

BIAGI

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M A N A G E M E N T

LONDON BOOK FAIR 2024

- ❖ **FICTION-GENERAL**
- ❖ **FICTION-CRIME/MYSTERY/THRILLER**
- ❖ **NON-FICTION**
- ❖ **NON-FICTION TRUE CRIME**
- ❖ **NONFICTION-SPORTS/FITNESS/HEALTH**
- ❖ **NON-FICTION LIFESTYLE SELF-DEVELOPMENT**

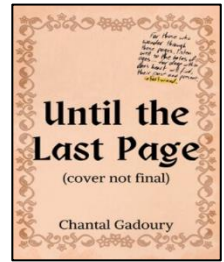
Contact: Linda@biagirights.com
www.biagirights.com

UNTIL THE LAST PAGE: *Wanderer of Pages Duology*, Book 1

By Chantal Gadoury

In this delectable romcom, Jo Hart crash-lands inside a book of fairy tales, nearly crushing an annoying, snarky frog who is actually a prince seeking the kiss of true love to break his curse. He vows that he will get Jo home if she agrees to help him find his princess. With every turn of the page, their adventure leads them deeper into familiar fairytales and they discover that they're exactly what the other needs. But the plot takes an unexpected twist when they encounter a devious little man with a talent for spinning straw into gold. Book 2, *A Fairytale Ending*-May 2025.

Inimitable *August 2024* 280 pages



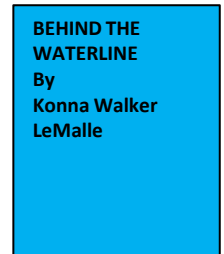
BEHIND THE WATERLINE

By Konna Walker LeMalle

"Catastrophes—natural, political, and familial—collide in this deeply moving page-turner."—**Deesha Philyaw, *The Secret Lives of Church Ladies***

For fans of Gloria Naylor and Jesmyn Ward, and with crossover appeal for YA, this masterful debut and Lee Smith Novel Prize winner tells the Katrina story that no one else has told. As the water rises in the Third Ward Dogs bark for a time, neighbors float on doors then begin to disappear, the heat builds, supplies dwindle, and Eric's eccentric grandmother begins to falter. Desperate to escape the relentless water, Eric discovers a room beyond his closet wall, and that sends him on a path to discover secrets to survival, bitter progress, and, ultimately, the history of his own people—those he sorely misses and those he never knew. LeMalle is an executive writer for the University of Houston-Downtown and a writing coach at Houston's Writers in the Schools and Houston Christian University.

Blair *March 2025* 336 pages

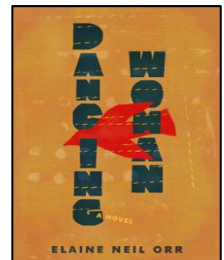


THE DANCING WOMAN

By Elaine Orr

Nigerian-born author Orr crafts a sensual portrait of one woman torn between two men and two cultures. In 1963 Isabel Hammond leaves Richmond, Virginia with her agricultural aid worker husband for Nigeria, where she struggles to find her passion and her purpose. She finds both, with devastating impact. Against the backdrop of political unrest in Nigeria, Isabel's personal situation becomes similarly precarious. Orr is the author of five books, including the novels *A Different Sun* and *Swimming Between Worlds*. Born and raised in Nigeria, and the daughter of missionary parents, Orr's writing is grounded in both the American South and the Nigerian South. She is a professor of literature at N.C. State University and a faculty member of the Brief-Residency MFA in Writing Program at Spalding University. Quote pending from Charles Fraser (*Cold Mountain*).

Blair *January 2025* 336 pages



Also available :



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Dreamscape

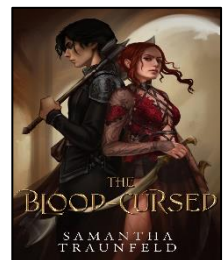
THE BLOOD-CURSED: *Blood-Cursed Trilogy*, Book 2

By Samantha Traunfeld

"A grim passionate tale that will scorch readers."—**Kirkus** (on Book 1 – *The Legionnaire*)

In the explosive sequel to *The Legionnaire*, relationships are tested, new villains are revealed, and tensions are raised to new heights. When Saiden made her choice between her best friend and her queen, she knew life in the kingdom of Kazia would never be the same. But she wasn't prepared for how deeply it would affect her—and make her break her vow to never be anyone else's monster again. Book 3, *The Anointed*-October 2025.

Inimitable *October 2024* 300 pages



FICTION-CRIME/MYSTERY/THRILLER

Also available :



rights licensed:

Dreamscape; Harlequin

SHOOT THE MOON: A Rainey Hall Mystery

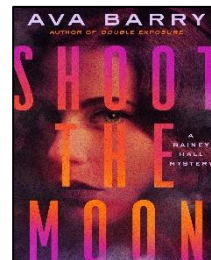
(English Language Rights only)

By Ava Barry

★PW (starred): "Seductive neo-noir."

Private Investigator Rainey Hall leads a team of intelligent, diverse, independent women who solve the toughest crimes. In this newest novel, Rainey -- a queer woman full of dark secrets-- stumbles into a mystery from her past that embroils her with an underground society of artists, a dangerous new drug, and a string of violent deaths.

Pegasus *January 2025* 320 pages

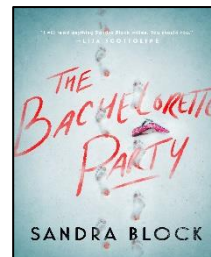


THE BACHELORETTE PARTY

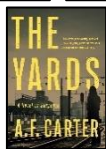
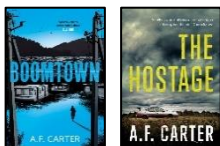
By Sandra Block

Alex has her dream job program and is engaged to a man who is almost too perfect and her best friends are taking her on a surprise bachelorette weekend. But getting caught in a blizzard was never part of the plan--and neither was being cut off from outside help and being hunted by a serial killer.

Penzler Publishers/Scarlet *September 2024* 336 pages



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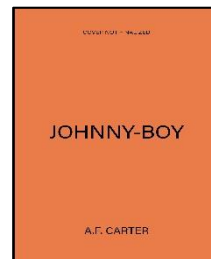
German/Polar Verlag; Recorded Books

JOHNNY BOY

By A.F. Carter

Johnny Boy is a hit man with a job to do and his new assignment is located in the town of Baxter. It's a town with drug dealers and small-time mobsters looking to make some money from the homesick workers building the new Nissan plant. Chief of Detectives, Delia Mariola works with her best detective, Blanche Weber to find out who the killer is and why he is in her town. But having two female detectives lead the case ruffles some feathers, especially when one is a hothead, the other is a lesbian, and both have risen to the top due to their uncompromising work as detectives. This is the fourth novel in Carter's critically acclaimed and Edgar-nominated series featuring Detective Delia Mariola; Carter is also the author of *All of Me*.

Penzler Publishers/Mysterious Press *September 2024* 336 pages

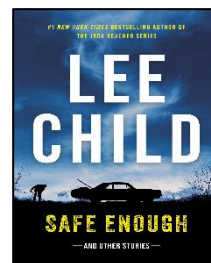


SAFE ENOUGH and Other Stories

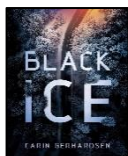
By Lee Child

Twenty crime stories by the creator of Jack Reacher, never before collected. Lee Child has written numerous stories about a wide range of characters on both sides of the law and here introduces assassins, bodyguards, CIA and FBI agents, gangsters, and other protagonists in situations that take unexpected turns to surprise their antagonists and readers alike. Lee Child has been one of the bestselling authors in the world for 20 years; his first book, *Killing Floor*, was released in 1997. In 2020, he retired from writing and turned the Jack Reacher series over to his brother, Andrew Grant. Under his real name of James Grant, Lee Child was honored with a Commander of the British Empire.

Mysterious Press *September 2024* 336 pages



Also available :



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THE SAINT

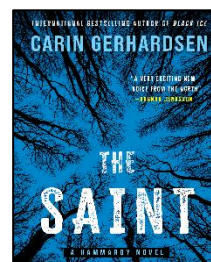
(World English Rights)

By Carin Gerharsen

"A very exciting new voice from the North" - Ragnar Jónasson

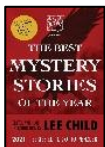
A man is found murdered in Stockholm's beautiful Herräng forest; a beloved local soccer coach named Erlandsson, often described as "a saint" for his good works. The Hammarby investigating team split the leads between them and soon discover that "the saint" have had secrets of his own. Namely two missing girls. The team must now figure out who wanted to murder Erlandsson and if the missing girls are part of the puzzle.

Penzler Publishers/Scarlet *September 2024* 336 pages



FICTION-CRIME/MYSTERY/THRILLER

Also available :



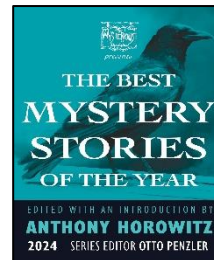
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Books; Large Print/Thorndike
Press

THE MYSTERIOUS BOOKSHOP PRESENTS THE BEST MYSTERY STORIES OF THE YEAR - 2024

Edited by Anthony Horowitz

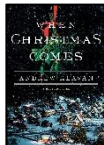
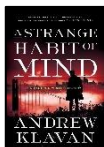
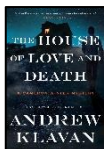
Each annual edition of *Best Mysteries* is packed with the most interesting, powerful, and original works in the genre, without regard to the venue, sub-genre, fame of the author, or any factor other than excellence. In this fourth volume readers will find stories set in New York, Bombay, France, Los Angeles, the rural South (and North)—wherever people commit crimes. Some will be hard-boiled, others more traditional. There are detective stories, crime fiction, tales of suspense—set in the present or as part of dark history. Previous editions have featured Lee Child, Sara Paretsky, and Amor Towles as guest editors. Horowitz is the world-wide bestseller of more than fifty novels, some of which have inspired beloved television programs, such as *Magpie Murders* and *Moonflower Murders*; he also has created original dramas, such as the brilliant *Foyle's War*.

Penzler Publishers/Mysterious Press *September 2024* 400 pages



FICTION-CRIME/MYSTERY/THRILLER

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Italian/Leone Editore;
Japanese/Hayakawa; Recorded
Books; Russian/AST

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Publishing; Korean/Wisdom
House, Inc.; Large Print/Center
Point; Recorded Books;
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Libros

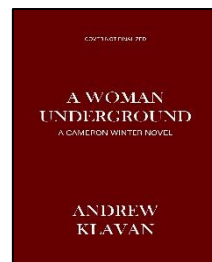
WOMAN UNDERGROUND

By Andrew Klavan

★ **PW:** "Klavan's blistering whodunits feature hitman-turned poetry professor Cameron Winter. Fans of complex investigators like Thomas Harris's Will Graham will be enthralled."
Stephen King: "Klavan is the most original American novelist of crime and suspense since Cornell Woolrich."

In his most personal case ever CIA hitman-turned-poetry Professor Cameron Winter must delve deep into his past to confront a dangerous threat lurking in the fringes of today. Klavan has been nominated for the Mystery Writer of America's Edgar award five times and won twice. He is the author of several bestselling novels, including *Don't Say A Word*, filmed starring Michael Douglas, *True Crime*, filmed by Clint Eastwood, and *Empire of Lies*.

Penzler Publishers/Mysterious Press *October 2024* 336 pages

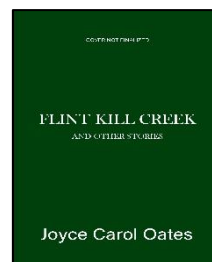


FLINT KILL CREEK

By Joyce Carol Oates

This new collection of stories by one of America's greatest writers features a range of psychological suspense and crime. Several have appeared in literary journals but Oates has rewritten them to make them more "criminal and written a brand new story for this collection. Oates has published nearly 100 books, including 58 novels, many plays, novellas, volumes of short stories, poetry, and non-fiction. Her novels *Black Water*, *What I Lived For*, and *Blonde* (also a film) were finalists for the Pulitzer Prize; she won the National Book Award for her novel *Them*.

Penzler Publishers/Mysterious Press *November 2024* 336 pages



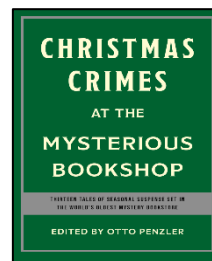
CHRISTMAS CRIMES AT THE MYSTERIOUS BOOKSHOP

Edited by Otto Penzler

October 2024

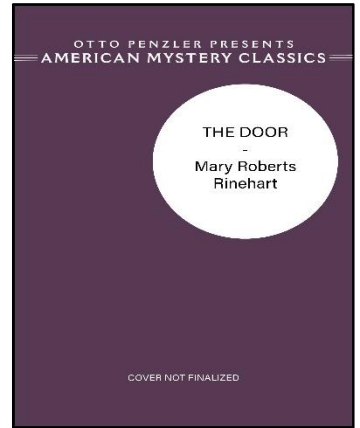
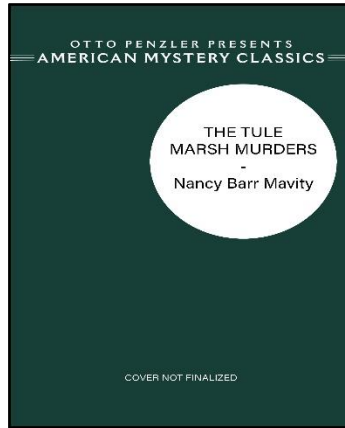
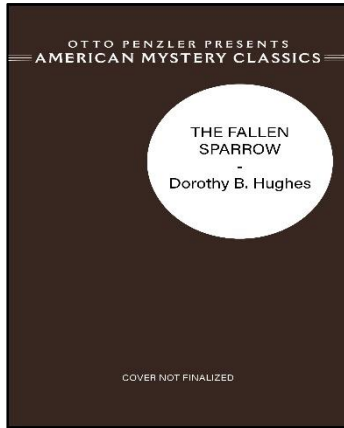
Written exclusively for Mysterious Bookshop and never published elsewhere, thirteen tales by the likes of Laura Lippman, Lyndsay Faye, Ragnar Jonasson, Jeffrey Deaver, and more. Just three criteria: set at Christmastime, involving a crime of some kind (or the suspicion of one), and that it be set at least partially in the Mysterious Bookshop – the oldest and world-famous specialty bookstore devoted entirely to crime and mystery.

Mysterious Press *October 2024* 336



FICTION-CRIME/MYSTERY/THRILLER

AMERICAN MYSTERY CLASSICS IS A COLLECTION OF CRIME FICTION FROM BETWEEN THE FIRST AND SECOND WORLD WARS – THE GOLDEN AGE OF CRIME. EACH IS CURATED BY OTTO PENZLER AND REISSUED WITH DROP DEAD GORGEOUS COVERS AND A FRESH INTRODUCTION BY A CONTEMPORARY AUTHOR. THE NEW OFFERINGS FOR FALL 2024 ARE:



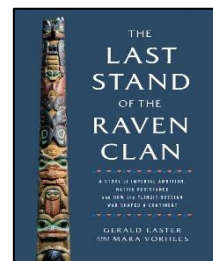
NON-FICTION

THE LAST STAND OF THE RAVEN CLAN: A Story of Imperial Ambition, Native Resistance, and How the Tlingit-Russian War Shaped a Continent

By Gerald Easter & Mara Vorhees *(English Language Rights only)*

At the turn of the 19th Century, Peter the Great's objective was to corner the lucrative north Pacific fur trade and colonize the American coastline all the way to San Francisco Bay. His audacious scheme was stalled on the battlefield by a coalition of defiant Tlingit tribes. This is the true story of how the indigenous Tlingit people of southeast Alaska thwarted Imperial Russia's grand plan at The Battle of Sitka, led by the young war chief Katlian, a hero as fierce and courageous as Crazy Horse or Geronimo. Tlingit oral histories and Russian eyewitness accounts bring this history to life.

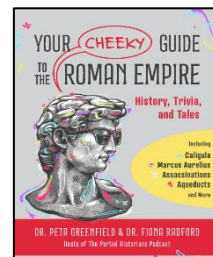
Pegasus *October 2024* 336 pages/8 pages color photos + map



YOUR CHEEKY GUIDE TO THE ROMAN EMPIRES: History, Trivia, and Tales – Including Caligula, Marcus Aurelius Aqueducts, Assassinations, and More **By Dr. Peta Greenfield & Dr. Fiona Radford**

Discover the wild and fascinating true stories of the Roman Empire they never taught in boring history class with this ultimate collection of notorious emperors, scandalous love affairs, rebellion, and more. Whether you're a Roman Empire enthusiast or someone whose knowledge starts and stops with the movie '*Gladiator*', this book has facts and trivia that will educate and entertain. Drs. Greenfield and Radford both have PhDs in Roman history and cohost the popular *Partial Historians* podcast.

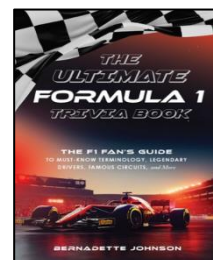
Ulysses Press *November 2024* 144 pages



THE ULTIMATE FORMULA 1 TRIVIA BOOK: The F1 Fan's Guide to Must-Know Terminology, Legendary Drivers, Famous Circuits, and More **By Bernadette Johnson**

Formula 1 has a strong and loyal fan base - 25.7million followers on Instagram and 7.7 million followers on Tik Tok. Netflix's "*Formula 1: Drive to Survive*," viewership jumped 40% last year. Whether you are a lifelong Formula 1 fan or just starting to enjoy the adrenaline-filled motor sport, this book is the perfect companion. Learn all about the famous circuits and their races, including life-changing accidents as well as the manufacturing and development of the fastest cars, legendary drivers like Lewis Hamilton and Max Verstappen, and renowned teams like Ferrari, McLaren, and Williams. Johnson is an IT specialist and the author of Ulysses' *Big Book of Spy Trivia*.

Ulysses Press *September 2024* 144 pages



NON-FICTION

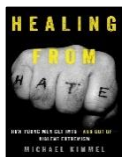
IDEAL: How First-Generation Jews Created Childhood in America

By Michael Kimmel

Kimmel's examines the confluence of ideas, attitudes, and technology that changed the way we think about childhood. The huge wave of Jewish immigrants flooding into America at the turn of the century brought with them a new idea of childhood, an entrepreneurial spirit, and a desire to assimilate. The children of those immigrants—first-generation American Jews—dominated the emerging field of developmental psychology which advocated nurturing the native curiosity and creativity of children; another group of first-gens created a new “material culture” of childhood. Enduring companies such as Ideal, Hasbro, Mattel, Marx and Lionel produced toys and books and films that fostered the concept of imaginative play for children everywhere—the kind of happy play-filled childhoods their inventors had never known. *New York Times* bestseller Kimmel, grand-nephew of the founder of the Ideal Toy Company, is author of *The Gendered Society* (licensed for Polish, Portuguese, Russian, and Ukrainian translation), *Angry White Men* (Spanish/Barlin Libros; German/Orell Fussli), and *The Guys' Guide to Feminism* (French/Massot; Ukrainian/Kiev).
Norton (via Doug Grad Literary) *Fall 2025* page count TK

**IDEAL: How First-Generation Jews Created Childhood in America
By Michael Kimmel**

Also available by Michael Kimmel :



HEALING FROM HATE: How Young Men Get Into—and Out of—Violent Extremism (UC Berkley Press, 2018)

Kimmel explores the reasons why young men join hate groups (Neo-Nazis, White Supremacists, Proud Boys, etc.) via their stories after they left those groups and had to be “deprogrammed.” An especially viable topic in light of Trump’s election in 2016, the Jan. 6, 2021 insurrection, and the rise of far right hate rhetoric in Britain, Germany, Sweden, Holland, and elsewhere.

- *“Astute and empathetic.” - The New York Times*
- *“Compelling.” – The Washington Post*
- *“Illuminating...Kimmel shows that the boy crisis provides fertile ground for recruiters from white supremacist, neo-Nazi, and other extremist groups.”- New York Review of Books*

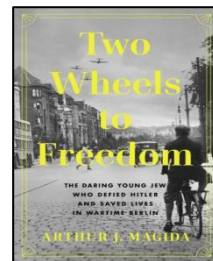
TWO WHEELS TO FREEDOM: The Daring Young Jew Who Defied Hitler and Saved Lies in Wartime

(English Language Rights only)

By Arthur J. Magida

For readers of *The Tattooist of Auschwitz* and *Mala's Cat*, a very different kind of World War II story that illuminates and inspires. Cioma Schonhaus was a young art student in wartime Berlin who became the nexus of a movement to help Jews escape. His forgeries saved hundreds of lives and his own escape via bicycle is an adventure for the ages – he became the only person to cycle his way out of the Third Reich!

Pegasus *September 2024* 336 pages /16 pages b+w photos



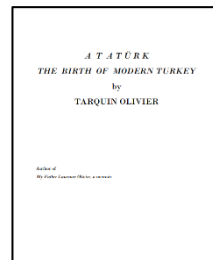
NON-FICTION

Atatürk: The Birth of Modern Turkey

By Tarquin Olivier

Facing east toward Russia, West toward Europe, and South toward the Middle East, Turkey is a key player in contemporary geopolitics. Tarquin Olivier, son of actor Laurence Olivier (mother – Jill Esmond), has written a new biography of Mustafa Kemal Atatürk (1881-1938), who served as President of Turkey from 1923 until his death - the George Washington of Turkey, the father of the modern nation. As an officer in the Turkish Army during WWI, he fought heroically in the naval battle at Gallipoli. Following the dissolution of the Ottoman Empire after the war, he rose in politics and remade the country into a secular republic. Under Atatürk's leadership women lost the veil, acquired inheritance rights, the right to divorce, the right to earn a living, to become political party members, to vote, to fly (Atatürk's own daughter became Turkey's first female fighter pilot). This book that will help readers understand the history of the country that is so important in world affairs and international relations.

Philip Turner Book Productions



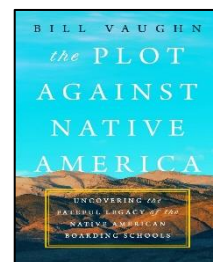
THE PLOT AGAINST NATIVE AMERICA: Uncovering the Fateful Legacy of the Native American Boarding Schools

(English Language Rights only)

By Bill Vaughn

For readers of *Killers of the Flower Moon*, *Empire of the Summer Moon*, and *The Other Slavery*, this is the first narrative history of the rise and fall of the federal "education" system used to steal Native lands. Native American children were "inducted" into the boarding school system, forced to give up their Native languages, clothes, spiritual beliefs for a life of "cultural assimilation. In fact, they endured forced manual labor and vocational training which failed to prepare them for life in a capitalist economy, were often sexually and/or physically abused, and a shocking number died of preventable disease. Sizeable, unmarked graves were found at many of these boarding schools. In 2021, the mass graves of First Nations children were found at the remains of some Canadian boarding schools, and the Pope traveled there to apologize, but it was only the tip of the iceberg. In May 2022, the United States launched its own investigation.

Pegasus *November 2024* 400 pages/16 pages b+w photos



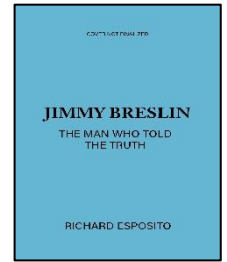
NON-FICTION TRUE CRIME

JIMMY BRESLIN: The Man Who Told the Truth

By Richard Esposito

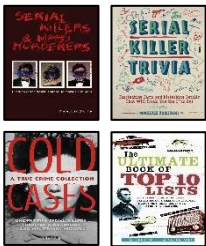
The definitive (and first) biography of the legendary New York City newspaper columnist and his 30-year career covering lifebeat stories like the JFK assassination, the Son Sam killings, the Mafia, race riots, and more. Breslin famously rubbed shoulders with world leaders, neighborhood arsonists, gravediggers, and serial killers – whatever it took to recount the truth according to Jimmy, in columns that were personal and blunt. Breslin was at the forefront of the New Journalism movement with Gay Talese and Tom Wolfe, both interviewed for this book.

Penzler Publishers/Crime Ink *October 2024 * 336 pages



Related titles from Ulysses

Press:



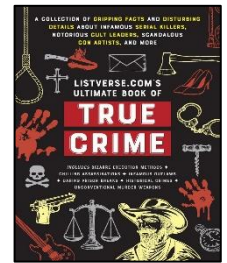
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LISTVERSE.COM'S ULTIMATE BOOK OF TRUE CRIME: A Collection of Gripping Facts and Disturbing Detail about Infamous Serial Killers, Notorious Cult Leaders, Scandalous Con Artists, and Other Figures and Events

By Jamie Frater

Delve deeper into the true crime iceberg with this collection of obscure and mind-boggling facts and stories from the world's most interesting trivia site. Lesser-known serial killers, daring prison escapes, bizarre murder weapons, historical homicides, badass gangsters, and more.

Ulysses Press *October 2024* 160 pages



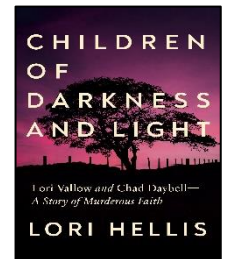
CHILDREN OF DARKNESS AND LIGHT: Lori Vallow, Chad Daybell, and the Story of a Murderous Faith

(English Language Rights only)

By Lori Hellis

For readers of *Under the Banner of Heaven* by John Krakauer or John Glatt's *The Doomsday Mother*, a criminal lawyer takes readers inside the notorious "doomsday murders". Vallow and Daybell believed the return of Jesus Christ was imminent and that God had chosen them to usher in the new millennium. When the people closest to them began dying, it became clear they would stop at nothing to fulfill their mission together. When the bodies began piling up, the twisted story of their fundamentalist Mormon beliefs were revealed in all their true horror.

Pegasus *September 2024* 304 pages/8 pages of color photos

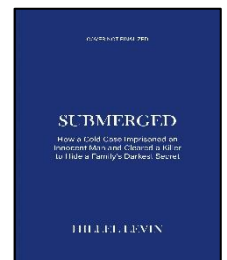


SUBMERGED: How a Cold Case Imprisoned an Innocent Man and Cleared a Killer to Hide a Family's Darkest Secret

By Hillel Levin

A bombshell piece of investigative journalism that freed an innocent man incarcerated for a murder he did not commit. In 2013 La Porte, Indiana police detectives arrested Jason Tibbs for the murder of 16 year-old Rayna Rison twenty years before. That arrest vindicated and redeemed the victim's brother-in-law, Ray McCarty who had previously been indicted for killing her and, three years before that, impregnating her at the age of 12. Hillel Levin has been an investigative reporter for *The Nation*, *New York* magazine, *Metropolitan Detroit*, *Playboy*, and editor for *Chicago* magazine; He is the author of *Grand Delusions* and coauthor of *When Corruption Was King*.

Penzler Publishers/Crime Ink *September 2024* 336 pages



NONFICTION-SPORTS/FITNESS/HEALTH

Also available:



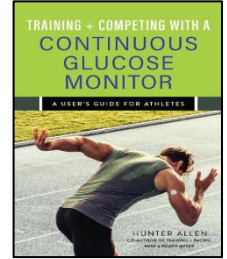
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TRAINING AND COMPETING WITH A CONTINUOUS GLUCOSE MONITOR: A User's Guide for Athletes

By Hunter Allen

Pioneering cycling coach Hunter Allen gives step-by-step directions for using a Continuous Glucose Monitor so endurance athletes as well as casual exercisers are able to clearly understand and use this technology to enhance their ability sports training programs for cycling, racing, swimming, and more. Allen's first book, the bestselling *Training and Racing with a Power Meter* is now in its third edition.

Velo Press *December 2024* 300 pages

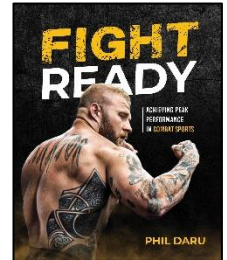


FIGHT READY: Achieving Peak Performance in Combat Sports

By Phil Daru

Former mixed martial artist and highly regarded strength and conditioning coach Phil Daru unlocks the secrets of achieving peak performance in the ring, in the cage, or on the mats. Must-reading for males and females 25-40 interested in combat sports (MMA, BJJ, Boxing); professional trainers and coaches in combat sports; amateur fighters wanting to train like professionals; fitness enthusiasts looking to build strength and the physique of a fighter; military, police, and other agencies who engage in work-related combat.

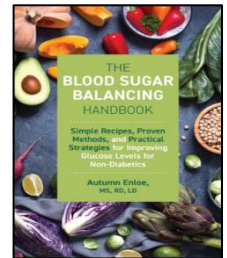
Victory Belt *Fall 2024* 400 pages



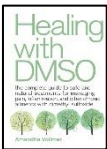
THE BLOOD SUGAR BALANCING HANDBOOK: Simple Recipes, Proven Methods, and Practical Strategies for Improving Glucose Levels for Non-Diabetics **By Autumn Enloe**

This is the go-to handbook for non-diabetics on science-backed ways to support stable and optimal blood sugar levels all day long and prevent health complications in the future. Learn the best order in which to eat your foods, how to time your meals, how sleep habits and exercise can affect your blood sugar, recipes for the best foods to eat for breakfast, lunch, dinner, and snacks. Enloe is an award-winning dietitian who has worked with thousands of individuals on blood sugar management.

Ulysses Press *December 2024* 144 pages



Of related interest:



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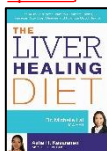
THE MIRACLE KIDNEY CLEANSE: The All-Natural, At-Home Flush to Purify Your Body – 10th Anniversary Edition)

By Lauren Felts

Learn simple, straightforward strategies and diet plans to keep your kidneys in optimum health and peak function by introducing short detox regimens to your daily life for better renal health. This is the safest and gentlest way to dissolve kidney-congesting salts, minerals, uric acid, and it offers a straightforward plan that details the daily supplements and foods to eat, as well as the foods to avoid.

Ulysses Press *December 2024* 156 pages

THE MIRACLE KIDNEY CLEANSE: The All-Natural, At-Home Flush to Purify Your Body – 10th Anniversary Edition)
By Lauren Felts



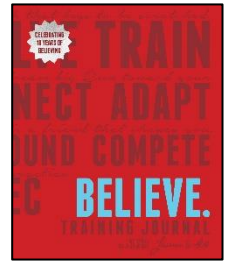
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NONFICTION-SPORTS/FITNESS/HEALTH

BELIEVE TRAINING JOURNAL, 10th Anniversary Edition

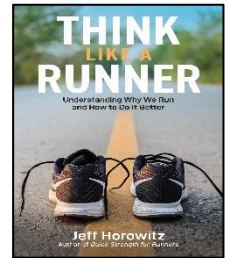
By Lauren Fleshman and Roison McGettigan-Dumas

Celebrate 10 years of running with the bestselling and most comprehensive training journal from professional runners Lauren Fleshman and Roisin McGettigan-Dumas—completely updated for today's runner. This journal has designated grids for recording workout information, space to process and plan, a full year of undated weeks, an annual calendar, worksheets, quizzes, lists, and plenty of room to record your training journey. Hall of Famer Fleshman is a *New York Times* bestselling author, former professional runner, and running coach. McGettigan-Dumas is an elite professional runner who represented Ireland in the 2008 Olympics, a sports psychologist, and a running gear entrepreneur.
Velo Press *September 2024* 240 pages



THINK LIKE A RUNNER: Understanding Why We Run and How to Do It Better **By Jeff Horowitz**

Discover exactly what it is that makes you a runner and improve your running technique with this practical guide packed with friendly advice, anecdotes, tips, and more. Horowitz has raced in more than 200 marathons and ultra-marathons across the globe. He has also written multiple books on running, including Velo Press's bestselling *Quick Strength for Runners*.
Velo Press *October 2024* 256 pages



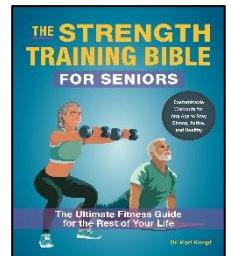
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THE STRENGTH TRAINING BIBLE FOR SENIORS: The Ultimate Fitness Guide for the Rest of Your Life

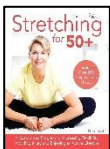
By Karl Knopf

Stay strong. Stay active. Stay healthy. This is the only book you need to be fit and feel young in your fifties and beyond. *Dr. Knopf* presents functional exercises carefully adapted and tested to provide comprehensive and customizable total-body workouts for people fifty years and older. These progressive programs provide everything you need to get stronger, build muscle, avoid injury, improve posture, develop low back health, foster core stability and flexibility, increase hand-eye coordination, boost mind-body awareness, and enhance sports performance. Author of several books on exercise and fitness, Dr. Knopf has been involved in the health and fitness of older adults and the disabled for more than 40 years.

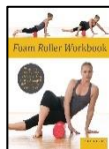
Velo Press *September 2024* 336 pages



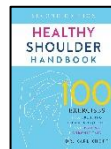
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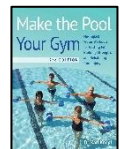
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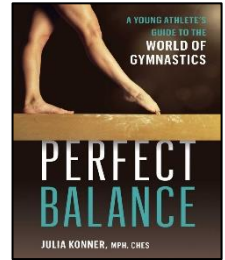
NONFICTION-SPORTS/FITNESS/HEALTH

PERFECT BALANCE: A Young Athlete's Guide to the World of Gymnastics

By Julia Konner

Become a stronger, healthier, more informed gymnast with this practical guide filled with unique insights, advice, tips, and strategies designed for young gymnasts who want to feel heard and understood in one of the most competitive sports. Multiple-award winning former gymnast and mentor Konner helps young athletes navigate their relationship with gymnastics with a mix of objective advice, personal stories of her own and from other gymnasts, insights from a coach's perspective, practical tips for strength building, strategies for developing mental toughness, advice on dealing with body dysmorphia, and much more.

Velo Press *August 2024* 168 pages

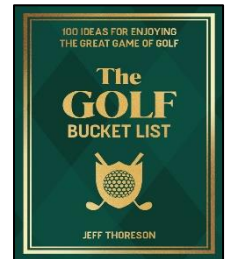


THE GOLF BUCKET LIST

By Jeff Thoreson

Experience the glorious game of golf in a whole new way with this ultimate bucket list that spans the globe. This book introduces new ways for you to enjoy the game of golf, from the 10 most unique golf experiences you should try, to the 10 knee-knocker tee shots you need to hit. Thoreson is a journalist who traveled to play the world's great courses but finds particular pleasure in discovering lesser-known gems in far-away lands – and still plays to a 4 handicap.

Velo Press *May 2024* 160 pages

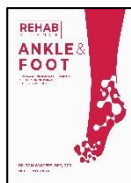
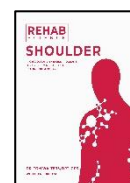
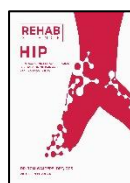
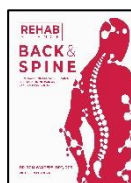
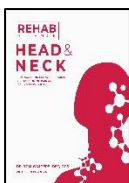
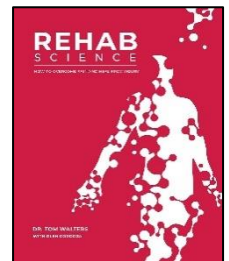


THE REHAB SCIENCE Series

By Tom Walters

VB's bestselling *Rehab Science* inspired this series of individualized books that target specific body regions and allow you to become your own PT. Lower price points mean more accessibility to readers and easy cross-over into gift markets. Dr. Tom Walters is a board-certified orthopedic physical therapist who specializes in the treatment of pain and movement disorders. He is the founder of Rehab Science and dedicates his time to teaching people about human movement, pain, and how to most effectively recover from injury.

VICTORY BELT *Fall 2024* 144-224 page range * November 2025

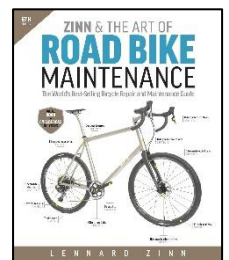


ZINN AND THE ART OF ROAD BIKE MAINTENANCE, 6th Edition

By Lennard Zinn

Now in its sixth edition, this is the *world's best-selling guide to bicycle repair and maintenance*. Recent years have seen new braking mechanisms, the growth of e-bikes, and more. This sixth edition of THE book on road bike maintenance is completely updated for today's bicyclist.

Velo Press * June 2024 * 488 pages



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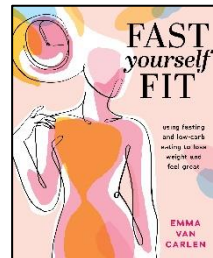
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NON-FICTION LIFESTYLE SELF-DEVELOPMENT

FAST YOURSELF FIT: Using Fasting and Low-Carb Eating to Lose Weight and Feel Great By Emma Van Carlen

Fasting and accountability coach Van Carlen understands the struggles of yo-yo dieting. Her book is for women 30-60 who struggle to lose weight, who have tried and failed with previous diets, who are curious about new philosophies centered around intermittent fasting, who need support through coaching and guidance finding the right plan for reducing and keeping the weight off. Featuring over 40 fabulous low-carb recipes, she teaches you how to lose weight quickly, healthily, and effectively - and how to *keep it off*. By employing the methods outlined in this book, Van Carlen was able to heal her hormonal issues and lose 40 pounds in the process. She also shares inspirational stories from clients who have used her methods to great success. The book will feature full-color photos and illustrations for an immersive reader experience.

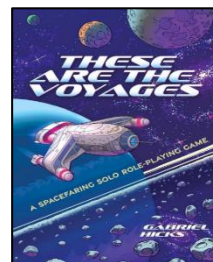
Victory Belt *August 2024* 224 pages/color photos throughout



THESE ARE THE VOYAGES: A Spacefaring Solo Role-Playing Game By Gabriel Hicks

A dynamic creative writing/role-playing experience inspired by popular Sci-Fi movies and TV shows that invites players to embark on interstellar adventures, shape new worlds, and craft captivating characters - all at their own pace. Filled with story prompts, ingenious random tables to create intriguing ships, captains, crew members and star systems, all complemented by stunning art and breathtaking design. Roll the dice and embark on an unprecedented space voyage with this portal to a universe of infinite storytelling possibilities that guarantees a fresh experience every time.

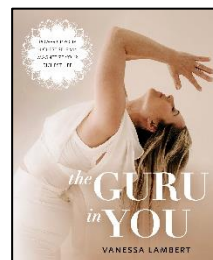
Dover *August 2024 * 160 pages



THE GURU IN YOU: Power Up Your Highest Self and Magnetize Your Richest Life By Vanessa Lambert

Lambert's spiritual "recipes" for transformation are tailor-made for millennial and Gen Z yoga practitioners, women who use yoga for mental health, non-traditional spiritual seekers, and self-help believers seeking to cultivate a deeper connection with true self. She mixes the magical and practical: kundalini yoga, crystal gridding, the akashic records, and more to help you make profound changes to your energy, thought patterns, and belief systems in as little as five minutes a day. For over 30 years, Vanessa Lambert, a Kundalini yoga teacher, spiritual counselor, and talented musician, has been a beacon in holistic health, fitness, and spirituality.

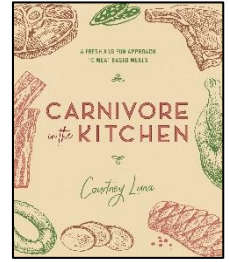
Victory Belt *September 2024* 256 pages



NON-FICTION LIFESTYLE SELF-DEVELOPMENT

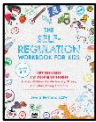
CARNIVORE IN THE KITCHEN: A Fresh and Fun Approach to Meat-Based Meals By Courtney Luna

Popular TikTok creator Courtney Luna shares her fresh-take approach to making a meat-centric way of eating exciting and sustainable. Targeted to women and men ages 25-55 looking to lose weight using with a meat-based approach; existing Carnivore dieters looking to expand their recipe box; Keto Diet adopters looking for a reboot or additional low-carb, keto-friendly recipe ideas; meat lovers who may not identify with a carnivore diet but looking for new ways to cook meat for themselves/families. Along with delectable recipes, Luna offers new insights into the specifics of the traditional Carnivore diet, as well as the more specialized Lon Diet and All-Meat Diet to help the reader choose which is best suited to their needs. A striking interior will feature full-color photos for every recipe along with illustrations for an immersive and engaging reader experience.

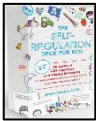


Victory Belt *October 2024* 304 pages/color photos throughout

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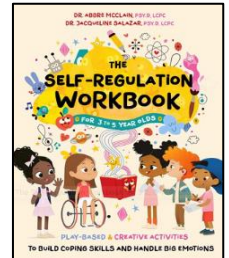
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THE SELF-REGULATION WORKBOOK FOR 3 TO 5 YEAR OLDS: Play-Based and Creative Activities to Build Coping Skills and Handle Big Emotions By Dr Abbré McLain & Dr. Jacqueline Salazar

Discover play-based activities, CBT exercises, and coping strategies to help children ages 3 to 5 with social and emotional functioning, attachment patterns, and handling anxiety and other strong emotions. Since the workbook targets young children, there is plenty of advice and tips for caregivers, parents, and educators on how to use the workbook alongside their child. Drs. McClain and Salazar run their own practice, Chicago Wellness Center for Families, which focuses on diversity and family systems. Both have their PhDs and are licensed clinical professional counselors.

Ulysses Press *October 2024* 128 pages



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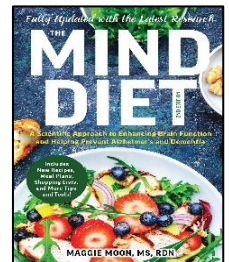
THE MIND DIET, 2nd Edition

A Scientific Approach to Enhancing Brain Function and Helping Prevent Alzheimer's and Dementia – Fully Updated with New Recipes, Meal Plans, and More Tips and Tools Base on the Latest Research

By Maggie Moon

Enhance brain function and help prevent Alzheimer's disease and dementia with this fully updated, step-by-step nutrition guide from bestselling author and registered dietician Maggie Moon. The second edition of this bestseller uses approachable and easy-to-understand language to explain the science behind how you can improve your brain health through nutrition and lifestyle habits. Features new healthy recipes inspired by cultures from around the world, meal-planning guides, shopping lists, food swaps and alternatives, portion control strategies, and more perfect for anyone looking to make a lifestyle change to keep their brain healthy.

Ulysses Press *December 2024* 336 pages



NON-FICTION LIFESTYLE SELF-DEVELOPMENT

Also available:

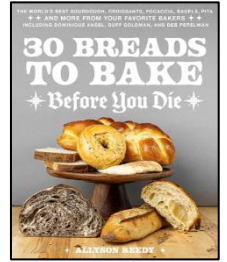


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30 BREADS TO BAKE BEFORE YOU DIE: The World's Best Sourdough, Croissants, Focaccia, Bagels, Pita, and More from our Favorite Bakers (including Dominique Ansell, Duff Goldman, and Deb Perelman)
By Allyson Reedy

A bread book for people who really, really love bread in all its wondrous forms—but who also might be intimidated about baking it themselves. Bake your way through some of the most mouthwatering bread recipes, including Beginner's Sourdough from Maurizio Leo (@theperfectloaf), Focaccia from Joanne Chang (Flour Bakery), Bagels from Andrew Dana (Call Your Mother Deli), Croissants (from Dominique Ansel), Ultimate Dinner Rolls from Tessa Arias (@Handletheheat), Matzah (from Duff Goldman), Baguette from Shawn Bergin (Bakery Four), Pita (from Alon Shaya), and so much more!

Ulysses Press *August 2024* 144 pages/50 full-color photographs



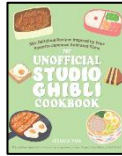
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