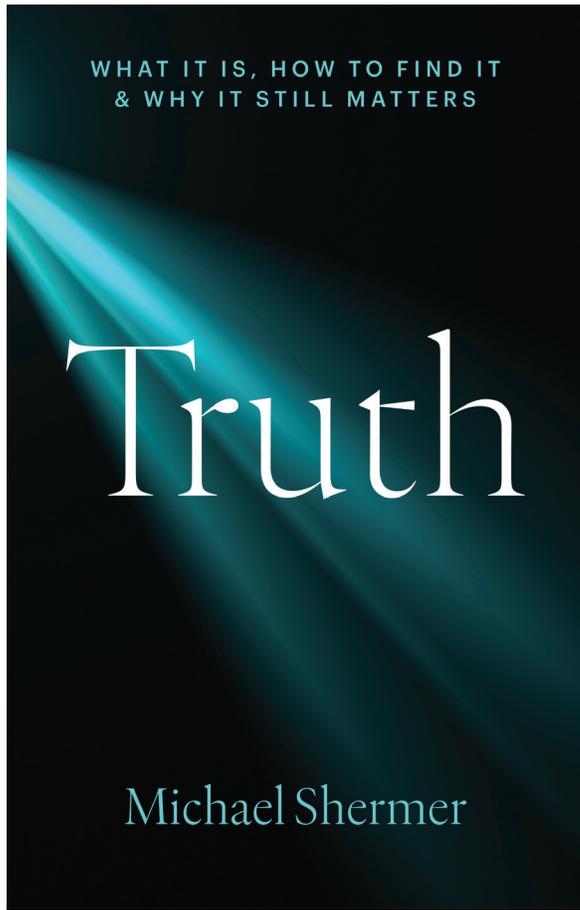


**CANADA SPRING 2026 BOOKS CATALOG**

**HOPKINS PRESS**

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

**TRADE AND  
GENERAL INTEREST**



## Truth

*What It Is, How to Find It, and Why It Still Matters*

MICHAEL SHERMER

“Fake news.” “Alternative facts.” “Post-truth.” Misinformation is everywhere, sparking public confusion and polarization. In *Truth*, best-selling author Michael Shermer cuts through the noise to argue that not only does truth still matter—but also that it’s essential to our individual and collective flourishing. This sharp-sighted and accessible book provides a framework for thinking more clearly in an age clouded by doubt and distortion.

Shermer, the author of *Conspiracy: Why the Rational Believe the Irrational*, explores why truth deserves our attention, how falsehoods take hold in the public’s imagination, and how we can resist manipulation through reason, evidence, and open inquiry. This book introduces powerful tools for evaluating claims, including the concepts of causality, correlation, and Bayesian reasoning. Beyond these abstract ideas, he also examines how we determine truth in specific domains—such as science, history, and religion—and brings clarity to hot-button topics like UFOs, conspiracy theories, miracles, mystical experiences, consciousness, morality, God, and even existence. With his trademark wit and intellectual rigor, Shermer reveals how even the most intelligent among us fall prey to such pitfalls as “myside bias” and motivated reasoning and how a commitment to universal realism can help push back against tribalism and misinformation.

*Truth* offers a timely antidote to cynicism and confusion. It emphasizes critical thinking and urges readers to rebuild the intellectual foundations of a functioning democracy by embracing the pursuit of truth, however complex or inconvenient it may be.

POLITICAL SCIENCE / Commentary & Opinion

Available 01/27/2026

\$32.95 • Hardcover • 9781421453729

384 pages • 6 x 9” • 27 b&w photos, 3 b&w illustrations

Also available as an ebook

**Michael Shermer** is the publisher of *Skeptic* magazine, the executive director of the Skeptics Society, and the host of the popular podcast *The Michael Shermer Show*. He is the author of *Conspiracy: Why the Rational Believe the Irrational*; *Why People Believe Weird Things: Pseudoscience, Superstition, and Other Confusions of Our Time*; and *The Believing Brain: From Ghosts and Gods to Politics and Conspiracies—How We Construct Beliefs and Reinforce Them as Truths*.

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

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA SPRING 2026

Reversing the Global Decline of  
Democracy's Most Essential Freedom

# THE FUTURE OF



Jacob Mchangama & Jeff Koseff

## **The Future of Free Speech**

*Reversing the Global Decline of Democracy's Most Essential Freedom*  
JACOB MCHANGAMA AND JEFF KOSSEFF

*The Future of Free Speech* confronts a stark truth: the right to speak freely is under siege. Once celebrated as a cornerstone of democratic societies, free expression is now met with growing suspicion and retaliation across the globe. Jacob Mchangama and Jeff Koseff present a panoramic view of how we arrived at this pivotal moment.

The authors examine a century in which speech rights expanded dramatically—including postwar democratic revolutions and the sweeping protections of the First Amendment—only to find those rights unraveling in the face of new political, technological, and cultural pressures. Today, liberal democracies are imposing speech controls, authoritarian regimes are cloaking censorship in democratic language, and digital platforms wield unprecedented power over global discourse. This book examines the backlash against free speech from all sides: governments criminalizing dissent in the name of national security; lawmakers and activists demanding tighter controls on misinformation, hate speech, and offensive content; and AI systems removing speech at a scale and speed that dwarfs historical forms of censorship. At the same time, faith in free speech itself is waning, even in the very societies that once championed it.

*The Future of Free Speech* argues for a reinvigorated, global commitment to open dialogue. Mchangama and Koseff advocate nonpartisan, civic-minded solutions that resist both government overreach and corporate silencing. They offer a compelling case for how free speech can meet modern challenges without abandoning its foundational role in sustaining democracy, human rights, and shared understanding.

POLITICAL SCIENCE / Political Ideologies /  
Democracy

Available 04/07/2026

\$32.95 · Hardcover · 9781421454160

416 pages · 6.125 x 9.25"

Also available as an ebook

**Jacob Mchangama** is the founder and executive director of The Future of Free Speech and a research professor at Vanderbilt University. He is the author of *Free Speech: A History from Socrates to Social Media*.

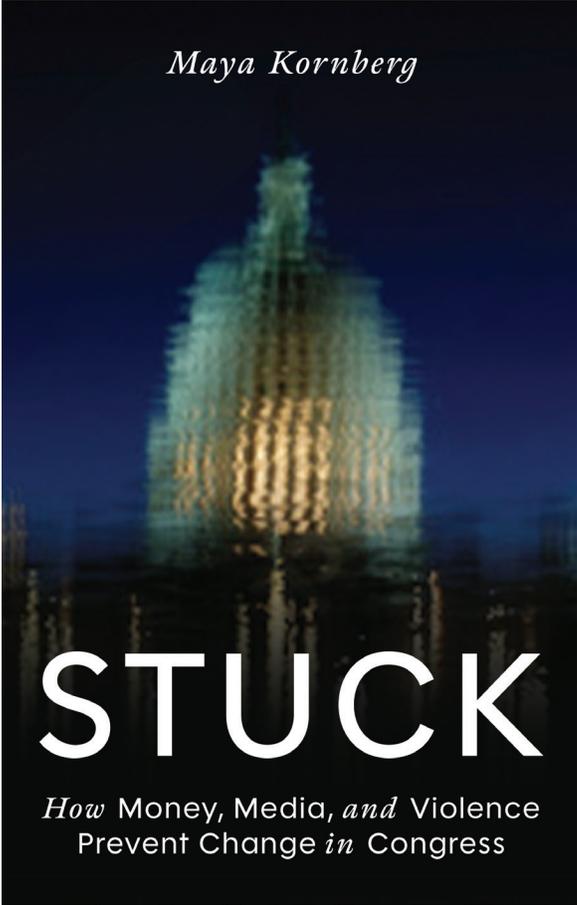
**Jeff Koseff** is a nonresident senior legal fellow at The Future of Free Speech and the author of *Liar in a Crowded Theater: Freedom of Speech in a World of Misinformation*.

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

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA SPRING 2026

COVER NOT FINAL

*Maya Kornberg*



# STUCK

*How Money, Media, and Violence  
Prevent Change in Congress*

## **Stuck**

*How Money, Media, and Violence Prevent Change in Congress*

MAYA KORNBERG

Congress, the central democratic institution in the United States, is hanging on by a thread. On January 6, 2021, a violent attack on the Capitol Building left five people dead, and threats and attacks against politicians are on the rise. In *Stuck*, Maya Kornberg chronicles the efforts of congressional reformers over the last fifty years and documents the mounting forces that have kept their reforms from creating meaningful change.

The “Watergate babies” of 1974, the Contract with America conservatives of 1994, and the historic 2018 class fueled by backlash to Donald Trump all represent younger, more diverse, and less entrenched members who arrived in Washington energized and idealistic. Kornberg reveals the ways Congress has become increasingly inhospitable to change. Political violence, astronomical campaign costs, relentless fundraising demands, shrinking staff, and centralized party leadership all constrain the ability of new members to legislate and represent their constituents. Social media, while offering new platforms for political expression, has also heightened harassment and fueled a performative culture that rewards spectacle over substance.

Bolstered by dozens of interviews, congressional records, and the voices of lawmakers past and present—including Henry Waxman, Toby Moffett, Phil English, Alexandria Ocasio-Cortez, and Lauren Underwood—*Stuck* offers a sobering portrait of a legislative body paralyzed by its own internal dynamics. Kornberg also outlines tangible reforms that could restore Congress’s capacity to function and amplify the power of its newest members. At a time when Americans are losing faith in democracy’s most representative institution, *Stuck* makes the case for how it could be saved.

POLITICAL SCIENCE / American Government /  
Legislative Branch

Available 03/10/2026

\$32.95 · Hardcover · 9781421454580

272 pages · 6 x 9” · 3 b&w photos, 2 b&w  
illustrations

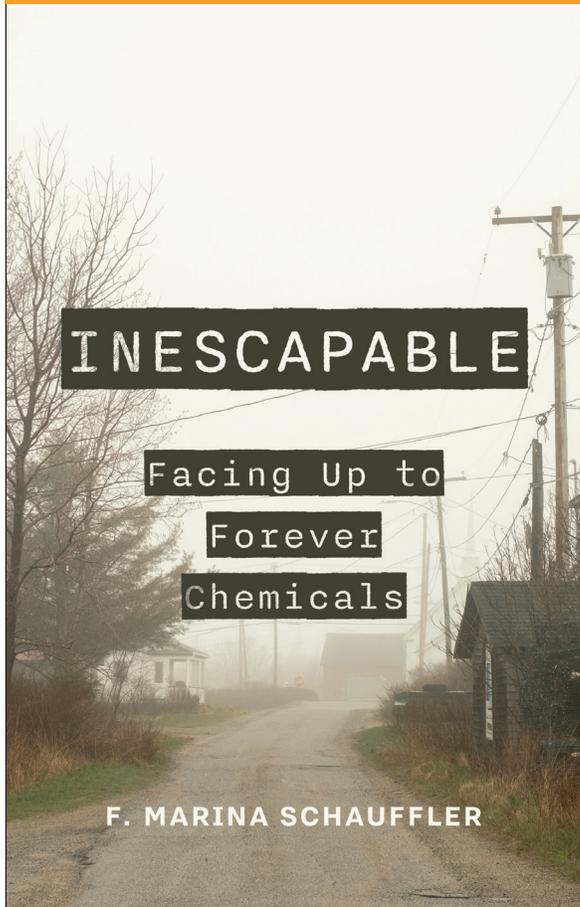
Also available as an ebook

**Maya Kornberg** is a senior research fellow at the NYU Law’s Brennan Center for Justice. She is the author of *Inside Congressional Committees: Function and Dysfunction in Lawmaking*.

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

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA SPRING 2026

COVER NOT FINAL



## ***Inescapable***

***Facing Up to Forever Chemicals***

F. MARINA SCHAUFFLER

Invisible and nearly indestructible, per- and polyfluoroalkyl substances (PFAS) have seeped into the blood of almost every American and permeated the natural world. These insidious chemicals now drift on global air currents, fall in rain, accumulate in soils and food webs, and can persist in ecosystems for generations. *Inescapable* reveals how ordinary people are tackling the toxic impacts from this sprawling class of industrial compounds—long used in consumer products, building supplies, and firefighting foam and still widely produced.

Journalist Marina Schauffler recounts how PFAS contamination in Maine, a state known for its bountiful farms, woods, and waters, has upended lives and livelihoods, endangered public health, and cost taxpayers hundreds of millions of dollars. Stories from homeowners, firefighters, farmers, tribal members, researchers, and elected officials reveal the staggering implications of the federal government's failure to regulate synthetic chemicals that manufacturers have known for decades were toxic. Maine is among states at the forefront of PFAS testing and regulation, but no region is immune from this chemical threat.

The poignant accounts in this book illuminate the challenge of reckoning with the far-reaching effects of PFAS and addressing the ongoing burden borne by highly affected individuals. Countless communities across the nation and world could face similar struggles as the ubiquity of PFAS contamination becomes clear. *Inescapable* offers a roadmap for tackling this chemical Hydra.

**SCIENCE / Environmental Science**

Available 03/17/2026

\$32.95 · Hardcover · 9781421453996

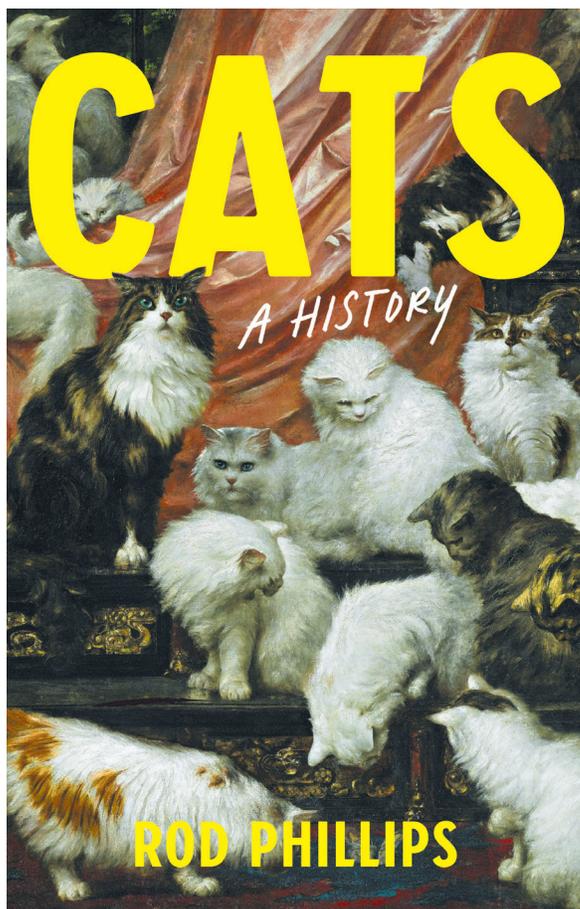
280 pages · 6 x 9"

Also available as an ebook

**F. Marina Schauffler** is a journalist and the author of *Turning to Earth: Stories of Ecological Conversion*.

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

**JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA SPRING 2026**



## Cats

*A History*

ROD PHILLIPS

For more than 10,000 years, cats have prowled at the edges of human life. But, starting only a few decades ago, hundreds of millions of them became pets. In *Cats: A History*, historian Rod Phillips shares a sweeping cultural and social history of cats, tracing the shifting place of felines across societies and centuries, from ancient Egypt's revered hunters to Europe's suspected familiars of witches and from shipboard rodent controllers to cherished internet icons.

Phillips illustrates how cats have always occupied spaces both familiar and mysterious and how their perceived independence and disruptive nature—and their associations with women, the supernatural, and outsiders—have shaped humans' attitudes toward these fascinating creatures. Cats have been lauded as companions and vermin-killers, reviled as threats to moral and ecological order, and cherished for the very qualities that make them hard to control. This richly textured portrait of cats explores their significance in religion, politics, gender, literature, warfare, and pop culture. It also provides fascinating insights into our relationships with other animals, especially dogs and rodents.

The many roles that cats have played throughout history illuminate a variety of fascinating contradictions in humans' perceptions of them: as affectionate yet aloof, adorable and evil, ordinary and exceptional. *Cats: A History* is the definitive story of the feline presence in human history—an elegant study of how we live with animals whom we see as living by their own rules.

NATURE / Animals / Mammals

Available 06/02/2026

\$32.95 • Hardcover • 9781421454184

464 pages • 6 x 9" • 29 b&w illustrations, 1 map

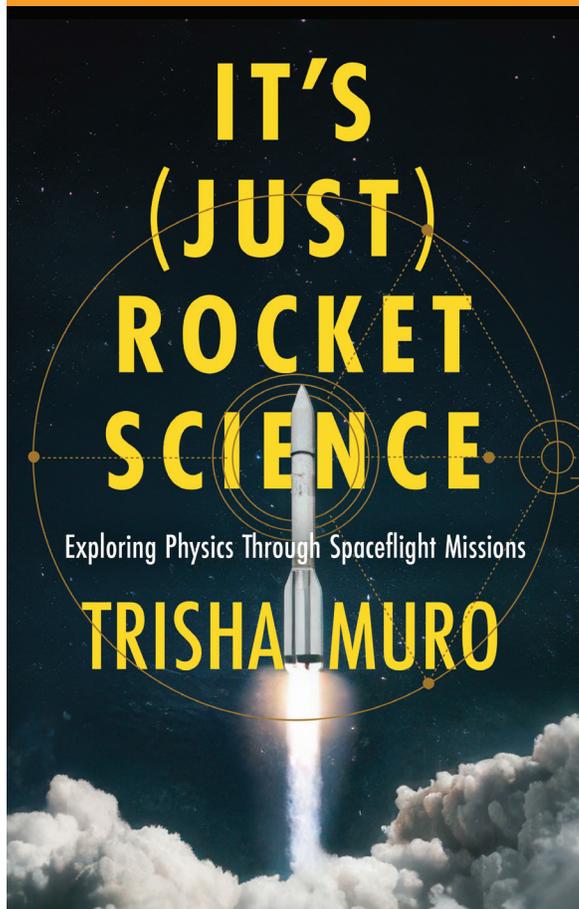
Also available as an ebook

**Rod Phillips** is a professor of history at Carleton University, Ottawa, Canada. He is the author of *Alcohol: A History* and *A New History of Divorce*.

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

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA SPRING 2026

COVER NOT FINAL



## ***It's (Just) Rocket Science***

*Exploring Physics Through Spaceflight Missions*

TRISHA MURO

*It's (Just) Rocket Science* delivers on a bold promise: spaceflight isn't just for engineers or physicists. Science writer Trisha Muro introduces readers to the physics principles behind how rockets, satellites, and space telescopes reach their destinations by making the science behind these technological marvels both meaningful and accessible.

Muro untangles the concepts and calculations that make space exploration possible. Addressing a handful of core topics—including motion, forces, waves, and energy—each section demonstrates how to see physics at work in easy-to-understand explanations. Chapters center on the challenges faced by real spaceflight missions, such as *Voyager's* deep space dispatches, the James Webb Space Telescope's distant perch beyond the Moon, and DART's asteroid-deflecting impact, while connecting the physics behind these missions to readers' daily lives. Muro introduces essential physics concepts and makes abstract principles tangible through true stories of human ingenuity and cosmic ambition.

Covering topics such as orbits, gravity, momentum, light, and relativity, this book explains the surprising science behind familiar headlines, like: How do missions like *Psyche* use a gravitational slingshot to reach their destinations? Why does the Webb telescope orbit a million miles away from Earth? How do we land rovers like *Perseverance* safely on Mars? Whether readers are seasoned stargazers or hesitant explorers, *It's (Just) Rocket Science* invites you to see the science behind space exploration—and recognize how those missions connect back to us.

SCIENCE / Physics / Astrophysics

Available 05/12/2026

\$32.95 · Hardcover · 9781421454269

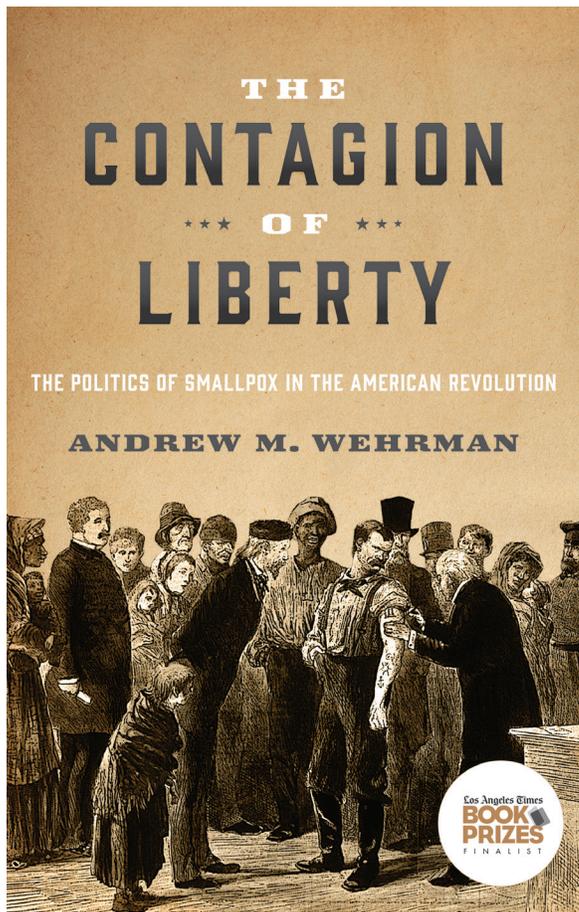
384 pages · 6 x 9" · 35 b&w illustrations

Also available as an ebook

**Trisha Muro** is a freelance science writer and former high school physics teacher who has written for *OpenMind Magazine*, *NOIRLab*, and *Science News Explores*.

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

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## **The Contagion of Liberty**

*The Politics of Smallpox in the American Revolution*

ANDREW M. WEHRMAN

**NEW IN PAPERBACK!**

The Revolutionary War broke out during a smallpox epidemic, and in response, General George Washington ordered the inoculation of the Continental Army. But Washington did not have to convince fearful colonists to protect themselves against smallpox—they were the ones demanding it. In *The Contagion of Liberty*, Andrew M. Wehrman describes a revolution within a revolution, where the violent insistence for freedom from disease ultimately helped American colonists achieve independence from Great Britain.

Inoculation, a shocking procedure introduced to America by an enslaved African, became the most sought-after medical procedure of the eighteenth century. The difficulty lay in providing it to all Americans and not just the fortunate few. Across the colonies, poor Americans rioted for equal access to medicine, while cities and towns shut down for quarantines. In Marblehead, Massachusetts, sailors burned down an expensive private hospital just weeks after the Boston Tea Party.

This thought-provoking history offers a new dimension to our understanding of both the American Revolution and the origins of public health in the United States. The miraculous discovery of vaccination in the early 1800s posed new challenges that upended the revolutionaries' dream of disease eradication, and Wehrman reveals that the quintessentially American rejection of universal health care systems has deeper roots than previously known. During a time when some of the loudest voices in the United States are those clamoring against efforts to vaccinate, this richly documented book will appeal to anyone interested in the history of medicine and politics, or who has questioned government action (or lack thereof) during a pandemic.

**HISTORY / United States / Revolutionary Period  
(1775-1800)**

Available 02/03/2026

\$24.95 • Paperback • 9781421454320

416 pages • 6 x 9" • 14 b&w illustrations, 2  
maps

Also available as an ebook

**Andrew M. Wehrman** is an associate professor of history at Central Michigan University. A winner of the Walter Muir Whitehill Prize in Early American History, his writing has appeared in *The New England Quarterly*, *The Boston Globe*, and *The Washington Post*.

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

**JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA SPRING 2026**

# NAVIGATING FOOD ALLERGIES



A Parent's Guide to Care,  
Coverage, and Confidence

ALICE HOYT, MD

## **Navigating Food Allergies**

*A Parent's Guide to Care, Coverage, and Confidence*

ALICE HOYT, MD

When your child has a food allergy, every season of life brings new challenges. *Navigating Food Allergies* is the trusted, practical resource for parents seeking clarity, confidence, and control in a world that too often feels uncertain. Allergist Alice Hoyt, MD, offers a step-by-step guide through every stage of the food allergy journey, from health care encounters to everyday meals. From your child's first allergic reaction to the long-term planning that helps your child begin to handle their food allergies, Dr. Hoyt provides a framework for how you can comprehensively manage your child's life with food allergies.

Dr. Hoyt empowers you to:

- Understand food allergy tests, diagnoses, and treatments
- Create the right care team for your child
- Prepare for and navigate medical appointments
- Create effective plans to respond to allergy emergencies
- Manage the social impacts of food allergies when you're out of the house
- Navigate insurance and health care costs
- Understand the differences between food allergies, food intolerances, and other adverse reactions to foods

This guide offers clear strategies for tackling the medical, logistical, emotional, and financial realities of parenting your child with food allergies. You'll find helpful visuals, planning tools, and checklists designed for real families managing real challenges. Throughout the book, Dr. Hoyt emphasizes preparation over panic, teamwork over guesswork, and informed decision-making over misinformation.

### HEALTH & FITNESS / Allergies

Available 04/21/2026

\$24.95 • Paperback • 9781421454108

\$54.95 • Hardcover • 9781421454092

248 pages • 6 x 9" • 3 b&w illustrations

Also available as an ebook

**Alice Hoyt, MD**, a board-certified allergist and immunologist, internist, and pediatrician, is the chief allergist at the Hoyt Institute of Food Allergy. She is the host of the podcast *Food Allergy and Your Kiddo* and leads the food allergy-focused non-profit Code Ana.

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

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA SPRING 2026

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A JOHNS HOPKINS PRESS HEALTH BOOK

# Outsmarting Cancer



RISK REDUCTION  
AND THE POWER  
OF PREVENTION

Adam Barsouk, MD

## **Outsmarting Cancer**

*Risk Reduction and the Power of Prevention*

ADAM BARSOUK, MD

*Outsmarting Cancer* reframes one of the most pressing medical challenges of our time: how to prevent cancer. In this timely and accessible book, physician and medical researcher Adam Barsouk, MD, presents a sweeping examination of cancer's true origins—biological, environmental, dietary, infectious, industrial, occupational, and behavioral—and makes a compelling case for why cancer prevention must become a central priority in public and personal health.

With personal stories from his clinical practice and the latest research, Dr. Barsouk explains why more people are getting diagnosed with cancer—and at younger ages—than ever before. This book explores a wide range of overlooked and misunderstood risk factors, as well as how inequities in diagnosis, treatment, and prevention disproportionately impact underserved populations. Unlike typical cancer books that focus narrowly on diet or organ-specific disease, *Outsmarting Cancer* takes a comprehensive, systems-level view, urging readers to look beyond the symptoms and target the root causes.

Dr. Barsouk explores the role of genetic predisposition to cancer alongside environmental, lifestyle, and public policy influences that may contribute to developing the disease. With rigorous scientific insight, he offers real-world, evidence-based strategies to reduce cancer risk in practical, meaningful ways. Honest, urgent, and empowering, *Outsmarting Cancer* challenges readers to rethink how we talk about cancer and how we can reduce its burden before it begins.

HEALTH & FITNESS / Diseases & Conditions /  
Cancer

Available 02/24/2026

\$24.95 · Paperback · 9781421453866

\$54.95 · Hardcover · 9781421453859

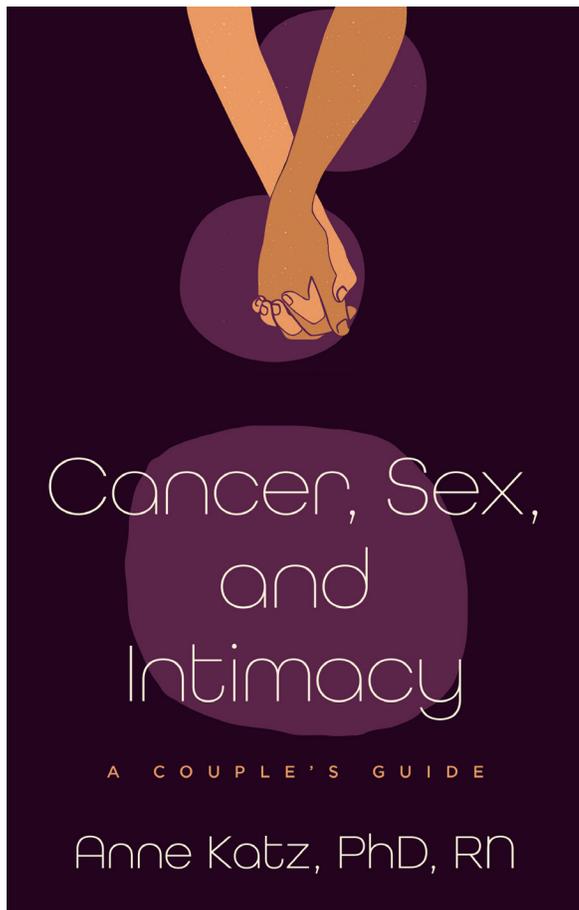
376 pages · 6 x 9"

Also available as an ebook

**Adam Barsouk, MD**, is a resident-physician at the University of Pennsylvania.

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

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA SPRING 2026



## **Cancer, Sex, and Intimacy**

*A Couple's Guide*

ANNE KATZ, PHD, RN

Cancer changes lives—but it doesn't erase the need for intimacy, connection, or sexual expression. In this essential guide, certified sexuality counselor Anne Katz, PhD, RN, offers a compassionate, candid, and evidence-based guide for individuals and couples navigating the often-overlooked sexual challenges brought on by cancer and its treatment

Dr. Katz addresses the full scope of situations survivors may face, including an altered body image, loss of desire, physical pain, emotional distance, relationship strain, and more. Although these changes are common, they are rarely discussed openly—and survivors are often left to figure things out alone, or not at all. Through the stories of couples she's worked with, Dr. Katz shows that while the path back to sexual intimacy may be complex, it is deeply worthwhile. With equal attention to anatomy and emotion, this book empowers readers to understand how cancer treatments impact sexual function, identity, and mental health—and how to reclaim pleasure and closeness at any stage of survivorship.

Clear explanations, practical tools—including mindfulness and sensate focus exercises—and thoughtful commentary make this guide both personal and informative. *Cancer, Sex, and Intimacy* fills a critical gap in survivorship care and reminds readers that sexuality is not a luxury, but a fundamental part of quality of life.

HEALTH & FITNESS / Diseases & Conditions /  
Cancer

Available 02/10/2026

\$22.95 • Paperback • 9781421453781

\$54.95 • Hardcover • 9781421453774

248 pages • 6 x 9"

Also available as an ebook

**Anne Katz, PhD, RN**, is a certified sexuality counselor in private practice. She is the author of numerous books, including *Sexuality and Illness: A Guidebook for Health Professionals*, *Symptom Management Guidelines for Oncology Nursing*, and *Woman Cancer Sex*.

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

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA SPRING 2026

A JOHNS HOPKINS PRESS HEALTH BOOK

# NO-NONSENSE SKINCARE

AN EXPERT GUIDE  
TO HEALTHIER SKIN



ERUM N. ILYAS, MD

## **No-Nonsense Skincare**

*An Expert Guide to Healthier Skin*

ERUM ILYAS, MD

Skincare isn't one-size-fits-all—but you wouldn't know that from the overwhelming tide of product claims, influencer advice, and social media trends. In *No-Nonsense Skincare*, board-certified dermatologist Erum Ilyas, MD, cuts through the noise with trusted guidance for every part of the body and every stage of life. Whether you're navigating teenage breakouts, pregnancy skin changes, or dryness in your 60s, this book offers practical, evidence-based strategies to care for your skin with clarity and confidence.

This essential guidebook explains how to:

- Build a skincare routine that works for you by learning how to choose and use products based on your skin's changing needs, not marketing labels.
- Demystify skincare myths and understand the truth behind buzzwords like “clean beauty,” “skin type,” and “anti-aging.”
- Recognize misleading marketing, vague claims, unrealistic expectations, and overhyped ingredients before they influence your decisions.
- Understand what products can and can't do so that you can identify when you're buying real treatment—and when you're paying for ineffective products.
- Save time and money by creating a streamlined routine that's effective without being excessive.

Readers will learn how to decode marketing buzzwords, make sense of ingredients, and avoid common traps and dangerous trends. Through easy-to-follow routines, product insights, and scientific context, the book empowers readers to create skincare plans that are realistic, affordable, and customized to their own needs. From head to toe, and from infancy to older age, this guide offers a dermatologist's honest insight on how to care for your skin without getting lost in the hype.

HEALTH & FITNESS / Beauty & Grooming / Skin Care

Available 03/31/2026

\$27.95 • Paperback • 9781421454610

\$54.95 • Hardcover • 9781421454603

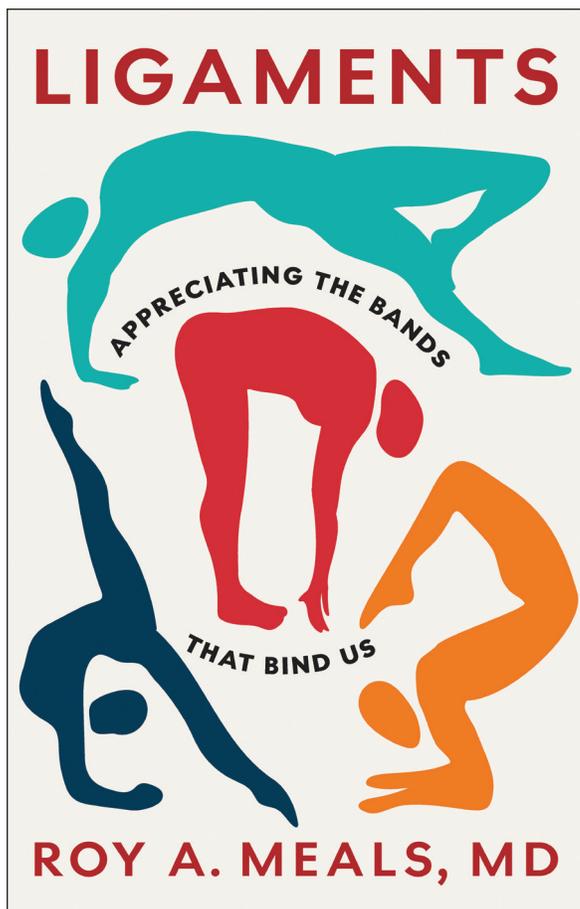
368 pages • 6 x 9" • 10 b&w illustrations

Also available as an ebook

**Erum Ilyas, MD**, is a board-certified dermatologist and the chair of dermatology at the Drexel University College of Medicine.

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

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA SPRING 2026



## Ligaments

*Appreciating the Bands That Bind Us*

ROY A. MEALS, MD

Ligaments are the quiet workhorses of the human body. They anchor our bones, guide our movements, and protect our joints—yet they remain largely unseen and misunderstood. In *Ligaments: Appreciating the Bands that Bind Us*, orthopedic surgeon and acclaimed science writer Roy A. Meals explores anatomy, biology, history, health, human performance, and popular culture to unlock the mysteries of ligaments. Completing a trilogy that began with *Bones and Muscle*, this richly illustrated volume offers a wide-ranging exploration of the anatomy, history, injuries, and cultural relevance of ligaments.

These bone-to-bone connectors are the critical linking mechanisms that allow our muscles to produce purposeful movement. Dr. Meals explains how ligaments stabilize the skeleton like hinge pins on a door, resist the forces of gravity in the face and breasts, and contribute to feats of athleticism, contortion, and childbirth. Readers will learn how ligaments are stronger than steel, how they recover from injury (or fail to), and how they can be stretched, stiffened, or surgically replaced. He also clarifies the differences among ligaments, tendons, and fascia, and why some people are “double-jointed” and others are not. Covering current and emerging treatments for ligament injuries, including artificial and engineered ligaments, the book provides practical insights into maintaining joint stability and flexibility across the lifetime.

Whether examining career-ending sports injuries, congenital laxity, or the elasticity of the vocal cords, Dr. Meals builds a case for why ligaments deserve center stage in our understanding of movement and health.

HEALTH & FITNESS / Diseases & Conditions /  
Musculoskeletal

Available 05/05/2026

\$29.95 · Hardcover · 9781421454214

264 pages · 6 x 9" · 58 b&w illustrations

Also available as an ebook

**Roy Meals, MD**, is an orthopedic surgeon and a clinical professor of orthopedic surgery at the University of California Los Angeles. He is the author of *Bones: Inside and Out* and *Muscles: The Gripping Story of Strength and Movement*.

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JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA SPRING 2026

A JOHNS HOPKINS PRESS HEALTH BOOK

# Confronting Chronic Pain

## *A Guide to Relief*

*Second Edition*

Steven H. Richeimer, MD  
and Alexander Chen, MD

## **Confronting Chronic Pain**

*A Guide to Relief, Second Edition*

STEVEN H. RICHEIMER, MD, AND ALEXANDER CHEN, MD

*Confronting Chronic Pain* is a clear, compassionate, and up-to-date guide to understanding and managing one of the most common and complex health challenges: long-term, persistent pain. Written by two leading pain specialists, this trusted resource distills decades of clinical expertise into an accessible, practical handbook for individuals living with pain and those who care for them.

This revised edition reflects major changes in the medical understanding of pain and its treatment. Readers will find insights on conditions such as arthritis, fibromyalgia, back pain, neuropathy, chronic headaches, and cancer-related pain, along with the latest options for relief. The authors explore traditional therapies and emerging treatments, including new minimally invasive procedures, improved migraine medications, and advances in neurostimulation. While examining the evolving role, risks, and best practices for opioid use, they also highlight promising non-opioid alternatives—from physical therapy and anti-inflammatory strategies to antidepressants, anticonvulsants, and innovative topical or injectable treatments.

Beyond the physical manifestations of pain in the body, *Confronting Chronic Pain* explores the psychological, social, and spiritual aspects of pain. Chapters on family dynamics, emotional resilience, and communication with health care providers help readers take an active role in their care and reclaim their quality of life.

### HEALTH & FITNESS / Pain Management

Available 04/14/2026

\$24.95 • Paperback • 9781421454542

\$54.95 • Hardcover • 9781421454535

320 pages • 6 x 9" • 10 line drawings

Also available as an ebook

**Steven H. Richeimer, MD**, is board certified in pain medicine, anesthesiology, and psychiatry. He is a professor in the Departments of Anesthesiology and Psychiatry and the Chief of the Division of Pain Medicine at the University of Southern California.

**Alexander Chen, MD**, is a board-certified anesthesiologist and interventional pain medicine specialist. He is an assistant professor in the Department of Anesthesiology and Pain Medicine at the University of Southern California.

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

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA SPRING 2026

# WHEN A LOVED ONE IS DYING



Conversations About  
Care, Connection,  
and Coping

MAUREEN GRODEN, RN

## **When a Loved One Is Dying**

*Conversations About Care, Connection, and Coping*

MAUREEN GRODEN, RN

When faced with a loved one's serious illness, many families find themselves overwhelmed, uncertain, and afraid. In this compassionate guide, hospice nurse and educator Maureen Groden, RN, offers a sympathetic and deeply human glimpse into one of life's most challenging passages.

Groden shares true stories of families navigating the final chapter of a loved one's life to explain the universal emotions, decisions, and realizations that emerge during the dying process. Readers meet families like their own—grappling with fear, love, sorrow, and strength—while learning how the health care system works when a family member is seriously ill, what decisions they might need to make, and how to care for their loved ones. These powerful accounts offer expert guidance and practical insights that help readers prepare for what lies ahead. Groden's compassionate voice provides clarity and comfort while explaining symptom management, hospice services, and the subtle, poignant ways that families and loved ones can say goodbye.

This thoughtful guide invites readers to see that although death brings undeniable sorrow, it can also deepen bonds, cultivate resilience, and offer moments of profound beauty. This book is a steady, reassuring companion for anyone facing the uncertainties of end-of-life care—an essential resource for families seeking understanding, courage, and peace.

**FAMILY & RELATIONSHIPS / Death, Grief,  
Bereavement**

Available 02/17/2026

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\$54.95 • Hardcover • 9781421453934

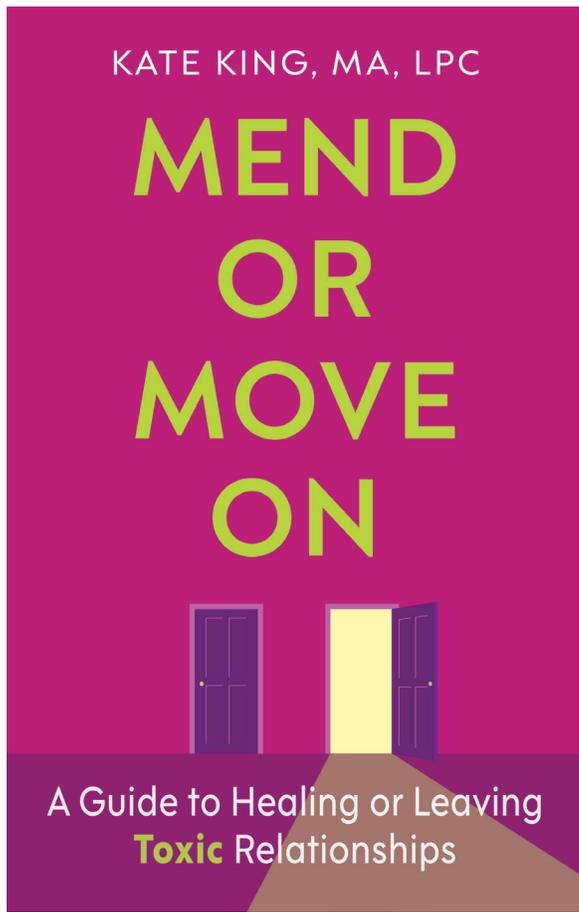
240 pages • 5.5 x 8.5"

*Also available as an ebook*

**Maureen Groden, RN**, is a hospice nurse and educator.

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

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## **Mend or Move On**

*A Guide to Healing or Leaving Toxic Relationships*

KATE KING, MA, LPC

Relationships are meant to nourish us—but what happens when they cause harm instead? In *Mend or Move On*, licensed professional counselor and board-certified art therapist Kate King offers a bold, compassionate guide to breaking free from toxic dynamics and reclaiming a life rooted in self-respect and happiness.

King challenges the long-held belief that family loyalty and social harmony should come at the expense of personal well-being. This book is not about saving every connection—it's about knowing which relationships are worth healing, and which ones demand an honest goodbye. With insight, clarity, and empathy, King outlines the seven most common traps that keep people stuck in painful friendships, partnerships, family bonds, and professional dynamics. These include internalized guilt, unhealed trauma, codependency, and more. She guides readers through the difficult process of deciding whether to stay or walk away by outlining practical, psychology-informed tools that support both paths. Whether repairing a struggling bond or finding the strength to sever it, readers will gain strategies to navigate complex emotional territory with integrity.

Through cutting-edge research and powerful stories from her clients and her own life, King offers a safe space to explore questions of belonging, betrayal, boundaries, and healing. Her unique approach provides a holistic path forward that emphasizes creative expression, evidence-based concepts, and nervous system regulation. This guide invites readers to build relationships that are honest, kind, and respectful—and to walk away from those that are dysfunctional, abusive, and beyond repair.

**“For anyone questioning the health of their relationships including the need for communication and boundaries, King approaches the complexity of connection with compassion and an ongoing invitation to stay curious. As an art therapist, King takes this self-help book to another level with engaging prompts for enhanced self-discovery and insight.”**

**—KHARA CROSWAITE BRINDLE,**  
therapist and author of *Understanding Ruptured Mother-Daughter Relationships: Guiding the Adult Daughter's Healing Journey through the Estrangement Energy Cycle*

### **FAMILY & RELATIONSHIPS / Conflict Resolution**

Available 01/13/2026

\$24.95 • Paperback • 9781421453484

\$54.95 • Hardcover • 9781421453477

304 pages • 6 x 9”

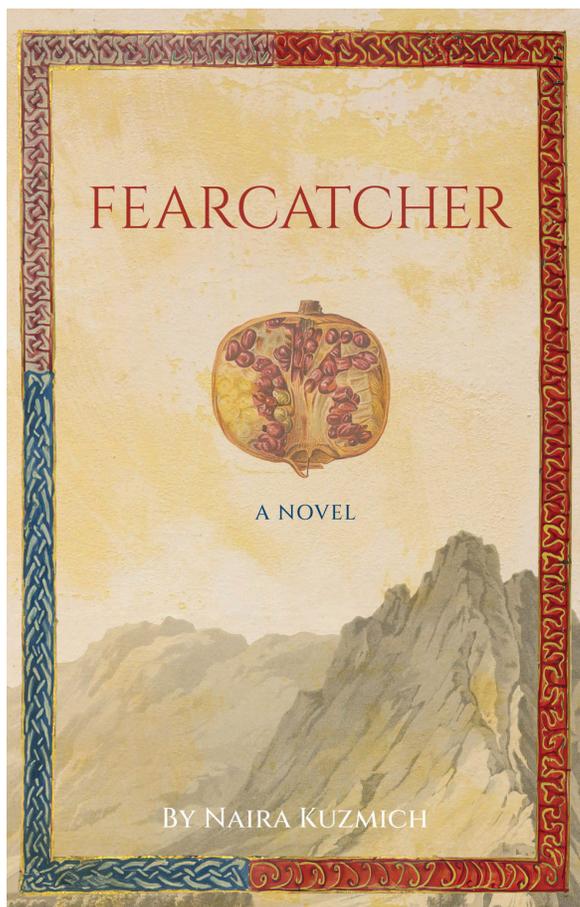
Also available as an ebook

**Kate King, MA, LPC**, is a licensed professional counselor, board-certified art therapist, and the award-winning author of *The Radiant Life Project*.

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

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## **Fearcatcher**

NAIRA KUZMICH

In a small village in Soviet Armenia, a baby girl is found abandoned in the woods, with one hand forced out of her swaddle. All her life Ruzan Garsevanian will wonder what she was reaching for the night the fearcatcher's husband found her and took her home to his mysterious wife. The fearcatcher is a woman at once at the center of her community and at the very outskirts of it. To men, she is a threat to their traditional Armenian way of living; to women, she is the answer to all of their fears. For the daughter she has adopted, she is the woman Ruzan can never truly know.

Trained by Ripsimeh in the ways of fearcatching, as she grows, Ruzan yearns for freedom: from the hypocrisy and insularity of her village, and from the hand of destiny her mother swears will eventually take Ruzan in its grasp—for when a fearcatcher dies, a fearcatcher is born. In the capital city of Yerevan, where revolution brews, Ruzan is determined to carve out a life on her own terms. But when disaster threatens the lives of both the family she has left behind and the family she has newly begun, Ruzan must decide whether she will become unknowable to her own daughter, too.

Lush and mythic yet profoundly intimate, Naira Kuzmich's posthumous debut novel is a journey through perpetual questions of fear and of fate.

**“Naira Kuzmich is the rare writer who slips readers effortlessly into her fictive dream, who makes you forget you are reading her glorious words... This is magnificent, curative writing. Kuzmich was one of the greatest writers of her generation. In every line we can still see her hand.”**

**—JENNIFER MARITZA MCCAULEY**

author of *When Trying to Return Home*

FICTION / Literary

Available 10/28/2025

\$24.95 • Paperback • 9781608012800

408 pages • 8.5 x 5.5”

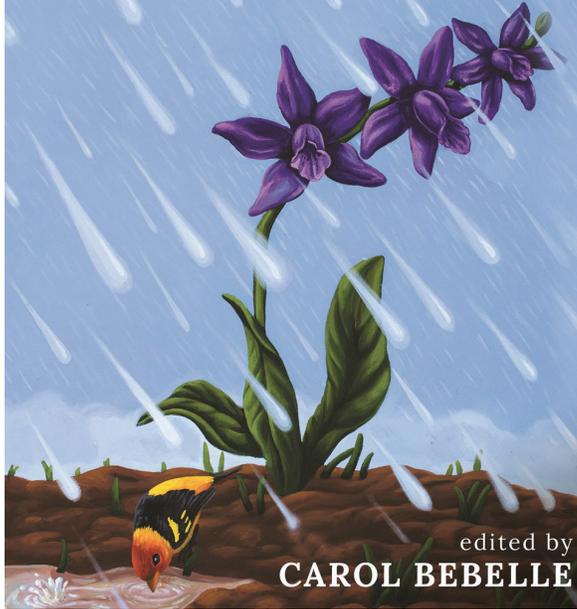
**Naira Kuzmich** was born in Armenia and raised in the Los Angeles enclave of Little Armenia. Her fiction and nonfiction have appeared in *West Branch*, *Blackbird*, *Ecotone*, *The O. Henry Prize Stories 2015*, *The Threepenny Review*, *The Massachusetts Review*, *The Cincinnati Review*, and elsewhere. She is the author of the short story collection *In Everything I See Your Hand*. She passed away in 2017 from lung cancer.

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

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# Counting Our Blessings

New Orleans Stories  
20 Years After Katrina



## Counting Our Blessings

New Orleans Stories 20 Years After Katrina

EDITED BY CAROL BEBELLE

*Counting Our Blessings* is a journey through the lives of forty-one New Orleanians in the aftermath of Hurricane Katrina. Their experiences and reflections offer a clarifying view of the assistance, promises, faith, relief, opportunities, compassion, and empathy that helped to catapult them through the distress to better times. The collection reveals the power of a bitter night in the deepest darkness—and our collective ability to rise to the occasion of doing for others what we would like them to do for us.

These are real stories starring our fellow Americans as heroes and New Orleanians as brave, determined, and resilient victims of one of the United States' most catastrophic disasters. From an international business community that, in one week, organized to reset the lives of colleagues in distress; to a family preparing to evacuate who make the decision to take with them two friends and their dog; to individuals and communities that provided shelter, temporary homes, and friendship; to love stories that were born and families that were made. *Counting Our Blessings* is a testament of humanity coming to the rescue, and what happens when empathy and compassion are on full display.

HISTORY / United States / State & Local / South

Available 01/06/26

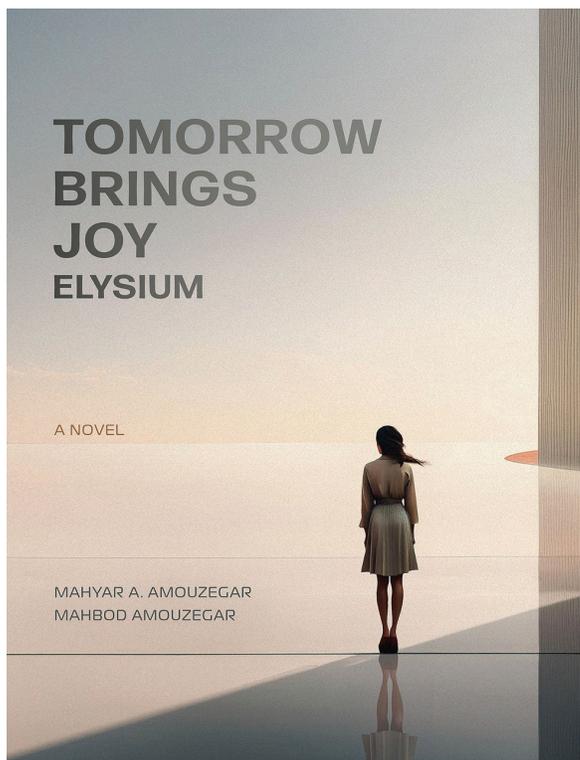
\$39.95 • Paperback • 9781608012817

496 pages • 6 x 9"

**Carol Bebelle** is a native New Orleanian. She holds a bachelor's degree from Loyola University in sociology, a master's degree from Tulane University in education administration, and has a twenty-year career in the public sector as an administrator and planner of human service programs. She is also a published poet and essayist. Her written works can be found in various anthologies, reports, and journals.

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

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA SPRING 2026



## **Tomorrow Brings Joy**

*Elysium*

MAHYAR AMOUZEGAR AND MAHBOD AMOUZEGAR

In *Tomorrow Brings Joy: Elysium*, the Amouzegar brothers weave a compelling narrative of hope and discovery in a society where humans and androids coexist in fragile harmony.

Elysium was designed to abolish traditional hierarchies and achieve perfect harmony. Yet beneath its utopian surface lies a hidden history of sacrifice and control. Dolores, a perceptive and spirited human, and her enigmatic android companion, KR, begin unraveling the mysteries of their seemingly ideal world. Their search for answers leads them to the Walled City—a parallel social experiment—and the unsettling truths behind Elysium’s founding.

As Dolores and her friends, known as Pod, delve deeper into this web of intrigue, they must confront the ideals of their society and their own roles within it.

Rich with philosophical depth, compelling characters, and emotional resonance, *Tomorrow Brings Joy: Elysium* explores the boundaries of humanity, the weight of history, and the courage it takes to imagine a better world.

FICTION / Science Fiction / General

Available 01/27/26

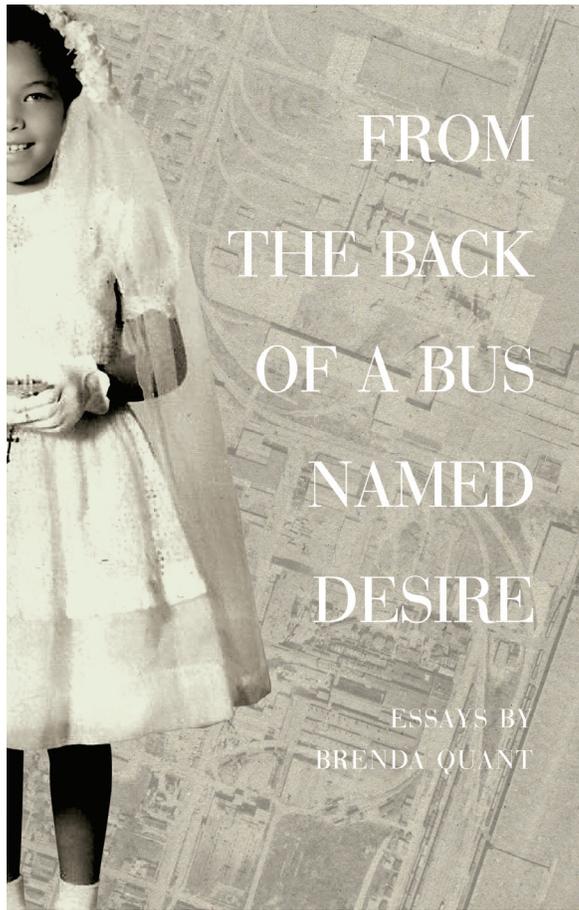
\$28.95 • Paperback • 9781608013043

425 pages • 8.5 x 5.5”

**Mahyar and Mahbod Amouzegar**, brothers born in Tehran, emigrated to the United States as teenagers amidst the upheaval of the Iranian Revolution. Both grew up in San Francisco, where the city’s literary culture and the rise of the tech industry shaped their creative and intellectual paths. Mahyar, now the president of New Mexico Tech and the author of four novels, explores themes of identity, resilience, and the human condition. Mahbod, inspired by his parents’ literary legacy, has edited and published his mother’s works and is compiling his father’s memoir. This novel represents the culmination of a lifelong journey to reconnect with their heritage. By weaving together elements of their past and present, the Amouzegar brothers have crafted a story that bridges imagination, memory, and the enduring ties of family.

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

JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA SPRING 2026



## ***From the Back of a Bus Named Desire***

BRENDA D. QUANT

Brenda Quant was a commentator on New Orleans life par excellence. Through firsthand participation in civil rights work, Quant's vision of New Orleans is among the most true of a city whose image precedes it. Growing up in the Ninth Ward, Quant lived through the last gasps of Jim Crow and participated in its demise both as an activist and chronicler.

These essays, which traverse this time and beyond, are her contemplations on the power of pathways, whether those as momentous as diasporic seaways, as quotidian as neighborhood sidewalks, or as intimate as the roundabouts and byways of memory.

With humor, candor, and a diligent curiosity about the world, *From the Back of a Bus Named Desire* is a keen crosshatching of observation and insight.

**BIOGRAPHY & AUTOBIOGRAPHY / African American & Black**

Available 01/27/26

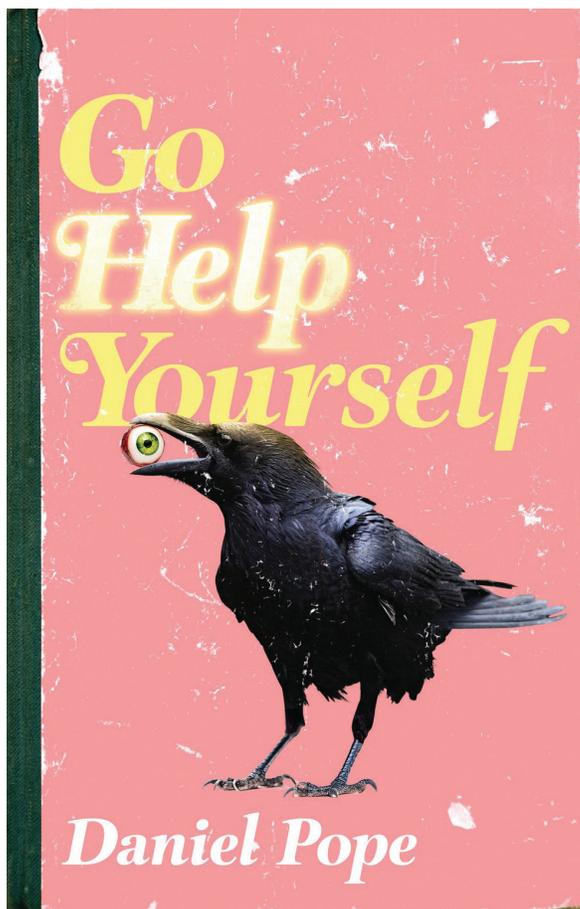
\$19.95 • Paperback • 9781608012947

184 pages • 8.5 x 5.5"

**Brenda Quant** was born in New Orleans and lived in the Crescent City her whole life. She received a BA in English education in 1968 and an MFA in creative writing in 2015, both from the University of New Orleans. In addition to writing, she was a humanitarian, activist, and educator. She passed away in 2022 at the age of seventy-five.

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

**JOHNS HOPKINS UNIVERSITY PRESS | PRESS.JHU.EDU | CANADA SPRING 2026**



## ***Go Help Yourself***

DANIEL POPE

Meet Corbin Moore, a twenty-something lapsed writer whose job at a struggling, off-brand spiritualist bookshop in Seattle meshes well with his regimen of smoking cannabis, binge eating, and doom-watching the news. That rut is interrupted by the return of his overbearing mother, Geraldine, a famous self-help guru who's looking for a guinea pig. Add in the daily deluge of Corbin's deep-seated insecurities and body dysmorphia, the prospect of reunion with still beloved ex-girlfriend Beth, and nonstop harassment by a murder of near-murderous crows, and you get a person most in need of help—but from whom, and how?

Sharply funny and surprisingly tender, Daniel Pope's debut asks the question: What if we're not broken in all the ways the prophets of American self-help say we are? This book is for all the people self-improvement leaves behind.

FICTION / Psychological

Available 05/05/26

\$26.95 • Paperback • 9781608012794

384 pages • 5.5 x 8.5"

**Daniel Pope** is a writer and musician from Seattle. His work has appeared in *Narrative Magazine*, *Bellevue Literary Review*, *Gulf Coast Journal*, and elsewhere. He currently lives in the UK, where he is a doctoral candidate at the University of Manchester's Centre for New Writing.

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