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***CANADA***

**SPRING/SUMMER 2025**

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UNIVERSITY OF NEW ORLEANS PRESS**



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**JOHNS HOPKINS  
UNIVERSITY PRESS**

# IS IT ALZHEIMER'S?

~ 101 ~  
ANSWERS

to Your Most Pressing Questions  
About MEMORY LOSS  
and DEMENTIA

SECOND EDITION

Peter V. Rabins, MD, MPH

BEST-SELLING AUTHOR OF *THE 36-HOUR DAY*

## **Is It Alzheimer's?**

*101 Answers to Your Most Pressing Questions About Memory Loss and Dementia, Second Edition*

PETER V. RABINS, MD, MPH

Has someone in your family been diagnosed with Alzheimer's disease—or are you worried about developing dementia yourself? In this revised second edition of *Is It Alzheimer's?*, medical expert Dr. Peter V. Rabins educates both new and current readers with updated answers to often-asked questions about memory loss and dementia.

Written in a conversational, accessible Q&A style, the book is organized into seven unique sections. This new edition includes improved methods of diagnosis and new therapies and pharmaceutical options. A companion to the best-selling *The 36-Hour Day*, which Dr. Rabins coauthored, this book discusses:

- how to distinguish aging-associated memory difficulties from mild cognitive impairment (MCI) and early dementia
- how mild cognitive impairment and dementia are diagnosed
- what tests are needed to be eligible for recently approved anti-Alzheimer's drugs
- what factors influence the progression of dementia
- whether it's possible to lower your risk of developing Alzheimer's disease or dementia
- how to improve the quality of life of people with dementia
- how to assess long-term care facilities and nursing homes
- available treatments, including medication
- how to explain the symptoms of Alzheimer's disease and dementia to others
- how to provide caregivers with psychological and emotional support, and much more

Aimed at people worried about their memory, as well as friends and family members of the estimated 5.1 million US adults with dementia, the book offers helpful directions and comfort. *Is It Alzheimer's?* is a quick, accessible, and essential reference for anyone navigating the confusion of memory loss.

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

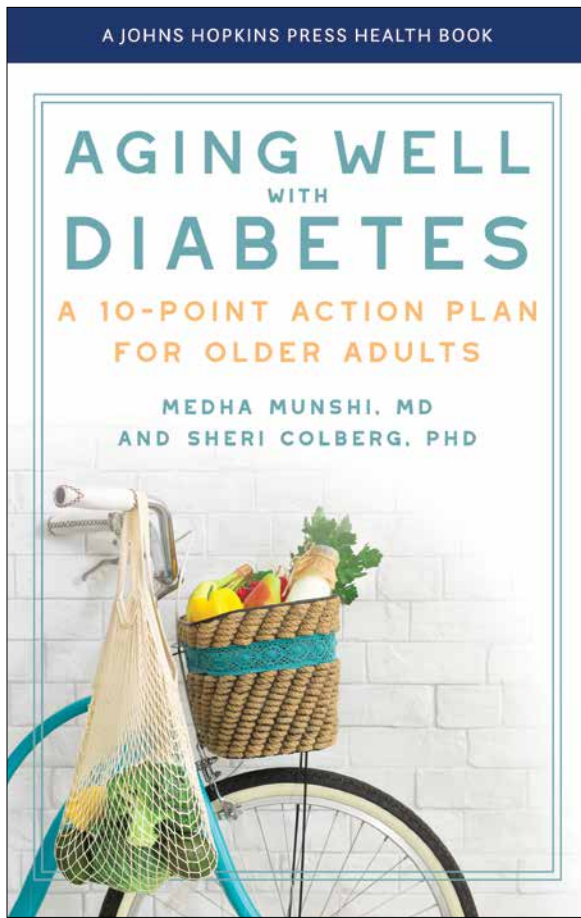
6/3/25

\$38.00 • Hardcover • 9781421451473

\$18.95 • Paperback • 9781421451480

160pp • 5.5 x 8.5" • 7 b&w photos

**Peter V. Rabins, MD, MPH**, is professor emeritus in the Departments of Psychiatry and Medicine at the Johns Hopkins University School of Medicine. The author of *Is It Alzheimer's? 101 Answers to Your Most Pressing Questions about Memory Loss and Dementia* and coauthor of *The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease and Other Dementias*, he was the founding director of the Division of Geriatric Psychiatry and Neuropsychiatry and the first holder of the Richman Family Professorship for Alzheimer's and Related Diseases.



## Aging Well with Diabetes

A 10-Point Action Plan for Older Adults

MEDHA MUNSHI, MD, AND SHERI COLBERG, PHD

In *Aging Well with Diabetes*, Dr. Medha Munshi and Dr. Sheri Colberg provide practical advice to redefine living with diabetes in later life. As experts in geriatric care and diabetes management, they introduce a clear and accessible 10-step action plan to help you manage diabetes effectively while enhancing your overall vitality and independence.

Each step in the action plan is detailed with achievable goals, making it a crucial toolkit for anyone living with diabetes or caring for someone who does. The authors discuss:

- Comprehensive health management, including dietary adjustments, physical activity, medication management, and more
- How aging and diabetes interact, detailing the physiological changes and challenges that come with managing diabetes at an older age
- The diversity of experiences among older adults with diabetes and the importance of personalized treatment plans
- Practical tips and strategies, such as modifying exercises to prevent falls and dietary tips that accommodate older digestive systems
- Guidance for caregivers and health care providers on how to support older adults with diabetes

Whether you're newly diagnosed or a long-time diabetic, this guide will empower you to take control of your health and manage your diabetes with confidence and grace as you age.

### HEALTH & FITNESS / Diseases & Conditions / Diabetes

4/29/25

\$59.95 • Hardcover • 9781421451510

\$24.95 • Paperback • 9781421451527

376pp • 6.125 x 9.25" • 49 b&w illus.

**Medha Munshi, MD**, is the Director of the Geriatric Diabetes Program at the Joslin Diabetes Center and a professor of medicine at Harvard Medical School. She is the coeditor of *Diabetes in Old Age* and *Geriatric Diabetes*.

**Sheri Colberg, PhD**, is the founder of Diabetes Motion and professor emeritus of exercise science at Old Dominion University. She is the author or coauthor of 13 books, including *The Athlete's Guide to Diabetes* and *The Science of Staying Young*.

A JOHNS HOPKINS PRESS HEALTH BOOK

# Living Well with Autoimmune Diseases

A RHEUMATOLOGIST'S GUIDE TO  
TAKING CHARGE OF YOUR HEALTH

Julius Birnbaum, MD, MHS



## Living Well with Autoimmune Diseases

*A Rheumatologist's Guide to Taking Charge of Your Health*

JULIUS BIRNBAUM, MD, MHS

Twenty million adults in the United States live with an autoimmune disease. In this compassionate guide, Dr. Julius Birnbaum offers essential advice for navigating the complex world of various autoimmune diseases. This resource will help patients, caregivers, and health care professionals understand the diagnosis, management, and treatment of conditions like lupus, rheumatoid arthritis, Sjogren's syndrome, and more.

Dr. Birnbaum, an expert in both neurology and rheumatology, covers a wide range of topics, from the basics of autoimmunity to the nuances of various rheumatic diseases and their interconnected nature. With an engaging blend of scientific rigor and compassion, Dr. Birnbaum:

- provides a primer on autoimmunity, explaining how the immune system can mistakenly attack the body's own tissues
- discusses the roles and limitations of blood tests and biopsies
- covers the complexities of various treatment options, including when to use immunosuppressive therapy and when simpler symptomatic treatments might be appropriate
- emphasizes the importance of personalized treatment plans that consider the unique needs of each patient
- debunks common myths about rheumatic diseases and provides practical pearls of wisdom that can help improve quality of life
- provides captivating patient narratives from his clinical practice that clarify how to diagnose and treat autoimmune diseases

This essential overview of autoimmune diseases, supplemented with helpful tools for readers and their loved ones, offers hope and empowerment for managing these complex conditions.

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

3/11/25

\$54.95 • Hardcover • 9781421451626

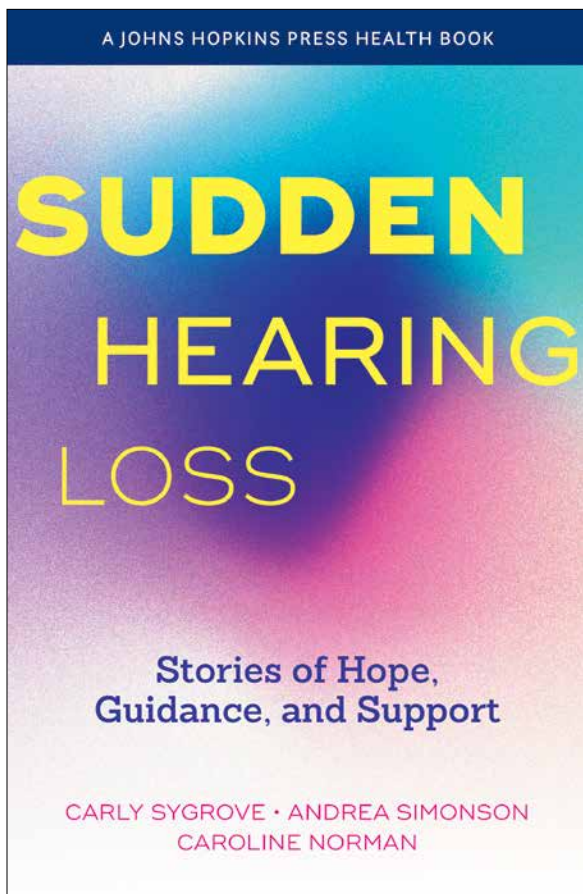
\$29.95 • Paperback • 9781421451244

312pp • 6 x 9"

**Julius Birnbaum, MD, MHS**, is an associate professor of rheumatology at the University of Pittsburgh Medical Center.

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

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## **Sudden Hearing Loss**

*Stories of Hope, Guidance, and Support*

CARLY SYGROVE, ANDREA SIMONSON, AND CAROLINE NORMAN

Sudden hearing loss can strike anyone, anywhere, anytime, leaving individuals and their loved ones grappling with confusion, fear, and isolation. In this comprehensive and compassionate guide, Carly Sygrove, Andrea Simonson, and Caroline Norman share personal narratives and insights to help readers affected by this life-altering condition to cope with their new reality.

Drawing from their own experiences with sudden hearing loss and the testimonies of more than 60 individuals from around the world, the authors describe the immediate emotional impact, the desperate search for answers, and the various paths to adaptation and recovery. The guide covers important concerns:

- What to expect at medical appointments
- Early treatment protocols
- Tinnitus and hyperacusis
- Balance disorders
- Emotional impacts of sudden hearing loss
- Hearing aids and cochlear implants

With heartfelt stories and practical advice, *Sudden Hearing Loss* offers readers not only a wealth of information but also a sense of community and understanding. Whether you are personally affected or supporting a loved one, this book provides the guidance and hope needed to navigate the challenges of sudden hearing loss.

### **HEALTH & FITNESS / Hearing & Speech**

5/6/25

\$54.95 • Hardcover • 9781421451282

\$19.95 • Paperback • 9781421451299

232pp • 6 x 9" • 3 b&w photos, 1 b&w illus, 1 graph

**Carly Sygrove** is a hearing loss coach, hearing health advocate, and writer with a background in education. She documents her experiences with sudden hearing loss on her blog, *My Hearing Loss Story*, and is the founder of the Sudden Hearing Loss Support website.

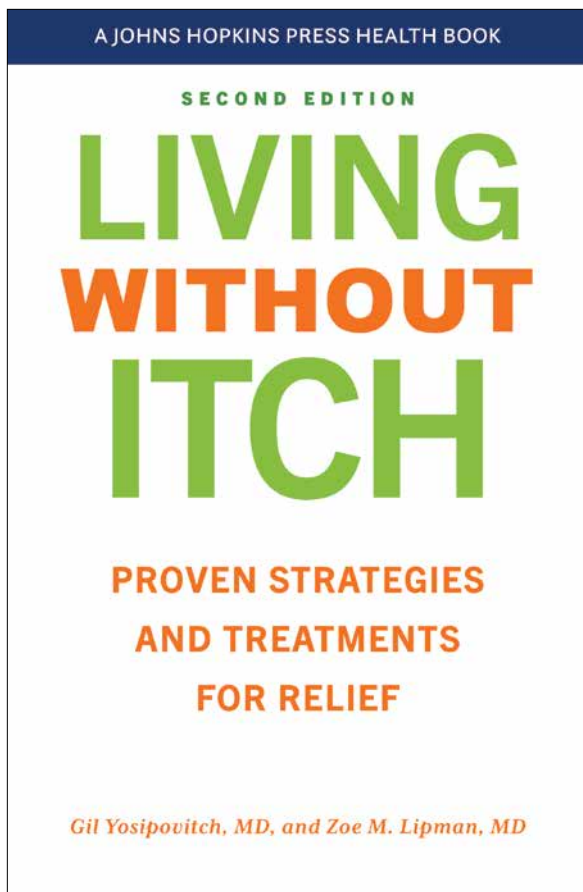
**Andrea Simonson** is an educational audiologist in the Public School Partnerships Program of The Learning Center for the Deaf in Massachusetts. She has worked as a clinical audiologist in private practices and medical offices and as a research audiologist and adjunct professor at several universities.

**Caroline Norman** is a counselor and psychotherapist in private practice who has experienced sudden hearing loss. She has worked within the National Health Service and as a clinical lead in an occupational health setting.

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

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## Living without Itch

*Proven Strategies and Treatments for Relief, Second Edition*

GIL YOSIPOVITCH, MD, AND ZOE M. LIPMAN, MD

When should you scratch—and when should you let an itch be? *Living without Itch* offers the millions of people suffering from itch an essential and updated guide on how to find relief from their suffering. Researcher and clinician Gil Yosipovitch, MD, draws from his decades of experience caring for patients to share a treasure trove of easy-to-understand information to educate readers on how to manage their itchy conditions.

This book comprehensively covers both acute and chronic itchy conditions, from hives, psoriasis, and eczema, to systemic and neurologic diseases, as well as recommendations for treatment options. Patients share their lived experiences and advice, while contributions from multi-disciplinary experts in nursing, psychology, and alternative medicine provide unique approaches to managing itch. This new edition includes:

- Updated information about the itch pathway—why it occurs and the cascade of events that result in itch
- Newly available FDA-approved treatments
- Special considerations for populations such as individuals undergoing immunotherapy for cancer
- Recommendations for lifestyle interventions, including nutrition, psychotherapy, allergy medications, and behavioral changes

Completely revised and updated to include important developments in the field since the last edition's publication, this guide provides the information you need to understand, prevent, and manage itch.

Contributors: David Baker, Rachael Bronstein, Kyle Bruner, Denis Eirikis, Juan Gonzales, Peter Lio, Chip Newton, Christina Schut

### MEDICAL / Dermatology

1/28/25

\$54.95 • HC • 9781421450452

\$23.95 • Paperback • 9781421450469

168pp • 5.5 x 8.5" • 36 b&w photos, 2 b&w illus.

**Gil Yosipovitch, MD**, is a professor, Stiefel Chair in Medical Dermatology, and the Director of the Miami Itch Center at the Dr. Phillip Frost Department of Dermatology and Cutaneous Surger at the Miller School of Medicine at the University of Miami. He is known as the “Godfather of Itch” and is the founder of the International Forum for the Study of Itch.

**Zoe M. Lipman, MD**, is a resident physician at the University of South Florida Department of Dermatology and Cutaneous Surgery. She is a former research fellow of the Miami Itch Center under the mentorship of Dr. Yosipovitch.

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

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# A Parent's Guide to Tics and Tourette's Disorder

**NIGEL S. BAMFORD, MD**

## **A Parent's Guide to Tics and Tourette's Disorder**

**NIGEL S. BAMFORD, MD**

In this accessible guide, Nigel S. Bamford, MD, provides an essential and comprehensive resource for understanding and managing tic disorders, including Tourette's disorder. This book offers parents, caregivers, and health care providers the knowledge and tools to effectively support children with these neurological conditions.

In careful and easy-to-follow detail, Dr. Bamford covers what parents should know:

- The potential causes and underlying factors that contribute to tic development
- The relationship among tics, habits, and brain mechanisms
- Diagnostic criteria
- Associated psychological conditions and co-occurring disorders— anxiety, OCD, and ADHD—that can impact the frequency and severity of tics
- Treatment options, including therapeutic approaches, medication management, and alternative treatments
- Common challenges faced by families, such as accessing health care, managing academic performance, handling social situations, and promoting physical activity

This comprehensive, empathetic overview equips parents with strategies to navigate the health care system, advocate for their children, and better understand their children's conditions. Dr. Bamford's focus on individualized interventions, the importance of communication, and ongoing research efforts will help improve the quality of life for children with a tic disorder.

### **MEDICAL / Pediatrics**

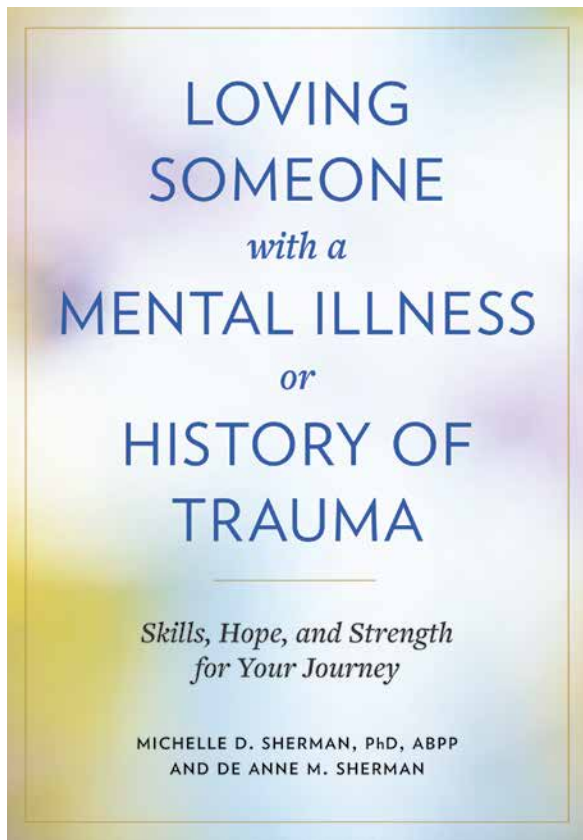
2/18/25

\$54.95 • Hardcover • 9781421449548

\$18.95 • Paperback • 9781421449555

192pp • 6 x 9" • 5 b&w illus.

**Nigel S. Bamford, MD**, is the director of the Pediatric Movement Disorders Program at Yale University.



## Loving Someone with a Mental Illness or History of Trauma

*Skills, Hope, and Strength for Your Journey*

MICHELLE D. SHERMAN, PHD, ABPP, AND DEANNE M. SHERMAN

Family members and friends of adults with a mental illness often navigate difficult journeys, filled with fear, heartache, frustration, helplessness, exhaustion, and guilt—feelings that may be intermingled with immense pride and hope. Suffering in silence can magnify confusion, isolation, and pain.

*Loving Someone with a Mental Illness or History of Trauma* provides actionable strategies for these family members and friends who give so much but whose needs and sacrifices are often unappreciated. Written by clinical psychologist, Dr. Michelle Sherman, and her mother, DeAnne Sherman, an advocate and educator, the book provides research-based recommendations, practical skills, up-to-date resources, inspiration from families with lived experience, and interactive activities to encourage personal reflection.

This accessible guide teaches readers:

- Tools to cope with difficult emotions
- Strategies to empower loved ones, including how to navigate the mental health system
- Communication and limit-setting skills
- Approaches to supporting loved ones who have experienced trauma or have PTSD
- Ways to manage common challenges, such as alcohol or drug misuse, and when a loved one declines professional help
- Strategies to support children
- Skills to build personal resilience and strengthen relationships

Grounded in science, empowering, and hopeful yet realistic, this book is an invaluable resource for family members, friends, and mental health professionals.

### HEALTH & FITNESS / Mental Health

1/21/25

\$22.95 • Paperback • 9781421450506

280pp • 7 x 10" • 7 b&w illus.

**Michelle D. Sherman, PhD, ABPP**, is a board-certified, licensed clinical psychologist who is a nationally recognized leader in the family experience of mental illness and trauma. She is the editor-in-chief of *Couple and Family Psychology: Research and Practice* and worked for many years in the Veterans Affairs system. She is a fellow of the American Psychological Association and was named their Family Psychologist of the Year in 2022.

**DeAnne Sherman**, Michelle's mother, is a mental health advocate, author, and educator. The Shermans draw from not only their professional roles, but also from their lived experiences as family members and friends of those with a mental illness. Sherman and Sherman are coauthors of *I'm Not Alone: A Teen's Guide to Living with a Parent Who Has a Mental Illness*.

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

## **The Family Guide to Psychiatric Hospitalization**

MARK J. RUSS, MD

Each year, millions of Americans face psychiatric hospitalizations, yet this process often remains shrouded in stigma and mystery. In this indispensable guide, Mark J. Russ, MD, offers patients and families essential support and vital information to navigate this challenging process, from admission to discharge.

*The Family Guide to Psychiatric Hospitalization* provides a comprehensive look into the procedures, treatments, and dynamics of the psychiatric care system. Dr. Russ provides invaluable information on:

- The history and evolution of psychiatric hospitals
- The logistics of the admission process, including how to choose the right hospital based on patient needs
- What families and patients can expect during every treatment phase, from initial assessment to active treatment to planning for discharge
- The critical role of family involvement in the care and recovery process
- The legal aspects of hospitalization, including patient rights and advocacy
- The strategies for aftercare and avoiding readmission, highlighting the importance of ongoing support after discharge

Dr. Russ shares not only professional insights but also his own personal journey with psychiatric hospitalization. His dual perspective as both physician and patient brings an unprecedented depth of compassion and understanding to this guide. Designed to educate and empower families, this book serves as a beacon of hope and a testament to the healing power of informed and compassionate care.

# ... THE ... FAMILY GUIDE TO Psychiatric Hospitalization



MARK J. RUSS, MD

### **PSYCHOLOGY / Mental Health**

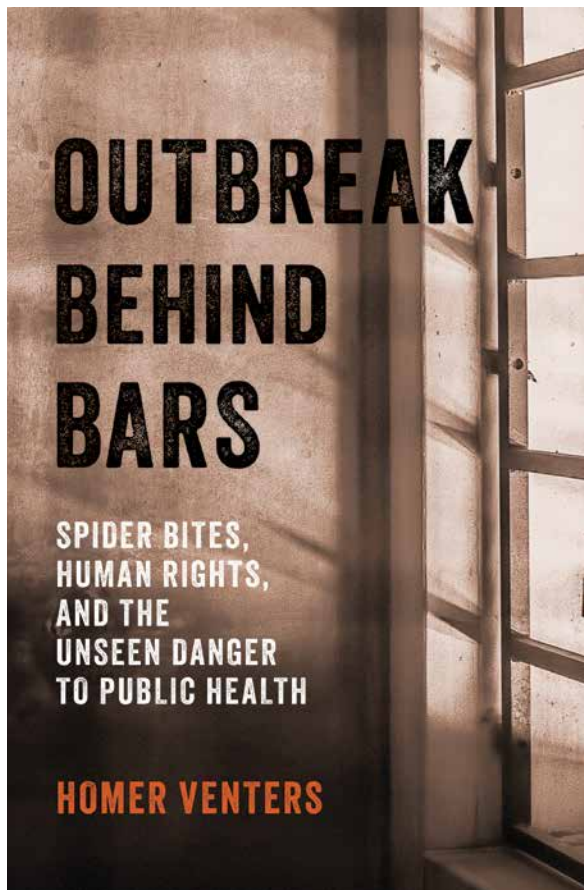
2/25/25

\$54.95 · Hardcover · 9781421449609

\$19.95 · Paperback · 9781421449616

224pp · 6 x 9" · 1 b&w illus

**Mark J. Russ, MD**, is the chief medical officer at Silver Hill Hospital.



## Outbreak behind Bars

*Spider Bites, Human Rights, and the Unseen Danger to Public Health*

HOMER VENTERS

In late 2019, Dennis Oya's persistent cough was just the beginning of a harrowing tale of neglect and systemic failure in a Washington prison. Diagnosed 18 months later with tuberculosis (TB), Oya's case sparked one of the largest prison TB outbreaks in decades, affecting over 3,000 contacts. This outbreak, and others like it, exposes the glaring weaknesses in prison healthcare systems.

In *Outbreak behind Bars*, Homer Venters reveals the grim realities of how communicable diseases thrive in the overcrowded, unsanitary conditions of correctional facilities. From TB to Methicillin-resistant *Staphylococcus aureus* (MRSA), these infections spread rapidly due to systemic neglect and inadequate medical responses. The book highlights the stories of those who suffered, the failures in health care provision, and offers specific guidance for public health professionals in conducting investigations and facility inspections during outbreaks behind bars.

With firsthand accounts and expert analysis, this book illustrates the urgent need for reform in prison health care to protect incarcerated people and the wider community. *Outbreak behind Bars* is a crucial read for anyone concerned about justice, public health, and the overlooked plight of incarcerated people, especially students, faculty and professionals in the field of public health.

### **MEDICAL / Public Health**

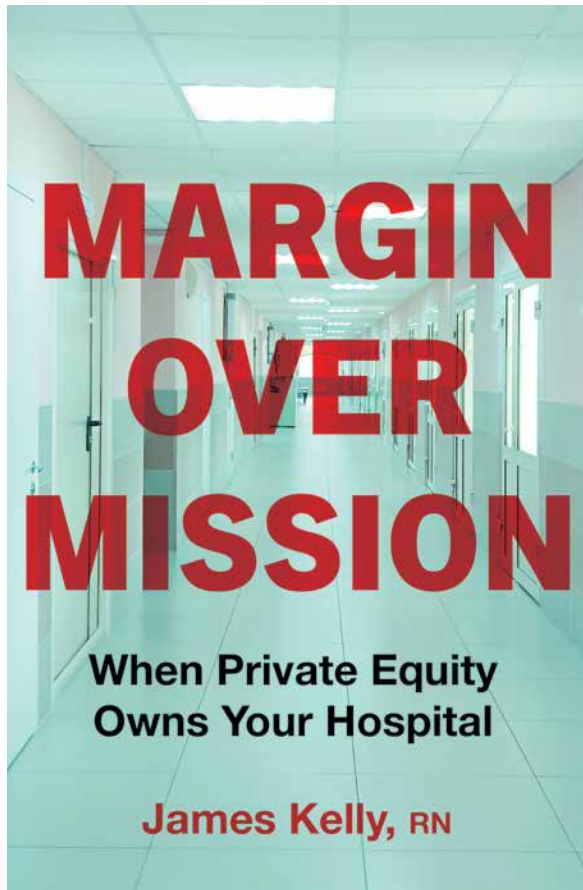
5/20/25

\$26.95 • Hardcover • 9781421451435

224pp • 5.5 x 8.5"

**Homer Venters** is the former Chief Medical Officer of the New York City jail system. He currently works as a Federal Monitor of health services in several jail and prison settings and is an adjunct faculty member at New York University's College of Global Public Health. He is the author of *Life and Death in Riker's Island*.

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



## **Margin over Mission**

*When Private Equity Owns Your Hospital*

JAMES KELLY, RN

In a country where health care is increasingly driven by profit, *Margin over Mission* exposes the dire consequences of corporate ownership in hospitals. James Kelly, an ICU nurse with over two decades of experience, narrates a gripping account of his final year at Lovelace Women's Hospital in Albuquerque, New Mexico—a year marred by preventable deaths, administrative changes, and the heartbreaking loss of a once-mission-driven institution to the clutches of Wall Street.

Kelly's poignant narrative takes readers on an emotional journey through the corridors of a hospital that once stood for community and care but became overshadowed by the relentless pursuit of profit. Through detailed anecdotes and critical analysis, Kelly reveals the stark reality of a health care system compromised by private equity, where decisions prioritize profit margins over the mission of saving lives.

Kelly's unique perspective as an ICU nurse provides an insider's look into how private equity is wreaking havoc in hospitals around the country. His story is also a powerful tribute to the countless health care workers who struggle to maintain their integrity and compassion in an increasingly inhumane system that prioritizes money over people.

**MEDICAL / Health Policy**

3/18/25

\$27.95 · Hardcover · 9781421451459

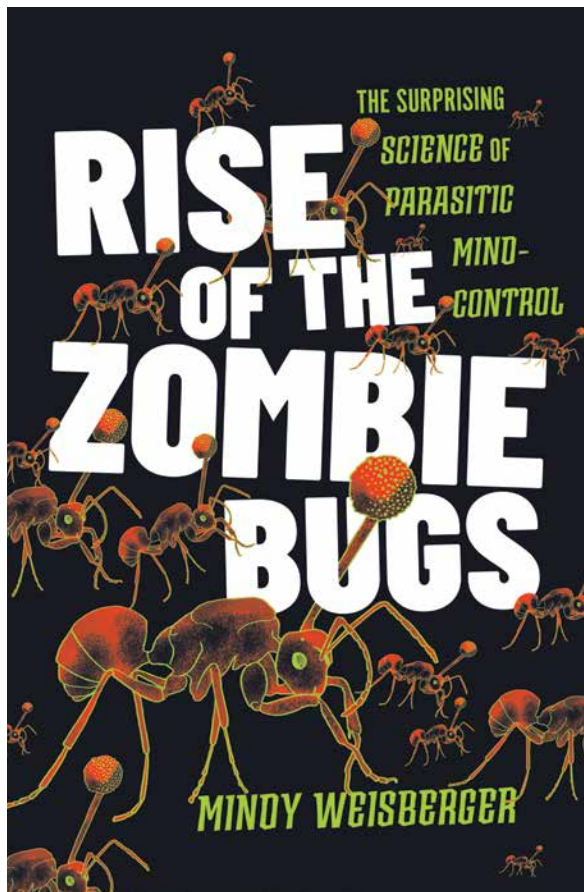
256pp · 6 x 9"

**James Kelly, RN**, is the author of *Where Night Is Day: The World of the ICU*.

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

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## Rise of the Zombie Bugs

*The Surprising Science of Parasitic Mind-Control*

MINDY WEISBERGER

Zombies are all around us—insect zombies, that is. In *Rise of the Zombie Bugs*, Mindy Weisberger explores the eerie yet fascinating phenomenon of real-life zombification in the insect class and among other invertebrates. Zombifying parasites reproduce by rewriting their victims' neurochemistry, transforming them into the “walking dead:” armies of cicadas, spiders, and other hosts that helplessly follow a zombifier's commands, living only to serve the parasite's needs until death's sweet release (and often beyond).

Through vivid descriptions and captivating storytelling, Weisberger explains the sinister mechanics of nature's most cunning survival strategies, including the biological marvels and evolutionary intricacies behind zombie ants, mind-controlled beetles, and the fungi and viruses that reprogram their hosts' behavior. Blending scientific rigor with a flair for the macabre, Weisberger takes readers on a global journey—from Brazilian rainforests to European meadows—to uncover the dark secrets of parasitic manipulation.

Her examination of these creatures seeks to answer fundamental questions of their existence: why is a bug's world full of zombies, why are arthropods so susceptible to this zombification, and could the creators of zombie bugs ever evolve to do the same to people? Perfect for fans of horror and science alike, *Rise of the Zombie Bugs* offers a chilling yet enlightening look at the hidden world of parasites. It's a must-read for anyone curious about the true terrors lurking in nature's undergrowth and the unnerving beauty of evolution's darker side.

**SCIENCE / Life Sciences / Zoology / Entomology**

4/15/25

\$29.95 • Hardcover • 9781421451350

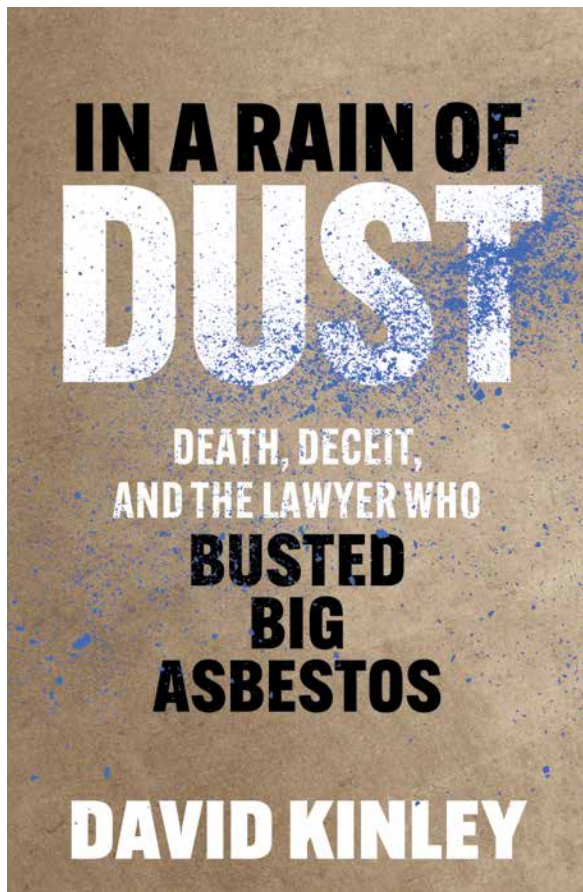
344pp • 6 x 9" • 13 b&w illus.

**Mindy Weisberger**, a science writer and media producer, is a senior science editor at Scholastic. Her work has appeared in numerous outlets, including CNN.com, *Live Science*, and *Scientific American*.

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

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## **In a Rain of Dust**

*Death, Deceit, and the Lawyer Who Busted Big Asbestos*

DAVID KINLEY

For nearly 90 years, a British company called Cape used local labor to mine and mill asbestos in South Africa. Poor and mostly Black men, women, and children—some as young as seven—worked every day in clouds of asbestos dust that they carried home to their families, caked onto their skin, hair, and clothes. The appalling levels of disease and death in these communities caused by asbestos exposure were heartbreaking. In 1995, Richard Meeran, a young, Indian-African lawyer, driven by his own experiences of racism in England, embarked on a David and Goliath battle against the company and its top-tier legal team to hold them accountable.

David Kinley's *In a Rain of Dust* tells the harrowing story of this international legal drama. Facing deep-pocketed opponents and a century of established legal precedent, Meeran's case before the UK courts seemed hopeless. But after nine years of painstaking investigation, agonizing setbacks, vaudevillian escapades, and unlikely champions, Meeran prevailed. Drawing on dozens of interviews with key players and countless hours poring over thousands of documents across three continents, Kinley reveals an epic tale of triumph and justice against all odds. He also highlights the profound political implications that victims faced in the newly post-Apartheid South Africa, where the case was widely seen as a test of racial as well as economic redemption.

Asbestos mining in South Africa left a legacy of callous neglect, suffering, and corporate coverups. Working conditions in South Africa's asbestos mines and mills—described as a never-ending “rain of dust”—persisted for two decades after they had been outlawed in the UK and the United States. Meeran's case against Cape represented a turning point in making corporations pay for their human rights abuses overseas, and its impact helped launch the global corporate social responsibility movement that continues today.

**TRUE CRIME / White Collar Crime**

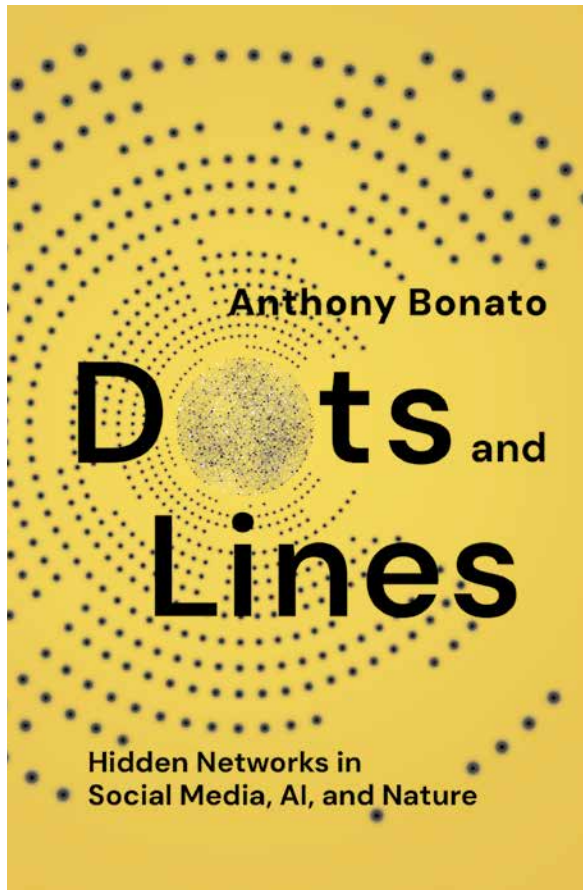
5/13/25

\$26.95 • Hardcover • 9781421451602

384pp • 6 x 9" • 26 b&w illus.

**David Kinley** is Chair of Human Rights Law at the University of Sydney, a founding member of Australian Lawyers for Human Rights, and an Expert Member of Doughty Street Chambers in London. He is the author of *The Liberty Paradox: Living with the Responsibilities of Freedom*, *Necessary Evil: How to Fix Finance by Saving Human Rights*, and *Civilising Globalisation: Human Rights and the Global Economy*.

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



## **Dots and Lines**

*Hidden Networks in Social Media, AI, and Nature*

ANTHONY BONATO

According to mathematician Anthony Bonato, the hidden world of networks permeates our lives in astounding ways. From Bitcoin transactions to neural connections, his book explains how networks shape everything from political landscapes to climate patterns and how deceptively simple dots and lines can unveil the wonders of technology, society, and even nature.

From a fresh and startling look at the true impact of clever keywords in politicians' social media posts to a fun breakdown of survival strategies in reality TV shows, Bonato shows us how network theory operates everywhere. Each chapter focuses on a unique aspect of networks to reveal how they provide a captivating lens for bringing diverse phenomena into clearer focus.

The book offers an accessible snapshot of networks for anyone curious about what makes the modern world tick. Bonato's insights will give readers a deeper appreciation and understanding of networks and their relevance to our everyday lives.

### **MATHEMATICS / Numerical Analysis**

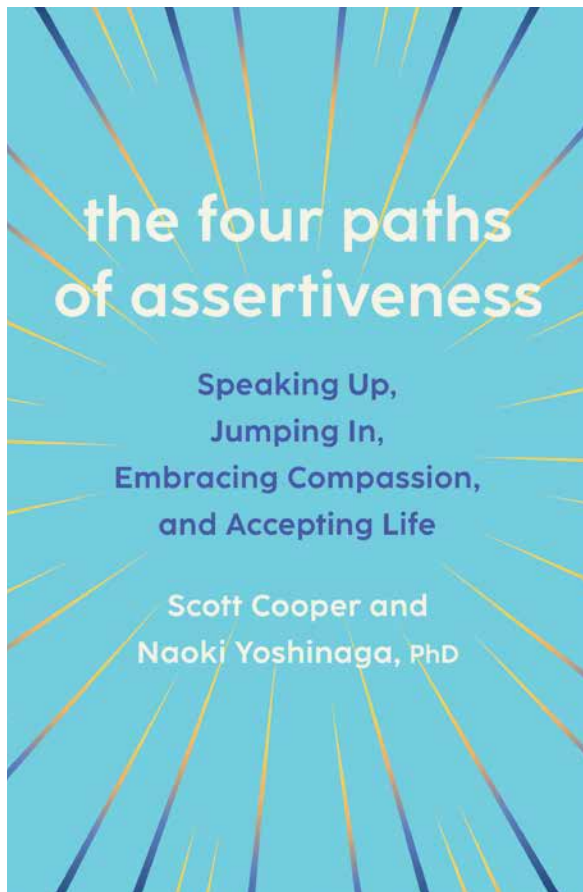
5/13/25

\$34.95 · Hardcover · 9781421451268

304pp · 6 x 9" · 15 color illus., 37 b&w illus.

**Anthony Bonato** is a professor in the department of mathematics at Toronto Metropolitan University. He is the author of *A Course on the Web Graph*, *An Invitation to Pursuit-Evasion Games and Graph Theory*, and *Limitless Minds: Interviews with Mathematicians*.

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



## The Four Paths of Assertiveness

*Speaking Up, Jumping In, Embracing Compassion, and Accepting Life*

SCOTT COOPER AND NAOKI YOSHINAGA, PHD

Confidence and decisiveness are critical life skills that many people struggle to develop. For readers who want to take charge of their lives, *The Four Paths of Assertiveness* provides an indispensable guide to developing and practicing this crucial ability. Youth advocate Scott Cooper and psychologist Naoki Yoshinaga identify four categories of assertiveness—social, behavioral, emotional, and mental—and explain how to hone these skills to live a happier life and develop healthier relationships.

Cooper and Yoshinaga expand the definition of assertiveness to include the core elements of speaking up, jumping in, embracing compassion, and accepting life. Speaking up is critical for standing up for ourselves. Jumping in helps us achieve our goals. Embracing compassion supports us in responding to the universal challenge of suffering, including our own. And accepting life means coping with ups and downs. Each chapter focuses on how to practically develop these four aspects of assertiveness and features tools for how to apply these strategies in everyday life.

Grounded in decades of happiness studies and current trends in behavioral psychology, this guide teaches readers how to live intentionally while staying true to themselves and strengthening their relationships.

### PSYCHOLOGY / Personality

3/11/25

\$54.95 • Hardcover • 9781421451176

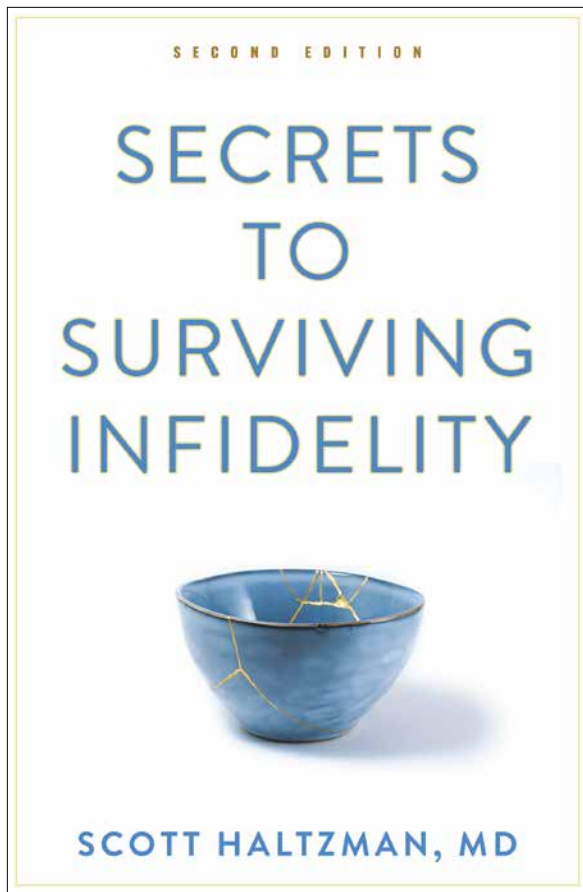
\$19.95 • Paperback • 9781421451183

200pp • 5.5 x 8.5" • 2 b&w illus.

**Scott Cooper** is a national youth advocate and a former city youth commissioner and school board president in the state of California. He is the author of *Speak Up and Get Along!* and *Sticks and Stones*.

**Naoki Yoshinaga** is a researcher, a professor at the University of Miyazaki in Japan, and a practicing licensed psychologist.

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



## Secrets to Surviving Infidelity

Second Edition

SCOTT HALTZMAN, MD

When a couple's trust is shattered by infidelity, healing may seem beyond reach—but it doesn't have to be. This second edition of *Secrets to Surviving Infidelity* offers a compassionate and practical roadmap toward recovery and reconnection. Through humane insights and step-by-step strategies, Dr. Scott Haltzman, a psychiatrist and marriage educator, shares how to overcome the pain of betrayal and strengthen relationships in its wake.

Whether you are the wronged partner, the one who strayed, or a therapist navigating your clients' infidelity, this book serves as an essential guide to the intricacies of infidelity—from the initial shock and heartache to the complex process of rebuilding trust. This second edition includes new information on:

- The evolving definitions of marriage and commitment, with updated language to include those who are in unmarried, committed relationships.
- Relationship challenges unique to the LGBTQ+ community
- Gender and sex issues
- The neuroscience of infidelity and “flame addiction”
- Strategies for conflict management

Dr. Haltzman combines real-life stories with robust research to illuminate the types of infidelity, the varied motivations behind affairs, and their impacts on relationships. He provides clear guidance on how to end an affair, how to cope with feelings of anger and grief, and how to foster forgiveness and healing. This book can also serve as a preventive tool to explore and strengthen bonds to make relationships affair-resistant. *Secrets to Surviving Infidelity* is a lifeline for those desperate to recover and safeguard their relationships.

### **FAMILY & RELATIONSHIPS / Marriage & Long-Term Relationships**

2/11/25

\$59.95 • Hardcover • 9781421450827

\$24.95 • Paperback • 9781421450834

360pp • 6 x 9”

**Scott Haltzman, MD**, is a distinguished fellow of the American Psychiatric Association and adjunct clinical assistant professor of psychiatry at Boston University Chobanian & Avedisian School of Medicine. He is the author of *The Secrets of Happily Married Men*, *The Secrets of Happy Families*, and *The Secrets of Happily Married Women*.

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## THE BLISS OF YOUR ATTENTION



STORIES  
David Borofka

## The Bliss of Your Attention

Stories

DAVID BOROFKA

If Joseph Campbell's dictum—"follow your bliss"—has become inspiration and goad, accusation and cliché, then the characters in David Borofka's *The Bliss of Your Attention* are all the more puzzled by what their futures portend. Their bliss is never clear nor independent of others, for the characters in these stories are ever in search of connection, understanding, and validation. Borofka, whose collection *A Longing for Impossible Things* was selected by the American Book Fest as the 2021 winner of the American Fiction Award for the Short Story, masterfully charts the spectrum of human emotion and the difficulty of connection in these pages.

**FICTION / Short Stories (single author)**

1/21/25

\$24.95 • Paperback • 9781421450544

264pp • 5.5 x 8.5"

**David Borofka** taught at Reedley College for more than thirty-five years before retiring in 2019. He now teaches in the Writers' Program at UCLA Extension. The author of *Hints of His Mortality*, *A Longing for Impossible Things*, and *The Island*, his work has appeared in *Southern Review*, *Massachusetts Review*, *Shenandoah*, *Image*, *Glimmer Train*, and elsewhere.

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NEW IN PAPERBACK!

# THE DEADLY RISE OF ANTI- SCIENCE

A Scientist's Warning

PETER J. HOTEZ, MD, PhD

## The Deadly Rise of Anti-science

A Scientist's Warning

PETER J. HOTEZ, MD, PhD

During the height of the COVID-19 pandemic, one renowned scientist, in his famous bowtie, appeared daily on major news networks such as MSNBC, NPR, the BBC, and others. Dr. Peter J. Hotez often went without sleep, working around the clock to develop a nonprofit COVID-19 vaccine and to keep the public informed. During that time, he was one of the most trusted voices on the pandemic and was even nominated for a Nobel Peace Prize for his selfless work. He also became one of the main targets of anti-science rhetoric that gained traction through conservative news media.

In this eyewitness story of how the anti-vaccine movement grew into a dangerous and prominent anti-science element in American politics, Hotez describes the devastating impacts it has had on Americans' health and lives. As a scientist who has endured antagonism from anti-vaxxers and been at the forefront of both essential scientific discovery and advocacy, Hotez is uniquely qualified to tell this story. By weaving his personal experiences together with information on how the anti-vaccine movement became a tool of far-right political figures around the world, Hotez opens readers' eyes to the dangers of anti-science. He explains how anti-science became a major societal and lethal force: in the first years of the pandemic, more than 200,000 unvaccinated Americans needlessly died despite the widespread availability of COVID-19 vaccines. Even as he paints a picture of the world under a shadow of aggressive ignorance, Hotez demonstrates his innate optimism, offering solutions for how to combat science denial and save lives in the process.

**MEDICAL / Public Health**

2/25/25

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240pp · 6 x 9" · 1 halftone, 12 line drawings

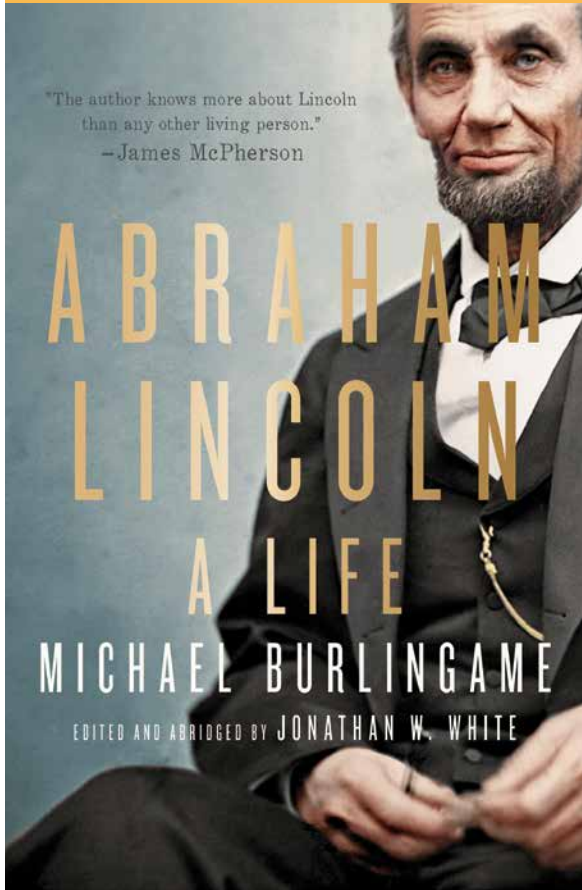
**Peter J. Hotez, MD, PhD**, is a professor of pediatrics and molecular virology and microbiology and the founding dean of the National School of Tropical Medicine at Baylor College of Medicine, where he is also the codirector of the Texas Children's Center for Vaccine Development. He is the author of *Preventing the Next Pandemic: Vaccine Diplomacy in a Time of Anti-science* and *Vaccines Did Not Cause Rachel's Autism: My Journey as a Vaccine Scientist, Pediatrician, and Autism Dad*.

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NEW IN PAPERBACK!



## Abraham Lincoln

*A Life, Abridged Edition*

MICHAEL BURLINGAME, EDITED AND ABRIDGED BY JONATHAN W. WHITE

Sixteenth president of the United States, the Great Emancipator, and a surpassingly eloquent champion of national unity, freedom, and democracy, Abraham Lincoln is arguably the most studied and admired of all Americans. Michael Burlingame's astonishing *Abraham Lincoln: A Life*, an updated, condensed version of the 2,000-page two-volume set that *The Atlantic* hailed as one of the five best books of 2009, offers fresh interpretations of this endlessly fascinating American leader.

Based on deep research in unpublished sources as well as newly digitized sources, this work reveals how Lincoln's character and personality were the North's secret weapon in the Civil War, the key variables that spelled the difference between victory and defeat. He was a model of psychological maturity and a fully individuated man whose influence remains unrivaled in the history of American public life.

Burlingame chronicles Lincoln's childhood and early development, romantic attachments and losses, his love of learning, legal training, and courtroom career as well as his political ambition, his term as congressman in the late 1840s, and his serious bouts of depression in early adulthood. Burlingame recounts, in fresh detail, the Abraham and Mary Todd Lincoln marriage and traces the mounting moral criticism of slavery that revived his political career and won this Springfield lawyer the presidency in 1860. This abridgement delivers Burlingame's signature insight into Lincoln as a young man, a father, and a politician.

Lincoln speaks to us not only as a champion of freedom, democracy, and national unity but also as a source of inspiration. Few have achieved his historical importance, but many can profit from his personal example, encouraged by the knowledge that despite a lifetime of troubles, he became a model of psychological maturity, moral clarity, and unimpeachable integrity. His presence and his leadership inspired his contemporaries; his life story will do the same for generations to come.

### BIOGRAPHY & AUTOBIOGRAPHY / Presidents & Heads of State

2/11/25

\$24.95 • Paperback • 9781421451664

720pp • 6.125 x 9.25" • 26 b&w photos, 5 b&w illus.

**Michael Burlingame** is Chancellor Naomi B. Lynn Distinguished Chair in Lincoln Studies at the University of Illinois Springfield. He is the author or editor of several books about Lincoln, including *Lincoln Observed: Civil War Dispatches of Noah Brooks*, *The Black Man's President: Abraham Lincoln, African Americans, and the Pursuit of Racial Equality*, and *An American Marriage: The Untold Story of Abraham Lincoln and Mary Todd*.

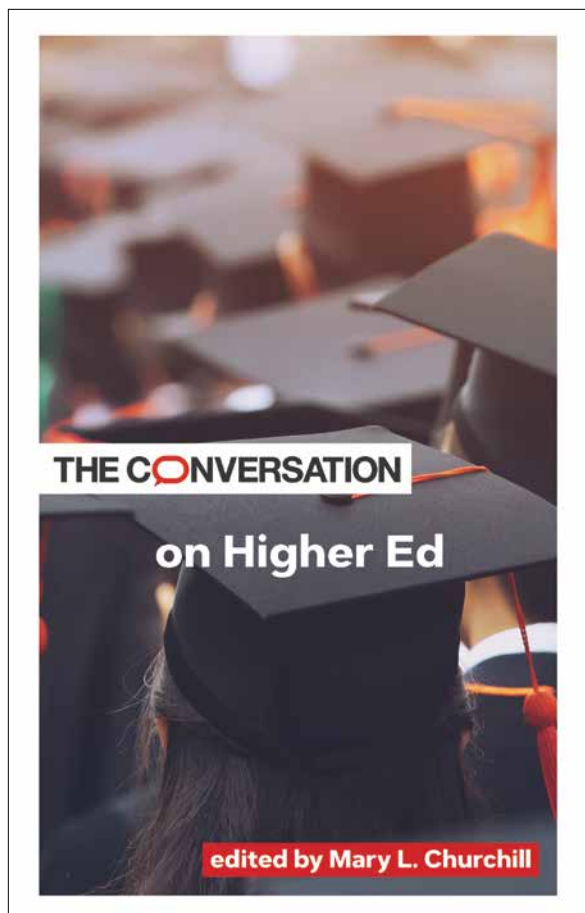
**Jonathan W. White** is an associate professor of American studies at Christopher Newport University. He has written and edited more than a dozen books on the Civil War era, including *A House Built by Slaves: African American Visitors to the Lincoln White House*.

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## **The Conversation on Higher Ed**

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Coming soon! *The Conversation on Higher Ed*, edited by Mary L. Churchill.



**EDUCATION / Schools / Levels / Higher**

2/25/25

\$19.95 • Paperback • 9781421451398

264pp • 5 x 8" • 9 b&w illus.

**Mary L. Churchill**, the former vice president for academic affairs at Wheelock College, is the associate dean of strategic initiatives and community engagement at BU Wheelock. She is author of *When Colleges Close: Leading in a Time of Crisis* and the founding editor of Inside Higher Ed's *University of Venus* blog.

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## Magic Can't Save Us

*Eighteen Tales of Likely Failure*

JOSH DENSLLOW

Many relationships are doomed from the start. But what if there was a way to save them? The characters in *Magic Can't Save Us* think they may have the answers—why visit a human counselor when you could spend the night in a house haunted by a poltergeist that specializes in couples therapy? Others are ready to call it quits, like the pair that's torn apart, literally, by a bevy of belligerent harpies. Meanwhile, a scorned woman hires a dragon to guard her house from her cheating mate, a couple tries to combat the inertia of their marriage through the revitalizing charms of unicorn meat, and a centaur seduces a luckless man's girlfriend over a series of conference calls. In these eighteen tales of likely failure, when a magical creature shows up, you know things are only going to get worse from there.

Subverting the all-too-real emotions of romantic relationships with humor and iconoclastic takes on classic fantastical beings, *Magic Can't Save Us* makes us rethink the choices we have made in order to ask a harrowingly human question: Just what does it take to redeem a relationship?

### Fiction / Short Stories (single author)

5/6/25

\$19.95 · Paperback · 9781608012718

120pp · 5.5 x 8.5"

**Josh Denslow** is the author of *Not Everyone Is Special* (7.13 Books), *Super Normal* (Stillhouse Press), and the upcoming collection *Magic Can't Save Us* (UNO Press). His most recent short stories have appeared in *Electric Literature's* *The Commuter*, *The Rumpus*, and *Okay Donkey*, among others. He is the Email Marketing Manager for Bookshop.org, and he has read and edited for *SmokeLong Quarterly* for over a decade. He currently lives in Barcelona with his family.

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

## Seeing Black

*Black Photography in New Orleans 1840 and Beyond*

KALAMU YA SALAAM, SHANA M. GRIFFIN, ERIC WATERS

Situating historical inquiry alongside contemporary practices of Black image-making in New Orleans, *SEEING BLACK: Black Photography in New Orleans 1840 and Beyond* engages the photographic grammars, textures, multiplicities, and visual sounds of Black life in and outside the city.

*SEEING BLACK* features over two hundred images by nearly ninety Black photographers whose work embraces the camera's visual power—discerning, beholding, and documenting people, places, events, collective memories, encounters, and ever-present moments of blackness. From the invisible to the obvious, the mundane to the spectacular, the overlooked to the seen, the erased to the remembered, the artists explore a range of photographic frequencies, styles, and rhythmic scores. *SEEING BLACK* invites us to explore historical and contemporary archives of Black life while challenging dominant viewing practices, asking who is taking the picture, who is in or missing from the frame, and how to shift our interactions with the visual image through an intentionally embodied Black gaze.

### Photography / Collections, Catalogs, Exhibitions

12/3/25

\$40.00 · Hardcover · 9781608013029

376pp · 11.8 x 9.5" · Full color photographs  
throughout

**Kalamu ya Salaam** (b. 1947, New Orleans) is a writer, activist, social critic, filmmaker, and retired educator. His work is widely anthologized and exists within the Black Arts Movement and its ongoing legacy. Salaam is the author of seven books of poetry, including *The Blues Merchant Songs for Blkfolk* (1969), *What is Life? Reclaiming the Black Blues Self* (1994), *Be About Beauty*, which won the PEN Oakland/Josephine Miles Literary Award in 2019, *Cosmic Deputy* (2021), a fifty-year retrospective of poetry, and *Precise Tenderness: 100 Haiku* (2023); two collections of essays, including *Magic of Juju: An Appreciation of the Black Arts Movement* (1998); a collection of prose, *In Love and Struggle* (2023); and thirteen plays. He is editor and co-editor of six anthologies, including *New Orleans Griot: The Tom Dent Reader* (2018), which was the One Book One New Orleans city-wide read selection for 2020.

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

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