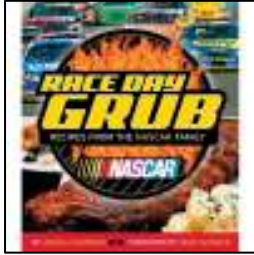
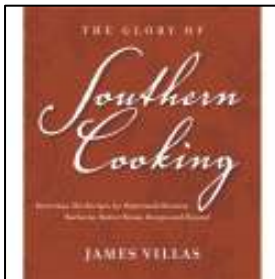


2007 -- PAST PROJECTS



NASCAR is one of America's fastest-growing sports—with no signs of slowing down. In **RACE DAY GRUB (Wiley & Sons; March 2007; Hardcover; \$17.95)**, Angie Skinner—NASCAR insider, wife of star driver Mike Skinner, and seasoned media professional—brings the excitement, anticipation, and high-octane flavor of NASCAR race days to the home kitchen. She shares the race-day routines and recipes of drivers and their families and fans and uncovers the special traditions behind classic NASCAR dishes. From Mark Martin's Salmon in Merlot to Betty Jane France's Lemon Squares, readers can start their engines with speedy snacks and breakfasts, fuel up with tasty main courses, marinades, slick sides, and salads, and finish with a sweet victory lap of desserts. With color photos of drivers and tailgating legends and a sporty NASCAR-driven design, this book is geared up for strong sales.

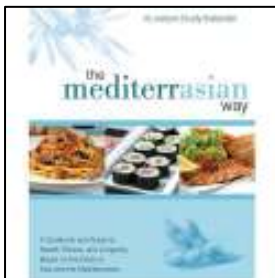
Angela Skinner (Daytona Beach, FL) tours the country with her husband, **NASCAR driver Mike Skinner**. She has appeared on the Travel Channel, will host an upcoming Food Network special, and was the national campaign spokesperson for "Think Fast. Think Eggs!," which included a TV and radio satellite tour. She is also the author of *Turning Points: Defining Moments in the Lives of NASCAR Superstars* (0-943-86031-8).



From award-winning author James Villas—the most complete, authentic, and authoritative book available on Southern cooking.

As Paula Wolfert has said, "there are not many writers around who are as much fun to read as James Villas." Now this proud North Carolina native brings together the best of traditional and new Southern cooking in one definitive volume, **THE GLORY OF SOUTHERN COOKING (Wiley & Sons; March 2007; Hardcover; \$34.95)**. There are more than 380 recipes for cherished favorites like buttermilk biscuits, fried chicken, and pecan pie, plus new recipes by top Southern chefs such as Louis Osteen. Laced with colorful stories, anecdotes, and fascinating lore about the recipes' origins, this new work from James Villas is destined to be a classic.

James Villas (East Hampton, NY) was the food and wine editor of *Town & Country* magazine for 27 years. The author of 12 cookbooks, he was named Bon Appétit's Food Writer of the Year in 2004 and has been nominated for both IACP and James Beard Awards.



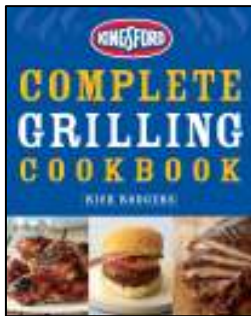
THE MEDITERRASIAN WAY (Wiley & Sons; March 2007; Hardcover; \$27.50) by Ric Watson and Trudy Thelander is the best of all worlds—Mediterranean and Asian, food and lifestyle.

Lose weight and feel great with this long-awaited cookbook from the creators of the popular Web site *MediterrAsian.com*, which attracts over 1.3 million page views a month. Mediterranean and Asian foods are increasingly popular, as studies show that people from both cultures

have long life spans and are less prone than Americans to obesity, diabetes, heart disease, and other chronic illnesses.

Readers learn the secrets of the MediterrAsian lifestyle and how to use the MediterrAsian Balanced Meal System (MBMS), a five-step meal preparation system. A 14-day plan with food, exercise, and relaxation suggestions makes it easy for readers to follow the MBMS. More than 150 simple, delicious recipes draw from Italian, Greek, Provençal, Indian, Chinese, Japanese, and Thai cuisines, and include everything from stir-fries and sushi to tasty pasta dishes, stews, and salads. With charts, maps, photos, and a 16-page color insert, *The MediterrAsian Way* is an innovative, one-of-a-kind practical guide to a healthier diet and lifestyle.

Ric Watson and Trudy Thelander are the creators of *MediterrAsian.com*, a site that has been praised in *USA Today*, *Parade* magazine, and many newspapers.



The definitive grilling guide from America's #1 charcoal brand

Firing up the grill is a rite of summer and an American tradition. Approximately 85 percent of American households grill at least once a month between May and September, and many grill year-round. **KINGSFORD GRILLING COOKBOOK** by Kingsford Charcoal and Rick Rodgers (March 2007; Paperback; \$19.95; ISBN: 0-470-07914-2) is perfect to spark the interest of beginners or to get seasoned pros really fired up, this definitive cookbook features a collection of recipes and

grilling tips that celebrate and enhance the distinct experience of charcoal cooking—real fire, real smoke, and great taste. It has great dishes for family barbecues, holiday cookouts, relaxing weekend picnics, and tailgating. Accessible and reader-friendly, it is filled with advice on everything from selecting the right charcoal grill to cooking the perfect steak, and covers grilling basics such as starting the fire, choosing cuts of meat, using the right amount of heat, and experimenting with different cooking methods.

Spiced up with charts, tips, and hints, the book also includes guidance on shopping for the perfect ingredients, caring for equipment, and grilling more efficiently for quick weeknight cookouts. Recipes include beef, chicken, seafood, pork, vegetables, and even desserts. Some surefire favorites require less than ten minutes of grilling time. With straightforward information, color photos, and recipes that are sure to become family favorites, this is the perfect book for every "backyard magician's" collection.

Kingsford Charcoal has been a leading manufacturer of charcoal since the 1920s and is the bestselling charcoal brand in America today. More than 70 percent of charcoal users buy the Kingsford brand, and it is widely used in top restaurants and barbecue contests around the country. **Rick Rodgers** (East Orange, NJ) is the author of over 25 cookbooks, including the bestselling 101 series. He has been a coauthor, editor, or recipe tester for approximately two dozen additional cookbooks.

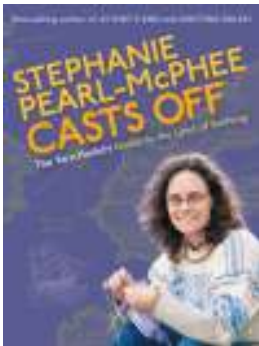


Providing a stunning virtual tour around the internal workings and automatic reactions of the human body, **OUCH! How Your Body Makes it Through a Very Bad Day by Richard Walker** (DK Publishing; March 6, 2007; Hardcover; \$16.99) spans a terrible day in the life of an ordinary kid—from the inside out! The day unfolds as a variety of sensations and responses affect the body one after another, such as clotting agents sent to tackle a knee scrape, throat protectors guarding against a nasty mucous invasion, and an army of repairer cells advancing on a bad burn. Sophisticated computer-generated artwork throws the reader into these action-packed war zones.

But the reader is not alone on this incredible journey—a high-tech, high-definition Nanocam is also on the scene to recognize and record each and every emergency affecting the child. This data guides the reader around the complex network of blood vessels, nerves, muscles, and bones, and analyzes and explains how our body protects itself every minute of the day. These specially-created close-ups show the body's internal battlegrounds at intricate cellular level and from the most mind-blowing angles. With entertaining narrative that presents all the facts in a fresh and memorable way, **OUCH!** reinvents human body reference one amazing 3-dimensional panorama at a time.

About the Author:

Richard Walker is an accomplished and experienced author who has written many books for all age groups in the area of natural history, human biology, science, sex, and health. After training as a zoologist, Richard gained his PhD in physiology and biochemistry, and taught biology and science before becoming a full-time writer. Since 1990, he has written or contributed to more than 70 books, including *The Encyclopedia of the Human Body*, *Megabites: Brain, Nature Encyclopedia*, *Eyewitness 3D Dinosaur*, and *The Visual Dictionary of Plants*. His *DK Guide to the Human Body* won the 2002 Aventis Prize for Science Books Junior Prize. *Genes and DNA* was a NSTA-CBC Outstanding Science Trade Book for Children in 2004. *Microscopic Life* was short-listed for the 2005 Aventis Prize for Science Books Junior Prize.



Set Sail for the Land of Knitters!

For best-selling author Stephanie Pearl-McPhee, knitting is much more than a hobby; it's the place she's transported to each time she picks up a pair of needles. Happily, she's not at a loss for companionship there. It's a world populated by thousands who are obsessed with yarn and needles, and Pearl-McPhee, is their leader.

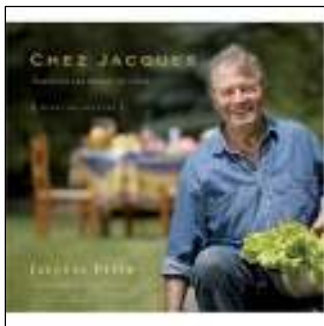
Pearl-McPhee previously gave readers glimpses into her world in her wildly popular books, *At Knit's End* and *Knitting Rules!*, and her blog, www.yarnharlot.com. Now she invites knitters and non-knitters alike into her world in **STEPHANIE PEARL-MCPHEE CASTS OFF (Storey**

Books; March 2007; Paperback; \$14.05), her latest book from Storey Publishing. Using a travel guide format as her launching pad, she serves as tour guide extraordinaire as she describes and critiques the land she knows so well.

The Land of Knitting is a welcoming place, and, as Pearl-McPhee recounts, the journey begins the moment a knitter purchases a luscious ball of yarn or cracks open a pattern book. With her infectious, wry humor and unapologetic love for the place, she describes and critiques every aspect of the magical world a traveler will encounter. It is a land where many thought they were merely passing through (staying just long enough to finish one baby blanket, perhaps), but found they had to visit just one more yarn store, then another, then another...

People journey to the Land of Knitting for many reasons. Some are looking for serenity and relaxation. Others see the craft as a challenge to be conquered. Still others are drawn there by the people they are likely to meet. Whatever the reason for going, Pearl-McPhee is there to show the way, with her hilarious look at the language (cast off or bind off); the politics (acrylic or pure merino); and even the ailments travelers may be susceptible to (Beware of Second-Sock Syndrome!). She also takes time to reflect on the country's history and heroes, such as the Seventh Earl of Cardigan, who sent his men into battle wearing the woolen button-front jackets that would bear his name.

There are millions of inhabitants in the Land of Knitting, but there's always room for more, and with Stephanie Pearl-McPhee as goodwill ambassador, newcomers are certain to feel welcome. **Stephanie Pearl-McPhee Casts Off** is both an invitation to join a magical yarn-bound expedition and insider's guide to the pleasures to be found upon arrival.



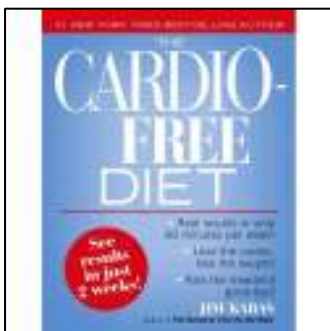
Of the 20-plus cookbooks Jacques Pépin has written, **CHEZ JACQUES (Stewart, Tabori & Chang; May 2007; Hardcover; \$45.00)** is his most personal and engaging. Now starring in his tenth PBS series, Pépin ranks among America's most beloved cooking teachers, and this book shows us why.

The book's 100 recipes—for soups and appetizers, main courses, side dishes, and desserts—are Pépin's own favorites among the thousands he has created over a lifetime of cooking. Using readily available ingredients and relying upon familiar techniques, these are the dishes he makes when preparing food at his Connecticut home.

But **CHEZ JACQUES** is more than a collection of well-liked recipes; it's also a captivating sentimental journey. Each dish is introduced by a recollection—of picking dandelion greens for a spring salad, of buying fresh eggs from the local farmer—that invites readers to share in the traditions and rituals of Pépin's most intimate circle.

This treasury of great food, lore, and memory is exquisitely illustrated with a sampling of Pépin's paintings, as well as hundreds of color photographs of the finished dishes and of Pépin in all his "natural habitats"—pitching boules with a group of friends, savoring a glass of chilled rose in the afternoon sun, painting landscapes, designing menus, and, of course, working in his kitchen.

JACQUES PÉPIN has been cooking professionally and teaching others how to cook for more than 50 years. Before moving to America in 1959, he was the personal chef to three French heads of state. In America, Pépin shared the spotlight with Julia Child on their series *Julia and Jacques Cooking at Home*. He has published more than 20 cookbooks, is currently a dean at the French Culinary Institute, and teaches culinary arts at Boston University. In 2004, he was awarded the French Legion of Honor. He lives in Madison, Connecticut, with his wife, Gloria. Photographer TOM HOPKINS has enjoyed a friendship with Jacques Pépin since they met working on *The Art of Cooking* together 20 years ago. In addition to food, Hopkins shoots fashion and travel for catalogs and advertising. He lives in Madison, Connecticut.



Are you interested in losing weight, keeping it off, and completely changing your body shape to the astonishment of your friends? What if you found out this goal was best achieved without ever stepping on a treadmill or elliptical trainer again? And what if you would see and feel amazing results—in only eight weeks?

In **THE CARDIO-FREE DIET** (Simon Spotlight Entertainment; May 2007; Hardcover; \$23), Jim Karas reveals how to do just that. The reason is both shocking and completely true: **Cardiovascular**

exercise alone won't help you lose the weight and keep it off (no matter how many times you've been told it will)! Cardio is mindless and according to Karas, *mindless exercise yields forgettable results*.

This revolutionary exercise and diet program will literally transform your body in eight weeks. Don't think you're getting off the hook by going cardio-free: you will still exercise but you'll do the right kind of exercise to see and feel amazing results. You'll also learn the right way to eat to compliment your new exercise program, so you'll lose the weight and keep it off, once and for all.

Karas, a #1 *New York Times* bestselling author and weight loss expert, has sculpted the bodies of numerous celebrities, including Hugh Jackman and Diane Sawyer, all with no cardio. With 20 years of experience, Karas believes that not only does cardio not work, it *kills*—it kills your time, energy, joints, posture and your muscles. Instead of spending an hour running on a treadmill five times a week, you'll learn how to perform strength training exercises for 20 minutes a day, three times a week.

Brian Yarvin is the co-author of *Cucina Piemontese* and *Farms and Foods of the Garden State* and is an instructor of food and commercial photography. He has written about and photographed food for local and national periodicals and lives in Edison, NJ.



We all have fond memories of a favorite dessert our grandmother or mother used to bake. Through the years these recipes provide comfort in times of stress, become the centerpiece during a holiday celebration, and most certainly remind us of the person who used to bake for us so lovingly, those many years ago. Wouldn't it be wonderful to preserve these beloved recipes for future generations of family and friends, and keep them from becoming lost to time and memory?

In **HEIRLOOM BAKING WITH THE BRASS SISTERS** (Black Dog & Leventhal; October 2006; Hardcover), two remarkable women who are life-long collectors of kitchen antiques and original family recipe collections—and world-class bakers themselves—have done just that. They have put together a treasure trove of 150 “lost” family dessert recipes, all lovingly preserved and carefully tested.

The recipes range from the late 1800s to today, and come from the widest variety of ethnicities and regions. Arranged in thematic chapters—including Holidays with Family and Friends, Baking with Mama, and Coming to America—the book features such down-home and delicious baked goods as *Pumpkin Cheesecake Bread Pudding*, *Chocolate Apricot Hamantaschen*, *Auntie Ida's Pecan Ring*, *Cuban Flan*, *Cranberry-Orange Cream Scones*, *Chattanooga Chocolate Peanut Butter Bars*, *Canadian Sugar Pie*, and many more. Accompanying the recipes are stories from the lives of the families from which they came—along with lots of special memories from the Brass sisters' own childhoods in the kitchen and personal tips to make every tasty dish a sure-fire success.

The desserts in **HEIRLOOM BAKING** are simple to make and require basic items, because, after all, the kitchens of our ancestors did not have lots of fancy ingredients—and the Brass Sisters have taken care to update every recipe for today's modern kitchens. More than 150 specially commissioned photographs showcase the scrumptious desserts in full-color detail. Finally, the Brass sisters encourage each reader to begin collecting his or her own family recipes in the keepsake envelope and lined pages at the back of the book. More than a cookbook, **HEIRLOOM BAKING** is a useful and inspiring beginning to a new family tradition of food, memories, and fun.

Marilynn Brass and Sheila Brass are home cooks with over ninety years of baking experience

between them. Their recipes have appeared in three of Nick Malgieri's James Beard Award-winning cookbooks, and they have made appearances on *Antiques Roadshow FYI* as culinary antiques experts. Marilyn Brass is a former employee of WGBH/Boston, in the This Old House/Yankee Workshop/Victory Garden production unit. Sheila Brass is a former designer of children's clothing, and is currently employed in the public television division of WGBH/Boston. Together they are principals in their company Shelmar Antiques.