

Spring 2026

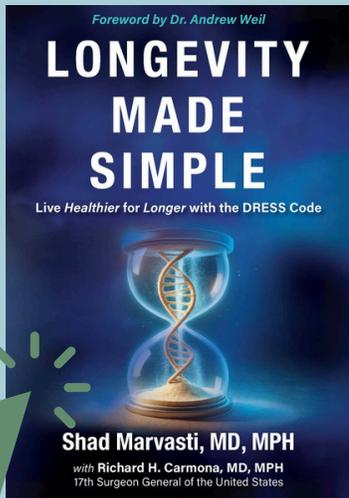
# RIGHTS GUIDE

Self-Help



**DROPCAP**





What if aging didn't mean decline—and chronic disease wasn't inevitable?

Post Hill Press  
January 2026  
Page Count: 240  
Retail Price: \$28.99  
Trim Size: 6in x 9in  
ISBN: 979-8895655887  
Categories:  
Health & Fitness  
Mind, Body, Spirit / Self-Help

## LONGEVITY MADE SIMPLE

A Stanford-trained physician and leading expert in lifestyle and integrative medicine, Dr. Shad reveals the truth: we don't have a healthcare system—we have a sick care system, one that reacts to disease rather than prevents it. Meanwhile, chronic conditions like heart disease, diabetes, obesity, and many cancers continue to cut lives short—despite being largely preventable.

*Longevity Made Simple* empowers you to take your health into your own hands using the DRESS Code—Diet, Relationships, Exercise, Stress, and Sleep—a practical, science-based blueprint to prevent, treat, and even reverse the chronic diseases that account for most premature, preventable deaths worldwide.

- WORLD RIGHTS AVAILABLE
- A TRANSFORMATIVE GUIDE THAT CHALLENGES EVERYTHING WE THINK WE KNOW ABOUT HEALTH, AGING, AND THE FUTURE OF MEDICINE.

“Want to add years to your life and life to your years? To live longer and better? Here's how! Elegantly and clearly written by renowned experts who understand healthy living so well they can make it simple. Highly recommended!” —Dean Ornish, M.D., #1 *New York Times* Bestselling Author, Clinical Professor of Medicine, UCSF



## ABOUT THE AUTHORS

Shad Marvasti, MD, MPH & Richard H. Carmona MD MPH

**Shad Marvasti, MD, MPH** (“Dr. Shad”) is a nationally recognized leader in integrative health, culinary medicine, and lifestyle medicine. He is a Stanford-trained physician who has over two decades of experience empowering patients and communities to take charge of their health.

**Richard H. Carmona, MD, MPH, FACS**, is a renowned physician, trauma surgeon, integrative and wellness expert, and global public health leader.

**The Art and Science of Well-Being**  
 Unlocking the 9 Dimensions for Freedom in Mind, Body, and Spirit

**DR. ROB DOUK**

**Forbes | Books**

**If you're ready to stop just getting by—and start living fully—you're in the right place.**

Forbes Books  
 January 2026  
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 Categories:  
 Mind-Body Connection

## THE ART AND SCIENCE OF WELL-BEING

From fleeing Cambodia as a refugee infant to building a nine-figure behavioral health company to training at Harvard Medical School, Dr. Rob Douk brings unique wisdom to *The Art and Science of Well-Being*, revealing how nine essential dimensions of wellness—intellectual, creative, financial, occupational, physical, environmental, spiritual, emotional, and social—work together to create lasting health and fulfillment. *The Art and Science of Well-Being* offers practical tools for transformation through Dr. Douk's Well Method, a clinically grounded approach that guides readers from knowledge to freedom in five essential steps.

- WORLD RIGHTS AVAILABLE
- UNLOCK THE 9 DIMENSIONS FOR FREEDOM IN MIND, BODY, AND SPIRIT.

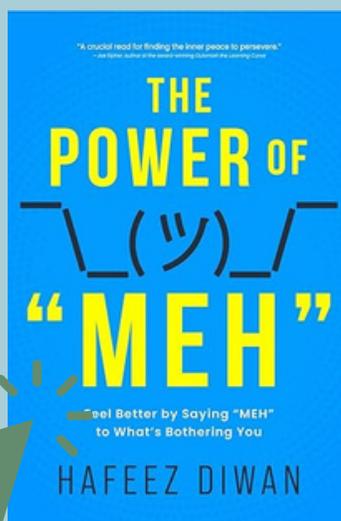
**“A groundbreaking blend of neuroscience, behavioral psychology, and spiritual intelligence! There is so much life-changing power in this new integrative approach.”—Dave Asprey, Longevity Expert, four-times *NY Times* bestselling author, and creator of Bulletproof**



### ABOUT THE AUTHOR

Rob Douk

Dr. Rob Douk is a licensed educational psychologist, board-certified behavior analyst, investor, and global wellness pioneer redefining how people live, lead, and thrive. As the creator of Neurobiotheology—a pioneering discipline integrating neuroscience, faith, and human flourishing—he equips individuals and organizations to unlock transformation in mind, body, and spirit. A multi-time ForbesBooks bestselling author, Dr. Douk inspires leaders to pursue success with significance.



Feel better by saying "MEH" to what's bothering you.

Koehler Books  
February 2025  
Page Count: 172  
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ISBN: 9798888248256  
Categories:  
Self-Help/ General  
Positive Psychology / Happiness

## THE POWER OF "MEH"

There is an easy, effective, and practical way to feel better. Just say "meh" to what's bothering you. Our problems are big, but our minds make them even bigger than they are. The Power of "Meh" is to help us reframe our problems, view them more objectively, deal with them better, and feel much, much better in the process. *The Power of "Meh"* reduces anger, frustration, boredom, procrastination, envy, stress, and worry. After making short work of the negative, it allows us to attain positive states of mind, including gratitude, generosity, patience, humility, and kindness. A simple "meh" can help us replace the negative with the positive, with farreaching results.

- WORLD RIGHTS AVAILABLE
- FEELING INSTANTLY BETTER, CONTENTED, AND AT PEACE IS JUST A "MEH" AWAY.

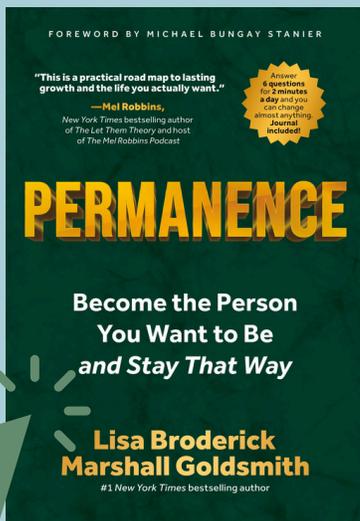
*The Power of "Meh"* is to help us reframe our problems, view them more objectively, deal with them better, and feel much, much better in the process.



## ABOUT THE AUTHOR

Hafeez Diwan

Hafeez Diwan, MD, teaches a popular course to medical students entitled Meditation and Loving Obnoxious People. He has lectured widely in the US on meditation and why loving obnoxious people is good for us and how to do so. His podcast is *Vitamin Contentment* with Hafeez Diwan. is the author of *How To Love Obnoxious People and Why?*, *How To Have Instant Willpower Without Using Any Willpower*, *The Impossible Murder of Headless in Houston* (a mystery novel), and two young adult novels,



Answer six simple questions daily and you can change almost anything.

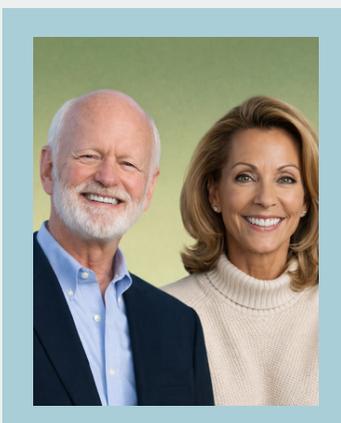
Amplify Publishing Group  
February 2026  
Page Count: 168  
Retail Price: \$28  
Trim Size: 5.5 x 8.25 in  
ISBN: 979-8891386099  
Categories:  
Mind, Body, Spirit  
Self-Help

## PERMANENCE

If you've ever hit a goal and thought, Now what? —you're not alone. Permanence is your tool for lasting success—not the kind that's here one day and gone the next, but the kind that sticks with you. How? Small, consistent steps—six questions daily—that keep you focused, on track, and synced with what you care about most. The real challenge isn't just getting there. It's staying there. In this book, you'll learn the Daily Question Process, how to use feedforward instead of feedback, and how to build systems of accountability that actually work. You'll stop thinking about quick wins and start getting better and better in a sustained way—driven by who you want to be, not what others are doing.

- WORLD RIGHTS AVAILABLE
- SUCCESS ISN'T A ONE-TIME EVENT. IT'S ABOUT SHOWING UP FOR YOURSELF, EVERY DAY. THIS BOOK GETS YOU THERE, AND KEEPS YOU THERE.

*“Permanence gives you the tools and daily practices you need to finally stop slipping back into old patterns. This is a practical road map to lasting growth and the life you actually want.”—Mel Robbins, New York Times bestselling author of The Let Them Theory and host of The Mel Robbins Podcast*

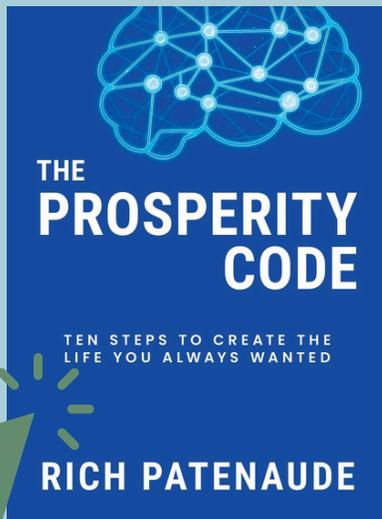


## ABOUT THE AUTHORS

Lisa Broderick and Marshall Goldsmith

**Lisa Broderick** is an accomplished executive, technologist, and social innovator whose career spans three decades at the intersection of business, leadership, and human potential.

**Dr. Marshall Goldsmith** is a world-renowned business educator and executive coach, a member of the Thinkers50 Hall of Fame, and the only two-time #1 leadership thinker in the world. He is a #1 New York Times bestselling author, having sold over four million copies and published in thirty-six languages.



**The ten steps to a proper success and wealth mindset.**

Post Hill Press  
February 2026  
Page Count: 208  
Retail Price: \$28  
Trim Size: 3 x 5 in  
ISBN: 979-8895653678  
Categories:  
General Nonfiction  
Self-Help

## THE PROSPERITY CODE

Prosperity. Everyone wants it. Everyone seeks it in their own way. But few are able to define exactly what that word means to them. Is it money? Is it a better lifestyle? What exactly does prosperity mean to you?

And if you do succeed at defining what prosperity means to you, fewer still know how to go about manifesting that prosperity into reality

Enter *The Prosperity Code*. For hundreds of years, authors and researchers have attempted to define prosperity. Now, you need look no further. Within these pages is the distillation of years of writings, research, and documented results into ten simple steps that you can start applying today to bring whatever you most desire into your life.

- WORLD RIGHTS AVAILABLE
- THIS BOOK PROVIDES THE FORMULA BY WHICH YOU CAN ACHIEVE ANY GOAL OR MANIFEST ANY DREAM.

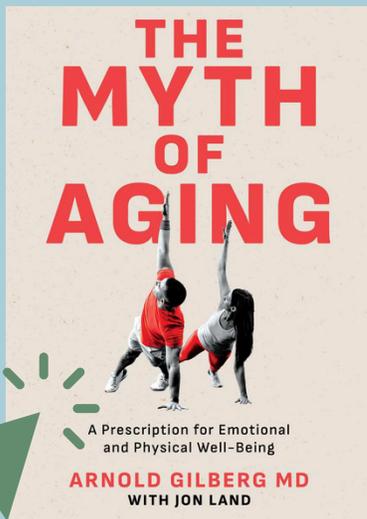
*The Prosperity Code* provides you with the formula to achieve any goal or manifest any dream. Simple but not easy. Are you willing to change the way you think about yourself? What you want out of your life? What you are capable of doing? If so, then you are in for the ride of a lifetime.



## ABOUT THE AUTHOR

Rich Patenaude

Rich Patenaude is a first generation American. Born of French-Canadian Immigrants in northern New Hampshire. He was elected a Representative to the New Hampshire State Legislature at the age of 24. Rich is the founder of The Student Millionaire Global Community and the host of *The Student Millionaire Podcast*. His experience includes The World Bank, CitiGroup Financial Services, Public Broadcasting Service, Corporation for Public Broadcasting, American Politics Magazine, and the U.S. Department of State.



**Because you're never too old—not only to dream, but also to see those dreams come true.**

Post Hill Press  
January 2026  
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Categories:  
Mind, Body, Spirit  
Psychology / Self-Help

## THE MYTH OF AGING

Arnold Gilberg, MD, a Distinguished Life Fellow of the American Psychiatric Association, has treated thousands of patients in his Los Angeles-based practice. Now, the so-called “psychiatrist to the stars” wants to put his six decades of experience to good use by offering a prescription for happiness and fulfillment, aimed mostly at those enjoying what should be the happiest years of their lives.

In *The Myth of Aging*, Dr. Gilberg covers a range of topics that center on the inevitabilities—along with the boundless possibilities—of life, believing wholeheartedly that being whatever and whoever you want is not reserved exclusively for the youngest among us.

- WORLD RIGHTS AVAILABLE
- WORLD-RENOWNED PSYCHIATRIST  
ARNOLD GILBERG, MD, OFFERS A  
PRESCRIPTION FOR FINDING AND  
KEEPING HAPPINESS.

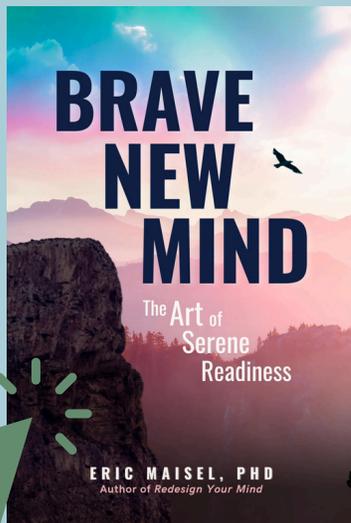
**“Dr. Gilberg has assembled a one-of-a kind, encyclopedic collection of information vital to mental and emotional health. Never before has a book combined clinical insight with this much heart and soul.”—*Los Angeles Tribune***



## ABOUT THE AUTHOR

Arnold L. Gilberg, MD, PhD

Arnold L. Gilberg, MD, PhD, received his bachelor's degree in political science and Doctor of Medicine degree from the University of Illinois. He interned at the Los Angeles General Medical Center. He is the last person alive trained by Franz Alexander, MD, a distinguished colleague of Sigmund Freud. His psychiatric training took place at the Cedars-Sinai Medical Center, where he was chief psychiatric resident. He also has a doctorate in psychoanalysis from the Southern California Psychoanalytic Institute.



### The Art of Serene Readiness.

Books That Save Lives  
January 2026  
Page Count: 266  
Retail Price: \$19.95  
Trim Size: 6in x 9in  
ISBN: 9781963667264  
Categories:  
General Nonfiction  
Psychology / Self-Help

## BRAVE NEW MIND

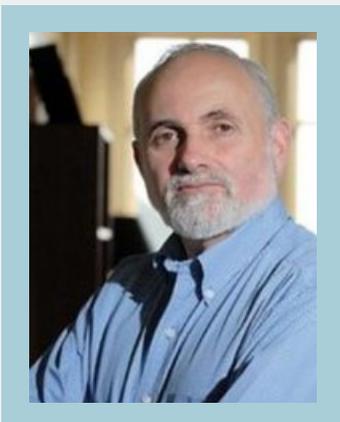
Some say that this is the most challenging time in history, it is fueled by ego, competition, injustice, and anxiety. Just glancing at news headlines each day is enough to cause alarm. Mental health experts, psychologists, therapists, and counselors have reported the rising levels of stress, depression, anxiety, worry, and fear for the last two decades.

We can either wring our hands and doom-scrolling, or we can do something about it.

Dr. Eric Maisel's work as a retired psychotherapist provides ways to deal not only with the extreme tension of today's existence but a path forward. Instead of relying only on medications, readers are guided to fortify and reinvigorate the mind.

- WORLD RIGHTS AVAILABLE
- DR. MAISEL HAS DEvised THIS PRACTICAL, APPROACHABLE, AND INSPIRING WAY TO FACE THE STRUGGLES WITH CALMNESS AND SERENITY.

Dr. Eric Maisel's work as a retired psychotherapist provides ways to deal not only with the extreme tension of today's existence but a path forward. Instead of relying only on medications, readers are guided to fortify and reinvigorate the mind. His optimistic approach redefines the worry of the world.



## ABOUT THE AUTHOR

Eric Maisel, PhD

Eric Maisel, PhD, is the author of more than 50 books in the areas of creativity, psychology, coaching, mental health, and cultural trends. He is a psychotherapist and the founder of the creativity coach profession. Sought after as an expert in his field, Dr. Maisel regularly contributes to *Mad in America*, writes a monthly print column for *Professional Artist Magazine*, and writes the "Rethinking Mental Health" blog for *Psychology Today*.

## THE ART OF IMPERFECTION

*an interactive guide  
to self-compassion  
in a messy world*

CAMILLA STARK



**Have you ever realized that we're kinder to other people than we are to ourselves?**

Familius

April 2026

Page Count: 128

Retail Price: \$16.99

Trim Size: 5.5in x 8.5in

ISBN: 979-8893961324

Categories:

Mind, Body, Spirit

Self-Esteem

## THE ART OF IMPERFECTION

Based on the psychology of self-compassion and built using human-centered design thinking, *The Art of Imperfection* is a guided journal that challenges negative self-talk and builds new ways of viewing yourself and those around you. With 50 short creative activities to choose from, you'll write letters to your past and future selves, make a smoothie of your feelings, perform a Viking funeral, and learn to be more present in your life and relationships.

Structured so that you can build up to emotionally charged exercises, with beautiful illustrations to keep you company along the way, *The Art of Imperfection* is a creative guide to self-compassion in a messy world.

- WORLD RIGHTS AVAILABLE
- WRITE AND DRAW YOUR WAY TO SELF-COMPASSION THROUGH 50 SIMPLE CREATIVE EXERCISES.

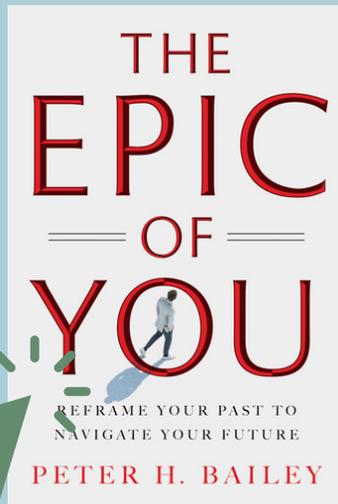
*The Art of Imperfection* is a guided journal that challenges negative self-talk and builds new ways of viewing yourself and those around you.



## ABOUT THE AUTHOR

Camilla Stark

Camilla Stark is an artist, a designer, and the Desert Prophet of the Great Basin. In late 2018, she was sitting on a train passing through the industrial district of South Salt Lake when she started thinking about poetry. She imagined a voice speaking about climate change, the Earth, and God's judgment. This marked the beginning of "the Desert Prophet," her artist alter ego, which she uses as a creative persona and source of inspiration for his multidisciplinary art practice.



**An inspiring model and guide to navigating your personal heroic journey.**

Greenleaf Book Group  
January 2026  
Page Count: 216  
Retail Price: \$28.95  
Trim Size: 6in x 9in  
ISBN: 979-8886454291  
Categories:  
Management & Leadership  
Self-Help

## THE EPIC OF YOU

Undeniably, the world and its people desperately need more hope. Our friends, foes, family, and fellows are all experiencing challenging times and fighting their own battles, and author Peter Bailey is no exception.

From his current vantage point as a successful influence in the leadership and human improvement field, one might assume he looks back on his life (the addiction, the recovery, the travel, the heartbreak, the love, the grief) with difficulty and hesitance. Rather, it is exactly this kind of reflection that helped him take on the role in his story he was meant to play: the hero.

- WORLD RIGHTS AVAILABLE
- THIS BOOK IS A PERSONAL STORY, A COMPREHENSIVE METHODOLOGY, AND A STEP-BY-STEP GUIDE TO WHOLENESS.

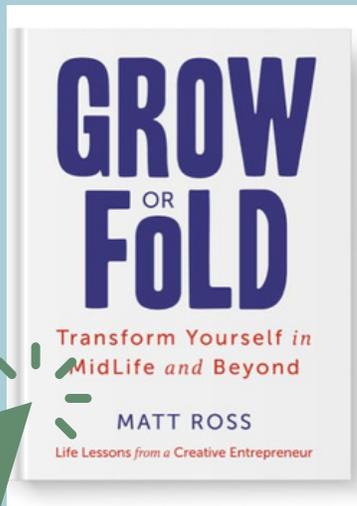
**“Peter Bailey shares a deeply personal narrative, told with uncommon candor. In doing so, he invites readers to consider their own journey and how the meaning we make of the past can shape what comes next.” —Scott K. Edinger, *Wall Street Journal* and *USA Today* best-selling author, *The Growth Leader***



## ABOUT THE AUTHOR

Peter H. Bailey

Peter engages business leaders and teams in transformational learning experiences to enhance the capacity, skills, and systems needed in today's rapidly-evolving relational platforms. He is a change agent. With over 40 years of practice that has included extensive travel and work in 50 countries in Asia, Africa, Europe, and Latin America, he is a master designer and facilitator of experiential education and leadership development rooted in adventure, innovation, and cross-cultural communication skills.



**In the face of adversity, there really is only one choice: Grow or Fold?**

Amplify Publishing Group  
January 2026  
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Trim Size: 6in x 9in  
ISBN: 979-8891388659  
Categories:  
Mind, Body, Spirit  
Self-Help

## GROW OR FOLD

*Grow or Fold* redefines what it means to thrive in midlife and beyond. With honesty, insight, and a toolkit forged in fire, Matt Ross—former CEO of School of Rock and architect of One River School—invites you into his story of transformation, resilience, and purpose. At fifty, faced with personal catastrophe and professional upheaval, Ross chose growth over surrender. This book is his blueprint—and your invitation—to do the same. *Grow or Fold* helps you navigate the turbulence of change with clarity and confidence. You'll learn how to take inventory of your life, reconnect with your core values, and design a future that reflects your most authentic self.

- WORLD RIGHTS AVAILABLE
- WHETHER YOU'RE FEELING STUCK, UNCERTAIN, OR SIMPLY READY FOR MORE, THIS BOOK IS YOUR CALL TO ACTION.

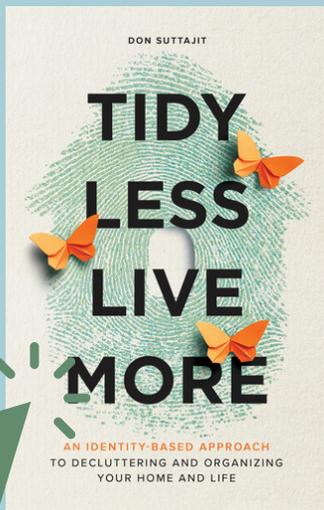
"If you're at a crossroads in your life, this book will show you how to move forward on your terms." —Mel Robbins, *New York Times* bestselling author of *The Let Them Theory* and host of *The Mel Robbins Podcast*



## ABOUT THE AUTHOR

Matt Ross

Matt Ross is an entrepreneur with over 30 years of experience building businesses that inspire passion and creativity. In 2005, Matt invested in and became the CEO of School of Rock and turned a struggling music education startup into the world leader in performance-based music education. Over the previous twenty years, he was a senior executive in the media business and led some of the most important radio brands in America.



**Shift within to live free from messy patterns.**

Live Freely Project  
January 2026  
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ISBN: 979-8993236810  
Categories:

House & Home  
Mind, Body, Spirit / Self-Help

## TIDY LESS, LIVE MORE

On the outside, you hold it all together: the job, the people, and other demands of busy life. But on the inside—that is, inside your front door—lurks a mess that persists. Piles return, space vanishes, weekends disappear to cleaning. Despite storage systems and cleaning hacks, you're caught in a cycle of maintenance, guilt, and frustration. The truth is, clutter isn't the real problem. It's a symptom of something deeper: a conflicted identity. *Tidy Less, Live More* introduces a new way forward—an identity-based approach to decluttering and organizing. While most home-organizing books will tell you how to physically clean a room, *Tidy Less, Live More* addresses the root cause of clutter.

- WORLD RIGHTS AVAILABLE
- AN IDENTITY-BASED APPROACH TO DECLUTTERING AND ORGANIZING.

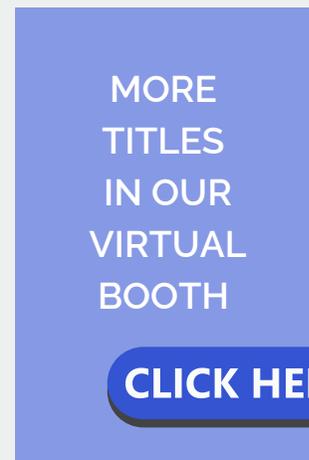
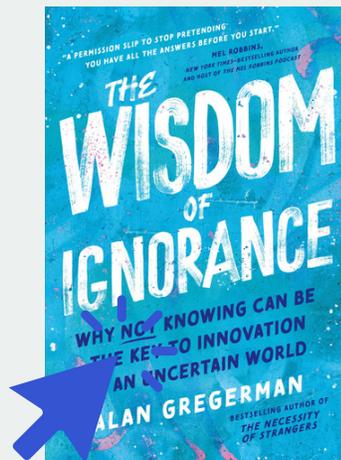
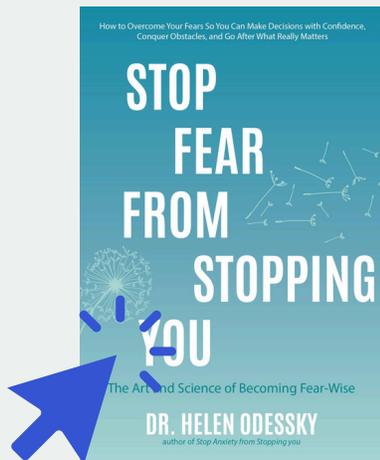
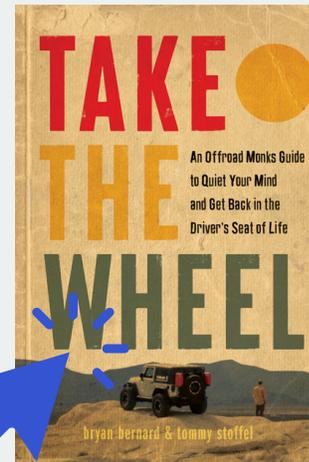
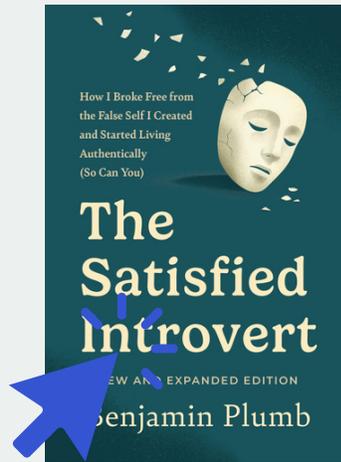
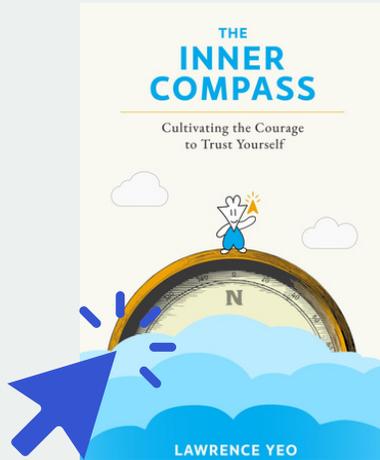
"What a helpful book for reframing clutter that also offers effective strategies to internally change so our external spaces can be changed too. Recommended!" —5 star *NetGalley* review



## ABOUT THE AUTHOR

Don Suttajit

Don Suttajit is a brand strategist, life coach, and the founder of the Live Freely Project. With over 15 years of experience in brand identity and design, he has built a career helping organizations define who they are and communicate their value. Now, Don brings that same expertise to the personal side of life, guiding individuals to clarify their identity and create environments that reflect their true selves.





IF YOU WANT TO KNOW MORE ABOUT  
THESE TITLES, PLEASE GET IN TOUCH!

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