

# LONDON 2025



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## RECENT ACQUISITIONS AND FUTURE HIGHLIGHTS

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**Katz, Matt**

**NEWFANGLED FAMILY**

**June 2027 | Family History & Genealogy**

**UK and Translation | Proposal available**

**Agent: Levine Greenberg Rostan Literary Agency | Editor: Jacob Surpin**

As a child, Katz was haunted by his estranged father, Warren. He was loved by his new stepfather, but there was something about a biological connection that he was unable to shake. It wasn't until he was married with kids of his own that he decided to take a DNA test. The results smashed his self-conception to smithereens. With a mix of memoir and reporting, Katz explores how scientific breakthroughs in DNA are upending our understanding of what we consider family. With the advent of DNA kits, the question of paternity—something that influenced history, literature, and world events for millennia—is no longer a mystery. NEWFANGLED FAMILY tracks how these transformations in science have upended the lives of so many of us.

[Matt Katz](#) is an award-winning investigative reporter, journalist, author, and podcast host who has worked in newspapers, magazines, TV, and audio for more than two decades. His work has been featured in *The Washington Post*, *Politico*, and *The New Republic*.

**Muehl, Hannah**

**THE CONSCIOUS LIFE**

**February 2027 | Women's Health**

**UK and Translation | Proposal available**

**Agent: Europa Content | Editor: Lucia Watson**

As a Registered Dietician and Physician's Assistant specializing in polycystic ovarian syndrome, Hannah Muehl sees women for all types of reasons. Some come to her for help combatting those pesky, confidence-draining PCOS symptoms like facial hair growth, hair loss, and weight gain. Others have been told by doctors they are prediabetic, and their only hope for preventing type 2 diabetes is to start medications like metformin—without ever hearing the words “nutrition” or “exercise.” And still others are alarmed that their cycles are either irregular or have disappeared altogether and fear their PCOS—a condition that affects 120 million women worldwide and is the leading cause of female infertility—may prevent them from having the families they've always dreamed of. In THE CONSCIOUS LIFE, Hannah deep dives into this overwhelming and misunderstood metabolic condition, helping readers discover the root cause of their PCOS in order to reverse symptoms and avoid chronic disease and infertility. For the first time, Hannah has distilled her protocol into a 90-day plan filled with actionable takeaways and accessible goals so that readers feel equipped to manage this chronic condition for the long term.

[Hannah Muehl](#) is a Registered Dietician and Physician's Assistant, and creator of The Conscious Nutritionist, an online community where she shares science-backed recipes, exercises, and holistic treatments for managing—and reversing—PCOS.

**Overbaugh, Jenna**  
**THE UNINVITED GUEST**  
**February 2027 | Self-Help / Psychology**  
**Translation | Proposal available**  
**Agent: Park, Fine & Brower | Editor: Anna Paustenbach**

Licensed professional counselor Jenna Overbaugh has handled some of the toughest, most complex and debilitating cases of OCD and anxiety. Many report feeling as though they're going crazy and that they're all alone—but intrusive thoughts are normal and common. In *THE UNINVITED GUEST* she removes the mystery and stigma surrounding intrusive thoughts and anxiety and offers readers the tools and insights needed to take control of their mental health. Through engaging stories, practical exercises, and straightforward explanations, Overbaugh empowers readers to face their fears and anxieties directly, transforming what once felt overwhelming and confusing into manageable and even growth-promoting experiences. This book is for anyone who is wrestling with intrusive thoughts, anxiety, and OCD no matter what point they're at in their journey.

[Jenna Overbaugh](#) is a licensed professional counselor specializing in OCD and anxiety, with over fifteen years of clinical and research experience. She earned her Master's degree in Clinical Psychology from Towson University and has worked at some of the most prestigious institutions in the mental health field, including Johns Hopkins and Rogers Memorial Hospital.

Rights sold: UK Commonwealth (DK Red)

**Perlmutter, David**  
**BRAIN WARS**  
**August 2026 | Health / Nervous System**  
**Translation | Proposal available**  
**Agent: Solow Literary Enterprises | Editor: Tracy Behar**

From the author of the massive bestseller *GRAIN BRAIN* comes a book that explores the connection between the microglia—the brain's immune cells—and neurodegenerative diseases, with practical information on how to combat the root cause of these diseases.

[Dr. David Perlmutter](#) is a board-certified neurologist and six-time *New York Times* bestselling author. He serves on the Board of Directors and is a Fellow of the American College of Nutrition. He is the recipient of numerous awards for his innovative approaches to neurological disorders.

Rights sold: UK Commonwealth (Yellow Kite)

**Shamshiri, Mana**

**MAY IT NOURISH YOUR SOUL**

**November 2027 | Cooking – Vegan / Iranian**

**UK and Translation | Proposal available**

**Agent: Aevitas Creative Management | Editor: Isabel McCarthy**

MAY IT NOURISH YOUR SOUL is a love letter to the food of Persia from one of the most exciting emerging voices in food writing – Mana Shamshiri, aka [The Iranian Vegan](#). The title is roughly translated from the Iranian *nosh-e-joon* as bon appetit, but with more profound layers of meaning. This is a joyous celebration that features beautiful recipes as well as cultural insights about Iran, revealing that Persian cuisine has very strong plant based roots, from Zoroastrian teaching to the veganism of Iran’s most famous poet, Rumi.

[Mana Shamshiri](#) draws on her love for Iranian history and anthropology to demonstrate that plant-based eating can coexist harmoniously with cultural heritage. She has shared her unique culinary perspective through sold-out cooking classes, supper clubs, podcasts, and TV appearances. She studied Philosophy, Ethics, and French at the University of Bristol followed by International Law at SOAS, University of London.

**Steinfort, Paddy**

**PRESSURE POINT**

**February 2027 | Applied Psychology / Success**

**Translation | Proposal available**

**Agent: Rogers & Weil Literary | Editor: Anna Paustenbach**

Performance psychology expert Paddy Steinfort has guided the world’s greatest athletes during the most pressure-filled moments of their careers. Time after time he encountered the exact same scenario— individuals at the height of their skills and ability desperately searching for any mental tools or practices to give them an edge in the moments that really matter. The reality is that traditional mental health approaches aren’t tested to succeed under high pressure situations, and we’re actually at our worst when we need strategies the most. There was a gap of knowledge that existed across the spectrum of high stakes situations—until now. PRESSURE POINT introduces Steinfort’s cutting-edge, field-tested four-part method (EASE) for harnessing the power of pressure—a program decades in the making that has been adopted by teams and players in every major sport, as well as with firefighters, ER nurses, traders, performers at Disney, soldiers in the US Army, and leaders at NASA.

**Paddy Steinfort** is a renowned performance expert who has worked with some of the biggest names in sports and is an advisor to the US Army, NASA, and Stanford Emergency Medicine. He earned his master’s degree in applied psychology from the University of Pennsylvania, from which he graduated with distinction.

Rights sold: UK Commonwealth (Michael Joseph)

## SPRING 2026

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**Gardiner, Beth**

**PLASTIC INC.**

**March 2026 | Industries / Science**

**Translation | Proposal available**

**Agent: Dystel, Goderich & Bourret | Editor: Jacob Surpin**

We've all seen the horrifying images of plastic trash choking wildlife and strewn across once-pristine landscapes. PLASTIC INC. tells the hidden story behind that very visible mess. While concerned individuals tote their reusable bags to the grocery store, some of world's richest and most polluting corporations are ramping up to make more plastic, not less, in the years to come. In a book that melds investigative deep dive with vivid, character-focused narrative, Beth Gardiner reframes the conversation about plastic around corporate—not personal—responsibility. Gardiner takes readers from western Pennsylvania's depressed downtowns and Houston's muggy bayous to a gritty Scottish port town as she shines a light on fossil fuel companies' plans to double—or even triple—plastic output to protect their profits as the world pivots from oil and gas. It shows readers why our overflowing trash bins are not our fault and frees us to move away from the small-bore solutions that feel so futile toward shifts that match the scale of the problem.

[Beth Gardiner](#) is an environmental journalist and author of *Choked*. Her work has appeared in the New York Times, National Geographic, The Guardian, the Washington Post and Scientific American.

Rights sold: UK Commonwealth (Monoray)

**Pakron, Timothy**

**GARDEN VARIETY: Vegetable-Focused Recipes Inspired by the Garden**

**April 2026 | Cooking – Vegan / Southern States**

**UK and Translation | Manuscript available**

**Agent: Thompson Literary Agency | Editor: Lucia Watson**

When Timothy Pakron moved to New Orleans he began growing a cornucopia of produce in his backyard, just as his parents did. From fragrant and zesty herbs to all manner of leafy greens, sturdy root veggies, lush fruit, and more, Timothy now cooks with fresh ingredients from his flourishing garden regularly, letting them inspire his cooking and guide him through the seasons. In GARDEN VARIETY, he encourages readers to develop a deeper connection with the natural world and shows us how to bring its delicious flavors to our plates. Timothy's approach to plant-based cooking is elegant, exciting, and approachable, and always has a Southern flair. Beautifully photographed, it is both a work of art and a celebration of the magic of cooking with ingredients from the earth.

[Timothy Pakron](#) is a passionate cook, artist, photographer, and creator of the popular blog *Mississippi Vegan*. Before devoting himself to the culinary arts, he spent time as a fine artist in Charleston, South Carolina, and New York City. Pakron currently lives and works in New Orleans.

**Thurlow, Cynthia**  
**THE MIDLIFE PAUSE**  
**April 2026 | Women's Health**  
**UK and Translation | Manuscript expected June 2025**  
**Agent: Park, Fine & Brower | Editor: Lucia Watson**

This paradigm-shifting book addresses an overlooked yet essential piece in the transition to menopause: The powerful connection between our gut and our health as we age. As Cynthia explains, the composition of our gut microbiome shifts over the course of our lifetime, peaking at age 40. Research suggests a bidirectional relationship between our estrogen and progesterone levels and our microbes. Higher levels promote increased microbial diversity and help maintain the integrity of the gut barrier. But, when we have lower microbial diversity, we are vulnerable to inflammation, which impacts our immune function, metabolism, mood, cognition, bone health and more. THE MIDLIFE PAUSE introduces readers to this exciting new area of medicine and shows women how to proactively enhance their gut health with actionable lifestyle shifts including nutrition, meal timing, targeted supplements, vagus nerve stimulation, sleep optimization, meditation and mindfulness practices, and more. It also highlights the damaging impact of hidden gut disruptors such as ultra-processed food, artificial sweeteners, and prescription medications. With a 28-day PAUSE program, this book will inspire and empower women to take charge of their health in midlife.

[Cynthia Thurlow](#) is a nurse practitioner, CEO and founder of the Everyday Wellness Project, and author of *Intermittent Fasting Transformation*. With over 20 years of experience in health and wellness, Cynthia is a globally recognized expert in women's health, hormone health, intermittent fasting, and more.

Previous publishers: Chinese, complex (Linking); Czech (IFP); German (Narayana); Korean (UX Review); Spanish (Obelisco)

**Wentz, Izabella**  
**IBS: Finding and Treating the Root Cause**  
**March 2026 | Health / Gastroenterology**  
**UK and Translation | Manuscript expected May 2025**  
**Agent: The Park Literary Group | Editor: Lucia Watson**

You don't have to accept IBS as your normal. So many of us learn to live with uncomfortable and disruptive gastrointestinal symptoms. But there are solutions—and more than the band aid solutions you might get from over-the-counter or prescription medications. In this paradigm-shifting guide to IBS, Izabella Wentz explains that IBS is often a “throw away diagnosis” for unexplained gastrointestinal symptoms. But behind the diagnosis can be identifiable and treatable conditions, or conditions that go unrecognized by conventional medicine. With Wentz's careful advice and expertise, readers can identify the underlying cause(s) of their IBS and finally create a protocol to tackle their symptoms and take back control of their life.

[Izabella Wentz, PharmD, FASCP](#), is an internationally acclaimed clinical pharmacist. She is a Fellow of the American Society of Consultant Pharmacists and holds certifications in Medication Therapy Management and Advanced Diabetes Care through the American Pharmacists Association. She is the author of several books including *Adrenal Transformation Protocol* and #1 *New York Times* bestseller *Hashimoto's Protocol*.

Previous publishers: UK Commonwealth (Vermilion); Bulgarian (Vdahnoveniya); Chinese, simplified (Beijing Science and Technology); German (Vaks); Polish (Kobiece); Spanish (Alfaomega); Ukrainian (Bookchef)

## FALL 2025

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Activate the Power of Your Gut to Tame Inflammation and Reclaim Your Health

### PLANT POWERED PLUS

WILL BULSIEWICZ, MD  
NEW YORK TIMES BESTSELLING AUTHOR OF FIBER FUELED

**Bulsiewicz, Will**

**PLANT POWERED PLUS: Activate the Power of Your Gut to Tame Inflammation and Reclaim Your Health**

January 2026 | Health / Gastroenterology

Translation | Manuscript expected end of March 2025

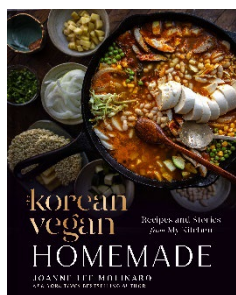
Agent: Stephanie Tade Agency | Editor: Lucia Watson

Dr. Will Bulsiewicz's patients seek him out first and foremost because he's a gastroenterologist. But increasingly, in addition to their constipation or IBS, they're also suffering from allergies, depression, and thyroid issues. What many don't realize is that the gut is the gateway for both health and illness. In *PLANT POWERED PLUS* Dr. Bulsiewicz offers a powerful program for addressing inflammation due to an imbalance in the gut with a combination of plant-forward diets. This book is a solutions-oriented approach to reclaiming a healthful, protective immune system that defends us rather than attacks us. Dr. Bulsiewicz draws the connections between gut issues and a variety of additional diagnoses and symptoms—including autoimmune disease, cardiometabolic disease, and hormonal conditions—helping readers create their ideal immune-balancing diet and live a life of boundless health.

[Will Bulsiewicz, MD, MSCI](#) is the *New York Times* bestselling author of *Fiber Fueled* and a board-certified, award-winning gastroenterologist.

Rights sold: UK Commonwealth (Vermilion); Romanian (Polirom)

Fiber Fueled publishers: UK Commonwealth (Vermilion); Arabic (Jarir); Bulgarian (Eunicata); Chinese, complex (Mook); Chinese, simplified (Beijing Zito); Dutch (Unieboek het Spectrum); Finnish (Werner Soderstrom); German (Millemari); Hebrew (Focus); Hungarian (GLB); Korean (Chungrim); Polish (JK); Portuguese/Portugal (Nascente); Romanian (Polirom); Russian (Eksmo); Spanish (Alfaomega); Turkish (Nova); Ukrainian (Fors); Vietnamese (ETS Data)



**Molinaro, Joanne Lee**

**THE KOREAN VEGAN: HOMEMADE – Recipes and Stories From My Kitchen**

October 2025 | Cooking – Korean

UK and Translation | Manuscript available

Agent: Brotherstone Creative Management | Editor: Lucia Watson

Joanne Lee Molinaro loves to “veganize” Korean cuisine and “Koreanize” everything else. This book is a tribute to all the food influences that have shaped her cooking over the years and the incredible flavors they have created. A memory about learning to repurpose leftover rice from her grandmother Hahlmuhnee results in Fried Rice Waffles; a question from her father leads to Joanne learning to make his childhood favorite noodles, Janchi Guksu; her Pesto Tteokbokki combines her husband's Italian roots with her own; and her love of savory snacks and kimchi helps invent Buffalo Kimchi Artichoke Dip. With her stunning signature photography and tips for building a Korean pantry, Joanne celebrates the magical connections between family, home, and food.

[Joanne Lee Molinaro](#) is the author of the James Beard Award winning *The Korean Vegan Cookbook*. A Korean American social media star, her immensely popular TikTok and Instagram @thekoreanvegan incorporate her recipes with personal narration.

Korean Vegan publishers: Dutch (Unieboek het Spectrum); French (La Plage); German (Michael Fischer); Korean (UX Review); Polish (Purana)



**Why Brains  
Need Friends**  
The Neuroscience of Social Connection



Ben Rein, PhD

**Rein, Ben**

**HOW BRAINS MAKE FRIENDS: The Neuroscience of Social Connection**

**October 2025 | Neuroscience / Social Psychology / Self-Help**

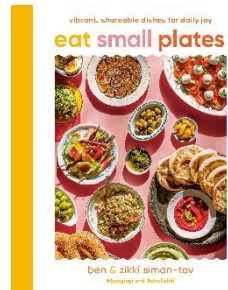
**Translation | Manuscript available**

**Agent: Folio Literary Management | Editor: Anna Paustenbach**

From your morning coffee order, to weaving through passengers on the train, riding in a packed elevator, attending a happy hour with colleagues, or relaxing on the couch with family, every day is filled with social interactions that nurture and support your brain's health. Some of these interactions may seem mundane, but they collectively make up the "social diet" that you feed your brain, influencing your well-being and shaping the substance of your life. Beneath our conscious awareness, these social experiences are modulating some of our most fundamental biological processes, adjusting our neurochemistry in ways that influence our emotions, color our experiences, and can even lengthen our lives. In an age of isolation, HOW BRAINS MAKE FRIENDS is a neuroscience-backed guide to social interactions, drawing insights from the world of science to help you understand the biology behind your relationships, reconsider the value of companionship, and build healthier, happier, and more connected lives.

**Ben Rein, PhD** is a neuroscientist at Stanford University and has spent over a decade studying the neuroscience of social interactions. Dr. Rein has published 17 peer-reviewed scientific papers in distinguished journals such as *Molecular Psychiatry*, *Trends in Neurosciences* and *Cell*. Outside of the lab, Dr. Rein educates an audience of more than 900,000 social media followers about neuroscience.

**Rights sold:** UK Commonwealth (Quercus); Chinese, simplified (PRH Beijing); German (Kösel); Korean (Gilbut); Polish (Wielka Litera); Portuguese/Brazil (HarperCollins); Romanian (SC Humanitas); Spanish (Paidos)



**Siman-Tov, Ben and Zikki Siman-Tov**

**EAT SMALL PLATES: Vibrant, Sharable Dishes for Daily Joy**

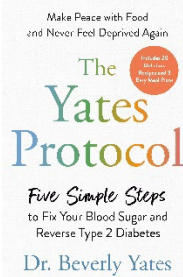
**September 2025 | Cooking – Middle Eastern / Mediterranean**

**UK and Translation | Manuscript available**

**Agent: Park & Fine | Editor: Lucia Watson**

The vivacious couple behind Bengingi share their favorite mix-and-match-ready recipes. For Ben Siman-Tov and his wife Zikki, small plates are their ideal dishes and a way of life. Whether it's babaganoush and garlicky toum spread over pita, or tangy chopped salads served with veggie bites and Arabic Ceviche, these small plates make assembling a flavorful meal an everyday occurrence. What's more, they mean you'll always be prepared to open your kitchen and share with friends and family. Kitchen-savvy Ben and Zikki share their advice for everything from charring an eggplant to perfection, making pickling part of your daily routine, and hosting like a pro. Packed with irresistible recipes and vivid photography, EAT SMALL PLATES is your guide to a feast-ready lifestyle and spreading the love through food.

**Ben Siman-Tov** is a baker, chef, and creator of Bengingi where he teaches over 1.5 million followers how even the most complex treats can be made at home. He and his wife Zikki Siman-Tov run a successful catering business, Eat Small Plates, in New York.



**Yates, Beverly**

**THE YATES PROTOCOL: Five Simple Steps to Fix Your Blood Sugar and Reverse Type 2 Diabetes**

**January 2026 | Health / Nutrition**

**UK and Translation | Manuscript available**

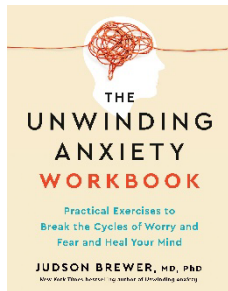
**Agent: Park & Fine | Editor: Hannah Steigmeyer**

Your blood sugar is not your fault. Type 2 and prediabetes are not caused by body fat, laziness, lack of willpower or inadequate effort. Rather they are complex, and influenced by the chronic wear and tear of living in our toxified, high-stress, and low-nourishment modern world. In THE YATES PROTOCOL, Dr. Beverly Yates shares compassionate, practical advice for approaching nutrition, meal timing, sleep, stress, exercise and strength training to reverse diabetes once and for all. Unlike typical diabetes care approaches, THE YATES PROTOCOL doesn't eliminate any food groups and focuses more on what to include, not exclude, to help you find which foods are best for your body. Dr. Yates also offers tools such as a daily eating rhythm and optional intermittent fasting to enhance blood sugar control, improve cravings, and boost energy. Advocating for self-care, setting boundaries, and ultimately reducing stress, she focuses on exercising smarter, not harder. Filled with real patient success stories, delicious recipes, curated meal plans, and worksheets to help you stay on track, THE YATES PROTOCOL provides everything you need to heal for good. It's time to throw out the shame-and-blame model and start on the path to reversing your diabetes today.

[Beverly Yates, ND](#), is a leading expert on reversing type 2 and prediabetes. She received an engineering degree at MIT and worked in Silicon Valley before going through a health scare that led her to naturopathic medicine. She now has more than 30 years of clinical experience devising personalized and enjoyable solutions for people with type 2 and prediabetes so they can reverse their conditions and get back to living the lives they love.

## SUMMER 2025

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**Brewer, Judson**

**THE UNWINDING ANXIETY WORKBOOK: Practical Exercises to Break the Cycles of Worry and Fear and Heal Your Mind**

**August 2025 | Self-Help / Psychology**

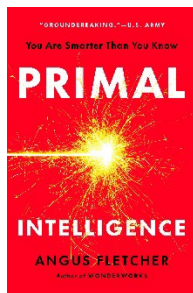
**Translation | Manuscript available**

**Agent: Janklow & Nesbit Associates | Editor: Lucia Watson**

Between the relentless bad news in the world and our own personal challenges, many of us are living in a state in which we are overwhelmed by anxiety. When anxious or negative feelings strike, we might find ourselves falling into unhealthy patterns of thought and behavior that we struggle to change—worrying, stress eating, procrastinating, and more. But, there is a way out. In this workbook companion to his *New York Times* bestselling book *Unwinding Anxiety*, psychiatrist and neuroscientist Judson Brewer shows how you can uproot anxiety using brain-based techniques accessible to anyone. Filled with powerful exercises and thought-provoking journal prompts, THE UNWINDING ANXIETY WORKBOOK will guide you through a three-step program designed to hack your anxiety and achieve a more mindful existence.

[Judson Brewer, MD, PhD](#) is an internationally renowned addiction psychiatrist and neuroscientist. He is a full professor in the School of Public Health, and Medical School at Brown University. His 2016 TED talk, “A Simple Way to Break a Bad Habit,” has been viewed over 20 million times. He has trained Olympic athletes and coaches, government ministers and business leaders.

**Rights sold:** UK Commonwealth (Vermilion); Chinese, complex (China Times); Chinese, simplified (Beijing Huazhang Graphics); Turkish (OkuyanUs)



**Fletcher, Angus**

**PRIMAL INTELLIGENCE: You Are Smarter Than You Know**

**August 2025 | Creative Ability / Neuroscience / Psychology**

**Translation rights | Manuscript available**

**Agent: Kneerim & Williams | Editor: Tracy Behar**

PRIMAL INTELLIGENCE focuses on a key source of human intelligence: the non-logical, noncomputational brain processes responsible for future thinking and imagination. This “low-data intelligence” is a core driver of leadership, innovation, and resilience. It helps us solve complex and open-ended problems, anticipate the future faster, experience less anxiety and anger, and rebound quicker from failure. The book presents story exercises for training the low-data regions of your brain, improving your leadership, your powers of innovation, and your overall resilience. These are big claims—but they have been validated by independent research trials run by the US Army and have been published in leading academic journals, from *Annals of the New York Academy of Sciences* to the *Harvard Business Review*. They have been embraced by executives at some of the world’s biggest and most creative companies, and they have been validated on scientific trials with students as young as eight.

[Angus Fletcher](#) is a professor of story science at The Ohio State University’s Project Narrative, the world’s leading academic think tank for the study of how stories work. He is the author of *Wonderworks* and *Storythinking*.

**Rights sold:** UK Commonwealth (Headline); Chinese, complex (Commonwealth Publishing); German (Redline); Korean (Influential); Portuguese/Brazil (Globo); Romanian (Bookzone); Spanish (PRH Grupo); Ukrainian (Vivat)



## More Than Words

How Talking Sharpens the Mind and Shapes Our World

Maryellen MacDonald, PhD

**MacDonald, Maryellen**

**MORE THAN WORDS**

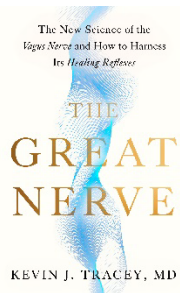
**June 2025 | Psycholinguistics / Cognitive Science**

**UK Commonwealth | Manuscript available**

**Agent: United Talent Agency | Editor: Lucia Watson**

Humans are the only species that can transform internal ideas into talk, whether through speech, writing, or sign language. But why do we have this almost magical, special talent? It turns out that while talking allows us to share ideas and connect, it isn't just about communication. For one thing, talking is hard work: we can understand speech 50% faster than we can create it ourselves. The complex processes in the brain that allow us to talk spill over and impact other areas of our lives in surprising ways. In this groundbreaking book, Maryellen MacDonald, a researcher and psycholinguist, explores the marvel and mental task of talking, and offers an eye-opening look at how it shapes everything from our attention, memory, and the way we learn, to how we regulate our emotions, and our cognitive health as we age. Filled with fascinating insights, MORE THAN WORDS is a sweeping and provocative look at a fundamental human behavior we take for granted.

[Maryellen MacDonald](#) is the Donald P. Hayes Professor of Psychology and Language Sciences at the University of Wisconsin-Madison, where she is a cognitive scientist with a focus on psycholinguistics, the study of how we comprehend, produce, and learn languages. She has researched the impact of language in children, young adults, elderly adults, and patients with Alzheimer's disease, as well as language production in six different languages.



**Tracey, Kevin**

**THE GREAT NERVE: The New Science of the Vagus Nerve and How to Harness Its Healing Reflexes**

**May 2025 | Neuroscience / Immunology**

**Translation | Manuscript available**

**Agent: Aevitas Creative Management | Editor: Lucia Watson**

For centuries the function of the vagus nerve eluded research. Now neuroscientist and researcher Kevin Tracey has discovered the power of the vagus nerve to reverse inflammation, heal the immune system, and cure chronic illness. The vagus nerve is made up of 200,000 fibers that send thousands of electrical signals every second between the brain and the organs, governing basic functions like heart rate and blood pressure. Dr. Tracey shows us how manipulating the vagus nerve with a tiny implant can put the brakes on inflammation to reverse life-altering diseases like rheumatoid arthritis, inflammatory bowel disease, lupus, MS, diabetes, obesity, stroke, depression, Alzheimer's and Parkinson's. But we can also improve vagus nerve function with lifestyle strategies like ice baths, meditation, exercise, and breathwork. By opening the door to the new field of neuroimmunology, THE VAGUS NERVE not only revolutionizes how we understand and treat disease, it gives us unprecedented hope for our health and well being.

[Kevin Tracey, MD](#), is a neurosurgeon, scientist, entrepreneur, and leader in the fields of vagus nerve stimulation and inflammation. He and his colleagues in his lab at the Feinstein Institutes discovered the molecular and neural mechanism for the reflexive control of inflammation, now termed the inflammatory reflex. As measured by and reported in the scientific journal *PLOS One*, Dr. Tracey is one of the most highly cited living scientists in the world.

**Rights sold:** UK Commonwealth (Penguin Life); Chinese, complex (as if); French (Editions First); Hungarian (Open Book); Italian (Vallardi); Korean (Bookie); Portuguese/Portugal (LeYa); Romanian (Bookzone); Spanish (Grijalbo Vital/PRH)

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