



GREYSTONE BOOKS

SPRING / SUMMER 2026





**GREYSTONE
BOOKS**



**GREYSTONE
KIDS**

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Greystone Books gratefully acknowledges the x̱m̱əθḵw̱əy̱əm (Musqueam), Sḵw̱w̱ú7mesh (Squamish), and səlḻwətał (Tsleil-Waututh) peoples on whose land our Vancouver head office is located.



PUBLISHER'S NOTE

I'VE BEEN THINKING a lot about milestones lately, having just marked my 20th anniversary with Greystone Books.

This season's list celebrates a few other milestones as well. We're publishing a paperback edition of one of our all-time bestsellers, *The Hidden Life of Trees*, on the 10th anniversary of its first release in hardcover. This book has reshaped how millions of people see forests—fostering awe and inspiring environmental awareness and activism to preserve forests for the future. Our hope is that this new edition will carry that influence forward for generations to come.

We're also honoring David Suzuki's 90th birthday with *Lessons From a Lifetime*—a celebratory book filled with photographs, milestones from Suzuki's remarkable life, and stories from friends and colleagues whose lives he touched and inspired.

Lessons, too, are a recurring theme throughout this list. In *Buffalo Lessons*, biologist Karsten Heuer reflects on reintroducing bison to Banff National Park—and on the simple truth that bison will always follow their own path. And in his memoir, Rick McIntyre, a retired Yellowstone ranger, distills the wisdom he gained from over 10,000 days of watching wolves.

Beyond these, you'll find many other books here—works that explore life at the edge of the natural world, the intelligence of animals, the beauty of ferns, and the wonders of our own bodies. One day, I hope to look back on these as milestones in their own right, remembering the ways they shaped me—and, I hope, the world.

Here's to many more milestones.

JEN GAUTHIER | PUBLISHER

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

Printed in Canada at Marquis.

This catalogue is printed on recycled paper and other controlled sources that have been certified by the Forest Stewardship Council®.

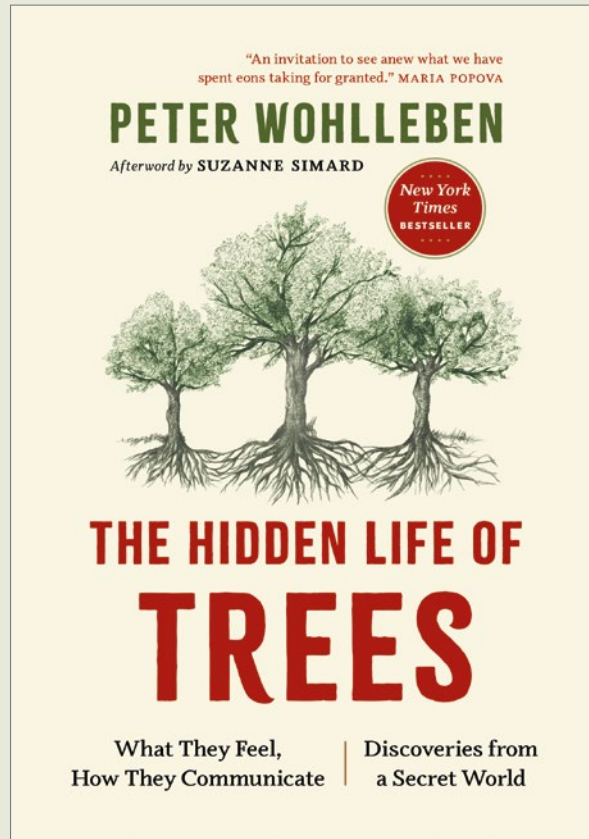
The Hidden Life of Trees

*What They Feel, How They Communicate—
Discoveries From a Secret World*

PETER WOHLLEBEN

Translated by **JANE BILLINGHURST**

Contribution from **SUZANNE SIMARD**



On the ten-year anniversary of the
international bestseller—*The Hidden Life of Trees*
is now available in paperback

Paperback

ISBN 978-1-77164-377-1

Ebook also available

5.25 × 7.5 • 288 pages

RIGHTS HELD:

North America, English

NATURE

AUTHOR HOME:

Hümmel, Germany

TRANSLATOR HOME:

Anacortes, WA

Canada April 2026 • \$25.95

U.S. April 2026 • \$18.95

THE HIDDEN LIFE OF TREES is one of the most beloved books of our time: an illuminating account of the forest, and the science that shows us how trees communicate, feel, and live in social networks. After reading *The Hidden Life of Trees*, a walk in the woods will never be the same again.

A NEW YORK TIMES, WASHINGTON POST, AND WALL STREET JOURNAL BESTSELLER

INDIE NEXT PICK

NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BRAIN PICKINGS

HONORABLE MENTION: SEJ RACHEL CARSON ENVIRONMENT BOOK AWARD

“Breaks entirely new ground... [Peter Wohlleben] has listened to trees and decoded their language. Now he speaks for them.” **THE NEW YORK REVIEW OF BOOKS**

“A declaration of love and an engrossing primer on trees, brimming with facts and an unashamed awe for nature.” **THE WASHINGTON POST**

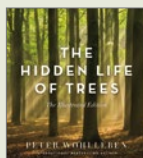
“The matter-of-fact Mr. Wohlleben has delighted readers and talk show audiences alike with the news—long known to biologists—that trees in the forest are social beings.” **THE NEW YORK TIMES**

“This fascinating book will intrigue readers who love a walk through the woods.” **PUBLISHERS WEEKLY**

“An invitation to see anew what we have spent eons taking for granted.” **MARIA POPOVA**

PETER WOHLLEBEN is the *New York Times* bestselling author of non-fiction books about the natural world for adults and children, including *The Hidden Life of Trees*, *The Inner Life of Animals*, *The Secret Network of Nature*, *The Power of Trees*, *The Heartbeat of Trees*, *Can You Hear the Trees Talking?*, *Do You Know Where the Animals Live?*, and many more. He lives in Germany, where he runs a sustainable forest academy and advocates for the conservation of trees and natural forests around the world.

ALSO OF INTEREST:



The Hidden Life of Trees
The Illustrated Edition
Peter Wohlleben
978-1-77164-348-1 • HC
\$45.00 CAN, \$35.00 U.S.,
£25.00 U.K.



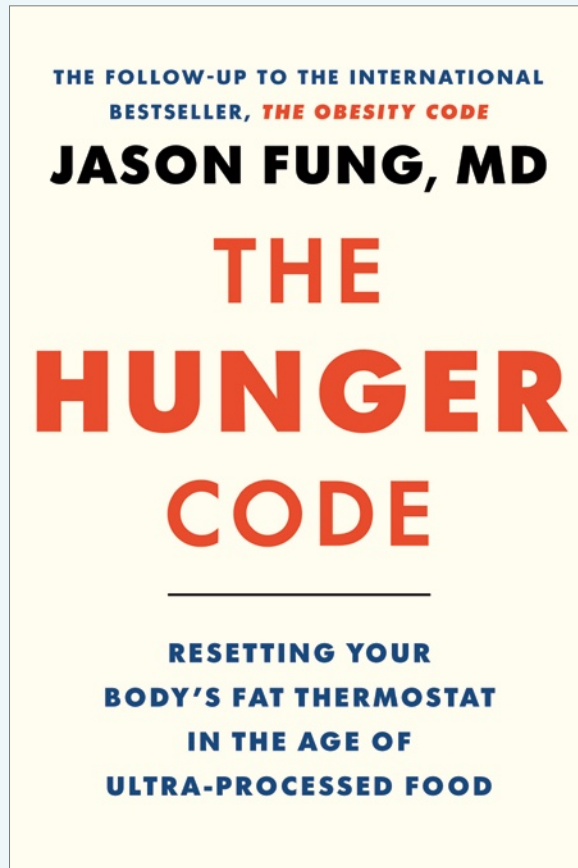
The Hidden Life of Trees:
A Graphic Adaptation
(of the International Bestseller)
Peter Wohlleben
and Fred Bernard
978-1-77840-165-7 • HC
\$45.00 CAN, \$35.00 U.S.,
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The Hunger Code

*Resetting Your Body's Fat Thermostat
in the Age of Ultra-Processed Food*

The follow-up to the international bestseller, *The Obesity Code*

JASON FUNG, MD



Book 2 in The Obesity Code series

The Obesity Code helped millions of people lose weight naturally. *The Hunger Code* will help millions more lose weight—and keep it off—in an era of weight-loss drugs and ultra-processed foods.

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RIGHTS HELD:

World, all languages

AUTHOR HOME:

Toronto, ON

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NUTRITION / WEIGHT LOSS**

Canada March 2026 • \$39.95

U.S. March 2026 • \$29.95

U.K. April 2026 • £21.99

WHAT IF THE secret to lasting weight loss isn't just about *what* you eat—or even *when* you eat—but *why* you eat?

In *The Hunger Code*, *New York Times* bestselling author Dr. Jason Fung reveals the three powerful forces that drive us to eat: physical hunger, emotional hunger, and social hunger. With the food industry's reliance on ultra-processed foods and the popularity of Ozempic and Mounjaro, understanding these forces has never been more urgent.

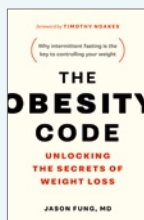
In this hotly anticipated follow up to *The Obesity Code*, Dr. Fung explains how hormones such as insulin, leptin, ghrelin, and GLP-1 control our body's natural hunger signals—and how modern foods hijack these signals, leaving us hungrier than ever. He exposes the emotional traps set by stress and cravings, and the subtle social cues that push us to eat when we're not truly hungry.

With clear, practical advice—including three Golden Rules and fifty actionable tips—*The Hunger Code* empowers you to recognize and respond to hunger appropriately. Learn how to slow digestion, break emotional eating cycles, and overcome social pressures, so you can maintain a healthy weight—from scratch, after fasting, or after using weight-loss drugs.

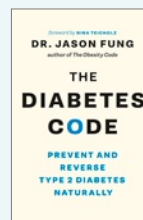
Whether you're starting your journey or looking to maintain your progress, *The Hunger Code* is your essential guide to understanding your hunger and transforming your relationship with food for good.

JASON FUNG, MD is a medical doctor recognized as one of the world's leading experts on weight loss and the prevention and reversal of metabolic diseases such as type 2 diabetes and obesity. He is the co-founder of the Fasting Method and the author of several bestselling books, including *The Obesity Code* (more than two million copies sold), *The Diabetes Code*, *The Obesity Code Cookbook*, and *The Diabetes Code Cookbook*.

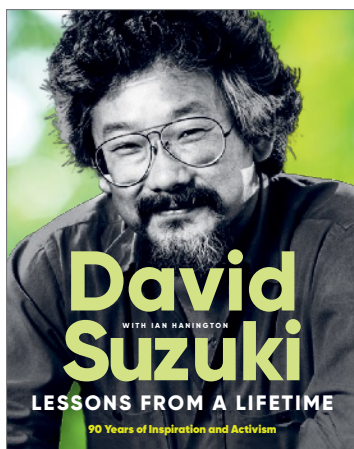
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The Obesity Code
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BOOK 1 OF THE
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Jason Fung, MD
978-1-77164-125-8 • PBK
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Ebook also available

7.25 × 9.25 • 192 pages

Approx 100 color and B&W photos

RIGHTS HELD:

World, all languages

AUTHOR HOME:

Vancouver, BC

BIOGRAPHY

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

Canada March 2026 • \$40.00

U.S. March 2026 • \$30.00

U.K. May 2026 • £20.00

Lessons From a Lifetime

Ninety Years of Inspiration and Activism

DAVID SUZUKI WITH IAN HANINGTON

“Dr. Suzuki is a poetic, soulful scientist who has changed many lives and opened many minds, mine included.” **JANE FONDA**

**The definitive celebration of David Suzuki at ninety—
with photographs, personal stories, and letters from friends
and family that reveal how one man’s courage inspired
generations of environmental activists.**

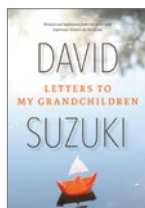
CELEBRATING ENVIRONMENTAL ICON David Suzuki’s remarkable ninety years on planet Earth, this vibrantly illustrated book captures the essence of a revolutionary life. From surviving internment camps as a Japanese-Canadian child to becoming North America’s most trusted voice in science communication, Suzuki’s journey pulses with ingenuity, courage, and conviction. Suzuki’s own words—along with intimate photographs and personal stories from family, colleagues, and celebrity admirers—reveal the passionate man behind the public persona. A stunning tribute to a fearless truth teller who transformed how we understand our relationship with the natural world.

DAVID SUZUKI is an internationally renowned geneticist, environmentalist, author of more than fifty books, and the founder of the David Suzuki Foundation.

IAN HANINGTON is a writer and editor. Alongside Suzuki, he coauthored *Everything Under the Sun* and *Just Cool It!*.



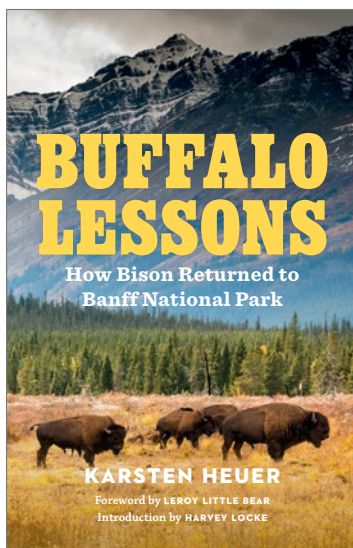
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*Wisdom and Inspiration
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Important Thinkers
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David Suzuki
978-1-77164-234-7 • PBK
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Just Cool It!
*The Climate Crisis
and What We Can Do*
**David Suzuki
and Ian Hanington**
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Published in partnership with
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Canada March 2026 • \$28.95

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U.K. April 2026 • £16.99

Buffalo Lessons

How Bison Returned to Banff National Park

KARSTEN HEUER

Foreword by LEROY LITTLE BEAR

Introduction by HARVEY LOCKE

The breathtaking true story of how wild bison returned to the Rockies after 150 years, defying human expectations at every turn.

BUFFALO LESSONS is a riveting inside account of one of the most ambitious wildlife conservation projects in North American history: the reintroduction of plains bison to Banff National Park in 2017. Once nearly driven to extinction, these iconic animals were brought back to their ancestral home in a tale brimming with unexpected challenges and profound revelations.

Karsten Heuer, the conservationist tasked with leading the project, packs his narrative with phenomenal photos and thrilling moments: a helicopter-assisted translocation into the rugged backcountry, a horseback chase to tranquilize a bison, and the tense tracking of wayward bulls that scale steep, treacherous terrain. Across his adventures, Heuer weaves in Indigenous perspectives, honoring the spiritual and historical ties between the animals and the land.

Completed just before his death in 2024, Heuer's last book is a captivating exploration of the delicate balance between human intervention and the untamed wilderness.

KARSTEN HEUER was a conservationist, biologist, author, and filmmaker. Heuer authored *Walking the Big Wild* and *Being Caribou* and received the Wilburforce Foundation Conservation Leadership Award. He passed away in November 2024, shortly after completing the manuscript for *Buffalo Lessons*.

LEROY LITTLE BEAR is a Blackfoot leader, scholar, and advocate. He is a coauthor of the Buffalo Treaty, a recipient of the Alberta Order of Excellence, and an Officer of the Order of Canada.

HARVEY LOCKE is a globally renowned expert on national parks and large landscape conservation. He lives in Banff National Park.





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AUTHOR HOME:

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MEMOIR / NATURE / ANIMALS

Canada May 2026 • \$26.95

U.S. May 2026 • \$19.95

U.K. June 2026 • £12.99

Dead Bees Still Sting

Tales of Life at the Edge of Nature

SUSAN CORMIER

“A braided love letter to a pastoral life of joy and heartbreak, and a book that city dwellers would do well to read.” **MARC HAMER**, author of *How to Catch a Mole*

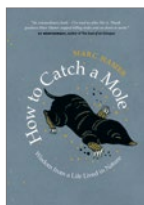
From a distinctive new voice in nature writing comes a poetic exploration of life at the precarious edge of nature and human settlement.

ON A SMALL acreage teeming with wild and domestic animals, buzzing with a half-million honey bees, and dotted with fruit trees—including one affectionately named Bill—lives beekeeper-poet Susan Cormier. Circling the farm, an aggressive tangle of forest and blackberry vines thrives, but beyond, the shadow of urban development creeps ever closer. Over five seasons, Cormier takes readers through the rhythms of semi-agricultural life, reflecting on the dichotomy between beauty and grief, loss and renewal, and humor and the often heart-wrenching realities of animal existence in an agrarian landscape.

Lyrical and poignant, *Dead Bees Still Sting* is a moving meditation on the cycles of nature, vulnerability, persistence, and survival. Above all, it is a celebration of what it means to belong to a place, to witness its changes, and to find beauty and meaning in the ongoing conversation between humans and nature.

SUSAN CORMIER is a spoken word artist, filmmaker, beekeeper, and caretaker of assorted small critters. Her lyrical essay “Advice to a New Beekeeper” won the CBC Nonfiction Prize, and her writing has appeared in numerous publications and anthologies. Cormier produces Vancouver Story Slam, Canada’s longest-running live indie storytelling competition.

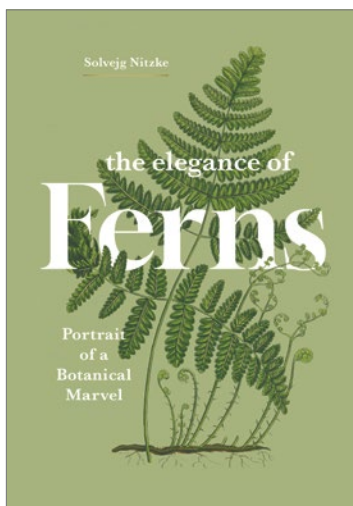
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Marc Hamer
978-1-77164-994-0 • PBK
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Spring Rain
A Life Lived in Gardens
Marc Hamer
978-1-77840-027-8 • HC
\$34.95 CAN, \$27.95 U.S.



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ISBN 978-1-77840-338-5

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5.25 × 7.5 • 168 pages

Color illustrations throughout

RIGHTS HELD:

World, English

AUTHOR HOME:

Germany

TRANSLATOR HOME:

Montreal, QC

PLANTS / BOTANY /

NATURE / HISTORY

Canada May 2026 • \$29.95

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U.K. May 2026 • £16.99

The Elegance of Ferns

Portrait of a Botanical Marvel

SOLVEJG NITZKE

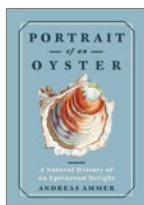
Translated by **HELGE DASCHER**

Discover the weirdly wonderful world of ferns—plants that outlived the dinosaurs, inspired a Victorian-era obsession, and continue to enchant us with their mathematical perfection and lush beauty.

ANCIENT AND ENIGMATIC, ferns captivate with understated elegance. Their fronds unfurl in perfect mathematical spirals, connecting us to Earth's primordial past. Victorian-era “fern fever” transformed these plants into cultural icons inspiring art and literature, while Maori traditions revere them as sacred links between Heaven and Earth. From rainforests to rocky landscapes, these resilient plants have conquered diverse habitats worldwide. Their prehistoric dominance—towering three stories high—is preserved in fossils. *The Elegance of Ferns* invites us to marvel at these living relics—symbols of beauty, cultural identity, and ecological resilience illuminating our connection to the natural world.

SOLVEJG NITZKE is a literary and cultural studies scholar and chair of comparative literature at Ruhr University Bochum. Her research explores precarious nature in nineteenth-century popular literature and culture, as well as climate and environmental catastrophes in ecological storytelling, science fiction, and conspiracy narratives. She lives in Germany.

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Portrait of an Oyster

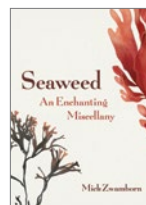
A Natural History of an Epicurean Delight

Andreas Ammer

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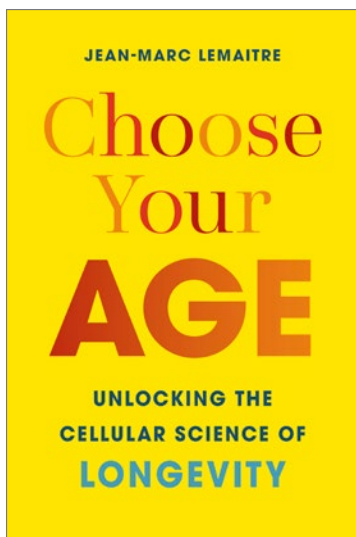
**Seaweed,
An Enchanting
Miscellany**

Miek Zwamborn

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World, English

AUTHOR HOME:

Montpellier, France

TRANSLATOR HOME:

Montreal, QC

SCIENCE / AGING

Canada April 2026 • \$36.95

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Choose Your Age

Unlocking the Cellular Science of Longevity

JEAN-MARC LEMAITRE

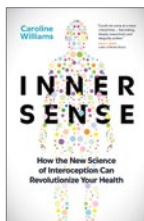
Translated by **BRONWYN HASLAM**

Add life to your years, not just years to your life. *Choose Your Age* transforms the health and longevity conversation by addressing aging at a cellular level—and it is packed with groundbreaking science and actionable advice. For fans of *Outlive* and *Eat to Beat Your Age*.

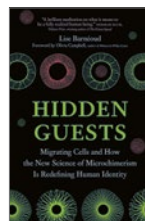
IN *CHOOSE YOUR AGE*, renowned expert in longevity and aging Jean-Marc Lemaitre demystifies the latest research on biological age, telomeres, cellular senescence, and epigenetics, showing how lifestyle, mindset, and environment can slow or even reverse your internal clock. From diet and exercise to the power of optimism and social connection, Lemaitre offers a practical, science-based road map for maximizing your years of health and vitality. *Choose Your Age* empowers you to take control of your aging journey and live a younger, healthier, and more vibrant life.

JEAN-MARC LEMAITRE is a research director at Inserm (the French National Institute of Health and Medical Research), at the Institute for Regenerative Medicine and Biotherapy (IRMB) in Montpellier. His work focuses on the mechanisms behind human aging and restoring functionality to organs that have changed because of aging.

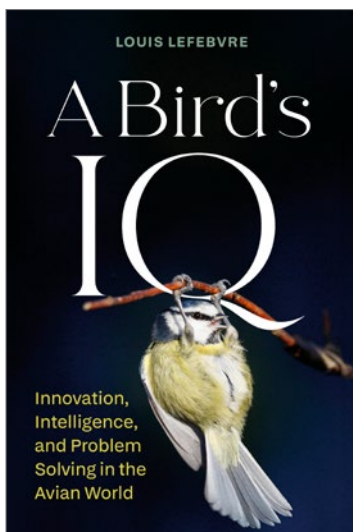
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AUTHOR HOME:

Montreal, QC

TRANSLATOR HOME:

Québec City, QC

**BIRDS / NATURE & ECOLOGY /
SCIENCE / BIOLOGY**

Canada May 2026 • \$39.95

U.S. May 2026 • \$29.95

U.K. June 2026 • £19.99

A Bird's IQ

Innovation, Intelligence, and Problem Solving in the Avian World

LOUIS LEFEBVRE

Translated by **PABLO STRAUSS**

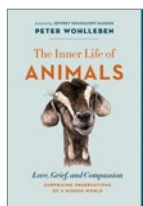
For readers of Jennifer Ackerman comes a captivating exploration of avian intelligence that challenges traditional wisdom about animal cognition.

SURVEYING A WIDE variety of birds, including crows, finches, tits, and parrots, Louis Lefebvre, a world-renowned expert in animal behavior, describes the remarkable innovations and problem-solving abilities of species often dismissed as “featherbrains.” From crows using cars as nutcrackers to cockatoos crafting tools, Lefebvre reveals how birds exhibit creativity, social learning, and even cultural transmission—traits once thought to be exclusive to humans and other primates.

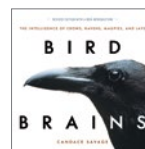
Blending his decades of scientific research with engaging anecdotes, Lefebvre examines the evolutionary forces that have shaped avian intelligence. He explores how birds adapt to urban environments, innovate in response to challenges, and pass down knowledge across generations. With vivid storytelling and groundbreaking insights, *A Bird's IQ* invites readers to reconsider their perceptions, celebrating the ingenuity of birds and highlighting the interconnectedness of all intelligent life.

LOUIS LEFEBVRE is professor emeritus of biology at McGill University and associate researcher at the Autonomous University of Barcelona. He was awarded the Geoffroy Saint-Hilaire prize by the French Society for the Study of Animal Behavior. Lefebvre is the author of four novels written in French, two of which were finalists for the Governor General's Awards.

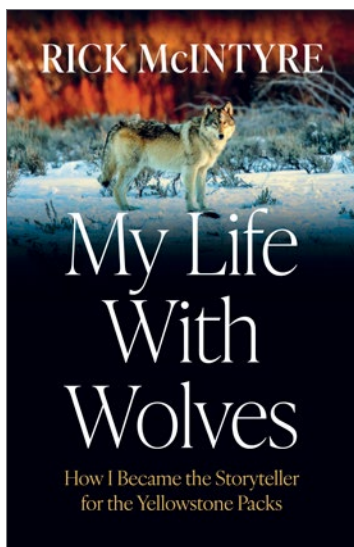
ALSO OF INTEREST:



The Inner Life of Animals
Love, Grief, and Compassion—Surprising Observations of a Hidden World
Peter Wohlleben
978-1-77164-802-8 • PBK
\$22.95 CAN, \$16.95 U.S.



Bird Brains
The Intelligence of Crows, Ravens, Magpies, and Jays
Candace Savage
978-1-77164-425-9 • PBK
\$29.95 CAN, \$26.95 U.S.,
£18.99 U.K.



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2 maps, B&W photo sections

RIGHTS HELD:

World, all languages

AUTHOR HOME:

Silver Gate, MT

NATURE / MEMOIR

Canada April 2026 • \$39.95

U.S. April 2026 • \$29.95

U.K. June 2026 • £21.99

My Life With Wolves

How I Became the Storyteller for the Yellowstone Packs

RICK MCINTYRE

From the author of the award-winning *Alpha Wolves of Yellowstone* series comes a new memoir that offers a behind-the-scenes look at the making of Yellowstone's master storyteller and world-renowned wolf researcher.

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RICK MCINTYRE is a former longtime park ranger and the author of the *Alpha Wolves of Yellowstone* books series for adults and its companion series for kids, *The Chronicles of the Yellowstone Wolves*. Celebrated as the most prolific wolf researcher in the world, McIntyre has been profiled by media outlets like *This American Life* and *National Geographic*; has been awarded conservation medals; was a key player in the successful reintroduction of wolves to Yellowstone in 1995; and forever changed the way the world views alpha wolves through his public speaking and writing. McIntyre is retired from the National Park Service but still rises early to observe the Yellowstone wolves every day of the week.

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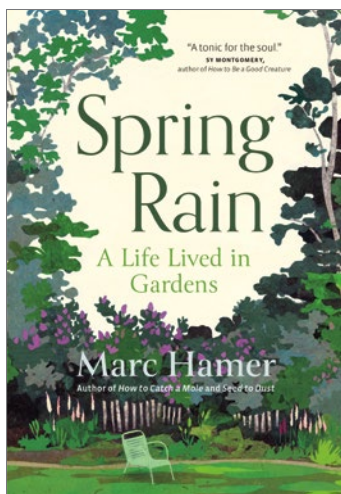
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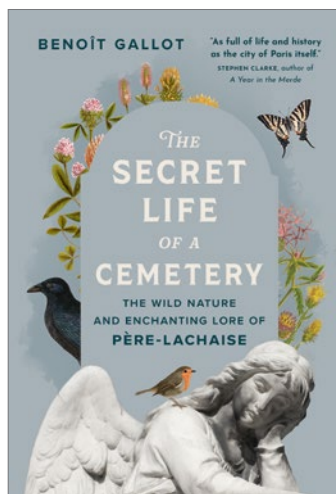
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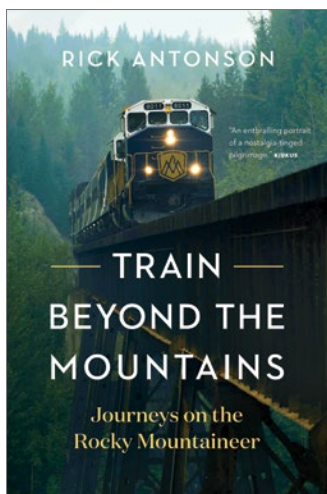
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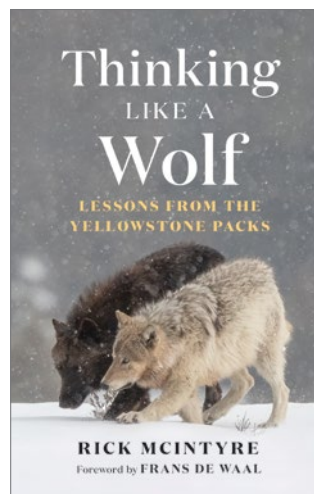
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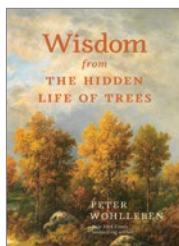
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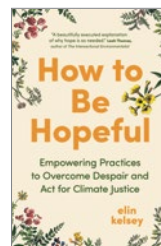
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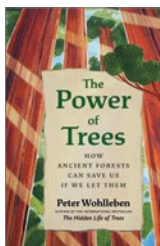
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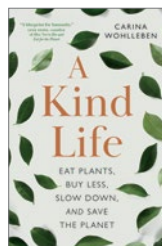
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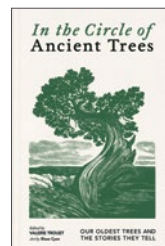
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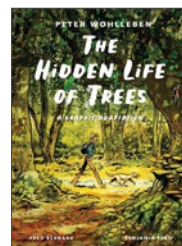
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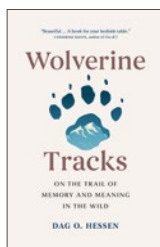
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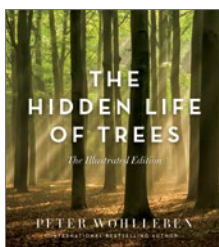
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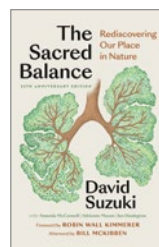
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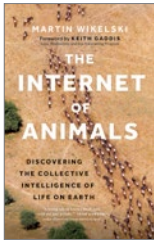


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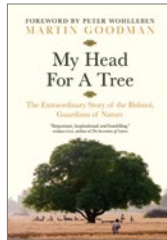


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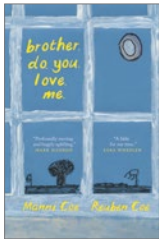
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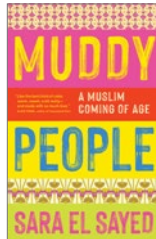
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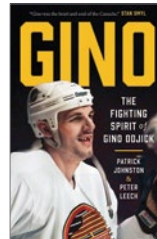
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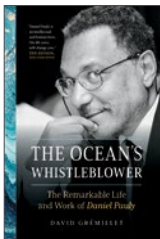
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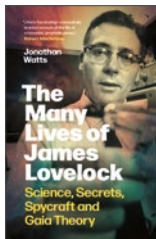
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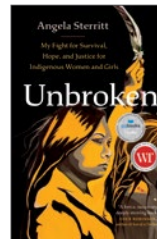
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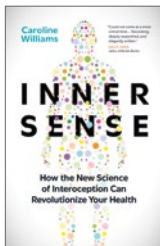


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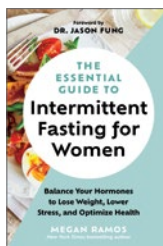
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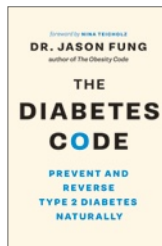
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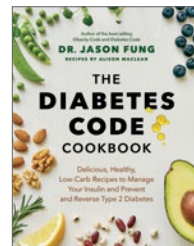
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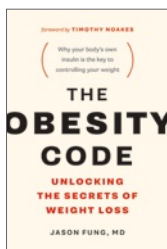
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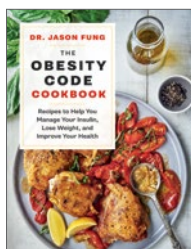
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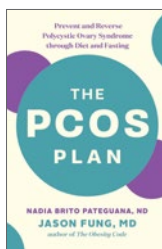
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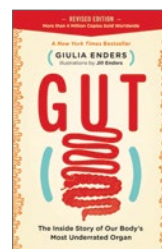
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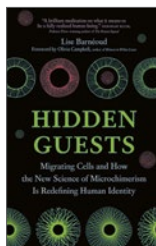
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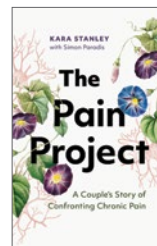
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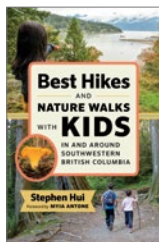
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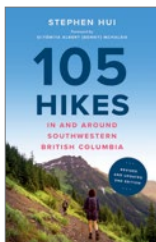


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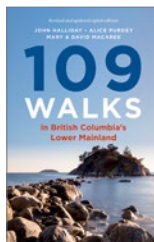
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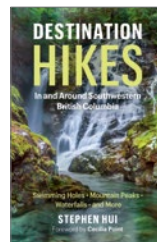
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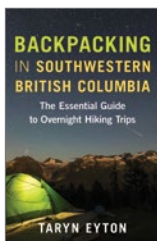
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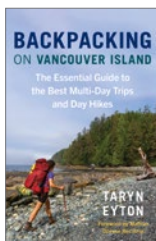
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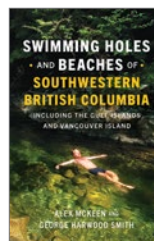
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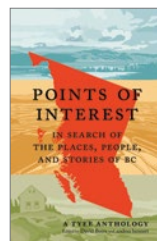
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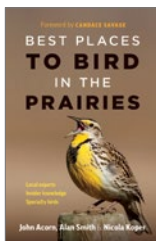
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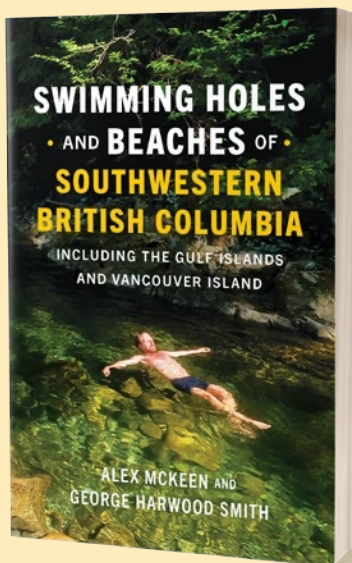
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