

Chelsea Green Publishing Rights List



New & Forthcoming | Fall 2022



Fall 2022

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The Seed Detective

Uncovering the Secret Histories
of Remarkable Vegetables

Adam Alexander

NATURE & ENVIRONMENT, FOOD & DRINK

Meet the Indiana Jones of vegetables and join him on his quest to save our heritage produce.

Did you ever wonder how peas, kale, asparagus, beans, squash and corn have ended up on our plates? Well, so did Adam Alexander.

Adam Alexander is the Seed Detective. His passion for vegetables was ignited when he tasted an unusual sweet pepper with a fiery heart while on a filmmaking project in Ukraine. Smitten by its flavor, Adam began to seek out local growers of endangered heritage and heirloom varieties in a mission to bring home seeds to grow, share and return so that he could enjoy their delicious taste—and save them from being lost forever.

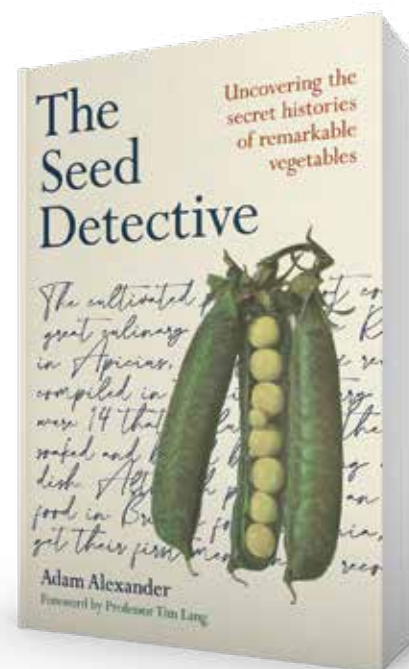
In *The Seed Detective*, Adam shares his own stories of seed hunting, with the origin stories behind many of our everyday food heroes. Taking us on a journey that began when we left the life of the hunter-gatherer to become farmers, he tells tales of globalization, political intrigue, colonization and serendipity—describing how these these vegetables and their travels have become embedded in our food cultures.

Adam Alexander is a consummate storyteller thanks to forty years as an award-winning film and television producer, but his true passion is collecting rare, endangered but, above all, delicious vegetables from around the world. His knowledge and expertise on growing out vegetables for seed is highly valued by the Heritage Seed Library, for which he is a seed guardian. Adam shares seeds with other growers and gene banks in the USA, Canada and the EU, and he is currently growing out seed of heritage Syrian vegetables to be returned to the Middle East as part of a program to revive traditional horticulture. He has appeared on *Gardeners' World* and the *Great British Food Revival*, CNN's *Going Green* and Radio New Zealand.

“Copious but thoroughly engaging research . . .

Alexander shares his excitement over the potential for rescuing this lost heritage. . . . All of which makes this title worth a serious look.”

—**BOOKLIST** (starred)



Publication Date:

September 2022

Page Count: 320

Word Count: 82,000 words

Art Program: None

Rights Available: World,
excluding Korean (Youngjin)

**FALL
2022**

“[The Seed Detective] traces the origins and evolution of vegetables that have shaped human civilization.”

—**ATLAS OBSCURA**

What Remains?

Life, Death and the Human Art of Undertaking

Rupert Callender

**NATURE & ENVIRONMENT,
HEALTH & WELLNESS, MEMOIR**

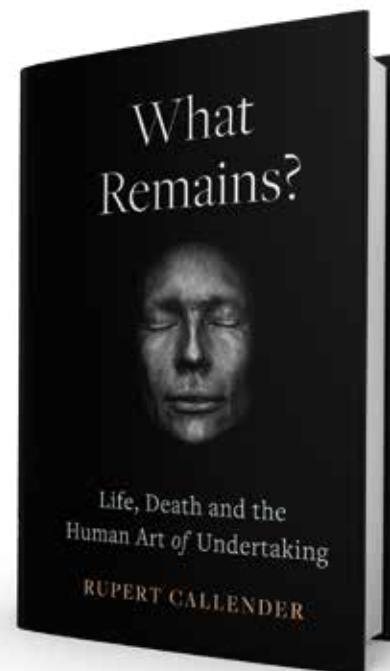
Death is not my friend, neither is it my enemy; it is my destiny.

In establishing the Green Funeral Company in Devon, U.K., Rupert Callender and his partner Claire challenged the stilted, traditional, structured world of the funeral industry: fusing what he had learned from his own deeply personal experiences with death, with the surprising and profound answers and raw emotion he discovered in rave culture and ritual magick.

When he became an undertaker, Rupert Callender undertook to deal with the dead for the sake of the living. *What Remains?* is the brilliant, unforgettable story of the life and work of the world's first punk undertaker—but it is also a book about ordinary, everyday humanity and our capacity to face death with courage and compassion. To say goodbye to the people we love in our own way.

What Remains? is a profound, deeply moving and politically charged book that will change the way readers think about life, death and the all-important end-of-life experience.

Rupert Callender was moved to become an undertaker through his experience of bereavement and its aftermath. He spent much of his childhood in the hospice where his mother worked, and the caring, humanistic philosophy of the hospice movement is central to his work. He and partner Claire are now among the country's best-known eco-friendly funeral directors, and have been described as 'The best undertakers of all time, by a country mile' by *Good Funeral Guide* author, Charles Cowling.



Publication Date:

September 2022 (UK)

Page Count: 288

Word Count: 84,000

Art Program: None

Rights Available: World



Grass-Fed Beef for a Post-Pandemic World

How Regenerative Grazing Can Restore Soils and Stabilize the Climate

Ridge Shinn and Lynne Pledger

Foreword by Gabe Brown, bestselling author of *Dirt to Soil*

**FARMING & HOMESTEADING,
POLITICS & PUBLIC POLICY**

How can we learn from our mistakes and pave a way for sustainable, nutritious, local meat?

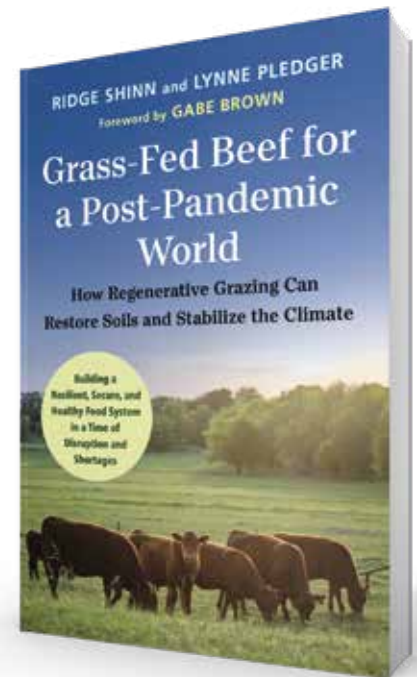
The COVID-19 pandemic exposed the vulnerabilities of our globalized food system and highlighted the desperate need for local and regional supplies of healthy meat. We must replace corn-based feedlots, which are responsible for significant climate emissions, nitrogen pollution, and animal suffering. *Grass-Fed Beef for a Post-Pandemic World* outlines a hopeful path out of our broken food system via regional networks of regeneratively produced meat.

In 2017, Ridge Shinn and Lynne Pledger went to market with Big Picture Beef, a company that partners with farmers across northeastern America to increase access to wholesale markets while promoting holistic grazing management techniques. The result? Increased health benefits for consumers, the environment, and livestock.

In *Grass Fed-Beef for a Post-Pandemic World*, you'll find information assembled from the fields of ecology, climate science, nutrition, and animal welfare, along with on-the-farm stories from Ridge's travels as a consultant all over the United States and abroad. This book is not just for beef producers but for anyone wondering how our farmers and ranchers can raise cattle while also caring for the local and global environment.

Ridge Shinn is the founding CEO of Grazier, LLC, a.k.a. Big Picture Beef, and cofounded the group now known as The Livestock Conservancy. In addition to managing his Devon herd in central Massachusetts, Ridge has consulted all over North America and in New Zealand, England, Uruguay, and Argentina. His work has been recognized in *Smithsonian*, the *Atlantic*, the *New York Times*, and *TIME* magazine, which dubbed him a "carbon cowboy."

Lynne Pledger is a writer and environmental advocate. She has worked with Ridge Shinn since the early 1980s to preserve heritage livestock breeds and increase regenerative grazing in the northeastern United States. She has also worked in affiliation with numerous organizations including Clean Water Action, Sierra Club, and Upstream on public policy issues such as waste reduction, climate change, and energy.



Publication Date:

November 2022

Word Count: 60,000

Page Count: 224

Art Program: none

Rights Available: World



Wildcrafted Vinegars

Making and Using Unique Acetic Acid Ferments
for Quick Pickles, Hot Sauces, Soups,
Salad Dressings, Pastes, Mustards, and More

Pascal Baudar

FOOD & DRINK, NATURE & ENVIRONMENT

Award-winning author and forager Pascal Baudar uncovers incredible flavors and inspiring recipes to create unique, place-based vinegars using any landscape.

After covering yeast fermentation (*The Wildcrafting Brewer*) and lactic acid fermentation (*Wildcrafted Fermentation*), pioneering food expert Pascal Baudar completes his wild fermentation trilogy by tackling acetic acid ferments and the wide array of dishes you can create with them. Baudar delves deeply into the natural world for wild-gathered flavors: herbs, fruits, berries, roots, mushrooms—even wood, bark, and leaves—all play a vital part in infusing distinctive gourmet-quality vinegars.

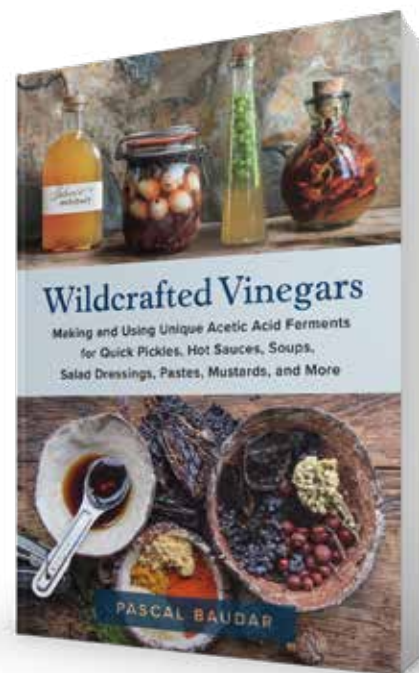
More than 100 recipes show how to use homemade vinegars to make a wide range of delicious foods: quick pickles, soups, sauces, salad dressings, beverages, desserts, jams, and other preserves.

Once you've mastered the basic methods for making and aging vinegars at home, you might be inspired to experiment on your own and find local plants that express the unique landscape and terroir wherever you happen to live. Or you might decide to forage for ingredients in your own garden or at a local farmers market instead. Either way, Pascal Baudar is an experienced and encouraging guide to safe and responsible wild-gathering and food preservation.

Pascal Baudar is a self-described “culinary alchemist” and leads classes in traditional food preservation techniques. Through his business, Urban Outdoor Skills, he has introduced thousands of home cooks, celebrity chefs, and foodies to the flavors offered by their wild landscapes.

“Pascal Baudar is a
culinary visionary.”
—**SANDOR ELLIX KATZ**,
author of
The Art of Fermentation

Also by Pascal Baudar



Publication Date: October 2022

Word Count: 71,000

Page Count: 304

Art Program: Full-color
photographs throughout

Rights Available: World

**FALL
2022**





Cider Planet

Exploring the Producers, Practices, and Unique Traditions of Craft Cider and Perry from Around the World

Claude Jolicoeur

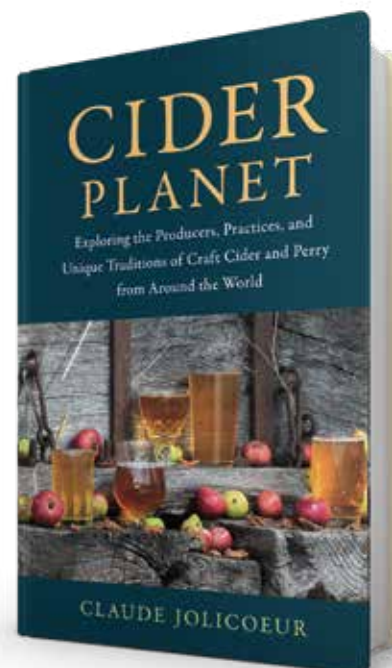
FOOD & DRINK

From internationally acclaimed author and fermented beverage expert Claude Jolicoeur comes a globe-trotting, full-color cultural history and guide book celebrating the methods, terroir, and traditions of world-class cider.

In *Cider Planet*, Claude Jolicoeur—a longtime, passionate cider maker and author of the international bestseller *New Cider Maker's Handbook*—takes readers with him to the world's greatest cider regions, providing an expertly guided tour laced with his deep understanding and appreciation for how this “Prince of Beverages” is made.

Real cider, craft cider, farm cider, artisan cider: Whatever you wish to call it, at its best, cider should be enjoyed like a fine wine, with all of the sophistication but less of the pretentiousness. Just as there are many volumes devoted to the great wine regions of the world, we now need a “cider appreciation” manual to fully understand and delve into the rich culture of cider and perry. *Cider Planet* is that book, and Claude Jolicoeur is our experienced and enthusiastic guide. For the traveler or foodie, this book transports the reader around the world with wonderful stories and insight that will leave you thirsty for a fresh glass of fermented fruit.

Claude Jolicoeur is the author of *The New Cider Maker's Handbook*, which has been acclaimed worldwide as a major reference on the topic of cider making. A mechanical engineer and research scientist by profession, he started making cider as a hobby in the late 1980s. Since then, he has accumulated vast experience, always searching to obtain the highest quality possible. His ciders have earned many awards at competitions, including Best of Show at the prestigious Great Lakes International Cider and Perry Competition.



Publication Date:

September 2022

Word Count: 85,000

Page Count: 336

Art Program: Full-color photographs throughout

Rights Available: World excluding French

**FALL
2022**

The Small-Scale Poultry Flock

Revised Edition

An All-Natural Approach to Raising and
Breeding Chickens and Other Fowl
for Home and Market Growers

Harvey Ussery

FARMING & HOMESTEADING

The most comprehensive book on how to raise and breed your own poultry flock is now fully updated and expanded.

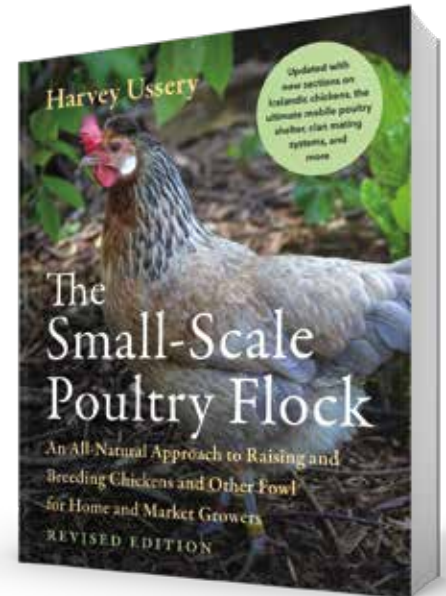
The first edition of *The Small-Scale Poultry Flock* helped thousands of small-scale farmers and homesteaders successfully adopt a practical and integrative model for working with chickens and other domestic fowl based on natural systems. In this expanded and thoroughly revised edition, readers will find plenty of all-new material. Author Harvey Ussery introduces readers to his new favorite breed of chicken, Icelandics; describes how he manages his breeding flock using a clan mating system; presents detailed information on the use of trapnests and record-keeping spreadsheets for evaluating breeding hen performance; and provides step-by-step instructions for construction of an ingeniously designed mobile poultry shelter. Readers will also find fully updated information and tips on all aspects of flock management.

Ussery presents a sustainable and ecologically friendly model that can be adapted for use at a variety of scales. His advice and examples throughout the book will prove invaluable for beginner homesteaders, growers looking to incorporate poultry into their farm, or experienced flocksters seeking to close their loop.

Harvey Ussery's homestead in northern Virginia has been the setting for constant experimentation toward regeneration, sustainability, and harmony with the surrounding ecology. Ussery has presented widely at national and local events on poultry and other homesteading topics.

**"There's no better introductory reference
on the joy of home-raising chickens."**

—BOOKLIST



Publication Date:

November 2022

Word Count: 191,000

Page Count: 432

Art Program: Full-color
photographs and
illustrations throughout

Rights Available: World



The Coronation

Essays from the Covid Moment

Charles Eisenstein

POLITICS AND PUBLIC POLICY

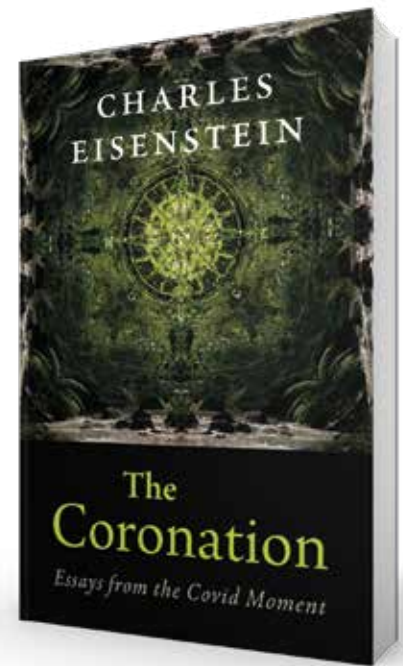
Controversy and despair, hope and isolation, courage and division, withdrawal and reunion. How can we find meaning as we emerge from the troubled time of Covid?

In *The Coronation*, social philosopher Charles Eisenstein presents the key building blocks of post-Covid sense-making. These unforgettable essays narrate the disintegration of an old normal, an old reality, and even, Eisenstein says, an old mythology. Controversial when they first appeared, these essays—with new introductions to each by the author—ring with relevancy as the charge dissipates from previously hot-button issues. Now, as we survey the post-Covid landscape, we have the opportunity to build something more sound, more whole, and more sane.

The Coronation brings new clarity to a vital question whose time has come: What world shall we choose now?

Charles Eisenstein is a countercultural philosopher, essayist, speaker, and the author of several books, including *Sacred Economics* and *The More Beautiful World Our Hearts Know Is Possible*. He graduated from Yale University with a degree in mathematics and philosophy before spending the next decade in Taiwan, where he worked as a Chinese-English translator.

Individually, these essays have been read, shared, and discussed by tens of thousands of people around the globe, but they are collected together and bound here for the first time!



Publication Date: July 2022

Word Count: 54,000

Page Count: 192

Art Program: None

Rights Available: World
excluding German



The Virus and the Host

Protect Yourself from Infectious Disease
by Reducing Toxicity, Improving Immunity,
and Minimizing Chronic Illness

Chris Chlebowski

HEALTH & WELLNESS

Learn how to take control of your health—and decrease susceptibility to infectious viral disease before it strikes.

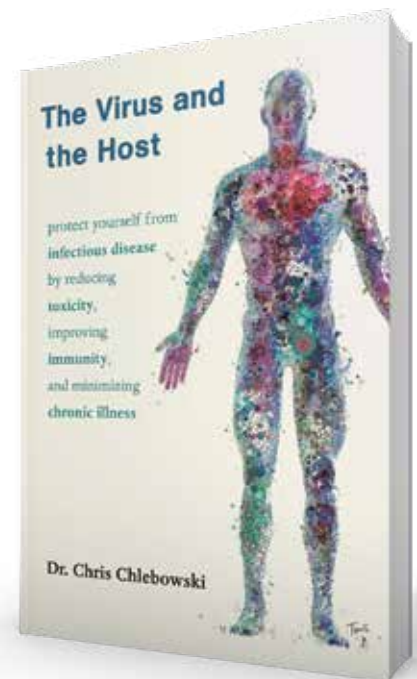
Robust good health—healthy immunity, low inflammation, low toxic burden, and freedom from stealth infection and chronic disease—is our best defense against infectious viral disease.

Of course, it's not *that* simple. The way our bodies interact with infectious disease is complicated—both a function of the “germ” and the “terrain”—the virus and the host. In *The Virus and the Host*, Dr. Chlebowski succinctly describes emerging science on the virome and how toxic exposure, chronic inflammation, infections, and chronic diseases interact and predispose us to poor outcomes from acute viral infection. He then clearly outlines the tools needed for better health, including:

- How to eat like your life depends on it
- The best nutrients to supercharge your immunity
- How to harness the power of botanical medicine
- How to detoxify simply and safely at home
- Valuable information on simple treatment and recommended diagnostic tests for given conditions

When the next pandemic hits, we need to be better prepared. Now is the time to do something, and it is the best investment we can make so that when—not if—the next “big one” hits we can keep our loved ones and ourselves safe and healthy.

Dr. Chris Chlebowski is naturopath, chiropractor, clinical herbalist, and homeopath. Dr. Chlebowski lectures regularly on holism and the root causes of illness and his articles have appeared in *Naturopathic Doctor News and Review*, *Townsend Letter*, and *Simillimum*, a publication of the Homeopathic Academy of Naturopathic Physicians.



Publication Date:

September 2022

Word Count: 82,000

Page Count: 288

Art Program: none

Rights Available: World



COMING SPRING 2023

Hoofprints on the Land

How Traditional Herding and Grazing Practices
Can Restore the Land and Bring Animal Agriculture
Back in Balance with the Earth

Ilse Köhler-Rollefson

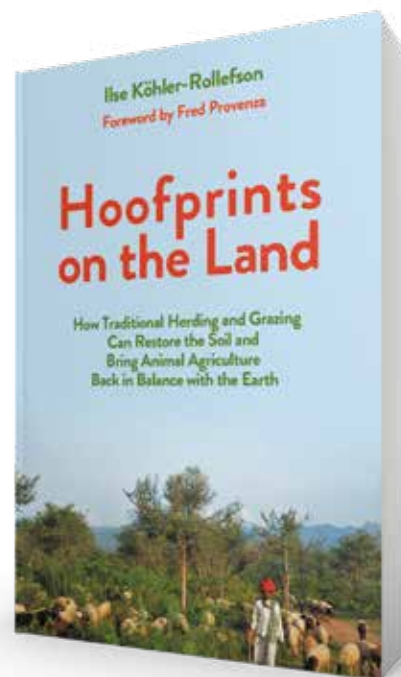
FARMING & HOMESTEADING

Perfect for fans of *English Pastoral* and *Wilding*, *Hoofprints on the Land* shows that herding cultures are not a thing of the past but a regenerative model for the future.

Hoofprints on the Land is camel conservationist and UN advocate Ilse Köhler-Rollefson's passionate rallying cry for those invisible and forgotten herding cultures that exist all over the world. Nomadic livestock herding is the most ancient and natural means of keeping livestock, and this book debunks the myth that animal-free agriculture is the only way forward for a healthy planet. From the need to produce food more sustainably and equitably to the consequences of climate change, land degradation and loss of biodiversity, we must repair the human relationship with farm animals to follow the pastoralist model of intelligent cooperation rather than dominance.

Hoofprints on the Land is a fascinating and lyrical description of the working partnerships between people and animals.

Ilse Köhler-Rollefson studied veterinary medicine in Germany before working as an archaeozoologist in Jordan where she discovered her fascination with camels and herding cultures. Having authored well over a hundred scientific publications, she consults with and writes for the UN and other development agencies. Ilse lives in Rajasthan, India, where she owns a small herd of camels and cofounded the country's first camel dairy. Her work has been recognized by the Maharaja of Jodhpur, and she has received India's highest award for women from its president as well as the Order of Merit from the president of Germany. Ilse is regularly quoted and interviewed by mainstream media, including the BBC, *Forbes India*, and the *Hindustan Times*, for her expertise in camels, pastoralism, and livestock ecology.



Publication Date: January 2023

Word Count: 81,000

Page Count: 288

Art Program: 8-page
color insert

Rights Available: World

**SPRING
2023**

COMING SPRING 2023

Salt and the Art of Seasoning

From Curing to Charring and Baking to Brining,
Techniques and Recipes to Help You Achieve
Extraordinary Flavours

James Strawbridge

FOOD & DRINK

Salt is extraordinary. It is the ingredient that will most transform your cooking, elevating it from good to amazing. In this book, TV chef and photographer James Strawbridge demonstrates that natural sea salt, with all its essential minerals, is an artisan product, distinct from heavily processed table salt, that has the power to alter flavour, enhance taste and create texture like nothing else in our kitchen.

Understanding how to use salt is key to culinary success—it can both make or break a dish. *Salt and the Art of Seasoning* will show you how to choose the right type of salt, and to add it at the right time and in the right amount. James will teach you his Salt Craft—using salt to pickle, cure and ferment, as well as making your own flavoured or smoked salts to bring out all sorts of hidden flavours. Over 100 recipes will encourage you to use salt in more creative (and healthy) ways. From the salted sardines of Cornwall to European sour pickles and preserved lemons and Native American cured fish to buttermilk chicken from the south, *Salt and the Art of Seasoning* crosses culinary borders in exploring salt's long role in food throughout the world.

Salt is alchemy for food.

James Strawbridge is an award-winning development chef, photographer and sustainable living expert as well as the author of many cookbooks, including *The Complete Vegetable Cookbook*, *The Artisan Kitchen* and *Practical Self Sufficiency* with his father, Dick Strawbridge.



Publication Date: Spring 2023
Estimated Word Count: 55,000
Page Count: 288
Art Program: Full-color
photographs throughout
Rights Available: World

**SPRING
2023**



HIGHLIGHTS FROM SPRING 2022

The Vertical Veg Guide to Container Gardening

How to Grow an Abundance of Herbs, Vegetables and Fruit in Small Spaces

Mark Ridsdill Smith

FOOD & DRINK

From the creator of the wildly popular website and YouTube channel “Vertical Veg” comes the complete guide to growing delicious fruit, vegetables, herbs and salad in containers, pots and more—in any space at home—no matter how small!

If you long to grow your own tomatoes, courgettes or strawberries, but thought you didn’t have enough space, Mark Ridsdill Smith will show you how. Make the most of walls, balconies, patios, arches and windowsills and create rich, beautiful and delicious homegrown food (indoors and out)—and put the savings back in your pocket.

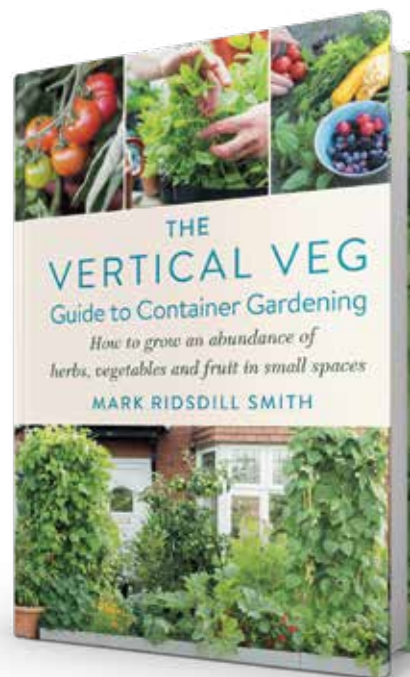
With quick, proven results from his ten years of growing in all kinds of containers and teaching people how to grow bountiful, edible crops in small spaces, Mark will show you how gardening in containers is not just a hobby but a way of creating a significant amount of delicious, low-cost, high-nutrition food.

Inside *The Vertical Veg Guide to Container Gardening*, you’ll find:

- Mark’s “Eight Steps to Success”
- How to make the most of your space
- How to draw up a planning calendar so you can grow throughout the year
- Planting projects for beginners
- Compost recipes and wormery guide for the more experienced gardener
- Troubleshooting for the specific challenges of growing in small spaces
- How growing food at home can contribute to wellbeing, sustainability and the local community

Don’t be confined by the space you have—grow all the food you want with Mark’s *Vertical Veg Guide to Container Gardening*.

Mark Ridsdill Smith founded Vertical Veg in 2009 after discovering how much food he could grow on the balcony of his flat. Mark has shared his growing experience on BBC Radio 4’s *Gardeners’ Question Time*, Alan Titchmarsh’s *Love Your Garden* on ITV and BBC’s *Countryside*. He has also written a series of fifteen articles for the *Guardian*’s “Live Better” campaign.



Publication Date: March 2022

Word Count: 83,000

Page Count: 320

Art Program: Full-color photographs throughout

Rights Available: World excluding French (Terre Vivante)

**SPRING
2022**

Mini-Forest Revolution

Using the Miyawaki Method
to Rapidly Rewild the World

Hannah Lewis

Foreword by Paul Hawken

NATURE & ENVIRONMENT

For readers who enjoyed *Finding the Mother Tree* and *The Hidden Life of Trees* comes the first-ever book about a movement to restore biodiversity in our cities and towns by flipping empty lots, backyards, and degraded land into mini-forests.

In *Mini-Forest Revolution*, author Hannah Lewis presents a compelling case that what the world needs is not a corporate-sponsored “Trillion Tree Campaign” but instead a people-powered “plant a million mini-forests” effort. After all, nature is composed of functioning ecosystems, not tree plantations.

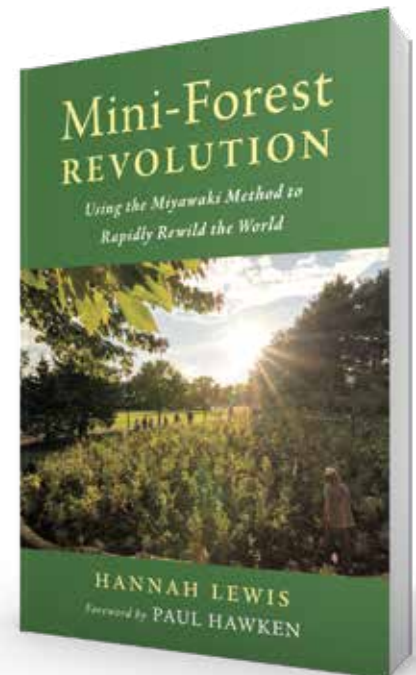
Lewis presents the Miyawaki Method, a unique approach to reforestation devised by botanist Akira Miyawaki in response to Japan’s rapid postwar development. She explains the scientific basis for why Miyawaki-style mini-forest projects matter and how they work, including how biodiversity increases ecosystem productivity and resilience, how vegetation transforms solar energy into latent heat and releases it away from Earth, and the role of native climax species in replicating the composition of ancient forests.

Today, the Miyawaki Method is witnessing a worldwide surge in popularity as communities seek to restore degraded landscapes both urban and rural. Lewis shares the stories of mini-forests that have sprung up across the globe and the people who are planting them.

Mini-Forest Revolution is complete with a step-by-step field manual for designing and planting a forest using the Miyawaki Method, with special attention to the process of developing a list of appropriate species and their respective proportions.

No matter where you live, this book will inspire you to help organize a mini-forest project in your own community, and that may be one of the best decisions you can make.

Hannah Lewis is the editor of *Compendium of Scientific and Practical Findings Supporting Eco-Restoration to Address Global Warming*, published by Biodiversity for a Livable Climate (BLC), a nonprofit environmental organization based in Cambridge, MA.



Publication Date: June 2022

Word Count: 54,500

Page Count: 224

Art Program: 8-page color insert

Rights Available: World

excluding French

(Éditions Eyrolles)

**SPRING
2022**

Follow the Pipelines

Uncovering the Mystery of a Lost Spy and
the Deadly Politics of the Great Game for Oil

Charlotte Dennett

POLITICS & PUBLIC POLICY

Unraveling the mystery of a master spy's death by following pipelines
and mapping wars in the Middle East

In 1947, Daniel Dennett, America's sole master spy in the Middle East, was dispatched to Saudi Arabia to study the route of the proposed Trans-Arabian Pipeline. It would be his last assignment. A plane carrying him to Ethiopia went down, killing everyone on board. Today, Dennett is recognized by the CIA as a "Fallen Star" and an important figure in US intelligence history. Yet the true cause of his death remains clouded in secrecy.

In *Follow the Pipelines*, investigative journalist Charlotte Dennett digs into her father's postwar counterintelligence work, which pitted him against America's wartime allies—the British, French, and Russians—in a covert battle for geopolitical and economic influence in the Middle East. Through stories and maps, she reveals how feverish competition among superpower intelligence networks, military, and Big Oil interests have fueled indiscriminate attacks, misguided foreign policy, and targeted killings that continue to this day.

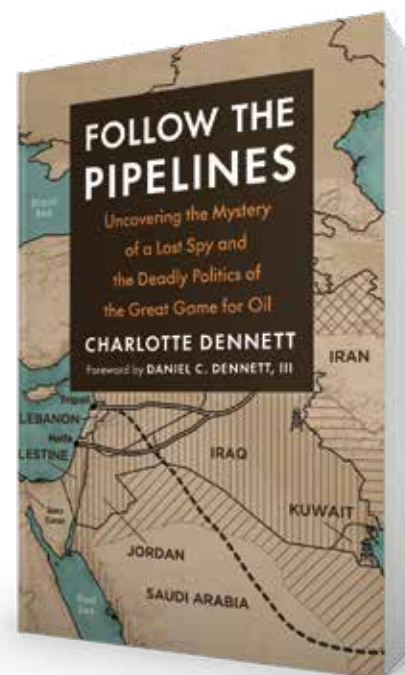
The book delivers an irrefutable indictment of these devastating forces and demonstrates how the brutal violence they incite has shaped the Middle East and birthed an era of endless conflict, including the conflict in Ukraine.

Part personal pilgrimage, part deft critique, Dennett's insightful reportage examines what happens to international relations when oil wealth hangs in the balance, and she shines a glaring light on what so many have actually been dying for.

Charlotte Dennett is a former Middle East reporter, investigative journalist, and attorney.

"Charlotte Dennett has written an excellent book summarizing the geopolitics of the Middle East historically through to current events. . . . This is an amazing piece of historical writing."

—JIM MILES, *Palestine Chronicle*



Publication Date: February 2022

Word Count: 112,000

Page Count: 368

Art Program:

Black-and-white illustrations
(maps) throughout

Rights Available: World

**SPRING
2022**

**"[Dennett is] an expert in
resource-based politics."**

—TIME

**"Equal parts Thomas L.
Friedman and Tom Clancy,
the book is a remarkable
achievement whose
personalized insights on
geopolitics are both
gripping and sobering."**

—SEVEN DAYS

Scanned

Why Vaccine Passports and Digital IDs Will Mean the End of Privacy and Personal Freedom

Nick Corbishley

HEALTH & WELLNESS, POLITICS & PUBLIC POLICY

Imagine being physically denied access to your office, business, or livelihood. Imagine being refused entry to a grocery store or being told who you can or cannot sit with at a restaurant. Imagine being barred from a hospital room when you or your family member needs critical care.

Unthinkable? Today, these scenarios and worse are happening in “democracies” all over the world and could be our collective future—orchestrated by AI, Big Tech, and state-sponsored apps—all in the name of “protecting” public health with vaccine passports.

The stakes could not be higher. If you do not have a vaccine passport, you will be prevented from accessing basic services, from earning a living or traveling within your own country. Even if you do have one, you will be exposed to unprecedented levels of government and corporate surveillance, data mining, and behavioral control.

If things continue on the current path, Corbishley makes clear, getting back to “normal” is never happening. Put simply, instead of a return to normality, we will see the creation of a starkly different form of existence in which most of us will have virtually no agency over our own lives.

Nick Corbishley is a writer, journalist, teacher, and translator based in Barcelona. Nick holds a BA in history from Sheffield University and speaks three languages (English, French, and Spanish).



Publication Date: March 2022

Word Count: 55,000

Page Count: 208

Art Program: None

Rights Available: World
excluding Bulgarian (Dilok)
and German (Kopp)

**SPRING
2022**

Understanding the Heart

Surprising Insights into the Evolutionary Origins of Heart Disease—and Why It Matters

Stephen Hussey

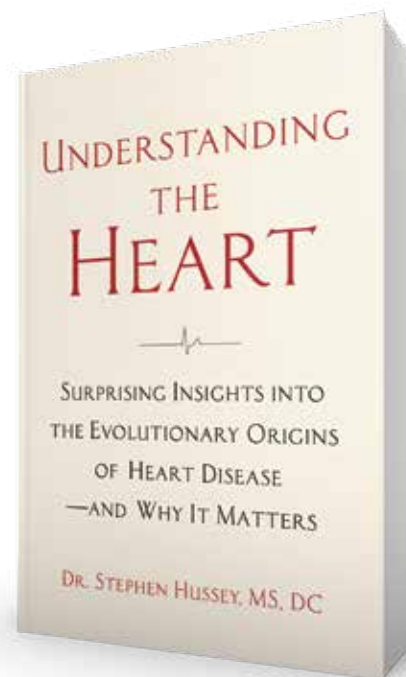
HEALTH & WELLNESS

Heart disease is the number-one killer in the world. Despite ever-advancing medical procedures and more and more powerful pharmaceutical drugs, the rate of heart disease continues to rise. According to Stephen Hussey, this is due in part to misunderstandings about how the heart really functions and how to keep it healthy. These misunderstandings result in improper medical approaches and off-target intervention therapies.

As a type 1 diabetic, Dr. Hussey has always known that he was at two to four times greater risk of developing heart disease. As a result, he has dedicated his entire adult life to understanding the heart, to prevent himself from becoming a statistic.

In *Understanding the Heart*, Dr. Stephen Hussey lays bare everything he has learned in his deep investigation into the heart and guides you on a path to prevent disease in the context of a highly diseased modern world in order to enjoy lifelong good health.

Dr. Stephen Hussey is a board-certified chiropractor and functional medicine practitioner. He has a bachelor's degree in health and wellness promotion from the University of North Carolina Asheville as well as a doctorate of chiropractic and master's in human nutrition and functional medicine from the University of Western States. In addition to working as a chiropractor in clinical practice, Dr. Hussey has worked with people all over the world, coaching them back to health; he sees the power of food, lifestyle change, and personal environment modification change lives every day.



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