

FLATIRON
BOOKS
NEW YORK



How Not to Diet

The Groundbreaking Science of Healthy, Permanent Weight Loss

by Michael Greger, M.D., FACLM

Discover the cutting-edge science behind long-term weight loss success, in this powerful new book from the *New York Times* bestselling author of HOW NOT TO DIE

Every month seems to bring a trendy new diet or weight loss fad - and yet obesity rates continue to rise, and with it a growing number of diseases and health problems. It's time for a different approach.

Enter Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of Nutritionfacts.org. Author of the mega bestselling HOW NOT TO DIE, Dr. Greger now turns his attention to the latest research on the leading causes - and remedies - of obesity.

Dr. Greger hones in on the optimal criteria to enable weight loss, while considering how these foods actually affect our health and longevity. He lays out the key ingredients of the ideal weight-loss diet - factors such as calorie density, the insulin index, and the impact of foods on our gut microbiome - showing how plant-based eating is crucial to our success.

But HOW NOT TO DIET goes beyond food to identify twenty-one weight-loss accelerators available to our bodies, incorporating the latest discoveries in cutting-edge areas like chronobiology to reveal the factors that maximize our natural fat-burning capabilities. Dr. Greger builds the ultimate weight loss guide from the ground up, taking a timeless, proactive approach that can stand up to any new trend.

Chock full of actionable advice and groundbreaking dietary research, HOW NOT TO DIET will put an end to dieting - and replace those constant weight-loss struggles with a simple, healthy, sustainable lifestyle.

Author Bio

Dr. Michael Greger is a physician, author, and internationally recognized speaker on nutrition, food safety, and public health issues. He runs the popular website Nutritionfacts.org, a nonprofit, science-based public service site providing free daily updates on the latest in nutrition research. Dr. Greger serves as the Director of Public Health and Animal Agriculture at the Humane Society of the United States.

Flatiron Books

Strict On Sale: Dec 10/19

6.12 x 9.25 • 576 pages

Includes black-and-white charts and graphs throughout

9781250199225 • \$44.25 • CL - With dust jacket

Health & Fitness / Nutrition

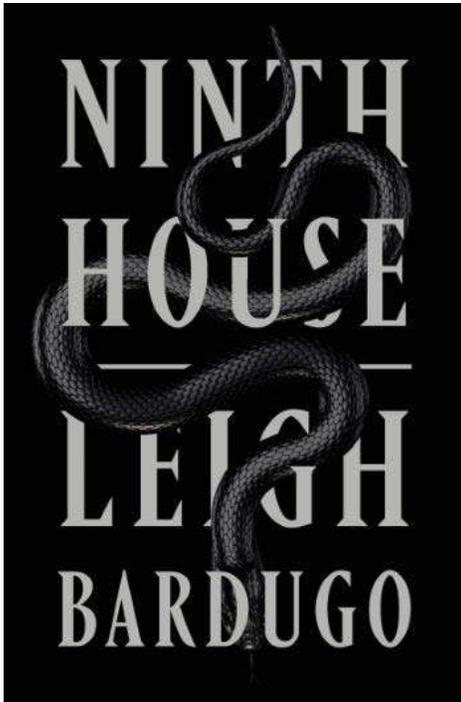
Notes

Promotion



9 781250 199225





Ninth House

by Leigh Bardugo

The mesmerizing adult debut from #1 *New York Times* bestselling author Leigh Bardugo

Galaxy Alex" Stern is the most unlikely member of Yale's freshman class. Raised in the Los Angeles hinterlands by a hippie mom, Alex dropped out of school early and into a world of shady drug dealer boyfriends, dead-end jobs, and much, much worse. By age twenty, in fact, she is the sole survivor of a horrific, unsolved multiple homicide. Some might say she's thrown her life away. But at her hospital bed, Alex is offered a second chance: to attend one of the world's most elite universities on a full ride. What's the catch, and why her?

Still searching for answers to this herself, Alex arrives in New Haven tasked by her mysterious benefactors with monitoring the activities of Yale's secret societies. These eight windowless "tombs" are well-known to be haunts of the future rich and powerful, ranging from Jodie Foster to George W. Bush. But their occult activities are revealed to be more sinister and more supernatural than any paranoid imagination might conceive.

NINTH HOUSE is the long-awaited adult debut by the beloved author of SHADOW AND BONE and CROOKED KINGDOM. Leigh Bardugo will take her place alongside Lev Grossman, Deborah Harkness, and Neil Gaiman as one of the finest practitioners of literary fantasy writing today.

Praise for Leigh Bardugo:

"A master of fantasy." - *The Huffington Post*

"Utterly, extremely bewitching." - *The Guardian*

"The best magic universe since Harry Potter." - *Bustle*

This is what fantasy is for." - *The New York Times Book Review*

"[A] world that feels real enough to have its own passport stamp." - NPR

"The darker it gets for (...)

Author Bio

Leigh Bardugo is a #1 *New York Times*-bestselling author of fantasy novels and the creator of the Grishaverse. With over two million copies sold, her Grishaverse spans the Shadow and Bone Trilogy, the Six of Crows Duology, and *The Language of Thorns* - with more to come. Her short stories can be found in multiple anthologies, including *Some of the Best from Tor.com* and *The Best American Science Fiction & Fantasy*. Her other works include *Wonder Woman: Warbringer* and *Ninth House*. Leigh was born in Jerusalem, grew up in Los Angeles, graduated from Yale University, and has worked in advertising, journalism, and even makeup and special effects. These days, she lives and writes in Hollywood, where she can occasionally be heard singing with her band.

Flatiron Books

Strict On Sale: Oct 1/19

6.12 x 9.25 • 448 pages

9781250313072 • \$37.99 • CL - With dust jacket

Fiction / Thrillers / Supernatural

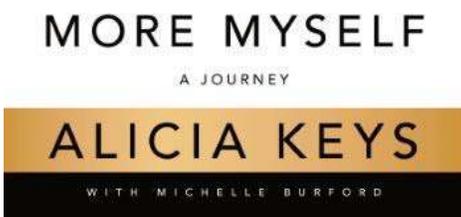
Notes

Promotion



9 781250 313072





Flatiron Books

Strict On Sale: Nov 5/19

6.12 x 9.25 • 320 pages

9781250153296 • \$36.50 • CL - With dust jacket

Biography / Composers & Musicians

Notes

Promotion



LEAD

More Myself

A Journey

by Alicia Keys

An intimate, revealing look at one artist's journey from self-censorship to full expression

As one of the most celebrated musicians of our time, Alicia Keys has enraptured the nation with her heartfelt lyrics, extraordinary vocal range, and soul-stirring piano compositions. Yet away from the spotlight, Alicia has grappled with private heartache--over the challenging and complex relationship with her father, the people-pleasing nature that characterized her early career, the loss of privacy surrounding her romantic relationships, and the oppressive expectations of female perfection.

Since her rise to fame, Alicia's public persona has belied a deep personal truth: she has spent years not fully recognizing or honoring her own worth. After withholding parts of herself for so long, she is at last exploring the questions that live at the heart of her story: Who am I, really? And once I discover that truth, how can I become brave enough to embrace it?

More Myself is part autobiography, part narrative documentary. Alicia's journey is revealed not only through her own candid recounting, but also through vivid recollections from those who have walked alongside her. The result is a 360-degree perspective on Alicia's path--from her girlhood in Hell's Kitchen and Harlem, to the process of self-discovery she's still navigating.

In More Myself, Alicia shares her quest for truth--about herself, her past, and her shift from sacrificing her spirit to celebrating her worth. With the raw honesty (...)

Author Bio

Location: New York City area

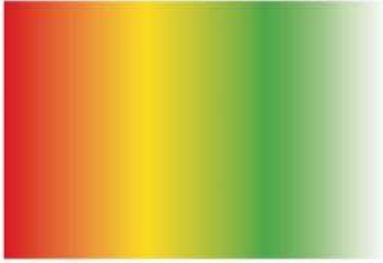
ALICIA KEYS is a modern-day Renaissance woman--a 15-time Grammy Award-winning artist/songwriter/musician/producer, an accomplished actress, a New York Times bestselling author, a film/television and Broadway producer, an entrepreneur, and a powerful force in the world of activism. Since the release of her monumental 2001 debut album, *songs in A minor*, Keys has sold over 40 million records and built an unparalleled repertoire of hits and accomplishments. Keys resides in the New York City area with her husband, super-producer/visionary and entrepreneur Swizz Beatz, and their children.



9 781250 153296



CURED



The Life-Changing Science
of Spontaneous Healing

JEFFREY REDIGER, MD

Flatiron Books

On Sale: Sep 17/19

6.12 x 9.25 • 352 pages

9781250193193 • \$38.50 • CL - With dust jacket

Health & Fitness / Healing

Notes

Promotion



Cured

The Life-Changing Science of Spontaneous Healing
by Jeffrey Rediger

When it comes to disease, who beats the odds - and why?

When it comes to spontaneous healing, skepticism abounds. Doctors are taught that "miraculous" recoveries are flukes, and as a result they don't study those cases or take them into account when treating patients.

Enter Dr. Jeff Rediger, who has spent over 15 years studying spontaneous healing, pioneering the use of scientific tools to investigate recoveries from incurable illnesses. Dr. Rediger's research has taken him from America's top hospitals to healing centers around the world - and along the way he's uncovered insights into why some people beat the odds.

In *Cured*, Dr. Rediger digs down to the root causes of illness, showing how to create an environment that sets the stage for healing. He reveals the patterns behind healing and lays out the physical and mental principles associated with recovery: first, we need to physically heal our diet and our immune systems. Next, we need to mentally heal our stress response and our identities.

Through rigorous research, Dr. Rediger shows that much of our physical reality is created in our minds. Our perception changes our experience, even to the point of changing our physical bodies - and thus the healing of our identity may be our greatest tool to recovery.

Ultimately, miracles only contradict what we know of nature at this point in time. *Cured* leads the way in explaining the science behind these miracles, and provides a first-of-its-kind guidebook to both healing and preventing disease.

Author Bio

Jeffrey D. Rediger, M.D., is medical director for the McLean SouthEast Adult Psychiatric Programs and an instructor in psychiatry at Harvard Medical School. He has a Master of Divinity degree from Princeton Theological Seminary and publishes in the fields of medicine, psychiatry and spirituality. His work has been featured on the Oprah and Dr. Oz shows, among others.

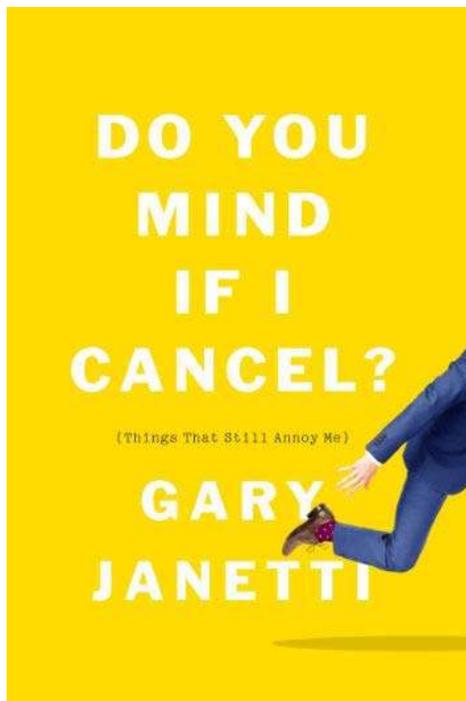


9 781250 193193





Do You Mind If I Cancel?
(Things That Still Annoy Me)
by Gary Janetti



Flatiron Books

On Sale: Oct 15/19

5.38 x 8.25 • 288 pages

Includes color endpapers

9781250225825 • \$37.99 • CL - With dust jacket

Humor / Form / Essays

Notes

Promotion





Astro Poets

Your Guides to the Zodiac

by Alex Dimitrov and Dorothea Lasky

From the online phenomenons the Astro Poets comes the first great astrology primer of the 21st century.

Full of insight, advice and humor for every sign in the zodiac, the Astro Poets' unique brand of astrological flavor has made them Twitter sensations. Their long-awaited first book is in the grand tradition of Linda Goodman's *Sun Signs*, but made for the world we live in today.

In these pages the Astro Poets help you see what's written in the stars and use it to navigate your friendships, your career, and your very complicated love life. If you've ever wondered why your Gemini friend won't let you get a word in edge-wise at drinks, you've come to the right place. When will that Scorpio texting u up?" at 2AM finally take the next step in your relationship? (Hint: they won't). Both the perfect introduction to the twelve signs for the astrological novice, and a resource to return to for those who already know why their Cancer boyfriend cries during commercials but need help with their new whacky Libra boss, this is the astrology book must-have for the twenty-first century and beyond.

Author Bio

Alex Dimitrov and **Dorothea Lasky** are the duo behind the beloved Twitter account @poetastrologers, better known as Astro Poets. Dimitrov's poetry has been previously published in *The New Yorker*, *The Paris Review* and *The New York Times*, and has received a Pushcart Prize and Stanley Kunitz Prize from American Poetry Review. Lasky is the author of five poetry collections and has been published in *The New Yorker*, *Boston Review*, and *The Paris Review*.

Flatiron Books

On Sale: Nov 5/19

5.38 x 8.25 • 256 pages

9781250313300 • \$36.50 • CL - With dust jacket

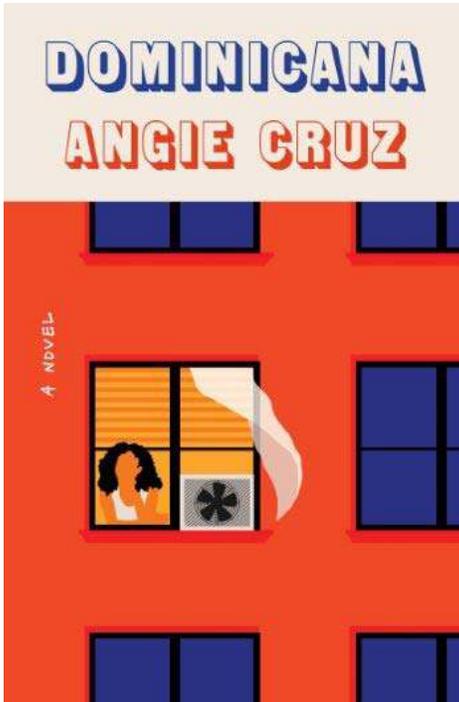
Body, Mind & Spirit / Astrology / General

Notes

Promotion



19F Macm Flatiron



Dominicana by Angie Cruz

From IMPAC Dublin Award finalist Angie Cruz, an urgent, beautifully told novel about a Dominican teenager's arranged marriage and immigration to New York City, set against the political turmoil of the 1960s.

Fifteen-year-old Ana Cancion never dreamed of moving to America, the way the girls she grew up with in the Dominican countryside did. But when Juan Ruiz proposes and promises to take her to New York City, she has to say yes. It doesn't matter that he is twice her age, that there is no love between them. Their marriage is an opportunity for her entire close-knit family to eventually immigrate. So on New Year's Day, 1965, Ana leaves behind everything she knows and becomes Ana Ruiz, a wife confined to a cold six-floor walk-up in Washington Heights. Lonely and miserable, Ana hatches a reckless plan to escape. But at the bus terminal, she is stopped by Cesar, Juan's free-spirited younger brother, who convinces her to stay.

As the Dominican Republic slides into political turmoil, Juan returns to protect his family's assets, leaving Cesar to take care of Ana. Suddenly, Ana is free to take English lessons at a local church, lie on the beach at Coney Island, see a movie at Radio City Music Hall, go dancing with Cesar, and imagine the possibility of a different kind of life in America. When Juan returns, Ana must decide once again between her heart and her duty to her family.

Author Bio

Angie Cruz is the author of two novels, *Soledad* and *Let It Rain Coffee*, a finalist in 2007 for the International IMPAC Dublin Literary Award. She has published short fiction and essays in magazines and journals, including *The New York Times*, *VQR*, and *Gulf Coast Literary Journal*. She has received numerous grants and residencies including the New York Foundation of the Arts Fellowship, Yaddo, and The Macdowell Colony. She is founder and Editor-in-Chief of *Aster(ix)*, a literary and arts journal, and is an Associate Professor of English at the University of Pittsburgh.

Flatiron Books

On Sale: Sep 3/19

6.12 x 9.25 • 336 pages

Includes color endpapers

9781250205933 • \$36.50 • CL - With dust jacket

Fiction / Literary

Notes

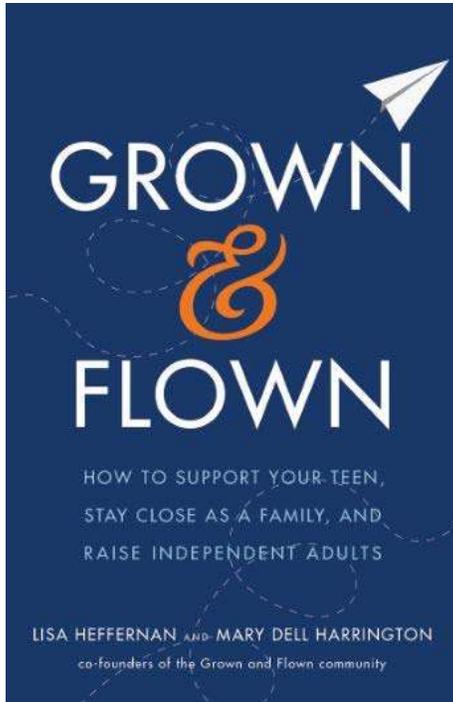
Promotion



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Raincoast Books



Grown and Flown

How to Support Your Teen, Stay Close as a Family, and Raise Independent Adults

by Lisa Heffernan and Mary Dell Harrington

An essential parenting guide for building a strong relationship with your teen, while preparing them to take flight from the nest

High school: it's a time when kids are constantly changing, as they draw closer to graduation and young adulthood. But how do you parent your kids through this complicated time? And how do you maintain a strong relationship as they prepare to transition from life at home to life outside of the nest? Lisa Heffernan and Mary Dell Harrington are here to help. After seeing their own kids through this transition, they founded Grown and Flown: an online community for parents of teens that features curated content from experts, shared experiences from parents, and tried and true advice. And now they've compiled key takeaways and fresh insights from all that they've learned over the years to form this handy, essential guide.

Grown and Flown is a crucial resource for parenting teenagers, leading up to - and through - the transition from high school to college. It covers everything from the monumental of parenting (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic - such as love and sex, anxiety and mental health, and academics - it features a combination of the authors' stories, advice from experts, and practical lists and sidebars. In this accessible, easy-to-use manual, parents will feel supported and understand in their quest to support and understand their teens. *Grown and Flown* is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

Author Bio

Lisa Heffernan and **Mary Dell Harrington**, co-founders of Grown and Flown, are writers, moms, wives, and friends. In past incarnations they have worked in television and media, on Wall Street, and in politics. Although they live in New York, Mary Dell is from Texas and Lisa is from California. They have college kids and young adults. You can find their writing on the *New York Times* Motherlode, the *Washington Post* "On Parenting," the *Atlantic*, *Forbes*, *Vox.com*, and *Scary Mommy*.

Flatiron Books

On Sale: Sep 3/19

5.38 x 8.25 • 352 pages

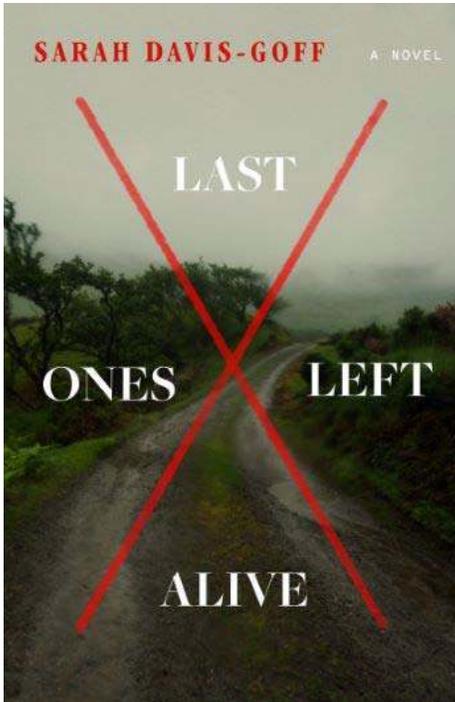
9781250188946 • \$37.99 • CL - With dust jacket

Family & Relationships / Parenting

Notes

Promotion





Last Ones Left Alive

by Sarah Davis-Goff

**Combines the spare poetry of *The Road* with the dizzying pace of *28 Days Later*. " - Jennie Melamed, author *Gather the Daughters*
"A riveting novel." - Eowyn Ivey, bestselling author of *The Snow Child*
Remember your just-in-cases. Beware tall buildings. Always have your knives.**

Raised in isolation by her mother and Maeve on a small island off the coast of a post-apocalyptic Ireland, Orpen's life has revolved around training to fight a threat she's never seen. More and more she feels the call of the mainland, and the prospect of finding other survivors.

But that is where danger lies, too, in the form of the flesh-eating menace known as the skrake.

Then disaster strikes. Alone, pushing an unconscious Maeve in a wheelbarrow, Orpen decides her last hope is abandoning the safety of the island and journeying across the country to reach the legendary banshees, the rumored all-female fighting force that battles the skrake.

But the skrake are not the only threat. . .

Sarah Davis-Goff's *Last Ones Left Alive* is a brilliantly original imagining of a young woman's journey to discover her true identity.

Author Bio

Sarah Davis-Goff's writing has been published in the *Irish Times*, the *Guardian* and *LitHub*. *Last Ones Left Alive* is her debut novel. She was born and lives in Dublin.

Flatiron Books

On Sale: Aug 27/19

5.38 x 8.25 • 288 pages

9781250235220 • \$36.50 • CL - With dust jacket

Fiction / Dystopian

Notes

Promotion



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The Girl Who Reads on the Metro

A Novel

by Christine Feret-Fleury

In the vein of *Amelie* and *The Little Paris Bookshop*, a modern fairytale about a French woman whose life is turned upside down when she meets a reclusive bookseller and his young daughter.

Juliette leads a perfectly ordinary life in Paris, working a slow office job, dating a string of not-quite-right men, and fighting off melancholy. The only bright spots in her day are her metro rides across the city and the stories she dreams up about the strangers reading books across from her: the old lady, the math student, the amateur ornithologist, the woman in love, the girl who always tears up at page 247.

One morning, avoiding the office for as long as she can, Juliette finds herself on a new block, in front of a rusty gate wedged open with a book. Unable to resist, Juliette walks through, into the bizarre and enchanting lives of Soliman and his young daughter, Zaide. Before she realizes entirely what is happening, Juliette agrees to become a *porteur*, Soliman's name for the booksellers he hires to take stacks of used books out of his store and into the world, using their imagination and intuition to match books with readers. Suddenly, Juliette's daydreaming becomes her reality, and when Soliman asks her to move in to their store to take care of Zaide while he goes away, she has to decide if she is ready to throw herself headfirst into this new life. Big-hearted, funny, and gloriously zany, *The Girl Who Reads on the Metro* is a delayed coming-of-age story about a young woman who dares to change her life, and a (...)

Author Bio

Christine Feret-Fleury is an author based in France. *The Girl Who Reads on the Metro* is her first book to be translated into English and is being published around the world.

Flatiron Books

On Sale: Oct 8/19

5 x 7.12 • 192 pages

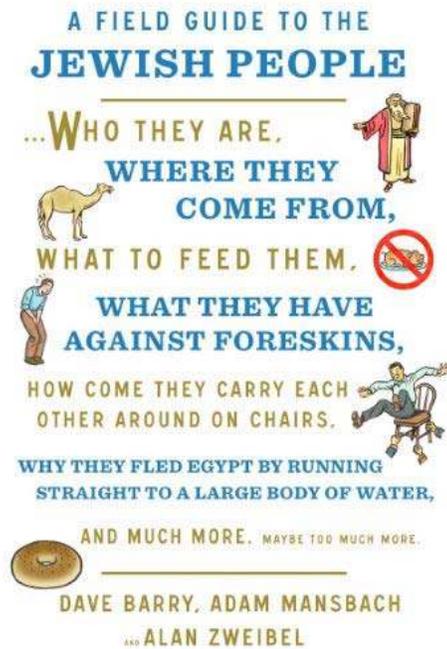
9781250315427 • \$31.25 • CL - With dust jacket

Fiction / Contemporary Women

Notes

Promotion





A Field Guide to the Jewish People

by Dave Barry, Adam Mansbach and Alan Zweibel

The last book on Judaism you will ever have to buy, this hilarious tome from three comedy legends contains the sweetness of an apricot rugelach and all the wisdom of a matzoh ball.

Why do random Jewish holidays keep springing up unexpectedly? Why are yarmulkes round? Who was the first Jewish comedian? These baffling questions and many more are answered by the comedic powerhouse trio of Dave Barry, Adam Mansbach, and Alan Zweibel. In *A Field Guide to the Jewish People* the authors dissect every holiday, rite of passage, and tradition, unravel a long and complicated history, and tackle the tough questions that have been plaguing the long-suffering Jewish people everywhere for centuries.

So gather round your chosen ones, pop open a bottle of Manischewitz, and get ready to laugh as you finally begin to understand the inner-workings of Judaism.

Author Bio

Dave Barry is a Pulitzer Prize-winning humor writer whose columns and essays have appeared in hundreds of newspapers over the past thirty-five years. He has also written a number of *New York Times* bestselling humor books, including *Live Right and Find Happiness (Although Beer Is Much Faster)*. **Adam Mansbach** is the #1 *New York Times* bestselling author of *Go the F*** to Sleep* and *You Have to F***** Eat*, as well as the California Book Award-winning novel *The End of the Jews*, a dozen other books, and the movie *Barry*. His work, which has been translated into more than forty languages, has appeared in *The New Yorker*, *The New York Times Book Review*, *Esquire*, and *The Believer* and on National Public Radio's *All Things Considered* and *This American Life*. An original *Saturday Night Live* writer, **Alan Zweibel** has won numerous Emmy and Writers Guild of America awards for his work in television, which also includes *It's Garry Shandling's Show* (which he co-created), *Late Show with David Letterman*, and *Curb Your Enthusiasm*. He collaborated with Billy Crystal on the Tony Award-winning play *700 Sundays*, and he won the Thurber Prize for his novel *The Other Shulman*.

Flatiron Books

On Sale: Sep 24/19

6.12 x 9.25 • 288 pages

Includes 50 two-color spot-art illustrations

9781250191960 • \$34.99 • CL - With dust jacket

Humor / Topic / Religion

Notes

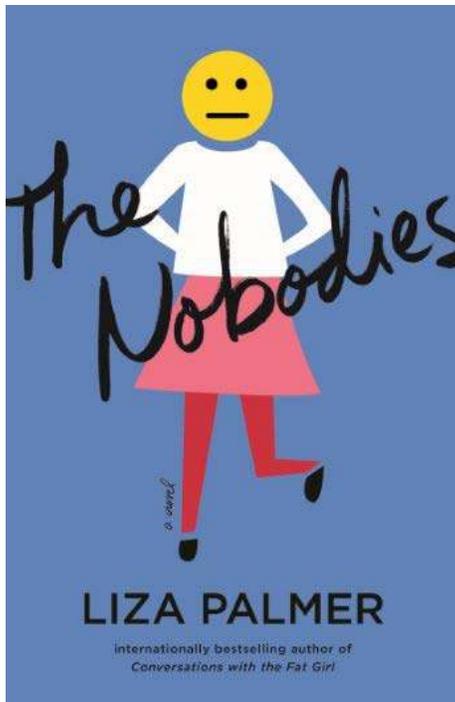
Promotion



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The Nobodies

A Novel

by Liza Palmer

From Liza Palmer, the bestselling author of *Conversations with the Fat Girl*, comes *The Nobodies*, a novel about a failed journalist who starts over at a Los Angeles start-up, only to stumble into her biggest story yet.

Author Bio

Liza Palmer is the internationally bestselling author of *Conversations with the Fat Girl* and several other novels. An Emmy-nominated writer, she lives in Los Angeles and works for BuzzFeed.

Flatiron Books

On Sale: Oct 1/19

5.38 x 8.25 • 272 pages

9781250169846 • \$36.50 • CL - With dust jacket

Fiction / Contemporary Women

Notes

Promotion





salt slow

by Julia Armfield

From White Review Short Story Prize winner Julia Armfield, a brilliant, provocative debut story collection for fans of Carmen Maria Machado and Kelly Link.

In her electrifying debut, Julia Armfield explores women's experiences in contemporary society, mapped through their bodies. As urban dwellers' sleeps become disassociated from them, like Peter Pan's shadow, a city turns insomniac. A teenager entering puberty finds her body transforming in ways very different than her classmates'. As a popular band gathers momentum, the fangirls following their tour turn into something monstrous. After their parents remarry, two step-sisters, one a girl and one a wolf, develop a dangerously close bond. And in an apocalyptic landscape, a pregnant woman begins to realize that the creature in her belly is not what she expected. Blending elements of horror, science fiction, mythology, and feminism, *salt slow* is an utterly original collection of short stories that are sure to dazzle and shock, heralding the arrival of a daring new voice.

Author Bio

Julia Armfield was born in London in 1990. She is a fiction writer and occasional playwright with a master's in Victorian art and literature from Royal Holloway University. Her work has been published in *The White Review*, *Lighthouse*, *Analog Magazine*, *Neon Magazine* and *The Stockholm Review*. She was commended in the Moth Short Story Prize 2017 and won the White Review Short Story Prize with two of the stories in this collection. She lives in London, where she is at work on her debut novel, forthcoming from Flatiron Books.

Flatiron Books

On Sale: Oct 8/19

5.38 x 8.25 • 208 pages

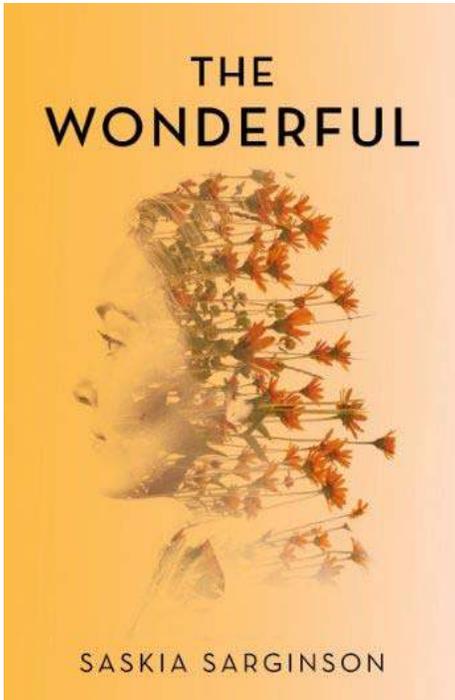
9781250224774 • \$33.99 • CL - With dust jacket

Fiction / Short Stories (Single Author)

Notes

Promotion





The Wonderful

by Saskia Sarginson

Sometimes, the truth lies in fiction

It's hard to be an American girl in 1957. Especially when your dad's job means you have to move four thousand miles from home. Especially if you'd rather play baseball than wear a dress. Especially if you see your mom fraying a little more from anxiety each day. And especially if being five minutes older means you have to protect your fragile twin brother.

Still, Hedy Delaney loves her family, and she's trying to make the best of her new life on a U.S. airbase in England. After all, her dad's a war hero, her mother's a beauty, and her brother's a brainiac who writes moving stories about space travel.

Then one tragic day, the unforeseen occurs and all three are ripped away, leaving Hedy alone with countless questions. What really happened on the airbase? What went on behind military closed doors? What were the secrets that could never be told? And how could any of it have led to her family's destruction?

In her search for the truth, Hedy turns to a story her brother began months before he died. Deciding to finish what her brother started, Hedy begins to piece together what happened to her family. But whether she's ready for what she'll discover is another matter entirely.

A sweeping and turbulent family drama, *The Wonderful* asks whether writing fiction can uncover fact, and if it's ever better to let the truth remain hidden. Sometimes, it's safer not to finish what you've started.

Author Bio

Saskia Sarginson was awarded an M.A. in creative writing after a B.A. in English literature from Cambridge University. Before becoming a full-time author, she was a health and beauty editor on women's magazines, a ghostwriter for the BBC and HarperCollins, and a copywriter and script editor. She lives in south London with her partner and four children. Her first novel, *The Twins*, was chosen for the Richard & Judy autumn book club 2013 and received outstanding international review coverage.

Flatiron Books

On Sale: Dec 10/19

5.38 x 8.25 • 400 pages

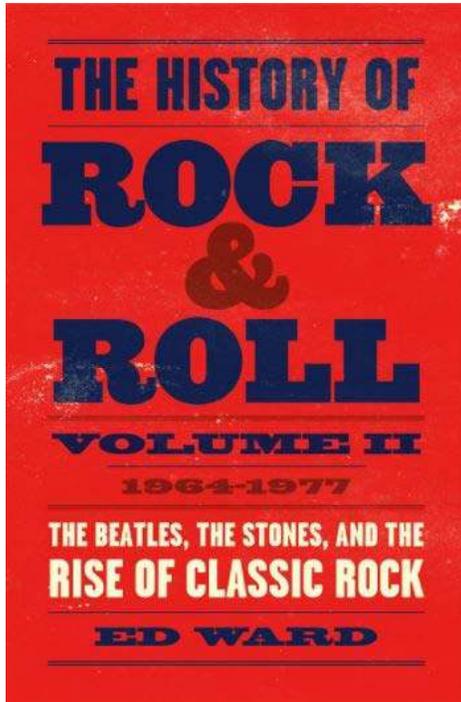
9781250083517 • \$22.99 • pb

Fiction / Contemporary Women

Notes

Promotion





The History of Rock & Roll, Volume 2

1964-1977: The Beatles, the Stones, and the Rise of Classic Rock

by Ed Ward

From Ed Ward, the former rock and roll historian for NPR's *Fresh Air*, comes a sweeping, definitive, and engrossing cultural history of rock's most exciting era

Rock historian Ed Ward shares the behind-the-scenes stories of the musicians, DJs, record executives, concert promoters, and producers who were at the forefront of this incredible time in music history. The story begins with the Beatles landing in New York where the NYPD, swarms of fans, and a crowd of 200 journalists await their first American press conference, which opens with the question "Are you going to get a haircut in America?" and ends with a reporter tugging on Paul McCartney's hair in an attempt to remove his nonexistent wig. This is where volume two of *The History of Rock & Roll* kicks off. Chronicling the years 1964 through 1977, this latest volume covers the most exciting era of rock history which saw a massive outpouring of popular and cutting-edge music.

Ward expertly weaves together an engrossing narrative that not only covers the most famous stars like the Beatles, the Stones, Hendrix, and Dylan but also the artists trailblazing new territory in the same era such as Aretha Franklin, George Clinton, Elton John, and more. For all music lovers and rock fans, this sweeping history will reveal how different sounds, harmonies, and trends came together to create the music we all know and love today.

Author Bio

Location: Austin, Texas

ED WARD was the rock & roll historian on NPR's *Fresh Air* for more than thirty years, reaching 14 million listeners. His writing has appeared in *The New York Times*, *The Wall Street Journal*, and countless music magazines. He is also the coauthor of *Rock of Ages: The Rolling Stone History of Rock & Roll*. He lives in Austin, Texas.

Flatiron Books

On Sale: Nov 19/19

6.12 x 9.25 • 336 pages

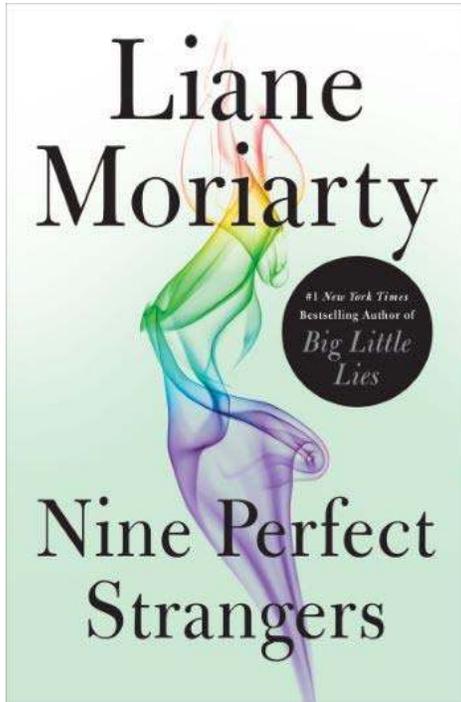
Includes 10 black-and-white chapter-opening photographs

9781250165190 • \$40.75 • CL - With dust jacket
Music / History & Criticism

Notes

Promotion





Flatiron Books
On Sale: Oct 1/19
5.38 x 8.25 • 464 pages
9781250069832 • \$24.50 • pb
Fiction / Contemporary Women

Notes

Promotion



Nine Perfect Strangers

by Liane Moriarty

NEW YORK TIMES BESTSELLER

If three characters were good in *Big Little Lies*, nine are even better in *Nine Perfect Strangers*." - Lisa Scottoline, *The New York Times Book Review*

From the #1 *New York Times* bestselling author of *Big Little Lies* *Could ten days at a health resort really change you forever? In Liane Moriarty's latest page-turner, nine perfect strangers are about to find out. . .*

Nine people gather at a remote health resort. Some are here to lose weight, some are here to get a reboot on life, some are here for reasons they can't even admit to themselves. Amidst all of the luxury and pampering, the mindfulness and meditation, they know these ten days might involve some real work. But none of them could imagine just how challenging the next ten days are going to be.

Frances Welty, the formerly best-selling romantic novelist, arrives at Tranquillum House nursing a bad back, a broken heart, and an exquisitely painful paper cut. She's immediately intrigued by her fellow guests. Most of them don't look to be in need of a health resort at all. But the person that intrigues her most is the strange and charismatic owner/director of Tranquillum House. Could this person really have the answers Frances didn't even know she was seeking? Should Frances put aside her doubts and immerse herself in everything Tranquillum House has to offer - or should she run while she still can (...)

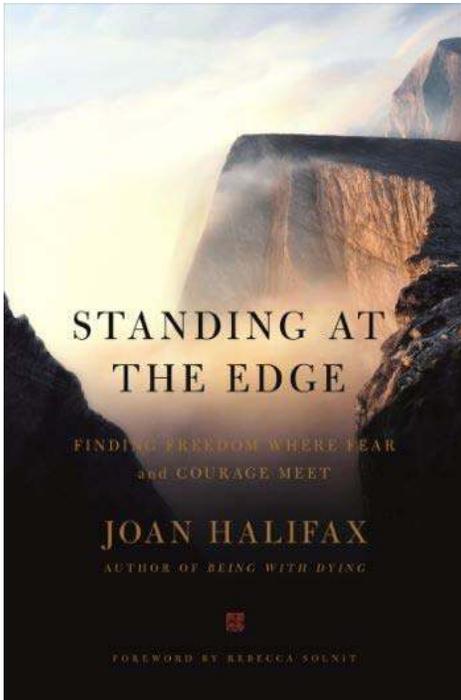
Author Bio

LIANE MORIARTY is the author of the #1 *New York Times* bestsellers *Truly Madly Guilty*, *Big Little Lies*, and *The Husband's Secret*, the *New York Times* bestsellers *What Alice Forgot* and *The Last Anniversary*, and *The Hypnotist's Love Story*. She lives in Sydney, Australia, with her husband and two children.



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Standing at the Edge

Finding Freedom Where Fear and Courage Meet

by Joan Halifax, foreword by Rebecca Solnit

An evocative examination of how to respond to suffering, live our fullest lives, and experience spiritual and personal growth--from a renowned activist, humanitarian, and spiritual thought-leader.

Roshi Joan Halifax has enriched countless lives of millions around the world through her work as a social activist, anthropologist, and Buddhist teacher. Over many decades, she has also collaborated with neuroscientists, clinicians, and psychologists to understand how contemplative practice can be a vehicle for social transformation. This work led her to an understanding of how our greatest challenges can become the most valuable source of our wisdom--and how we can transform suffering into the power of compassion for the benefit of others.

Halifax has identified five psychological territories she calls Edge States--altruism, empathy, integrity, respect, and engagement--that epitomize strength of character. Yet each of these states can also be the cause of personal and social suffering. In this way, these five psychological experiences form edges, and it is only when we stand at these edges that we become open to the full range of our human experience and discover who we really are. Recounting the experiences of caregivers, activists, humanitarians, politicians, parents, and teachers, incorporating the wisdom of Zen traditions and mindfulness practices, and rooted in Halifax's groundbreaking research on compassion, *STANDING AT THE EDGE* is destined to become a contemporary classic. A powerful guide on how to find the freedom we seek for others and ourselves, it is a book that will serve us all.

Author Bio

Location: Santa Fe, New Mexico

Roshi Joan Halifax, Ph.D., is a Buddhist teacher, Zen priest, anthropologist, and pioneer in the field of end-of-life care. She is Founder, Abbot, and Head Teacher of Upaya Institute and Zen Center in Santa Fe, New Mexico. She received her Ph.D. in medical anthropology in 1973 and has lectured on the subject of death and dying at many academic institutions and medical centers around the world. She received a National Science Foundation Fellowship in Visual Anthropology, was an Honorary Research Fellow in Medical Ethnobotany at Harvard University, and was a Distinguished Visiting Scholar at the Library of Congress. She is Director of the Project on Being with Dying, and Founder of the Upaya Prison Project that develops programs on meditation for prisoners. She is also founder of the Nomads Clinic in Nepal.



Flatiron Books

On Sale: Nov 12/19

6.12 x 9.25 • 304 pages

9781250101358 • \$24.50 • pb

Religion / Buddhism / Zen

Notes

Promotion





Mr. Dickens and His Carol

A Novel

by Samantha Silva

A charming, comic, and ultimately poignant story about the creation of the most famous Christmas tale ever written. It's as foggy and haunted and redemptive as the original; it's all heart, and I read it in a couple of ebullient, Christmassy gulps." - Anthony Doerr, #1 *New York Times* bestselling author of *All The Light We Cannot See*

Laced with humor, rich historical detail from Charles Dickens' life, and clever winks to his work, Samantha Silva's *Mr. Dickens and His Carol* is an irresistible new take on a cherished classic.

Charles Dickens is *not* feeling the Christmas spirit. His newest book is an utter flop, the critics have turned against him, relatives near and far hound him for money. While his wife plans a lavish holiday party for their ever-expanding family and circle of friends, Dickens has visions of the poor house. But when his publishers try to blackmail him into writing a Christmas book to save them all from financial ruin, he refuses. And a serious bout of writer's block sets in.

Frazzled and filled with self-doubt, Dickens seeks solace in his great palace of thinking, the city of London itself. On one of his long night walks, in a once-beloved square, he meets the mysterious Eleanor Lovejoy, who might be just the muse he needs. As Dickens' deadlines close in, Eleanor propels him on a Scrooge-like journey that tests everything he believes about generosity, friendship (...)

Author Bio

Samantha Silva is a writer and screenwriter based in Idaho. *Mr. Dickens and His Carol* is her debut novel. Over her career she's sold projects to Paramount, Universal, New Line Cinema, and TNT. A film adaptation of her short story, *The Big Burn*, won the 1 Potato Short Screenplay Competition at the 2017 Sun Valley Film Festival. Silva will direct, her first time at the helm. A graduate of Johns Hopkins University's School of Advanced International Studies, she's lived in London, Bologna, and Rome, is an avid Italophile and a forever Dickens devotee.

Flatiron Books

On Sale: Oct 27/20

5.38 x 8.25 • 288 pages

9781250154057 • \$20.99 • pb

Fiction / Historical

Notes

Promotion

