike. As populations grow in vulnerable areas, the risks multiply, requiring collaboration among scientists, governments, and communities to effectively manage and mitigate these new realities. With this essential guide, readers will gain a deeper understanding of how extreme weather events are reshaping our world and learn what we can do to prepare for the future.

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

“The Conversation on Extreme Weather’s comprehensive exploration of the nexus between climate change and extreme weather events, coupled with its detailed analysis of societal impacts and policy implications, makes it a valuable contribution to the field. The book adeptly navigates complex scientific concepts, making them accessible to a broad audience. Moreover, its interdisciplinary approach enriches the public discourse on climate change adaptation and mitigation, addressing concerned citizens, the scientific community, and policy makers alike.”

—KAHLER W. STONE,
Middle Tennessee State University

NATURE / Weather

Available 07/15/2025

\$19.95 · Paperback · 9781421452012

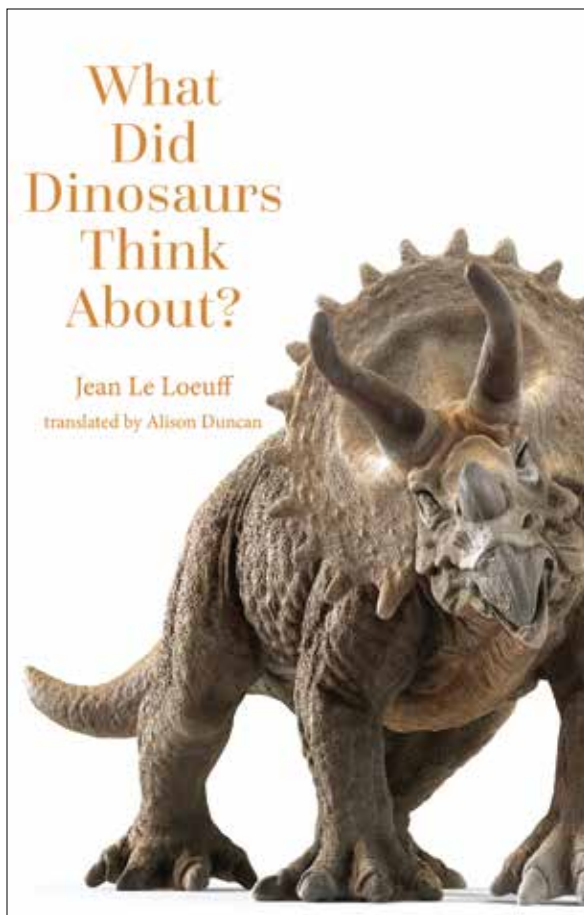
320 pages · 5 x 8” · 7 b&w photos, 5 b&w illus.

Also available as an ebook

Jennifer A. Horney is the founding director of the epidemiology program at the University of Delaware and a core faculty member of the university's Disaster Research Center.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



What Did Dinosaurs Think About?

JEAN LE LOEUFF, TRANSLATED BY ALISON DUNCAN

What do we truly know about the intelligence of dinosaurs? In *What Did Dinosaurs Think About?* paleontologist Jean Le Loeuff takes us beyond these captivating animals' cinematic portrayals in Jurassic Park to illustrate how these creatures truly lived, hunted, socialized, and survived.

Based on the latest paleontological discoveries, Le Loeuff examines dinosaur intelligence, social behaviors, and sensory experiences, offering a fresh view of their world. Could T. rex truly smell its prey from miles away? How did Triceratops and Velociraptors interact with each other and their environments? And could some dinosaurs communicate with sounds—or even colors? With advancements like CT scans and 3D imaging, scientists are uncovering new insights into dinosaur brains, senses, and vocalizations.

Le Loeuff explores topics like the intricate structure of the dinosaur brain, the colors and patterns of their skin, and what their fossilized footprints reveal about their social lives. Readers will also learn how today's birds and reptiles provide clues to the habits and behaviors of their ancient relatives. From the scaly giants that roamed prehistoric landscapes to the swift predators that stalked their prey under moonlight, this fascinating book offers a captivating glimpse into the lives of these extraordinary animals.

**NATURE / Animals / Dinosaurs & Prehistoric
Creatures**

Available 12/02/2025

\$24.95 • Paperback • 9781421452074

200 pages • 6 x 9"

Also available as an ebook

Jean Le Loeuff is the director of the Musée des Dinosauriens d'Espéraza and the author of *T.rex Superstar*.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025

PETER AGRE, MD WITH SEEMA YASMIN, MB BChir

Can Scientists Succeed Where Politicians Fail?



JOHNS HOPKINS
WAVELENGTHS

Can Scientists Succeed Where Politicians Fail?

PETER AGRE, MD, WITH SEEMA YASMIN, MB BChir

Sometimes in secret, sometimes as official ambassadors for their governments, scientists trade their white coats for blazers, stepping out of the lab and directly into sensitive, often life-threatening global crises. Think of the Paris Climate Agreement or the Iran Nuclear Deal, the Manhattan Project, and the Antarctic Treaty of 1959. Scientists have played a pivotal role in many of the greatest episodes in political history.

But what prompts their involvement in international affairs, and what are some of the impacts of their efforts? *Can Scientists Succeed Where Politicians Fail?* recounts Nobel laureate Dr. Peter Agre's career as a physician-scientist who went from studying malaria and other diseases to meeting with Fidel Castro in Cuba, discoursing with North Korean officials, and traveling into the Islamic Republic of Iran.

Fusing science with political diplomacy, Agre and others like him demonstrate that effective science demands collaboration and that scientific collaboration can engender political success. The dynamic results of scientific involvement shift cross-border relationships, reducing global threats such as climate change, famine, conflict, and epidemics. It also results in cross-pollination between politicians and scientists in ways that inform policy and promote peace. The book explores Agre's story alongside those of volcanologists in North Korea, epidemiologists in Latin America, and other scientists who have and are working alongside politicians, from African tribal chiefs to communist leaders, to tackle natural disasters and infectious threats in new ways.

Features:

- Combining descriptions of Agre's professional contributions with tales of his encounters in Cuba, Iran, and North Korea, this book provides vivid accounts of lesser-known scientific routes to diplomacy
- Gives readers an intimate understanding of how scientists interact with politicians to resolve crises from pandemics to nuclear threats to volcanic eruptions
- Interviews with leading politicians and scientists enrich the narrative with first-person accounts

POLITICAL SCIENCE / Political Process /
Political Advocacy

Available 10/21/2025

\$18.95 • Paperback • 9781421452999

256 pages • 5 x 7"

Also available as an ebook

Peter Agre is an American physician, Nobel Laureate, and molecular biologist. A Bloomberg Distinguished Professor at the Johns Hopkins Bloomberg School of Public Health and Johns Hopkins School of Medicine, he serves as the director of the Johns Hopkins Malaria Research Institute and is a former president of the American Association for the Advancement of Science (AAAS).

Seema Yasmin is an Emmy Award-winning health reporter, epidemiologist, and medical doctor. The director of the Stanford Health Communication Initiative and a clinical assistant professor at Stanford University School of Medicine, she is the author of *Muslim Women Are Everything: Stereotype-Shattering Stories of Courage, Inspiration, and Adventure* and *Viral BS: Medical Myths and Why We Fall for Them*.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025

JAMES BELLINGHAM, PhD WITH CLAUDIA GEIB

How Are Marine Robots Shaping Our Future?



JOHNS HOPKINS
WAVELENGTHS

How Are Marine Robots Shaping Our Future?

JAMES BELLINGHAM, PHD, WITH CLAUDIA GEIB

Below the waves, the ocean remains a largely undiscovered realm, with only 25% of its features mapped in detail. What we know about its depths, we've learned with the help of deep-sea robots. The latest generation of their technologies play a critical role as we tap the ocean in new ways to sustain our food, energy, and resource needs. World-renowned robotics expert James Bellingham introduces readers to this compelling world of contemporary undersea exploration and the vital role autonomous robots play in corporate and governmental aquaculture management, climate data, energy source locations, shipwreck explorations, and much more.

Bellingham, an inventor who has led dozens of expeditions from the Arctic to the Antarctic, discusses how deep-sea research using autonomous underwater vehicles and drones can translate into future missions, including the exploration of oceans on other planets and their moons. These forbidding environments are difficult to access and are not easily conducive to life, making robots that can move, explore, and collect data—without the need for crews—critically important for research and the development of essential industries that support our survival.

Exploration robotics works on three frontiers simultaneously: scientific discovery, advanced technology, and extreme environments. Bellingham shares harrowing anecdotes from his work on all three, including weathering storms off the Antarctic Peninsula, breaking new ground in designing and deploying ocean robots that think and navigate for themselves, and seeing the ocean in a new light through the eyes of these technological proxies. Along the way, readers will develop a newfound appreciation for how robots are transforming exploration—and what these voyages mean for the future of humanity.

The more marine robotics extend our physical and intellectual capacities, the more they challenge us to redefine what it means to coexist with the world around us. The real revolution is just beginning, lying in how these machines will transform our understanding of our environments—allowing us to balance discovery with stewardship by supporting a thriving human society while safeguarding the ecosystems we depend on.

SCIENCE / Earth Sciences / Oceanography

Available 09/16/2025

\$18.95 · Paperback · 9781421450346

264 pages · 5 x 7" · 8 b&w illus.

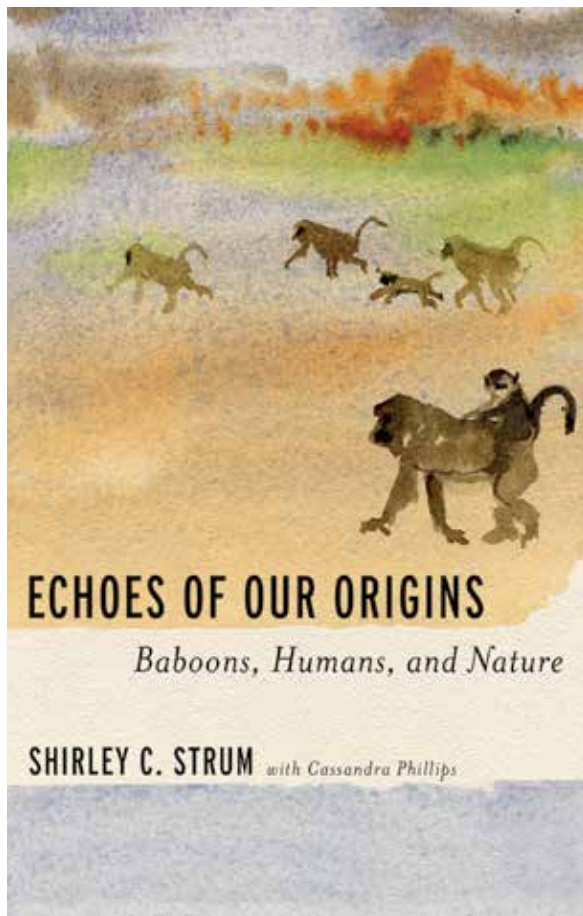
Also available as an ebook

James Bellingham, PhD, is the executive director of the Johns Hopkins Institute for Assured Autonomy and the Bloomberg Distinguished Professor of exploration robotics. For more than 30 years, Bellingham has served as a global leader in the development of small, high-performance autonomous underwater vehicles (AUVs), introducing and refining a class of systems that are now widely used within the military, commercial industries, and science communities. He has been instrumental in innovations for ocean observation and has spent considerable time at sea, leading two dozen AUV expeditions in locations across the Antarctic, North Atlantic, Mediterranean, South Pacific, and Arctic. Bellingham previously led robotics teams at MIT, Woods Hole Oceanographic Institution, and the Monterey Bay Aquarium Research Institute.

Claudia Geib is a science journalist, editor, and the producer of the podcast *Gastropod*. She is also the author of *Secrets of the Elephants*. Her reporting, focusing on marine, environmental, and wildlife science, can be found in *Nautilus*, *The Guardian*, and *WIRED*, among others, and has been featured in *The Best American Science Writing*.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



Echoes of Our Origins

Baboons, Humans, and Nature

SHIRLEY C. STRUM, WITH CASSANDRA PHILLIPS

In 1972, renowned anthropologist Shirley C. Strum traveled to Kenya to study the origins of human aggression through observing baboons. What Dr. Strum discovered completely defied her expectations, scientific notions about baboons, and even well-established assumptions about primate behavior writ large. In *Echoes of Our Origins*, Strum takes readers on an extraordinary fifty-year journey alongside baboons, creatures that transformed not just her scientific understanding, but also her perspective on life, people, nature, and evolution.

Strum's groundbreaking research began when she embarked on fieldwork in Kenya. Observing the lives of these social creatures, Strum uncovered their unexpectedly complex strategies of negotiation, collaboration, and resilience in the face of adversity. From exploring the evolution of social bonds and trust in baboon society—a common idea today but not then—to confronting the consequences of human-wildlife conflict, Strum illustrates what it means to coexist with the natural world and question our role within it.

With insights drawn from half a century of living among and studying baboons, Strum reflects on the delicate balance of nature and humanity, how science itself must evolve to see beyond its rigid frameworks, and how to think about evolution. This profound narrative challenges readers to look anew at not only baboons but also the very methods by which we understand the animal kingdom—and ourselves. Equal parts natural history, adventure story, memoir, and call to action, *Echoes of Our Origins* will engage, enlighten, and contribute to the vital conversation about our natural world and how to ensure its survival.

“Reading *Echoes of Our Origins*, it is easy to see why Strum is such a legendary figure in anthropology for her research. She offers us a rare glimpse at not just the science but the scientist, and reveals the many personal, moral, and philosophical choices that go into a lifetime of transformative work. Strum was changed by baboons, and in telling us about them, she changes us. A must-read for anyone interested in nonhuman animals, or the human animal.”

—ALEXANDRA HOROWITZ,

author of *Inside of a Dog: What Dogs See, Smell, and Know*

**SCIENCE / Life Sciences / Zoology /
Primatology**

Available 09/09/2025

\$32.95 · Hardcover · 9781421452036

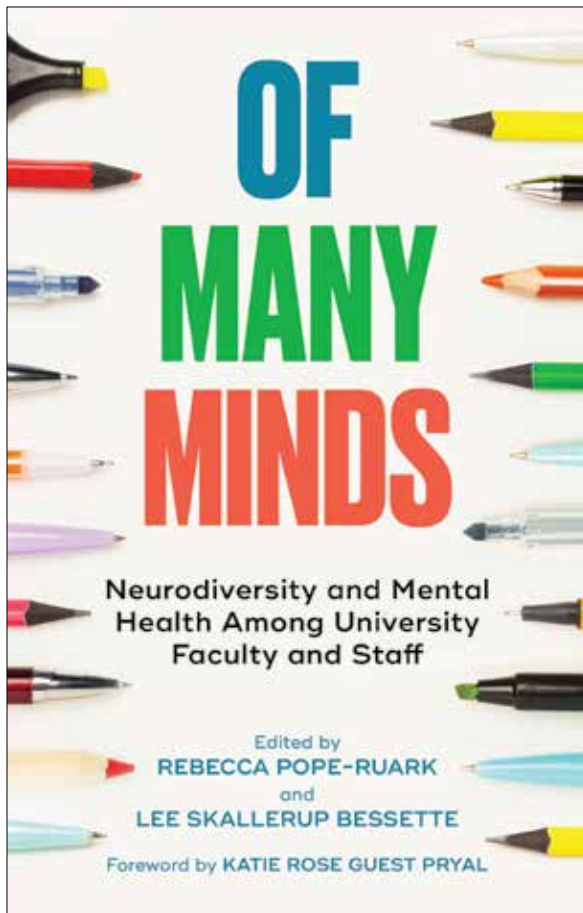
376 pages · 6 x 9” · 25 color photos, 14 b&w
illus., 1 map

Also available as an ebook

Shirley C. Strum is a Professor of Anthropology and a Professor of the Graduate Division, School of Social Sciences, at the University of California, San Diego, and Director of the Uaso Ngiro Baboon Project in Kenya. She is the author of *Almost Human: A Journey into the World of Baboons*.

Book information, prices, and publication date are subject to change without notice.

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA FALL 2025



Of Many Minds

Neurodiversity and Mental Health Among University Faculty and Staff

EDITED BY REBECCA POPE-RUARK AND LEE SKALLERUP BESSETTE, FOREWORD BY KATIE ROSE GUEST PRYAL

In the competitive and achievement-driven world of higher education, the mental health and neurodiversity of faculty and staff often remain overlooked or misunderstood. While institutions increasingly prioritize student mental health, the challenges faced by educators are frequently ignored, leaving them to navigate a culture that values excellence at almost any cost. In *Of Many Minds*, editors Rebecca Pope-Ruark and Lee Skallerup Bessette give voice to the experiences of faculty and staff dealing with anxiety, depression, and neurodivergence amid a culture of stigma and exclusion.

This essay collection provides a platform for faculty and staff to share their stories and critically examine the culture of mental health in US higher education. Contributions normalize conversations about mental health and neurodiversity while offering insights to transform the academy into a more inclusive, supportive space. The essays combine personal accounts with actionable critiques, addressing topics like workplace stigma, ableism, and systemic barriers to seeking treatment. With contributions from a diverse group of educators and advocates, *Of Many Minds* challenges the status quo and fosters empathy for those living with neurodiversity in academia.

At a time when burnout and faculty attrition rates are soaring, this book urgently calls for higher education to reimagine its values and prioritize the care of faculty and staff. *Of Many Minds* empowers educators to advocate for themselves and others while breaking down the stigma that has silenced too many for too long.

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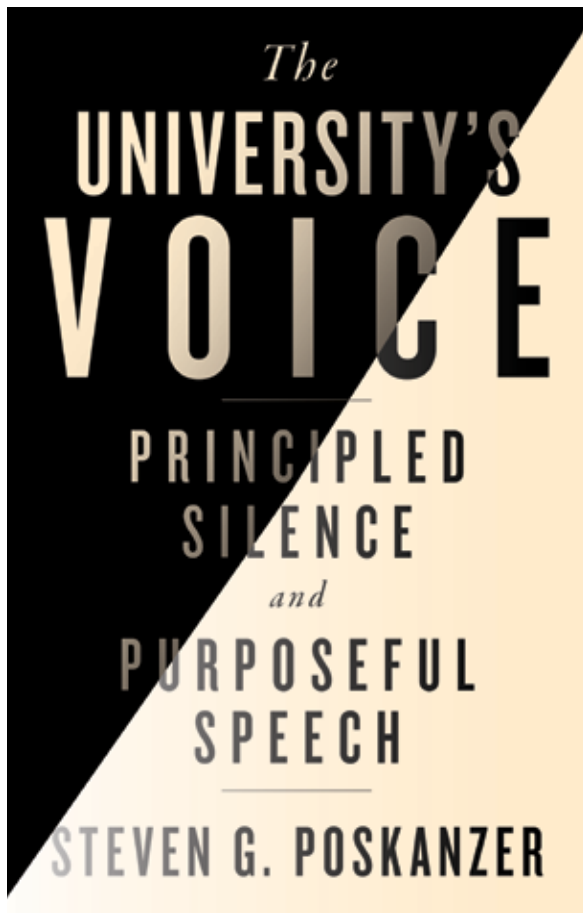
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Rebecca Pope-Ruark, PhD, is the director of the Office of Faculty Professional Development at the Georgia Institute of Technology. She is the author of *Unraveling Faculty Burnout: Pathways to Reckoning and Renewal* and the coeditor of *Redesigning Liberal Education: Innovative Design for a Twenty-First-Century Undergraduate Education*.

Lee Skallerup Bessette is the Assistant Director of Digital Learning at the Center for New Designs in Learning and Scholarship at Georgetown University. She is the editor of *Affective Labor and Alt-Ac Careers*.

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The University's Voice

Principled Silence and Purposeful Speech

STEVEN G. POSKANZER

Universities and colleges face increasing pressure to speak out on today's most contentious political, moral, and social issues. But when should an institution of higher learning take a stand—and when is silence the wiser choice? In *The University's Voice*, Steven G. Poskanzer offers a timely and practical guide for institutional leaders grappling with these high-stakes questions.

With decades of experience as a college president, Poskanzer examines the growing demands for universities to take official positions on matters ranging from climate change to global conflicts, to current debates over public policy. He argues that universities must be faithful to and focused upon their core mission—advancing knowledge and learning—while carefully navigating the fragile “social compact” between academia and broader society. At the heart of his argument is the “General Rule of Reticence,” a principle that universities should be circumspect about adopting institutional positions unless doing so is essential to the pursuit of their mission, including safeguarding academic freedom. But reticence does not mean cowed silence. Poskanzer outlines clear, actionable criteria for when universities can and even must speak out: when they possess unique educational expertise to offer; when speech will ensure a robust intellectual environment for faculty and students; when their mission is at issue; or when their very existence is at risk.

This nuanced framework encourages academic leaders to respond thoughtfully to internal and external pressures to take stances without compromising the long-term integrity of their institutions. *The University's Voice* offers essential guidance for faculty and administrators as well as leaders of other mission-driven organizations and policymakers on how to balance principled silence with purposeful speech in an increasingly polarized world.

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Steven G. Poskanzer is President Emeritus and a professor of Political Science at Carleton College.

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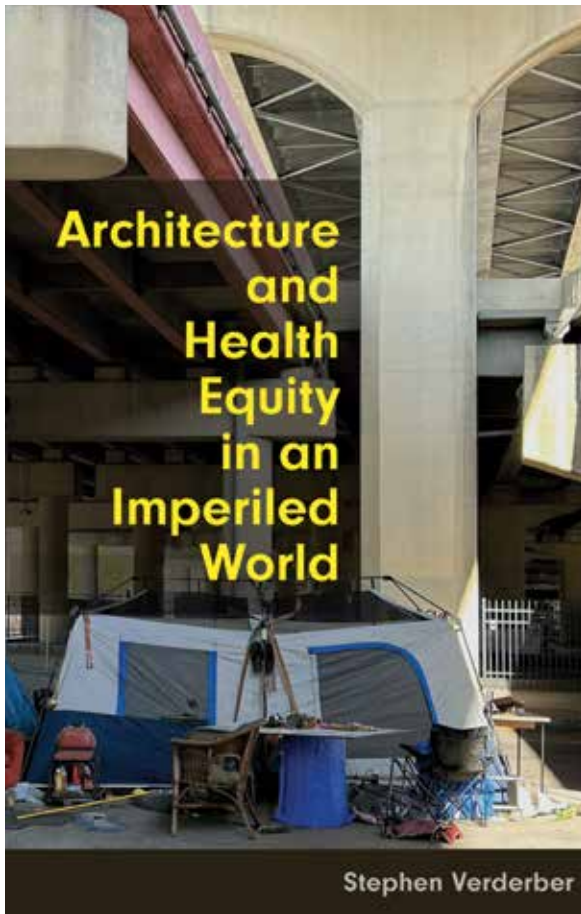
Architecture and Health Equity in an Imperiled World

STEPHEN VERDERBER

As climate change accelerates, its impact on public health grows, disproportionately affecting medically underserved populations. In *Architecture and Health Equity in an Imperiled World*, Stephen Verderber addresses the urgent need for innovative architectural and ecologically responsible strategies to confront health inequities exacerbated by the global climate crisis. This book highlights the critical role of health-centric architecture in mitigating these inequities and creating resilient, therapeutically supportive environments.

Combining insights from public health, architecture, and climate science, this book examines how the built environment can both contribute to and alleviate health disparities. Chapters examine the unique vulnerabilities of health-focused built environments including hospitals, outpatient clinics, and long-term care facilities amid the devastating effects of rising sea levels, extreme weather events, and escalating public health emergencies. Emphasizing the urgent need for innovative, resilient design strategies, *Architecture and Health Equity in an Imperiled World* illustrates how thoughtful and compassionate design innovations can better serve increasingly vulnerable populations both locally and globally.

An essential resource for health care leaders, architects, and policymakers, *Architecture and Health Equity in an Imperiled World* challenges traditional, increasingly obsolete policies and protocols, advocating instead for innovative strategies and solutions to improve health and promote sustainability. This book offers a bold new vision for leveraging architectural design and its diverse benefits to society to ensure that communities can thrive sustainably and regeneratively in an uncertain future.



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Stephen Verderber is the Director of the Centre for Design and Health Innovation and a professor at both the John H. Daniels Faculty of Architecture, Landscape, and Design, and the Dalla Lana School of Public Health at the University of Toronto. He is the author or coauthor of nine books, including *Innovations in Behavioral Health Architecture*.

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GREAT THINKERS AND DOERS

Networking Black Feminism
in the Black Press, 1827–1927



TERESA ZACKODNIK

Great Thinkers and Doers

Networking Black Feminism in the Black Press, 1827-1927

TERESA ZACKODNIK

In *Great Thinkers and Doers*, Teresa Zackodnik looks at the vital—and largely overlooked—role of Black women readers, writers, and editors in the development of the Black press in the nineteenth and early twentieth centuries. Understanding the relationship between the Black press and Black women’s political and community organizing helps illuminate how important Black women were to this media phenomenon in its first one hundred years.

In the nineteenth century, Zackodnik reveals, the Black press was second only to the Black church in its centrality to Black politics and communities, but histories of its development have long credited its founding and development to the Black men who were its editors. Despite their underrepresentation in the leadership of Black public politics and the Black press, women were overrepresented in the mutual benevolent, moral improvement, and literary societies that functioned as community centers of political, oratorical, and print culture work. These societies supplied the Black press with content, a readership, and distribution nodes in Black communities throughout the nation.

Zackodnik examines the vital opportunity that this networking of the Black press with literary societies offered Black women readers to enter Black print space and advance communal goals. She also explores how Black women gained a foothold within publications—often, initially, with “gateway genres” such as letters to the editor and women’s columns—and shaped the Black press. This book will change how we understand the early Black press and overlooked Black feminist print practices.

“Teresa Zackodnik’s scholarship is, quite simply, impeccable. *Great Thinkers and Doers* is a meticulously researched book that sheds new light on Black women’s literary innovations and intellectual contributions. It will be a much-welcomed and celebrated contribution to the field.”

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Teresa Zackodnik is a professor of English at the University of Alberta. She is the author of *Press, Platform, Pulpit: Black Feminist Publics in the Era of Reform* and the editor of *African American Feminisms, 1828-1923* and *We Must Be Up and Doing: A Reader in Early African American Feminisms*.

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