

## Preventing the Next Pandemic

### Vaccine Diplomacy in a Time of Anti-science

Peter J. Hotez

#### Summary

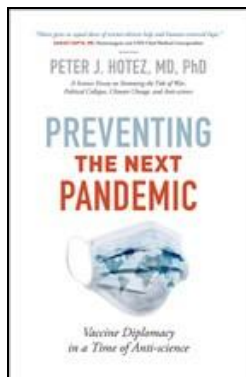
Modern diseases and viruses have been spurred anew by war and conflict as well as shifting poverty, urbanization, climate change, and a new troubling anti-science/anti-vaccination outlook. We have seen declines in previous global health gains, with sharp increases in vaccine-preventable and neglected diseases on the Arabian Peninsula, in Venezuela, in parts of Africa, and even on the Gulf Coast of the United States.

In *Preventing the Next Pandemic*, international vaccine scientist and tropical disease and coronavirus expert Peter J. Hotez, MD, PhD, argues that we can—and must—rely on vaccine diplomacy to address this new world order in disease and global health. Detailing his years in the lab developing new vaccines, Hotez also recounts his travels around the world to shape vaccine partnerships with people in countries both rich and poor in an attempt to head off major health problems.

Touching on a range of disease, from leishmaniasis, schistosomiasis, and Middle East Respiratory Syndrome (MERS) to COVID-19, *Preventing the Next Pandemic* has always been a timely goal, but it will be even more important in a COVID and post-COVID world.

#### Contributor Bio

**Peter J. Hotez, MD, PhD**, is a professor of pediatrics and molecular virology and microbiology and the founding dean of the National School of Tropical Medicine at Baylor College of Medicine, where he is also the codirector of the Texas Children's Center for Vaccine Development. He is the author of *Blue Marble Health: An Innovative Plan to Fight Diseases of the Poor amid Wealth* and *Vaccines Did Not Cause Rachel's Autism: My Journey as a Vaccine Scientist, Pediatrician, and Autism Dad*.



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#### Rights

Audio  
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Portuguese (Brazil only)  
Japanese  
Chinese



## Viral BS

### Medical Myths and Why We Fall for Them

Seema Yasmin

#### Summary

Can your zip code predict when you will die? Should you space out childhood vaccines? Does talcum powder cause cancer? Why do some doctors recommend e-cigarettes while other doctors recommend you stay away from them? Health information—and misinformation—is all around us, and it can be hard to separate the two. A long history of unethical medical experiments and medical mistakes, along with a host of celebrities spewing anti-science beliefs, has left many wary of science and the scientists who say they should be trusted. How do we stay sane while unraveling the knots of fact and fiction to find out what we should really be concerned about, and what we can laugh off?

In *Viral BS*, journalist, doctor, professor, and CDC-trained disease detective Seema Yasmin, driven by a need to set the record straight, dissects some of the most widely circulating medical myths and pseudoscience. Exploring how epidemics of misinformation can spread faster than microbes, Dr. Yasmin asks why bad science is sometimes more believable and contagious than the facts.

Taking a deep dive into the health and science questions you have always wanted answered, this authoritative and entertaining book empowers readers to reach their own conclusions.

#### Contributor Bio

**Seema Yasmin** is an Emmy Award-winning health reporter, epidemiologist, and medical doctor. The director of the Stanford Center for Health Communication and a clinical assistant professor at Stanford University School of Medicine, she is the author of *Muslim Women Are Everything: Stereotype-Shattering Stories of Courage, Inspiration, and Adventure* and *The Impatient Dr. Lange: One Man's Fight to End the Global HIV Epidemic*.

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Audio

## Can Fixing Dinner Fix the Planet?

Jessica Fanzo

### Summary

Our diets are the products of massive, interconnected, and complex food systems that extend from the seedlings in a farmer's field to the global processing, distribution, and marketing networks that deliver our food. These systems have direct and substantial impacts on the planet's natural resources, the nutrition of individuals and populations, the composition of the atmosphere, workforces, and social and gender equity. In addition, individual dietary decisions impact those food systems—we're all participants in a global food system that affects every person and nation on earth. Given these interconnections, consumers and nations can no longer afford to eat thoughtlessly, and nations no longer have the right to shift blame.

In *Can Fixing Dinner Fix the Planet?* Jessica Fanzo explores the interactions among food systems, diets, human health, and the climate crisis. Drawing upon her decades of hands-on research projects in Africa, Asia, Europe, and the Americas, Fanzo describes how food systems must evolve to promote healthy, sustainable, and equitable diets.

*Can Fixing Dinner Fix the Planet?* is a wake-up call for individual consumers and those who shape the food and environmental policies of nations.

### Contributor Bio

**Jessica Fanzo** is a Bloomberg Distinguished Professor of Global Food & Agricultural Policy and Ethics at Johns Hopkins University, where she is the director of the Global Food Ethics and Policy Program. Before coming to Hopkins, she held positions at Columbia University, the Earth Institute, the Food and Agriculture Organization of the United Nations, the UN World Food Programme, Bioversity International, and the Millennium Development Goal Centre at the World Agroforestry Center in Kenya.

## Is Cancer Inevitable?

Ashani T. Weeraratna

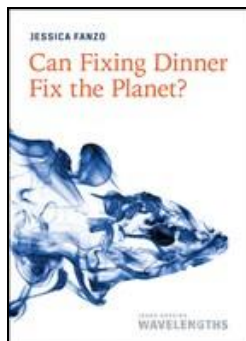
### Summary

Cancer is a formidable enemy. In fact, people born in America since 1960 face a one in two chance of being diagnosed with cancer in their lifetimes. However, there's growing evidence that fewer cancers will be death sentences for patients. New approaches and understandings are transforming the medical world, increasing success rates for remissions, disease management, and cures.

In *Is Cancer Inevitable?*, Dr. Ashani Weeraratna—a pioneering melanoma researcher whose work explores the role aging plays in cancer cells' spread and drug resistance—gives readers an inside look at several of the latest cancer advances. Over the years, she writes, our understanding of how cancer cells move throughout the body, change as they plant themselves in the body's microenvironments, and even communicate with one another have led to major insights about how cancer works. With compelling detail, she takes us inside her lab, revealing how new insights are leading to major breakthroughs, even among patients with Stage IV cancer.

### Contributor Bio

**Ashani T. Weeraratna** (PHILADELPHIA, PA) is a Bloomberg Distinguished Professor of Cancer Biology and the chair of the Department of Biochemistry and Molecular Biology at the Johns Hopkins Bloomberg School of Public Health. A groundbreaking researcher focused on the connections between aging and cancer, Weeraratna is also the co-program leader of the Cancer Invasion and Metastasis Program at the Sidney Kimmel Comprehensive Cancer Center, Johns Hopkins School of Medicine, and the president of the Society for Melanoma Research.

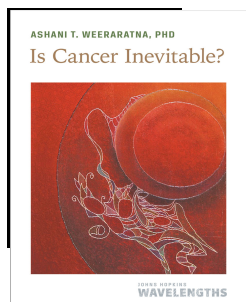


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## Stories Are What Save Us

### A Survivor's Guide to Writing about Trauma

David Chrisinger, Brian Turner, Angela Ricketts

#### Summary

Since 2013, David Chrisinger has taught military veterans, their families, and other trauma survivors how to make sense of and recount their stories of loss and transformation. The lessons he imparts can be used by anyone who has ever experienced trauma, particularly people with a deep need to share that experience in a way that leads to connection and understanding.

In *Stories Are What Save Us*, Chrisinger shows—through writing exercises, memoir excerpts, and lessons he's learned from his students—the most efficient ways to uncover and effectively communicate what you've learned while fighting your life's battles, whatever they may be. Chrisinger explores both the difficulties inherent in writing about personal trauma and the techniques for doing so in a compelling way. Weaving together his journey as a writer, editor, and teacher, he reveals his own deeply personal story of family trauma and abuse and explains how his life has informed his writing.

Part craft guide, part memoir, and part teacher's handbook, *Stories Are What Save Us* presents readers with a wide range of craft tools and storytelling structures that Chrisinger and his students have used to process conflict in their own lives, creating beautiful stories of growth and transformation. Throughout, this profoundly moving, laser-focused book exemplifies the very lessons it strives to teach.

#### Contributor Bio

**David Chrisinger** (CHICAGO, IL) directs the Harris Writing Program at the University of Chicago as well as The War Horse's writing seminars program, which offers workshops for military veterans and their families. He is the author of *Public Policy Writing That Matters* and the editor of *See Me for Who I Am: Student Veterans' Stories of War and Coming Home*.

## Finding the Right Words

### A Story of Literature, Grief, and the Brain

Cindy Weinstein, Bruce L. Miller

#### Summary

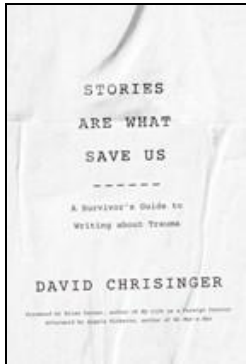
In 1985, when Cindy Weinstein was a graduate student at UC Berkeley, her beloved father, Jerry, was diagnosed with early-onset Alzheimer's disease. He was fifty-eight years old. Twelve years later, at age seventy, he died having lost all of his memories—along with his ability to read, write, and speak.

*Finding the Right Words* follows Weinstein's decades-long journey to come to terms with her father's dementia as both a daughter and an English professor. Although her lifelong love of language and literature gave her a way to talk about her grief, she realized that she also needed to learn more about the science of dementia to make sense of her father's death. To write her story, she collaborated with Dr. Bruce L. Miller, neurologist and director of the Memory and Aging Center at the University of California, San Francisco, combining personal memoir, literature, and the science and history of brain health into a unique, educational, and meditative work.

*Finding the Right Words* is an invaluable guide for families dealing with a life-changing diagnosis.

#### Contributor Bio

**Cindy Weinstein, PhD** (SOUTH PASADENA, CA), is the Eli and Edythe Broad Professor of English at the California Institute of Technology. She is the author of *Time, Tense, and American Literature: When is Now?*  
**Bruce L. Miller, MD** (SAN FRANCISCO, CA), is the A.W. and Mary Margaret Clausen Distinguished Professor in Neurology at the University of California, San Francisco, where he is the director of the Memory and Aging Center and the codirector of the Global Brain Health Institute. He is the coeditor of *The Behavioral Neurology of Dementia*.

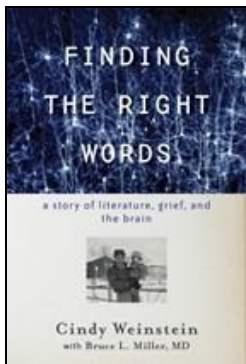


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## Apocalypse and Golden Age

### The End of the World in Greek and Roman Thought

Christopher Star

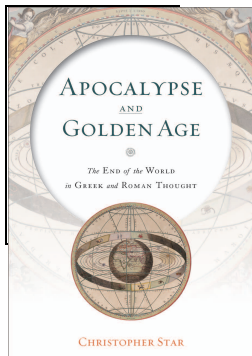
#### Summary

What is the long-term future of the human race? Will the world always remain as it is or will it undergo a catastrophic change? What role do the gods, human morality, and the forces of nature play in bringing about the end of the world? In *Apocalypse and Golden Age*, Christopher Star reveals the answers that Greek and Roman authors gave to these questions.

The first large-scale investigation of the various scenarios for the end of the world in classical texts, this book reveals that key thinkers often viewed their world as shaped by catastrophe. Star shows how this theme was explored over the centuries in the works of poets, such as Hesiod, Vergil, Ovid, and Lucan, and by philosophers, including the Presocratics, Plato, Epicurus, Lucretius, Cicero, and Seneca. With possibilities ranging from periodic terrestrial catastrophes to the total dissolution of the world, these scenarios address the ultimate limits that define human life and institutions, and place humanity in the long perspective of cosmic and natural history.

#### Contributor Bio

**Christopher Star** is an assistant professor of classics at Middlebury College.



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320 Pages

## Lake Hydrology

### An Introduction to Lake Mass Balance

William LeRoy Evans III

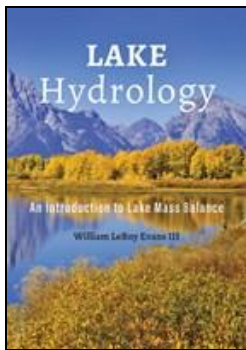
#### Summary

With fresh water becoming a critical issue around the world, lake mass balance—the hydrology or water movement in lakes—is increasingly important to environmental studies and remediation projects. Unfortunately, lake hydrology is often only briefly covered in broader texts on hydrogeology and hydrology or is confined to specialized research papers.

In *Lake Hydrology*, the first book focused on the topic, William LeRoy Evans III rigorously describes the hydrology of flow into and out of lake systems. Explaining the physical parameters that influence lake behavior, as well as the mathematics that describes these systems, this in-depth book fills an important niche in the literature of watershed science.

#### Contributor Bio

**William LeRoy Evans III** is an environmental scientist, hydrogeologist, and certified professional geologist. He is the president of E III Environmental Consulting Company Inc.



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448 Pages  
3 color photos, 164 color  
illus., 16 b&w illus.

## The 36-Hour Day (7th Edition)

### A Family Guide to Caring for People Who Have Alzheimer Disease and Other Dementias

Nancy L. Mace, Peter V. Rabins

#### Summary

For 40 years, *The 36-Hour Day* has been the leading work in the field for caregivers of those with dementia. Written by experts with decades of experience caring for individuals with memory loss, Alzheimer's, and other dementias, the book is widely known for its authoritativeness and compassionate approach to care. Featuring everything from the causes of dementia to managing its early stages to advice on caring for those in the later stages of the disease, it is widely considered to be the most detailed and trusted book available.

Highlighting useful takeaway messages and informed by recent research into the causes of dementia, this new edition has been completely updated. It features

- brand-new content on everything from home care aides to useful apps to promising preventative techniques and therapies
- practical advice for avoiding caregiver burnout—plus tips for when and how to get additional help
- a completely new two-column design that allows readers to quickly access what they need
- a bonus accompanying website that keeps readers updated on what's new in dementia caregiving

The central idea underlying this indispensable book—that much can be done to improve the lives of people with dementia and of those caring for them—remains the same. *The 36-Hour Day* is the definitive dementia care guide.

#### Contributor Bio

**Nancy L. Mace, M.A.**, now retired, was a consultant to and a member of the board of directors of the Alzheimer's Association and an assistant in psychiatry and coordinator of the T. Rowe and Eleanor Price Teaching Service of the Department of Psychiatry and Behavioral Sciences at the Johns Hopkins University School of Medicine. **Peter V. Rabins, MD, MPH** (TOWSON, MD), is a professor of the practice in the Erickson School of Aging Management Services at the University of Maryland, Baltimore County. The author of *Is It Alzheimer's? 101 Answers to Your Most Pressing Questions about Memory Loss and Dementia*, he was the founding director of the geriatric psychiatry program and the first holder of the Richman Family Professorship of Alzheimer Disease and Related Disorders in the Department of Psychiatry and Behavioral Sciences of the Johns Hopkins University School of Medicine.

## A Loving Approach to Dementia Care (3rd Edition)

### Making Meaningful Connections while Caregiving

Laura Wayman

#### Summary

Caring for someone with dementia means devotedly and patiently doing a hundred little things each day. But few care providers are trained to meet the challenges of dementia—despite the fact that millions of people will struggle with it as they grow older. In *A Loving Approach to Dementia Care*, Laura Wayman, who is known professionally as the Dementia Whisperer, offers practical, compassionate advice on overcoming caregiving obstacles and maintaining meaningful relationships with loved ones who have dementia and memory loss.

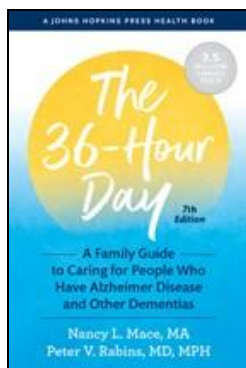
In this thoroughly revised third edition, Wayman includes

- answers to common caregiver questions, such as "What is dementia?"
- a detailed explanation of how to cope with and care for a spouse with dementia symptoms, including advice about communication
- a new chapter on caring for someone who has dementia along with other health problems
- recommendations about how to handle challenging situations and behaviors
- dementia-aware activities that work for both family caregivers and professional care staff

Providing support for the numerous difficulties and disruptions that all caregivers face along the way, *A Loving Approach to Dementia Care* is an empathetic guide filled with respect, calm, and creativity. It will leave readers feeling empowered and inspired.

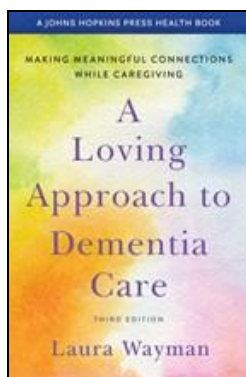
#### Contributor Bio

**Laura Wayman** holds an associate in arts degree in gerontology and is a certified Social Services Designee. She has over a decade of experience in and a strong dedication to quality aging. She is the resident dementia expert and grant writer for Seniors First, a nonprofit organization that helps seniors live independently; the CEO of The Dementia Whisperers; and a sought-after speaker on issues of aging.



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## The Busy Caregiver's Guide to Advanced Alzheimer Disease

Jennifer R. Stelter, Rachael Wonderlin

### Summary

Caring for someone living with advanced Alzheimer disease is a challenge. It can make you feel like you're on a hamster wheel—running in circles, trying the same things over and over with no effect on your loved one. You may also find it difficult to connect with your loved one and to understand what those living with Alzheimer disease are going through. In *The Busy Caregiver's Guide to Advanced Alzheimer Disease*, Dr. Jennifer Stelter, a psychologist working in memory care, shares a new model designed to help caregivers understand, cope with, and handle some of the most challenging behaviors associated with the disease while encouraging and reinforcing independence and quality of life for their loved ones. Her Dementia Connection Model, which is based on current scientific research, will aid you in forging a positive bond with your loved one with less frustration. Win-win!

The evidenced-based, practical interventions and strategies in *The Busy Caregiver's Guide* will help you stay emotionally, mentally, and physically involved in your loved one's life. Special dedicated worksheets help you practice the skills and keep track of what is working. You'll also read stories about other caregivers who face the same struggles.

### Contributor Bio

**Jennifer R. Stelter** (CHICAGO, IL) is a licensed clinical psychologist, certified dementia practitioner and trainer, and consultant. She is the co-owner of NeuroEssence, LLC, and the owner of The Oil Doctor, PsyD, LLC. Gerontologist **Rachael Wonderlin** (PITTSBURGH, PA) is a dementia care consultant who runs the popular blog and podcast Dementia By Day. She is the author of *When Someone You Know Is Living in a Dementia Care Community* and the coauthor of *Creative Engagement: A Handbook of Activities for People with Dementia*.

## The Science of Mom (2nd Edition)

**A Research-Based Guide to Your Baby's First Year**

Alice Callahan

### Summary

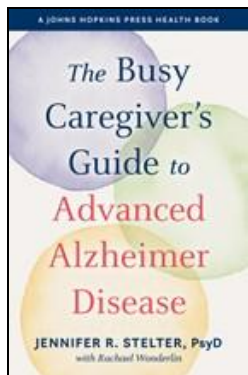
When scientist Alice Callahan became a mom, she knew it would mean long nights of rocking and feeding the baby. What she didn't anticipate was the barrage of parenting questions that would send her down rabbit holes of late-night internet searches, claiming even more sleep than her newborn.

Is co-sleeping safe? How important is breastfeeding, and how can parents help it go smoothly? When should babies start eating solid foods, and are there ways to reduce the risk of food allergies? Should we be worried about the unpronounceable additives in the vitamin K shot given to newborns or the aluminum found in vaccines? These questions can confound even the most well-informed of parents, and the search for answers may open the door to a deluge of conflicting advice from well-meaning relatives, judgmental strangers on social media, and self-proclaimed internet experts.

In this revised and expanded new edition of *The Science of Mom*, Callahan, a science writer whose work appears in the *New York Times* and the *Washington Post*, turns again to the research literature for clarity. Written with compassion and nuance, this unique guide recognizes that all families must make their own decisions and gives science-minded parents the tools to evaluate the evidence for themselves.

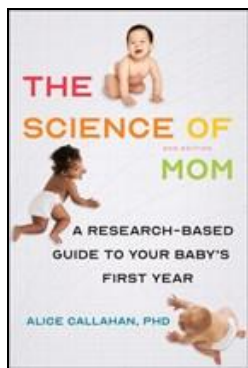
### Contributor Bio

**Alice Callahan** holds a PhD in nutritional biology from the University of California, Davis, and spent two years investigating fetal physiology as a postdoctoral scholar. After giving birth to her first child in 2010, she put her scientific training to work answering the big questions of caring for a baby. The creator of the blog Science of Mom: The Heart and Science of Parenting, she writes and teaches in Eugene, Oregon.



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192 Pages  
6 halftones, 7 line drawings



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424 Pages  
10 b&w illus.

## Take Control of Your Drinking (2nd Edition)

### A Practical Guide to Alcohol Moderation, Sobriety, and When to Get Professional Help

Michael S. Levy

#### Summary

For decades, the standard treatment for people struggling with alcohol consumption has focused on convincing them to admit that they are an alcoholic, to stop drinking entirely, and to enter into a program, most commonly Alcoholics Anonymous. But in his more than thirty-five-year career as an addiction specialist working with people who want to change their drinking habits, Michael S. Levy has found that the routes to behavioral change actually vary. And although abstinence is the successful route for many people, others can moderate their drinking on their own or with professional help.

In this practical, effective, and compassionate book, Levy helps people take control of their alcohol problem by teaching them how to think about and address their drinking habits. Beginning with a set of self-assessments that reveal whether the reader's use of alcohol is creating problems, Levy explains the causes of problem drinking, discusses the growing recognition of the various ways an alcohol use disorder can show itself, and talks about why it is so difficult to change.

Ultimately, *Take Control of Your Drinking* empowers people to tackle their drinking problem and gives them the freedom to do so in a way that fits with their own lifestyle and values. This book is useful for anyone who may find that they are drinking too much, for the loved ones of such people, and for clinicians who want to broaden their skills when working with people who struggle with alcohol.

#### Contributor Bio

**Michael S. Levy, Ph.D.**, is the director of Clinical Treatment Services at CAB Health & Recovery Services, Inc. He is a lecturer in psychiatry at the Cambridge Health Alliance and at Harvard Medical School, and he maintains a private practice in psychotherapy. He writes extensively on substance abuse and its treatment.

## Weight Loss for Life

### The Proven Plan for Success

Lawrence J. Cheskin, Kimberly Anne Gudzone, Jeanne...

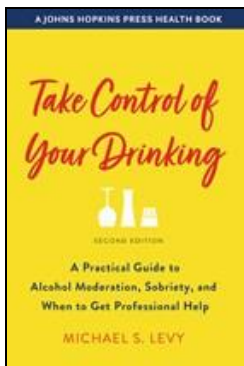
#### Summary

In *Weight Loss for Life*, two experts from the Johns Hopkins Healthful Eating, Activity & Weight Program provide you with all of the information you need on your weight loss journey. They bring together leading experts in behavioral health, nutrition, exercise, and nursing to help you develop a plan that works best for you—and that's not focused on just restricting calories or certain foods. Anyone struggling with unwanted weight gain or obesity will find this program to be helpful, compassionate, and clear.

A central feature of the program is a Personal Plan of Action to help you set up reachable goals, plan your meals, and make time for movement. All the recommendations are customizable based on your personal health and needs. You'll enjoy the interactive features, too, with surveys throughout asking you to reflect on your own eating habits as well as barriers to success. And unlike other works on the market, *Weight Loss for Life* covers it all: supplements, prescription medications, med spas, and surgical options.

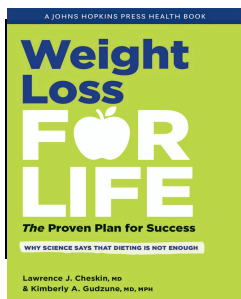
#### Contributor Bio

**Lawrence J. Cheskin, M.D.**, a board-certified gastroenterologist and weight management expert, is director of the Johns Hopkins Weight Management Center and associate professor at the Johns Hopkins School of Medicine and the Johns Hopkins School of Hygiene and Public Health.



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448 Pages  
131 color photos, 10 color  
illus.

## The Eye Book (2nd Edition) A Complete Guide to Eye Disorders and Health

Gary H. Cassel

### Summary

In *The Eye Book*, specialist Dr. Gary H. Cassel presents readers with trusted, evidence-based information they can rely on to protect vision and learn more about how to treat any eye problems that come up. This easy-to-understand volume takes a step-by-step approach, providing an overview of the eye's anatomy, a tour of healthy vision, and an explanation of what steps readers and health care providers should take to address vision issues. Drawing on years of clinical experience with patients, Cassel also looks at eye complications associated with common medical conditions (for example, diabetes) along with the best treatments for eye conditions, such as cataracts and glaucoma.

Richly illustrated and engagingly written, this edition features special bonus material, including a chapter on cosmetics and the eye, FAQs ("Can cataracts grow back after cataract surgery?"; "Will I go blind from my glaucoma?"), and a handy symptom index that allows readers to research topics by the presentation of an eye problem. Useful for everyone, including general medical professionals who want to learn more about the health of the eyes, this up-to-date, in-depth, and authoritative book will serve as a users' manual for the eyes and help promote better vision for a brighter tomorrow.

### Contributor Bio

**Gary H. Cassel, MD**, completed his ophthalmology residency in 1984 at Wills Eye Hospital and was certified by the American Board of Ophthalmology in 1985. Awarded a National Institutes of Health grant to study retinal neovascularization, he joined the laboratory of Bert M. Glaser, MD, at Johns Hopkins Medicine's Wilmer Eye Institute as a retinal research fellow. After practicing clinical ophthalmology part-time at Wilmer and in the community, Dr. Cassel gravitated to full-time ophthalmology private practice in Baltimore County, Maryland. He was recognized by Baltimore Magazine as a "Top Doc" among ophthalmologists and ophthalmic surgeons in 2011 and 2012.

## The Breast Cancer Book A Trusted Guide for You and Your Loved Ones

Kenneth D. Miller, Melissa Camp, Kathy Steligo

### Summary

Being diagnosed with breast cancer can be scary and confusing. There are medical terms to learn, options to consider, and important decisions to make, all while trying to carry on with work, family, and life. *The Breast Cancer Book* can't reverse a diagnosis or make breast cancer disappear, but every page can inform and empower you or your loved ones, no matter where you are in the breast cancer experience.

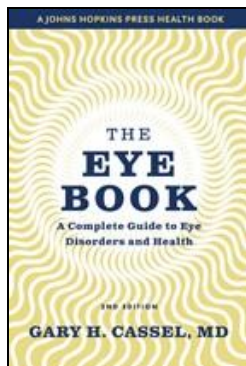
Written by three trusted experts—an oncologist, a breast surgeon, and a two-time breast cancer survivor—this multidisciplinary book walks you through everything you need to know about breast cancer so that you can make the best decisions about diagnosis, treatment, and follow-up care. In plain, easy-to-understand language that illuminates all the facets of this disease, the authors draw on their professional experience and the most current scientific knowledge.

A crash course on breast cancer that will help get you or anyone you love through the physical and emotional challenges of the disease, *The Breast Cancer Book* will also help readers communicate with their cancer team. Packed with information, this compassionate guide is the most up-to-date book available.

### Contributor Bio

**Kenneth D. Miller, M.D.**, a practicing medical oncologist, is an assistant professor of medicine and oncology at the Yale Cancer Center, Yale School of Medicine. He serves as the director of the Connecticut Challenge Survivorship Clinic and of the Supportive Care Program at Yale Cancer Center.

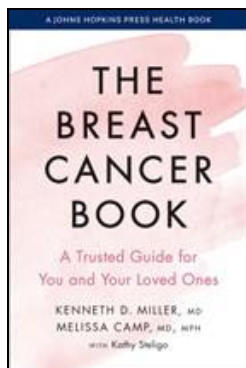
**Kathy Steligo** is a freelance writer specializing in business and health topics and is coauthor of *Confronting Hereditary Breast and Ovarian Cancer*, also published by Johns Hopkins



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**Rights**  
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## From Survive to Thrive

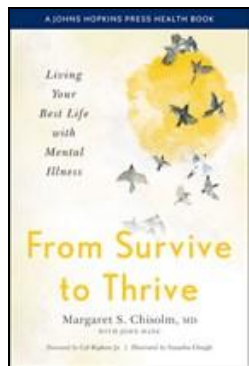
### Living Your Best Life with Mental Illness

Margaret S. Chisolm, John Hanc, Cal Ripken, Jr., N...

#### Summary

Are you struggling with personal problems, a mental health condition, or addiction? Are you looking to permanently improve your well-being and happiness? If you'd like to lead a fuller, more satisfying life—or help a mentally ill loved one—this book is for you.

In *From Survive to Thrive*, Dr. Margaret S. Chisolm, a psychiatrist at the Johns Hopkins School of Medicine, describes a tried-and-true plan to help anyone grappling with life's challenges learn how to flourish. Dr. Chisolm does not define health as the mere absence of illness. She wants you to be able to lead the best life possible—to thrive! In down-to-earth prose, Dr. Chisolm provides insight into how readers can cultivate healthy habits and more positive reactions to life's provocations, choosing not to allow past life circumstances or a disease state to define their well-being.



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36 b&w illus.

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#### Contributor Bio

**Margaret S. Chisolm, MD** (BALTIMORE, MD), is a professor of psychiatry and behavioral sciences, a professor of medicine, and the vice chair for education in the Department of Psychiatry and Behavioral Sciences at the Johns Hopkins University School of Medicine. The director of the Paul McHugh Program for Human Flourishing, she is the coauthor of *Systematic Psychiatric Evaluation: A Step-by-Step Guide to Applying the Perspectives of Psychiatry*. Journalist John Hanc (NEW YORK, NY) teaches writing and journalism at New York Institute of Technology. He is the co-writer of *Fighting for My Life: How to Thrive in the Shadow of Alzheimer's* and *Organize Your Emotions, Optimize Your Life: Decode Your Emotional DNA—and Thrive*.

## DSM

### A History of Psychiatry's Bible

Allan V. Horwitz

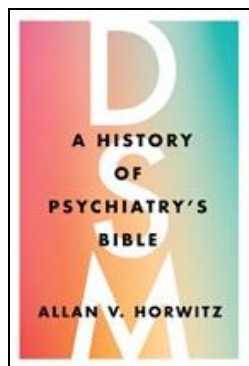
#### Summary

Over the past seventy years, the Diagnostic and Statistical Manual of Mental Disorders, or DSM, has evolved from a virtually unknown and little-used pamphlet to an imposing and comprehensive compendium of mental disorder. Its nearly 300 conditions have become the touchstones for the diagnoses that patients receive, students are taught, researchers study, insurers reimburse, and drug companies promote. Although the manual is portrayed as an authoritative corpus of psychiatric knowledge, it is a product of intense political conflicts, dissension, and factionalism. The manual results from struggles among psychiatric researchers and clinicians, different mental health professions, and a variety of patient, familial, feminist, gay, and veterans' interest groups. The DSM is fundamentally a social document that both reflects and shapes the professional, economic, and cultural forces associated with its use.

In *DSM*, Allan V. Horwitz examines how the manual, known colloquially as "psychiatry's bible," has been at the center of thinking about mental health in the United States since its original publication in 1952. The first book to examine its entire history, this volume draws on both archival sources and the literature on modern psychiatry to show how the history of the DSM is more a story of the growing social importance of psychiatric diagnoses than of increasing knowledge about the nature of mental disorder. Despite attempts to replace it, Horwitz argues that the DSM persists because its diagnostic entities are closely intertwined with too many interests that benefit from them.

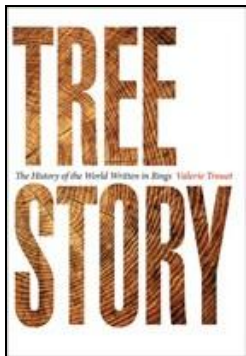
#### Contributor Bio

**Allan V. Horwitz** is a professor of sociology in the Department of Sociology and Institute for Health, Health Care Policy, and Aging Research at Rutgers University. He is author of *Creating Mental Illness*.



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## Tree Story

### The History of the World Written in Rings

Valerie Trouet

#### Summary

Children around the world know that to tell how old a tree is, you count its rings. Few people, however, know that research into tree rings has also made amazing contributions to our understanding of Earth's climate history and its influences on human civilization over the past 2,000 years. In her captivating new book, *Tree Story*, Valerie Trouet reveals how the seemingly simple and relatively familiar concept of counting tree rings has inspired far-reaching scientific breakthroughs that illuminate the complex interactions between nature and people.

Trouet, a leading tree-ring scientist, takes us out into the field, from remote African villages to radioactive Russian forests, offering readers an insider's look at tree-ring research, a discipline formally known as dendrochronology. Tracing her own professional journey while exploring dendrochronology's history and applications, Trouet describes the basics of how tell-tale tree cores are collected and dated with ring-by-ring precision, explaining the unexpected and momentous insights we've gained from the resulting samples.

Blending popular science, travelogue, and cultural history, *Tree Story* highlights exciting findings of tree-ring research, including the fate of lost pirate treasure, successful strategies for surviving California wildfire, the secret to Genghis Khan's victories, the connection between Egyptian pharaohs and volcanoes, and even the role of olives in the fall of Rome. These fascinating tales are deftly woven together to show us how dendrochronology sheds light on global climate dynamics and uncovers the clear links between humans and our leafy neighbors.

#### Contributor Bio

**Valerie Trouet** is a professor in the Laboratory of Tree-Ring Research at the University of Arizona.

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