

OUTRAGES

SEX, CENSORSHIP, AND THE
CRIMINALIZATION OF LOVE

NAOMI WOLF

Outrages

Sex, Censorship, and the Criminalization of Love

Naomi Wolf

Key Selling Points:

- Available for the first time in North America

Summary

Newly updated, first North American edition--a paperback original

In 1857, Britain codified a new civil divorce law and passed a severe new obscenity law. An 1861 Act of Parliament streamlined the harsh criminalization of sodomy. These and other laws enshrined modern notions of state censorship and validated state intrusion into people's private lives.

In 1861, John Addington Symonds, a twenty-one-year-old student at Oxford who already knew he loved and was attracted to men, hastily wrote out a seeming renunciation of the long love poem he'd written to another young man.

Outrages chronicles the struggle and eventual triumph of Symonds—who would become a poet, biographer, and critic—at a time in British history when even private letters that could be interpreted as homoerotic could be used as evidence in trials leading to harsh sentences under British law.

Drawing on the work of a range of scholars of censorship and of LGBTQ+ legal history, Wolf depicts how state censorship, and state prose...

Contributor Bio

Naomi Wolf's most recent books include the *New York Times* best sellers *Vagina*, *Give Me Liberty*, and *The End of America*, as well as the landmark best seller *The Beauty Myth*. She completed a doctorate in English Language and Literature from the University of Oxford in 2015 and has taught at The George Washington University and Stony Brook University. Wolf lives in New York City.

Marketing Plans

- Author Tour: New York City, Philadelphia, Boston, Chicago, San Francisco
- Early Reader Campaign: NetGalley Marketing
- Academic Outreach
- Library Marketing
- National Media Campaign
- Targeted digital and social media advertising
- Shareable online assets and video ...

Comp Titles

Vagina	Wolf, Naomi	Ecco	12/10/2013	9780061989179 0061989177	\$16.99 USD	Paperback	Social Science
What Is the Grass	Doty, Mark	W. W. Norton & Company	4/14/2020	9780393070224 0393070220	\$25.95 USD	Hardcover	Biography & Autobiography
Too Much	Vorona Cote, Rachel	Grand Central Publishing	2/25/2020	9781538729700 1538729709	\$19.99 USD	Paperback	Social Science

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Fermentation as Metaphor

Sandor Ellix Katz

No Image
Available

Summary

Fermentation as Metaphor defies easy categorization. The book showcases mesmerizing, colorful images of otherworldly beings from an unseen universe—microscopy images of fermented foods and beverages that have been color-manipulated—that exalt microbial life from the level of “germs” to that of high art.

Alongside these images runs a series of provocative contemplations about the nature of ourselves, our fellow beings, and the interactions among us all. Author Sandor Katz explores connections between the literal phenomenon of fermentation and the ways that it is used as metaphor, drawing intriguing parallels between microbial communities and aspects of our human culture: politics, religion, social and cultural movements, art, music, sexuality, identity, and even our individual thoughts and feelings.

In his work as a fermentation revivalist, Katz constantly fields questions related to the concepts of purity and contamination. In *Fermentation as Metaphor* he explores these concepts, revealin...

Contributor Bio

Sandor Ellix Katz is a fermentation revivalist. A self-taught experimentalist who lives in rural Tennessee, his explorations in fermentation developed out of overlapping interests in cooking, nutrition, and gardening. He is the author of two best-selling books: *Wild Fermentation* and *The Art of Fermentation*, which won a James Beard Foundation award in 2013. The hundreds of fermentation workshops he has taught around the world have helped catalyze a broad revival of the fermentation arts. *The New York Times* calls Sandor "one of the unlikely rock stars of the American food scene." For more information, check out his website www.wildfermentation.com.

Marketing Plans

- Aggressive pre-order campaign tapping into Sandor's network of influencers and fans
- Confirmed national media
- Advance Reading Copy distribution to targeted media
- Celebrity chef endorsements
- Digital and social media advertising
- Recipe postcards



9781645020219
Pub Date: 10/15/2020
\$35.95 Can.
Hardcover

100 Pages
Full-color photographs throughout
Cooking / Essays & Narratives
7.3 in H | 6 in W | 1.3 in T | 1.3 lb
Wt

Related Products

Also Available

9781603586283 - \$29.95
by the same author
9781603582865 - \$39.95
Same author

Comp Titles

Wild Fermentation	Katz, Sandor Ellix	Chelsea Green Publishing	8/19/2016	9781603586283 1603586288	\$29.95 USD	Paperback Cooking
The Art of Fermentation	Katz, Sandor Ellix	Chelsea Green Publishing	5/14/2012	9781603582865 160358286X	\$39.95 USD	Hardcover Cooking

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

Bringing Back the Beaver

The Story of One Man's Quest to Rewild Britain's Waterways

Derek Gow

No Image
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Summary

Bringing Back the Beaver is farmer-turned-ecologist Derek Gow's inspirational and often riotously funny firsthand account of how the movement to rewild the British landscape with beavers has become the single most dramatic and subversive nature conservation act of the modern era. Since the early 1990s – in the face of outright opposition from government, landowning elites and even some conservation professionals – Gow has imported, quarantined and assisted the reestablishment of beavers in waterways across England and Scotland.

In addition to detailing the ups and downs of rewilding beavers, *Bringing Back the Beaver* makes a passionate case as to why the return of one of nature's great problem solvers will be critical as part of a sustainable fix for flooding and future drought, whilst ensuring the creation of essential lifescapes that enable the broadest possible spectrum of Britain's wildlife to thrive.

Contributor Bio

Derek Gow is a farmer and nature conservationist. Born in Dundee in 1965, he left school when he was 17 and worked in agriculture for five years. Inspired by the writing of Gerald Durrell, all of whose books he has read - thoroughly - he jumped at the chance to manage a European wildlife park in central Scotland in the late 1990s before moving on to develop two nature centres in England. He now lives with his children, Maysie and Kyle, on a 300-acre farm on the Devon/Cornwall border which he is in the process of rewilding. Derek has played a significant role in the reintroduction of the Eurasian beaver, the water vole and the white stork in England. He is currently working on a reintroduction project for the wildcat.

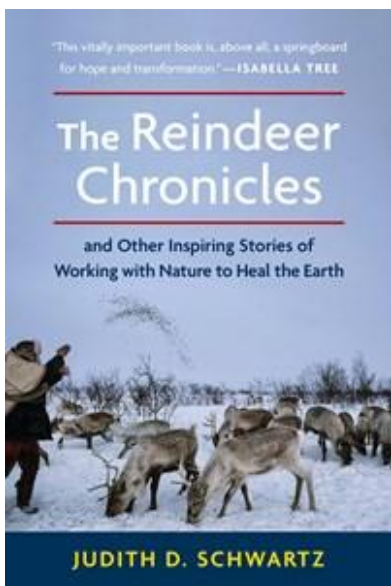
Marketing Plans

- National print, online, broadcast, and podcast media outreach
- Special National and Regional NPR push
- Special push to Science & Nature podcasts
- Early Reader Campaign: Netgalley
- Social Media advertising
- Social media campaign will include shareable images an...

Comp Titles

The Otters' Tale	Cooper, Simon	William Collins	5/22/2018	9780008189747 0008189749	\$16.99 USD	B-format Paperback	Nature
Feral	Monbiot, George	University of Chicago Press	4/26/2017	9780226325279 022632527X	\$15.00 USD	Paperback	Science
Eager	Goldfarb, Ben	Chelsea Green Publishing	7/5/2018	9781603587396 160358739X	\$24.95 USD	Hardcover	Science
Wilding	Tree, Isabella	New York Review Books	9/17/2019	9781681373713 1681373718	\$19.95 USD	Trade Paperback	Nature

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The Reindeer Chronicles

And Other Inspiring Stories of Working with Nature to Heal the Earth

Judith Schwartz

Key Selling Points:

- Author regularly has pieces published in *The American Prospect*

Summary

A global tour of earth repair and some of the unsung heroes pushing the boundaries of ecological restoration to show how even the world's most wounded places can be revived

The book begins in China's Loess Plateau, where a landmark project successfully restored a blighted region the size of Belgium, lifting millions of people out of poverty. Journalist Judith D. Schwartz shows how solutions to seemingly intractable problems can be, in the words of permaculture pioneer Bill Mollison, "embarrassingly simple." And surprisingly inexpensive, as the chief tools are keen observation and a desire to follow nature's lead.

Schwartz introduces us to people around the world who are restoring degraded lands at any scale, in any climate, and often at minimal cost by embracing an understanding of how a given landscape "works" and allying with nature's inherent inclination to heal.

The Reindeer Chronicles also challenges orthodoxies of conservation, such as that culling semi-wild animals like wild donkey...

Contributor Bio

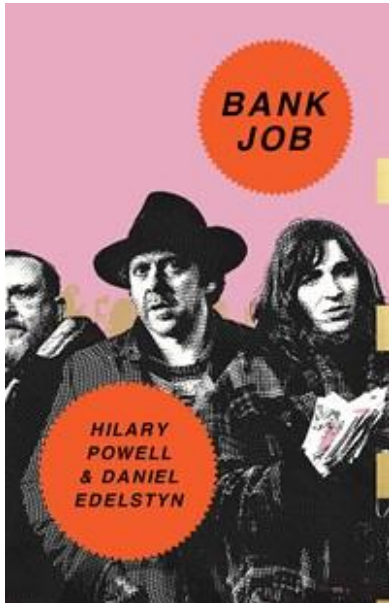
Judith D. Schwartz is a journalist whose work explores nature-based solutions to global environmental and economic challenges. She writes on this theme for numerous publications and speaks at venues around the world. She is the author of *Cows Save the Planet* and *Water in Plain Sight*. A graduate of the Columbia Journalism School and Brown University, she lives in southern Vermont.

Marketing Plans

- Advance Reading Copy mailing to targeted public policy-makers and politicians
- Promotional partnerships with organic agriculture organizations
- Confirmed national media tied to publication date
- Digital and social media advertising
- NetGalley Promotion
- Trade ...

Comp Titles

Feral	Monbiot, George	University of Chicago Press	4/26/2017	9780226325279 022632527X	\$15.00 USD	Paperback Science
Growing a Revolution	Montgomery, David R.	W. W. Norton & Company	7/10/2018	9780393356090 0393356094	\$16.95 USD	Paperback Science
Water in Plain Sight	Schwartz, Judith	Chelsea Green Publishing	5/2/2019	9781603589161 1603589163	\$17.95 USD	Paperback Science
The Soil Will Save Us	Ohlson, Kristin	Rodale Books	3/18/2014	9781609615543 1609615549	\$23.99 USD	Hardcover Nature



Bank Job

Hilary Powell, Daniel Edelstyn

Key Selling Points:

- A feature length documentary film by the authors called Bank Job will be released in 2020
- The provocative and subversive nature of the authors' work, coupled with the feel good story behind the book and film make this a uniquely fun project.
- The authors have some interesting ties to the US, including filmmakers and academics
- This book and film will be part of the conversation surrounding student loan debt forgiveness, predatory lenders, etc. as the 2020 presidential campaign continues

Summary

Art hacks life when two filmmakers launch a project to cancel more than £1m of high-interest debt from their local community.

Bank Job is a white-knuckle ride into the dark heart of our financial system, in which filmmaker and artist duo Hilary Powell and Dan Edelstyn risk their sanity to buy up and abolish debt by printing their own money in a disused bank in Walthamstow, London. Tired of struggling in an economic system that leaves creative people on the fringes, the duo weave a different story, both risky and empowering, of self-education and mutual action. Behind the opaque language and defunct diagrams, they find a system flawed by design but ripe for hacking. This is the inspiring story of how they listen and act upon the widespread desire to change the system to meet the needs of many and not just the few. And for those among us brave enough, they show how we can do this too in our own communities one bank job at a time.

Contributor Bio

Hilary Powell's work ranges from audio-visual epics, supported by Acme and Henry Moore Foundation, to print works collected by V&A and MoMA. She has a track record of involving diverse communities in *making* - from public participation in the production of a pop-up book of the Lower Lea Valley to large-scale print collaborations with demolition workers and material scientists as 'alchemist in residence' at UCL Chemistry.

Dan Edelstyn is an experienced film director and producer with multiple commissions for Channel 4. His first film *How to Re-Establish a Vodka Empire* was critically acclaimed and opened at BFI London Film Festival before being released across the UK and US.

Marketing Plans

- Tie-in to *Bank Job* documentary (includes press release, book mention in film, and promotional opportunities at film festivals)
- National media campaign
- Online, Social, and Podcast advertising
- Online "tool kit"

Comp Titles

Give People Money	Lowrey, Annie	Crown	7/10/2018	9781524758769	\$26.00	Hardcover	Political Science
				1524758760	USD		



9781603589697

Pub Date: 9/15/2020

\$28.95 Can.

Hardcover

128 Pages

Business & Economics /
Economic Conditions

7.8 in H | 5 in W | 0.4 in T | 0.2 lb
Wt

Material

Making and the Art of Transformation

Nick Kary

No Image
Available

Summary

How working with our hands makes us more human

In our present age of computer-assisted design, mass production and machine precision, the traditional skills of the maker or craftsman are hard to find. Yet the desire for well-made and beautiful objects from the hands (and mind) of a skilled artisan is just as present today as it ever has been. Whether the medium they work with is wood, metal, clay or something else, traditional makers are living links to the rich vein of knowledge and skills that defines our common human heritage. More than this, though, many of us harbor a deep and secret yearning to produce something – to build or shape, to imagine and create our own objects that are imbued not only with beauty and functionality, but with a story and, in essence, a spirit drawn from us.

Nick Kary understands this yearning. For nearly four decades he has worked on commission to make fine, distinctive furniture and cabinets from wood, most of it sourced near his home, in the counties o...

Contributor Bio

From a young age, Nick Kary enjoyed working with his hands. After studying art history, he apprenticed to a model engineer and cabinetmaker before going on to complete a masters in furniture design.

For the last 35 years, Nick has been a professional furniture maker, crafting pieces for clients in the UK and around the world. Currently, he splits his time between making, writing and teaching, both at his workshops in Devon and at Plymouth University and Schumacher College.

He lives with his wife and youngest daughter near Totnes, among a cluster of cabins, workshops and wooden structures.

Marketing Plans

- Social media promotion on all Chelsea Green platforms (Instagram, Facebook, Twitter)
- Social media advertising
- Instagram influencer campaign ("maker" community)
- Podcast advertising campaign: "Maker" podcast network
- eGalley available via NetGalley

Comp Titles

The Man Who Made Things Out of Trees	Penn, Robert	W. W. Norton & Company	7/26/2016	9780393253733 0393253732	\$26.95 USD	Hardcover	Nature
Norwegian Wood	Mytting, Lars	Harry N. Abrams	10/6/2015	9781419717987 1419717987	\$24.95 USD	Hardcover	Nature
Spoon	the Spoon, Barn	Scribner	11/14/2017	9781501182761 1501182765	\$25.00 USD	Hardcover Paper over boards	Crafts & Hobbies
Why We Make		David P.					



9781603589321
Pub Date: 9/30/2020
\$35.95 Can.
Hardcover

288 Pages
Black-and-white illustrations
throughout
Crafts & Hobbies

9 in H | 6 in W | 1.3 in T | 1.3 lb
Wt

A Small Farm Future

Making the Case for a Society Built Around Local Economies, Self-Provisioning, Agricultural Diversity, and a Shared Earth

Chris Smaje

No Image
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Summary

In a groundbreaking debut, farmer and social scientist Chris Smaje argues that organising society around small-scale farming offers the soundest, sanest and most reasonable response to climate change and other crises of civilisation—and will yield humanity's best chance at survival.

Drawing on a vast range of sources from across a multitude of disciplines, *A Small Farm Future* analyses the complex forces that make societal change inevitable; explains how low-carbon, locally self-reliant agrarian communities can empower us to successfully confront these changes head on; and explores the pathways for delivering this vision politically.

Challenging both conventional wisdom and utopian blueprints, *A Small Farm Future* offers rigorous original analysis of wicked problems and hidden opportunities in a way that illuminates the path toward functional local economies, effective self-provisioning, agricultural diversity and a shared earth.

Contributor Bio

Chris Smaje has coworked a small farm in Somerset, southwest England, for the last fifteen years. Previously, he was a university-based social scientist, working in the Department of Sociology at the University of Surrey and the Department of Anthropology at Goldsmiths College on aspects of social policy, social identities and the environment. Since switching focus to the practice and politics of agroecology, he's written for various publications such as *The Land*, *Dark Mountain*, *Permaculture Magazine* and *Statistics Views*, as well as academic journals such as *Agroecology and Sustainable Food Systems* and the *Journal of Consumer Culture*. Smaje writes the blog Small Farm Future and is a featured author at resilience.org.

Marketing Plans

- Advance Reader Copies
- eGalley distribution via NetGalley
- Promotion on Chelsea Green social media platforms (Instagram, Twitter, Facebook), including a Facebook Live "Ask the Expert"
- Social media advertising
- Print and podcast advertising with new economy ...

Comp Titles

Utopia for Realists	Bregman, Rutger	Back Bay Books	3/27/2018	9780316471916 0316471917	\$16.99 USD	Paperback	Business & Economics
Growing a Revolution	Montgomery, David R.	W. W. Norton & Company	7/10/2018	9780393356090 0393356094	\$16.95 USD	Paperback	Science
A Finer Future	Lovins, L. Hunter	New Society Publishers	10/9/2018	9780865718982 0865718989	\$31.99 USD	Hardcover	Business & Economics
Miraculous Abundance	Hervé-Gruyer, Perrine	Chelsea Green Publishing	3/23/2016	9781603586429 1603586423	\$24.95 USD	Paperback	Technology & Engineering
Surviving the Future	Fleming, David	Chelsea Green Publishing	8/12/2016	9781603586467 1603586466	\$20.00 USD	Paperback	Social Science



9781603589024
Pub Date: 10/21/2020
\$32.95 Can.
Paperback

288 Pages
Business & Economics /
Environmental Economics
9 in H | 6 in W | 1 in T | 1.3 lb Wt



#futuregen

Lessons from a Small Country

Jane Davidson

Key Selling Points:

- The author's profile and connections-coupled with the accessibility of the idea behind the Act-will generate strong media and high-profile events.

Summary

"What Wales is doing today, the world will do tomorrow."—Nikhil Seth, UN Assistant Secretary General

The story of how one small nation responded to global climate issues by radically rethinking public policy for future generations

In *#futuregen*, Jane Davidson explains how, as Minister for Environment, Sustainability and Housing in Wales, she proposed the Well-being of Future Generations (Wales) Act 2015—the first piece of legislation on Earth to place regenerative and sustainable practice at the heart of government. Unparalleled in its scope and vision, the Act connects environmental and social health and looks to solve complex issues such as poverty, education and unemployment.

Davidson reveals how and why such groundbreaking legislation was forged in Wales—once reliant on its coal, iron and steel industries—and explores how the shift from economic growth to sustainable growth is creating new opportunities for communities and governments all over the world.

#futuregen is the inspiring sto...

Contributor Bio

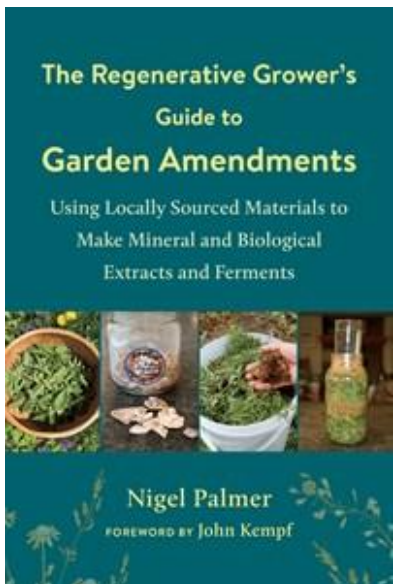
Jane Davidson is the Pro Vice-Chancellor Emeritus at the University of Wales Trinity Saint David. From 2000-2011, she was Minister for Education, then Minister for Environment, Sustainability and Housing in the Welsh Government where she proposed legislation to make sustainable development its central organising principle; the Well-being of Future Generations (Wales) Act came into law in April 2015. She introduced the first plastic bag charge in the UK, and her recycling regulations took Wales to third best in the world. She created the Climate Change Commission for Wales, the post of Sustainable Futures Commissioner and the Wales Coast Path. In education, she piloted major curriculum changes for early years - the Foundation Phase, the Welsh Baccalaureate and integrated Education for Susta...

Marketing Plans

- US Author Tour: Boston, NYC, San Francisco [TK]
- Tie-in to author's robust speaking schedule [TK]
- National media campaign
- Targeted Op-Ed placement
- Advance reading copy mailing to politicians and public-policy makers
- "In Conversation" web-series with books'...

Comp Titles

There is No Planet B	Cambridge University Press	2/28/2019	9781108439589 1108439586	\$12.95 USD	Paperback	Science
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The Regenerative Grower's Guide to Garden Amendments

Using Locally Sourced Materials to Make Mineral and Biological Extracts and Ferments

Nigel Palmer, John Kempf

Summary

With recipes for fermented plant juice, nutrient-rich extracts, and IMO using weeds, leaf mold, shells, bones, rock dust, and more

Revitalize your garden by making your own biologically diverse inoculants and mineral-rich amendments using leaf mold, weeds, eggshells, bones, and other materials available for little or no cost from local woodlands, fields, restaurants, and markets. Gardener and author Nigel Palmer provides practical, detailed instructions that will be accessible and exciting to every grower who wants to achieve a truly sustainable garden ecosystem, while enjoying better results at a fraction of the cost of commercial fertilizer products. These recipes go beyond fertilizer replacement, resulting in greater soil biological activity and mineral availability while increasing pest and disease resistance, yields, and nutrient density. Recipes range from the very simple—such as using rainwater to extract nutrients from plant residues and using vinegar to extract minerals from bo...

Contributor Bio

Nigel Palmer is a lifelong gardener who relies on the amazing complexity of nature to inspire his gardening philosophy. He is an aerospace engineer by trade, sorting, organizing, and resolving complex technical issues. Nigel is the instructor for the gardening portion of the year-long holistic health education program at The Institute of Sustainable Nutrition (TIOSN), a school founded and directed by his wife, Joan Palmer, an educator, nutritionist, and herbalist. He enjoys telemark skiing up and down mountains, paddling with bears, keeping bees, and watching the garlic grow.

Marketing Plans

- Advance Reader Copies
- eGalley distribution via NetGalley
- Promotion on Chelsea Green social media platforms (Instagram, Twitter, Facebook),
- Social media advertising
- Print and podcast advertising with organic farming publications and organizations
- Tie-in to...



9781603589888
 Pub Date: 8/7/2020
 \$35.95 Can.
 Paperback

224 Pages
 Full-color photographs and illustrations throughout
 Gardening / Organic
 9 in H | 6 in W | 1.3 in T | 1.3 lb Wt

Comp Titles

Garden Alchemy	Rose, Stephanie	Cool Springs Press	2/18/2020	9780760367094	\$22.99	Paperback	Gardening
Mycorrhizal Planet	Phillips, Michael	Chelsea Green Publishing	2/28/2017	9781603586580	\$40.00	Hardcover	Technology & Engineering
No-Till Intensive Vegetable Culture	O'Hara, Bryan	Chelsea Green Publishing	2/21/2020	9781603588539	\$29.95	Paperback	Technology & Engineering
Teaming with Fungi	Lowenfels, Jeff	Timber Press	1/11/2017	9781604697292	\$24.95	Hardcover with dust jacket	Science
Grow Your Soil	Miessler,	Storey	2/18/2020	9781635862072	\$16.95	Trade	Gardening

Towpath

Recipes and Stories

Lori De Mori, Laura Jackson

No Image
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Summary

A lot has changed since Towpath first rolled up its shutters 10 years ago on the Regent's Canal in Hackney and everything but the toasted cheese sandwich was cooked from home across the bridge. And a lot hasn't. It is still as much a social experiment as a unique and beloved eatery. What happens when seasonality means you close every year in November, because England's cold, dark winters are simply inhospitable to hospitality from a little perch beside a shallow, manmade waterway that snakes through East London? What if you don't offer takeaway coffees in the hopes that people will decide to stay awhile and watch the coots skittering across the water? If you don't have a phone or a website, because you'd rather people just show up like (hungry) kids at a playground?

Towpath is a collection of recipes, stories and photographs capturing the vibrant cafe's food, community and place throughout the arc of its season – beginning just before the first breath of spring, through the dog days of...

Contributor Bio

Lori De Mori is the author of four books about Italian cooking and food culture. Her writing has appeared in the *Best Food Writing* anthology (Marlowe & Company, 2000), *Gourmet*, *Saveur*, *Bon Appétit*, *Food & Wine*, *The Independent*, the *Telegraph*, *Olive* and elsewhere. Her last book, *Beaneaters & Bread Soup* (Quadrille 2007), was shortlisted for both the Guild of Food Writers' and the André Simon Food Book of the Year. This is her first book about one of her own culinary adventures.

Laura Jackson cooked at Rochelle Canteen and at the Auberge de Chassingnoles in France before coming to Towpath. She's drawn chefs like Rosie Sykes, Davo Cook and Rachel O'Sullivan to cook with her in Towpath's kitchen. Her food is seasonal, honest, unfussy and comforting - and so delicious people have been known to co...

Marketing Plans

- Outreach to the author's US network of influencers
- National media campaign
- Targeted social media advertising
- Recipe excerpt placement in national and regional food publications and websites
- Recipe postcards
- Short, technique-based videos released and distr...

Comp Titles

River Cafe London	Rogers, Ruth	Knopf	4/10/2018	9780525521303 0525521305	\$40.00 USD	Hardcover Cooking
Black Axe Mangal	Lowe, Jason	Phaidon Press	1/6/2020	9780714879314 0714879312	\$39.95 USD	Hardcover Cooking
The Book of St. John	Henderson, Fergus	Ebury Press	3/1/2020	9781529103212 1529103215	\$55.00 USD	Hardcover Cooking
Black Trumpet	Mallett, Evan	Chelsea Green Publishing	10/12/2016	9781603586504 1603586504	\$40.00 USD	Hardcover Cooking
State Bird				0781607748441	\$40.00	

The LDN Book

VOLUME TWO

The Latest Research on How
— LOW DOSE NALTREXONE —
Could Revolutionize Treatment for
PTSD, Pain, IBD, Lyme Disease,
Dermatologic Conditions, and More

EDITED BY
Linda Elsegood

The LDN Book Volume Two

The Latest Research on How Low Dose Naltrexone Could Revolutionize Treatment for PTSD, Pain, IBD, Lyme Disease, Dermatologic Conditions, and More

Linda Elsegood

Summary

A drug that is simultaneously affordable, devoid of severe side effects, and applicable to a wide range of diseases is not often found in the modern pharmaceutical landscape. But as medical professionals and researchers alike continue to discover, Low Dose Naltrexone (LDN) boasts this remarkable combination.

LDN, originally prescribed in higher doses as a treatment for opioid addiction, works by blocking opioid receptors, thereby stimulating the production of endorphins, mitigating the inflammatory process, and stabilizing the immune response. Prescribed off-label and administered in small daily doses, this generic drug has proven useful in treating many different ailments.

Expanding on the information presented in *The LDN Book Volume 1*—which showcased LDN's efficacy in treating conditions such as lupus, thyroiditis, autism spectrum disorder, and chronic fatigue—Volume 2 highlights the latest clinical trials, case studies, and research on LDN. More than a dozen medical professionals expl...

Contributor Bio

Linda Elsegood is the founder of the LDN Research Trust, which was set up in the UK as a Registered Charity in 2004, and is the editor of *The LDN Book*. Diagnosed with MS in August of 2000, she started LDN therapy in December of 2003, and now has a better quality of life and hope for the future. Through the Trust, she has connected thousands of patients, doctors, and pharmacists around the world with information, articles, and patient stories about LDN.

Marketing Plans

- Fall US Tour (sponsored by compounding pharmacies)
- Targeted digital advertising to health & nutrition websites and podcasts
- Organizational tie-in and outreach across the LDN Research Trust network

Comp Titles

Niacin: The Real Story	Hoffer, Abram	Basic Health Publications, Inc.	10/9/2015	9781591202752	\$19.99	Trade Paperback	Health & Fitness
The LDN Book	Elsegood, Linda	Chelsea Green Publishing	2/15/2016	9781603586641	\$27.99	Paperback	Medical
Vitamin C: The Real Story	Hickey, Steve	Basic Health Publications, Inc.	10/23/2015	9781591202233	\$19.99	Trade Paperback	Health & Fitness

No sales or inventory history loaded for this account. If you think there should be or would like to learn how to load this data, [Click here](#).

There's No Pill for This

A Naturopathic Physician's Personal Prescription for Managing Multiple Sclerosis

Michaël Friedman

No Image
Available

Summary

How to radically improve your quality of life with diet, hormones, supplements, exercise, and other lifestyle factors

Most of us take for granted the little things in life—like walking out to the mailbox, socializing with friends, or enjoying a mug of hot coffee. But what if each daily activity required intensive planning and effort? It would make life much more complicated. That's what living with multiple sclerosis is like, and author Michaël Friedman knows this from first-hand experience. *There's No Pill for This* tells his story and offers treatment advice and hope to those who suffer from MS.

Despite his doctorate in naturopathic medicine, when Dr. Friedman developed curious, unexplainable symptoms, he dismissed them as merely unique aspects of being himself. But over time, the incidents became harder to ignore, leading him to seek testing and a diagnosis. His diagnosis of multiple sclerosis (a chronic, progressive neurodegenerative disease) a decade ago provided an explanation for h...

Contributor Bio

Naturopathic physician Dr. Michaël Friedman is the founder of the Association for the Advancement of Restorative Medicine and the Journal of Restorative Medicine. He also creates and formulates herbal and nutritional supplements, and is cofounder and president of the Restorative Formulations supplement company. He is the author of the medical textbook *Fundamentals of Naturopathic Endocrinology*, a contributing author of *Evidence-Based Approach to Restoring Thyroid Health*, and co-author of *Healing Diabetes*. He has treated patients with illnesses ranging from lymphoma to liver cancer, achieving remarkable results that have been published in several medical journals. He lives with his family in Montpelier, Vermont.

Marketing Plans

- Organizational Partnership with the American Association of Restorative Medicine
- National media campaign
- eGalley available on NetGalley
- Promotion across all Chelsea Green social media platforms
- Placement on health & nutrition websites and podcasts

Comp Titles

The Wahls Protocol	Wahls, Terry	Avery	12/30/2014	9781583335543	\$20.00	Trade Paperback	Health & Fitness
The Metabolic Approach to Cancer	Winters, Nasha	Chelsea Green Publishing	5/24/2017	9781603586863	\$29.95	Hardcover	Health & Fitness
The Alzheimer's Antidote	Berger, Amy	Chelsea Green Publishing	3/24/2017	9781603587099	\$29.95	Paperback	Health & Fitness
Overcoming Multiple Sclerosis	Jelinek, George	Allen & Unwin	10/1/2016	9781760112554	\$27.95	Trade Paperback	Health & Fitness

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From What Is to What If
Unleashing the Power of Imagination to Create the Future We Want
 Rob Hopkins

Key Selling Points:

New in paperback

Summary

“Big ideas that just might save the world”—*The Guardian*

The founder of the international Transition Towns movement asks why true creative, positive thinking is in decline, asserts that it's more important now than ever, and suggests ways our communities can revive and reclaim it.

In these times of deep division and deeper despair, if there is a consensus about anything in the world, it is that the future is going to be awful. There is an epidemic of loneliness, an epidemic of anxiety, a mental health crisis of vast proportions, especially among young people. There’s a rise in extremist movements and governments. Catastrophic climate change. Biodiversity loss. Food insecurity. The fracturing of ecosystems and communities beyond, it seems, repair. The future—to say nothing of the present—looks grim.

But as Transition movement cofounder Rob Hopkins tells us, there is plenty of evidence that things can change, and cultures can change, rapidly, dramatically, and unexpectedly—for the better. He...

Contributor Bio

Rob Hopkins is a cofounder of Transition Town Totnes and Transition Network, and the author of *From What Is to What If?*, *The Power of Just Doing Stuff*, *The Transition Handbook*, and *The Transition Companion*. In 2012 he was voted one of the *Independent's* top 100 environmentalists and was on NESTA and the *Observer's* list of Britain's 50 New Radicals. Hopkins has also appeared on BBC Radio 4's *Four Thought* and *A Good Read*, in the French film phenomenon *Demain* and its sequel *Après Demain*, and has spoken at TEDGlobal and three TEDx events. An Ashoka Fellow, Hopkins also holds a doctorate degree from the University of Plymouth and has received two honorary doctorates from the University of the West of England and the University of Namur. He is a keen gardener, a founder of New Lion Brewery in Tot...



9781645020288
 Pub Date: 9/10/2020
 Paperback

240 Pages
 Social Science / Sociology
 9 in H | 6 in W | 1.3 in T | 1.3 lb Wt

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 Hardcover

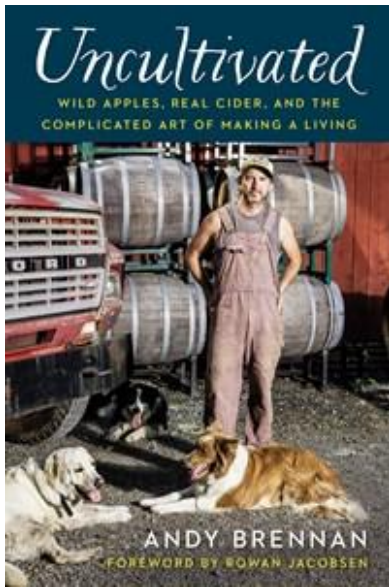
Other

9781645020295 -

Comp Titles

Utopia for Realists	Bregman, Rutger	Back Bay Books	3/27/2018	9780316471916 0316471917	\$16.99 USD	Paperback	Business & Economics
Systems Thinking For Social Change	Stroh, David Peter	Chelsea Green Publishing	10/16/2015	9781603585804 160358580X	\$24.95 USD	Paperback	Business & Economics
From What Is to What If	Hopkins, Rob	Chelsea Green Publishing	10/15/2019	9781603589055 1603589058	\$24.95 USD	Hardcover	Social Science
Deep Creativity	Quibell, Deborah Anne	Shambhala	3/26/2019	9781611806762 1611806763	\$24.95 USD	Trade Paperback	Self-Help
Climate--A New Story	Eisenstein, Charles	North Atlantic Books	9/18/2018	9781623172480 1623172489	\$19.95 USD	Trade Paperback	Nature

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Uncultivated

Wild Apples, Real Cider, and the Complicated Art of Making a Living

Andy Brennan

Key Selling Points:

New in paperback

Summary

"The Book for Cider Lovers"--*New York Times*

Today, food is being reconsidered. It's a front-and-center topic in everything from politics to art, from science to economics. We know now that leaving food to government and industry specialists was one of the twentieth century's greatest mistakes. The question is where do we go from here.

Author Andy Brennan describes uncultivation as a process: It involves exploring the wild; recognizing that much of nature is omitted from our conventional ways of seeing and doing things (our cultivations); and realizing the advantages to embracing what we've somehow forgotten or ignored. For most of us this process can be difficult, like swimming against the strong current of our modern culture.

The hero of this book is the wild apple. *Uncultivated* follows Brennan's twenty-four-year history with naturalized trees and shows how they have guided him toward successes in agriculture, in the art of cider making, and in creating a small-farm business. The book c...

Contributor Bio

Andy Brennan owns Aaron Burr Cider in New York's Catskills region. His career started as a freelance artist, working in the fields of photography, design, and architecture. Since its founding in 2011, Aaron Burr Cider has become well known among cider enthusiasts for its natural approach to cider making, using wild apples and yeasts. As a prominent figure in the growing US cider movement, Andy has been featured in print media and on television, radio, and podcasts. He regularly speaks about natural apple growing and cider production at museums, trade events, festivals, restaurants, and anywhere local food enthusiasts are found.



9781645020301

Pub Date: 9/14/2020

\$25.95 Can.

Paperback

288 Pages

Black-and-white illustrations

throughout

Cooking / Beverages

9 in H | 6 in W | 1.3 in T | 1.3 lb Wt

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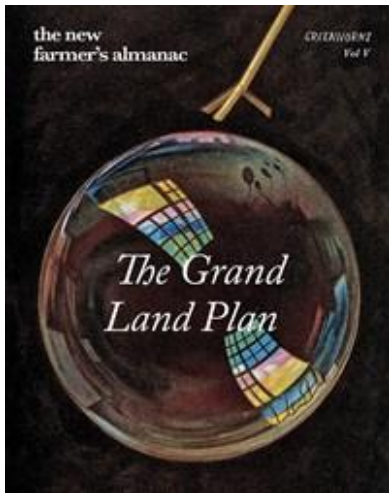
Other

9781603588447 - \$24.95

Comp Titles

Cider Revival	Wilson, Jason	Harry N. Abrams	9/3/2019	9781419733178	\$26.00	Hardcover	Cooking
				1419733176	USD		
Godforsaken Grapes	Wilson, Jason	Harry N. Abrams	4/9/2019	9781419735127	\$16.00	Hardcover	Cooking
				1419735128	USD		
Uncultivated	Brennan, Andy	Chelsea Green Publishing	6/17/2019	9781603588447	\$24.95	Hardcover	Cooking
				1603588442	USD		
Tasting the Past	Begos, Kevin	Algonquin Books	6/4/2019	9781616209377	\$16.95	Trade	Cooking
				1616209372	USD	Paperback	
Ciderology	Cook, Gabe	Spruce	10/2/2018	9781846015656	\$19.99	Hardcover	Cooking
				1846015650	USD		

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The New Farmer's Almanac, Volume V

The Grand Land Plan

Greenhorns

Summary

The New Farmer's Almanac, Vol V is an antidote to the repeating story of helplessness in the face of climo-politico-econo-corona-chaos. We have the answers, and we know it. In these pages, dozens of contributing writers and artists report from the seas, the borders, the woods, the fields, and the hives. Farmers, poets, agro-ecologists; grocers, researchers, gardeners; activists, agitators, photographers—all join forces to re-vision the future of land use. This is our Grand Land Plan.

The solutions unfurl before us. First, recovery: farmers and food networks reflect on local resiliency and logistics from the time of COVID-19. Next, resistance: we invite readers to consider arguments for land reform, for the localization of food systems, for policy change at the border and on the farm, for solidarity and sovereignty. We share reporting on restoration projects: from interstate roadsides to intertidal zones to our civic institutions. There are lessons from honeybees. Designs for the seaweed...

Contributor Bio

The Greenhorns is a grassroots organization whose mission is to promote, support, and recruit the incoming generation of organic farmers and ranchers. Headquartered in Downeast Maine, we have produced diverse media and publications including films, radio, guidebooks, parties, and exhibits. Visitors are welcome to our agrarian research library, seasonal workshops, and fun family camping on the saltwater farm down the road. We are nearly to Canada, with acres of wild Maine blueberries, mussels and clams, edible seaweeds, mossy forest in every direction, and dozens of grown-over grandmother orchards to restore and use for cider. Join the mailing list to get our calendar of naturalist trainings and adventures land and sea.



9780986320538
Pub Date: 12/25/2020
\$34.95 Can.
Paperback

350 Pages
Black-and-white illustrations
throughout
Social Science / Agriculture & Food
6.8 in H | 8.5 in W | 1.3 in T | 1.3
lb Wt

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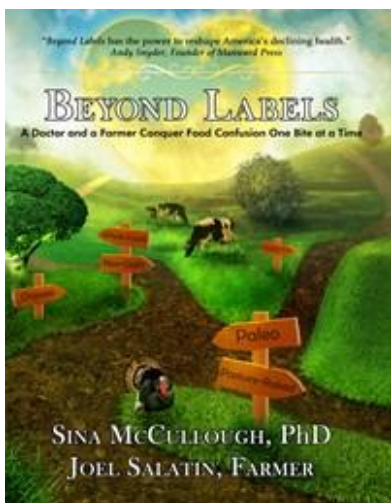
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9780986320521 - \$24.00
Previous Volume
9780986320514 - \$20.00
Previous Volume
9780986320507 - \$20.00
Previous Volume

Comp Titles

The New Farmer's Almanac, Volume III	Greenhorns,	Greenhorns	2/21/2017	9780986320514 098632051X	\$20.00 USD	Paperback	Social Science
The New Farmer's Almanac, Volume IV	Greenhorns,	Greenhorns	2/6/2019	9780986320521 0986320528	\$24.00 USD	Paperback	Social Science
Letters to a Young Farmer	Stone Barns Center for Food and Agriculture	Princeton Architectural Press	3/7/2017	9781616895303 1616895306	\$19.95 USD	Paperback	Social Science

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Beyond Labels

A Doctor and a Farmer Conquer Food Confusion One Bite at a Time

Sina McCullough, Joel Salatin, Barbara Damrosch

Summary

Do you want to be healthy, happy and free? But find yourself stuck in your healing journey and want some guidance and encouragement? Perhaps you are overwhelmed by all of the conflicting diet advice. Maybe you don't know where to start or who to trust. Or, maybe you just need a little motivation.

You're not alone. We're constantly bombarded with ever-changing diet recommendations and the latest diet crazes: Paleo, Keto, Whole 30, Specific Carbohydrate Diet, and the list goes on. Eggs are bad one day and good the next. Kale is good for you today. Tomorrow it contains high levels of thallium and is toxic to your thyroid gland. How do you know what to put on your plate that will bring you toward greater health and wellness?

In *Beyond Labels*, Joel Salatin, a farmer who is blazing the trail for regenerative farm practices, and Sina McCullough, a Ph.D. in Nutrition who actually understands unpronounceable carbon chains, bring you on a journey from generally unhealthy food and farming to...

Contributor Bio

Dr. Sina McCullough is the author of *Hands Off My Food*. She holds a Ph.D. in Nutritional Science and a B.S. in Neurobiology, Physiology, and Behavior, both from the University of California at Davis. She was the Director of R&D for a supplement company and taught Biochemistry and Bioenergetics at UC Davis.

Despite her knowledge, she developed an autoimmune disease, which prompted her to launch an investigation into our food supply. What she learned saved her life; she reversed the disease without the use of medication. Now, Dr. McCullough is dedicated to helping others avoid the health challenges she has faced.

Joel Salatin and his family own and operate Polyface Farm in Virginia's Shenandoah Valley. The farm produces pastured beef, pork, chicken, eggs, turkeys, rabbits, lamb and ducks,...

Comp Titles

Farmacology	Miller, Daphne	William Morrow Paperbacks	3/15/2016	9780062103154	\$16.99	Paperback	Health & Fitness
Unprocessed	Kimble, Megan	William Morrow Paperbacks	6/23/2015	9780062382467	\$16.99	Paperback	Cooking
Hands Off My Food!	McCullough, Sina	Sina McCullough	3/7/2017	9780692837788			
Fields of Farmers	Salatin, Joel	Polyface	9/27/2013	9780963810977	\$25.00	Paperback	Technology & Engineering
				0062103156	USD		
				0062382462	USD		
				0692837787			
				0963810979	USD		

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Tiny Victory Gardens

Growing Good Food Without a Yard

Acadia Tucker, Emily Castle

No Image
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Summary

An illustrated guide to how to grow food in pots, containers, and community plots

Victory gardening is back in the headlines as more people resolve to grow food for the good of the country, and for themselves too. The trend toward self-reliance is likely to continue as we enter what's projected to be a long recession. People are looking for help on how to grow vegetables, fruits, and herbs in their own backyards, community gardens, and in tight urban spaces, too.

After publishing two books on victory gardening, Acadia Tucker has become a recognized expert on the subject. In *Tiny Victory Gardens*, she shares information on how to participate in the victory gardening movement, even if you don't have a yard. The book, which is grounded in Acadia's regenerative farming expertise, includes step-by-step guidance to finding the right containers, prepping your soil, starting your seedlings, growing plants indoors, and harvesting in a way that keeps indoor crops growing year-round.

Acadia describes ...

Contributor Bio

Acadia Tucker is a regenerative farmer, climate activist, and author. Her books are a call to action to citizen gardeners everywhere, and lay the groundwork for planting an organic, regenerative garden. For her, this is gardening as if our future depends on it.

Before becoming an author, Acadia started a four-season organic market garden in Washington State inspired by farming pioneers Eliot Coleman and Jean-Martin Fortier. While managing the farm, Acadia grew 200 different food crops before heading back to school at the University of British Columbia to complete a Masters in Land and Water Systems.

She lives in Maine and New Hampshire with her farm dog, Nimbus, and grows hops to support locally sourced craft beer in New England, when she isn't raising perennials in her own backyard. She is ...

Marketing Plans

- Social Media campaign
- Advertising through the Independent Book Publishing Association to librarians, conferences, booksellers
- Google Adwords campaigns
- Outreach to organizations that have reviewed or excerpted Acadia Tucker's books in the past, including...

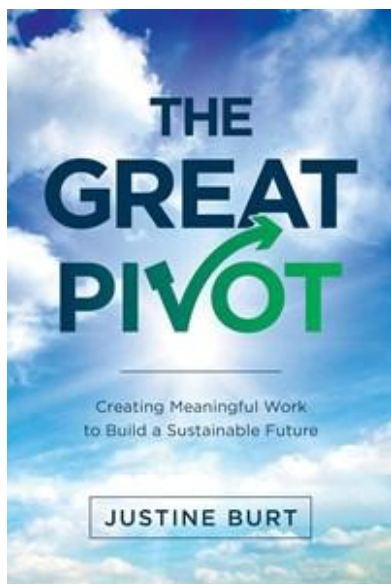
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Comp Titles

Growing Good Food	Tucker, Acadia	Stone Pier Press	10/31/2019	9780998862330	\$19.95 USD	Paperback	Gardening
Growing Perennial Foods	Tucker, Acadia	Stone Pier Press	3/12/2019	9780998862354	\$19.95 USD	Paperback	Gardening
Indoor Edible Garden	Allaway, Zia	DK	2/7/2017	9781465456878	\$22.99 USD	Trade Paperback	Gardening



The Great Pivot

Creating Meaningful Work to Build a Sustainable Future

Justine Burt

Summary

An actionable plan for redesigning our economy to both protect the environment and create fulfilling jobs—the nuts and bolts of a Green New Deal

American society currently faces a crisis in the world of work between outsourcing, automation, the gig economy, and low levels of employee engagement. At the same time, our transportation systems and means for producing energy, materials, and food are degrading life support systems on Earth. The solution, however, is simple: we must abandon “business as usual” and draw up a blueprint for creating meaningful jobs that will also dramatically reduce waste and restore the natural world.

The Great Pivot is that blueprint. It details 30 projects for developing advanced energy communities, low-carbon mobility systems, a circular economy, a rejuvenated food production system, and restoring nature. It starts, of course, with people. Americans want work that gives their lives purpose and meaning. First, however, we must ensure that everyone has shelter, ...

Contributor Bio

Justine Burt is the Founder + CEO of Appraccel, an environmental sustainability consulting firm in the San Francisco Bay Area. She specializes in sustainability behavior change in energy efficiency, alternative transportation, and waste prevention. Over the past 20 years she has delivered results for clients at NASA Ames Research Center, the U.S. House of Representatives, Alameda County StopWaste, businesses in manufacturing, distribution, wholesale, and retail, various universities, the Clean Coalition and the Bay Area Recycling Outreach Coalition. Justine has a B.A. in Economics from Lafayette College and a M.A. in Urban and Environmental Policy from Tufts University.



9781935994343

Pub Date: 4/24/2020

\$26.95 Can.

Paperback

290 Pages

Business & Economics /
Environmental Economics

9 in H | 6 in W | 0.6 in T | 0.9 lb
Wt

Comp Titles

The Green New Deal and Beyond	Cox, Stan	City Lights Publishers	5/5/2020	9780872868069 0872868060	\$16.95 USD	Trade Paperback	Political Science
Sustainability Jobs	Wilhelm, Kevin	Lulu.com	10/3/2016	9781365386121 1365386120			
Green Swans	Elkington, John	Fast Company Press	4/7/2020	9781732439122 1732439125	\$24.95 USD	Hardcover	Business & Economics
A Planet to Win	Aronoff, Kate	Verso	11/12/2019	9781788738316 1788738314	\$19.95 USD	Trade Paperback	Political Science

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What's for Dinner?

Plant-based Dinners When You're Entertaining

Susan Miller-Davis

No Image
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Summary

Most of us are steeped in a meat-and-potatoes approach to eating, especially when it comes to dinner. So putting plants at the center of the dinner plate, whether for a simple weeknight meal or a celebratory special occasion, is the greatest challenge faced by people who want to switch to plant-based eating, or just eat more plants. *What's for Dinner* is the only cookbook series that focuses entirely on dinner. Neither glossy nor helmed by a celebrity chef, each one is a handbook to plant-based cooking. The goal is to make it easy to give plants the starring role on a plate.

More practical than aspirational, the recipes are illustrated with drawings rather than photos. Home cooks are invited to tinker and play with recipes—all vegan or vegetarian—to fit their own preferences and the ingredients they may have on hand. Each recipe includes suggestions on how to change up flavors and how to swap in different ingredients, based on considerations like seasonality, flavor preferences, or diet...

Contributor Bio

Susan Miller-Davis has long supported organizations promoting sustainability, innovation and equity in food systems. She has held board positions with the James Beard Foundation, Waste Not, the Berkeley Food Network, WorldLink, and the California Culinary Academy Educational Foundation. She has worked with a range of private and public sector organizations, including ZeroFoodprint, Common Future, the Northern California Recycling Association (NCRA), the Federal Reserve Bank of New York, the United Food and Commercial Workers International Union, and the World Bank. Susan earned a BS at Cornell University, an MPA in economics at Princeton University, and certificates in Food Studies from the University of the Pacific.



9781734901122

Pub Date: 2/11/2021

\$28.95 Can.

Paperback

96 Pages

Black-and-white illustrations throughout

Cooking / Vegan

9 in H | 6 in W | 1.3 in T | 1.3 lb

Wt

Comp Titles

Vegan Eats World	Romero, Terry Hope	Da Capo Lifelong Books	4/8/2014	9780738217444 0738217441	\$22.50 USD	Paperback	Cooking
Eat for the Planet	Zacharias, Nil	Harry N. Abrams	3/20/2018	9781419729102 1419729101	\$19.99 USD	Hardcover	Cooking
Eat for the Planet Cookbook	Stone, Gene	Harry N. Abrams	1/7/2020	9781419734410 1419734415	\$24.99 USD	Hardcover	Cooking
Vegan Yack Attack's Plant-Based Meal Prep	Sobon, Jackie	Fair Winds Press	1/7/2020	9781592339075 1592339077	\$24.99 USD	Hardcover Paper over boards	Cooking

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