

2025
LONDON HIGHLIGHTS LIST
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Penguin Publishing Group, 1745 Broadway, New York, NY 10019

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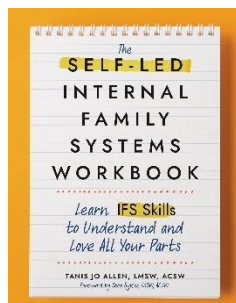
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MINDFULNESS, PSYCHOLOGY, SELF-HELP, TAROT



Allen, LMSW, ACSW, Tanis Jo

THE SELF-LED INTERNAL FAMILY SYSTEMS WORKBOOK: Learn IFS Skills to Understand and Love All Your Parts

Psychology/Self-Help | **Zeitgeist Trade Paperback** | January 2025

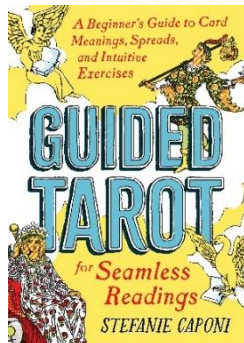
Transform the way you relate to yourself and your mental health struggles with this clear and structured guide to Internal Family Systems (IFS), an evidence-based approach to parts work therapy. The IFS model views every person as having an “internal family” of parts or subpersonalities, each with their own set of thoughts, feelings, and roles. Developed by a veteran IFS clinician who has lived, practiced, and trained others on the IFS model for more than 25 years,

THE SELF-LED INTERNAL FAMILY SYSTEMS WORKBOOK can help you connect to your true, authentic Self—which is always inside of you, ready to lead—so you can meet your internal family of parts, respond compassionately when they’re activated, and send them healing energy when they need it.

Tanis Jo Allen, LMSW, ACSW, is a certified IFS psychotherapist in private practice in Michigan. She has been practicing, training in, and teaching the IFS model for more than 25 years, having presented many workshops and trainings in the Midwest and Canada, and as a guest lecturer at the University of Michigan. Her professional experience includes clinical social work in education, both mental and physical healthcare settings, and hospice care. Her clinical specializations include anxiety and depression, all forms of eating disorders, grief, loss, and trauma issues, adjustment to physical illness, and relationship concerns. As an IFS clinical consultant, she also provides supervision and mentorship to psychotherapists learning the model. She established and directs the [IFS Great Lakes Retreat](#).

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Caponi, Stefanie

GUIDED TAROT: A Beginner's Guide to Card Meanings, Spreads, and Intuitive Exercises for Seamless Readings

Tarot/Body, Mind, Spirit | **Zeitgeist Trade Paperback** | October 2020

****NOW ALSO AVAILABLE AS A BOX SET WITH A TAROT DECK INCLUDED!****

For beginner tarot readers, learning all 78 cards and understanding how to use spreads may seem daunting, but, as Tarot expert Stefanie Caponi explains, interpreting the cards is a blend of knowing the card meanings, listening to your heart, and trusting your intuition. In her fully-illustrated guide, she offers easy exercises to nurture and grow your intuition and to attune your energy to the deck for more accurate readings. With GUIDED TAROT, you'll learn more about yourself, get divine guidance with life decisions, and overcome obstacles in your relationships—all while celebrating your unique gifts and honoring your higher self.

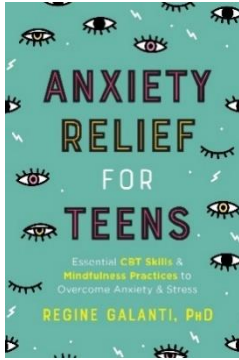
Stefani Caponi is an astrologer, tarot reader, illustrator, and bestselling author. Her work is centered around exploring shadow work, healing, and creativity using tarot and astrology as a vehicle to access the hidden realms of the self. She has been reading tarot for more than 20 years, and established her business after creating her tarot deck, [The Moon Void Tarot](#). She also writes monthly horoscopes for *Dame*, and contributes to *Well + Good*, *The Everygirl*, and *Refinery29*.

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Galanti, PhD, Regine

ANXIETY RELIEF FOR TEENS: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress

Psychology | **Zeitgeist Trade Paperback** | March 2020

Getting good grades, keeping up with social media, maintaining friendships...teens have a lot on their plates, and it's only more difficult when you add anxiety to the mix. With ANXIETY RELIEF FOR TEENS, Dr. Regine Galanti teaches teens how cognitive behavioral therapy (CBT)-based skills and mindfulness techniques can help them manage their anxiety and reverse negative patterns. Through simple and effective exercises that help change thoughts, behaviors, and physical reactions, this helpful guide gives the tools teens need to navigate all of life's challenges.

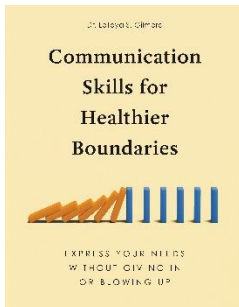
[Regine Galanti, PhD](#), is a licensed clinical psychologist and the founder of Long Island Behavioral Psychology, where she brings warmth, sensitivity, and a tailored problem-solving approach to her practice. She specializes in CBT and has expertise in obsessive-compulsive disorder, anxiety, parenting, and behavior problems.

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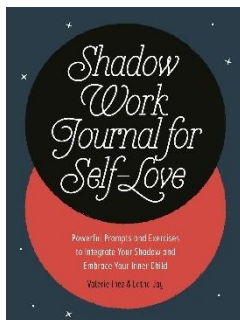
Gilmore, Dr. LaToya S.

COMMUNICATION SKILLS FOR HEALTHIER BOUNDARIES: Express Your Needs without Giving In or Blowing Up

Self-Help | **Zeitgeist Trade Paperback** | April 2025

In COMMUNICATION SKILLS FOR HEALTHIER BOUNDARIES, licensed psychotherapist Dr. LaToya S. Gilmore addresses the struggles many face when they can't express their needs, often resorting to either giving in or losing control. It provides essential tools to break free from these patterns and communicate with clarity and confidence. Learn how to set firm, healthy boundaries without guilt and honor yourself without fear of conflict.

[Dr. LaToya S. Gilmore](#) is a licensed therapist, educator, consultant, writer, and speaker. She inspires those she works with to intentionally integrate self-care and healthy boundaries in their daily lives and is an advocate for ending the stigma related to seeking therapy.



Jay, Latha and Valerie Inez

SHADOW WORK JOURNAL FOR SELF-LOVE: Powerful Prompts and Exercises to Integrate Your Shadow and Embrace Your Inner Child

Body, Mind, & Spirit | **Zeitgeist Trade Paperback** | May 2023

Shadow work is the process of uncovering the parts of you that you subconsciously hide or reject, such as unwanted traits or characteristics suppressed during childhood, and bringing them into your awareness. It allows you identify, heal, and accept all parts of yourself so you're no longer held back by emotional triggers, self-sabotaging behaviors, and self-limiting beliefs. With SHADOW WORK JOURNAL FOR SELF-LOVE, you'll connect with your inner child, release shame, guilt, and fear, and face the world anew as your whole, authentic self.

[Latha Jay](#) is a spiritual manifestation coach and Ayurvedic practitioner who blends modern knowledge with traditional wisdom. She integrates what she has learned through life experiences to teach people to shift perceptions, manifest, and live happier lives. She is passionate about guiding clients through lifestyle and mindset modifications to transform their lives to a new experience of happiness, freedom, and love.

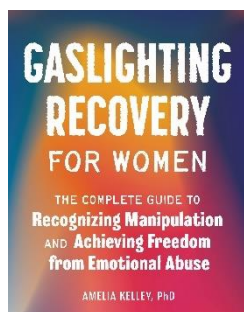
[Valerie Inez](#) is a writer, intuitive, healer, and shadow work guide. Comfortable diving deep into the shadows and bringing the darkness into the light, she helps her clients rise from the ashes, find their inner magic, and step into their divine power.

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Kelley, PhD, Amelia

GASLIGHTING RECOVERY FOR WOMEN: The Complete Guide to Recognizing Manipulation and Achieving Freedom from Emotional Abuse

Self-Help/PTSD & Abuse | **Zeitgeist Trade Paperback** | August 2023

Gaslighting is one of the most destructive forms of emotional abuse that women can experience, causing them to distrust their own realities and perceptions and even believe that they have a mental illness. In GASLIGHTING RECOVERY FOR WOMEN, trauma-informed therapist Amelia Kelley, PhD, offers evidence-based therapy and tools to help women detect and protect themselves from manipulation that can occur in all key areas of life. Her guided approach to healing from abuse helps survivors establish a greater sense of self-worth, self-esteem, and empowerment.

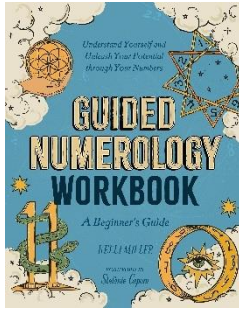
[Amelia Kelley, PhD](#), is an integrative, trauma-informed therapist focusing on motivation, women's issues, empowering survivors of abuse and relationship trauma, Highly Sensitive Persons, healthy living, and adult ADHD. Dr. Kelley is an adjunct professor in counseling at Yorkville University and a nationally recognized relationship expert featured on [SiriusXM's Doctor Radio program](#) "The Psychiatry Show," exploring the impact of gaslighting on our society. She is the co-author of *What I Wish I Knew: Surviving and Thriving After an Abusive Relationship* and a regular contributing writer for the world's largest blog for HSPs, *The Highly Sensitive Refuge*. Her work has been featured in *Teen Vogue*, *Scary Mommy*, *Yahoo! News*, *Well+Good*, and *Insider*.

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Vietnamese – Alpha Books



Miller, Kelli; Foreword by Stefanie Caponi; Illustrated by Coni Curi

GUIDED NUMEROLOGY WORKBOOK: A Beginner's Guide: Understand Yourself and Unleash Your Potential through Your Numbers

Self-Help/Numerology | **Zeitgeist Trade Paperback** | January 2025

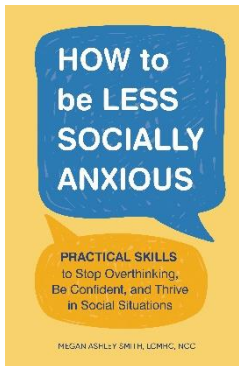
Numerology is an ancient practice that assigns specific meanings to numbers and helps people decode messages about their personalities and destinies. The primary tool for self-understanding in numerology is the numerology chart, a customized group of numbers derived from your unique information, including your name and birthday. In GUIDED NUMEROLOGY WORKBOOK, you'll learn to master the principles of numerology and delve into the significance of your Life Path Number, Expression Number, Inner Soul Number, and more. You'll receive the tools and knowledge to understand yourself better, improve your relationships, and navigate life's challenges.

Express yourself, improve your relationships, and navigate life's challenges.

[Kelli Miller](#) is a retired psychic and medium with over 10 years of experience. She is dedicated to guiding others as a spiritual development teacher and mentor. As a transformational speaker, she inspires audiences with her unique insights and wisdom, helping them maximize their full spiritual and personal potential. She is the CEO of [Awakenings](#), a selection of metaphysical supplies designed to support your spiritual journey.

Rights sold to:

Spanish – Centro de Libros



Smith, LCMHC, NCC, Megan Ashley

HOW TO BE LESS SOCIALLY ANXIOUS: Practical Skills to Stop Overthinking, Be Confident, and Thrive in Social Situations

Self-Help/Anxiety | **Zeitgeist Trade Paperback** | March 2025

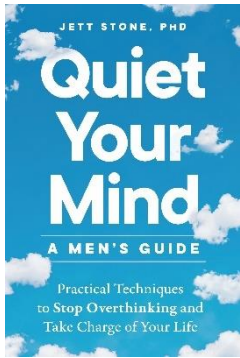
HOW TO BE LESS SOCIALLY ANXIOUS offers practical advice to help you navigate feeling overwhelmed at social events, struggling with overthinking and making conversation, and more. Written in clear, accessible language, this book provides actionable solutions and tools that you can apply in everyday social situations. Whether you're looking to build confidence, improve your communication skills, or simply feel more comfortable around others, this guide supports you every step of the way.

[Megan Ashley Smith, LCMHC, NCC](#) is a licensed clinical mental health therapist with a mission to help people overcome social anxiety and lead fulfilling lives. Having personally navigated the turbulent waters of social and general anxiety, she brings a deep sense of empathy and understanding to her practice, making her approach both relatable and compelling.

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Stone, PhD, Jett

QUIET YOUR MIND: A MEN'S GUIDE: Practical Techniques to Stop Overthinking and Take Charge of Your Life

Self-Help/Stress Management | **Zeitgeist Trade Paperback** | October 2024

Overthinking creates unproductive, repetitive thoughts, often leading to anxiety, stress, and depression. Combined with social norms dictating that men stay “strong and silent” in the face of their internal struggles, overthinking can have other consequences for men as well, including irritability, aggression, impulsivity, and risk-taking behaviors. In this guidebook, author Jett Stone, PhD, a seasoned clinical psychologist and organizational consultant with years of experience working with men, offers practical, actionable strategies to help you take back your life from the cycle of

overthinking and break free from unhelpful mental loops and cycles of rumination. Filled with valuable insights and practical skills that you can apply immediately, this book will help you learn to identify and challenge negative thought patterns, cultivate a positive mindset, and develop self-confidence.

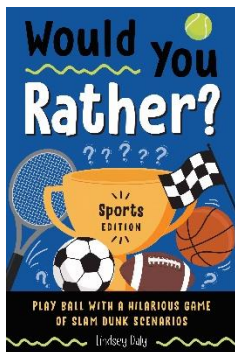
[Jett Stone](#) is a clinical psychologist, writer, and organizational consultant on a mission to improve men’s mental well-being and add multidimensionality to their inner lives. He founded a clinical practice in Connecticut, focusing on individual and couples psychotherapy and supervises doctoral students. As a consultant for WorkHaven, Stone helps leaders thrive in their high-stress careers. He also writes for *Psychology Today*, where his articles focus on the male mind. His writings and contributions have appeared in academic journals, *The New York Times*, *The Guardian*, and *Fortune*.

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FAMILY, GAMES, HUMOR



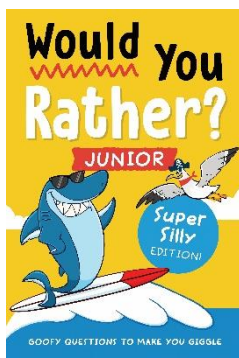
Daly, Lindsey

WOULD YOU RATHER? SPORTS EDITION: Play Ball with a Hilarious Game of Slam Dunk Scenarios

Humor/Games | **Z Kids Trade Paperback** | March 2025

Put on your sports gear, warm up your muscles, and crack open the pages of WOULD YOU RATHER? SPORTS EDITION for an Olympic-size challenge! These lively questions provide hours of entertainment about all aspects of the thrilling world of sports. Whether you love team sports, solo sports, or extreme sports, you’ll love this Super Bowl of Would You Rather questions.

Lindsey Daly works as a middle school social studies teacher and manages an [Instagram](#) page targeted at educators. She has a BA in history and a certification in secondary education.

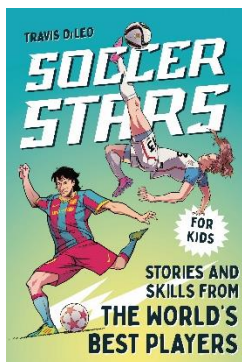


WOULD YOU RATHER? JUNIOR: SUPER SILLY EDITION!: Goofy Questions to Make You Giggle

Humor | **Z Kids Trade Paperback** | February 2025

Nothing’s better than laughing out loud with your child! And these silly “Would You Rather?” questions are designed to make you both giggle (and reveal how your child thinks!). Whether you’re choosing a taco filled with frog legs or lizard toes or wondering if sleeping in an amusement park or a toy store would be more fun, WOULD YOU RATHER? JUNIOR: SUPER SILLY EDITION! taps into the silliness that makes kids giggle.

KIDS



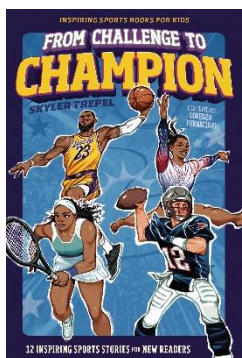
DiLeo, Travis

SOCCER STARS: Stories and Skills from the World's Best Players

Sports | Z Kids Trade Paperback | April 2025

Is your child *obsessed* with soccer? SOCCER STARS is the perfect gift for young players and fans of the sport—a treasure trove of some of the greatest and most inspiring stories in the history of professional soccer, tailored for young readers. Written by soccer coach and exercise physiologist Travis DiLeo, this book will teach readers about each player's signature moves and how they used them to win. Ideal for soccer fans ages 8 to 12, this book will inspire both soccer fans and new readers excited to learn more about “the beautiful game.”

[Travis DiLeo](#) is an exercise physiologist who has played soccer at the club, classic, high school, and collegiate level. He has coached soccer at Penn State Altoona and for the Pittsburgh Riverhounds Academy. In 2019, he launched a youth development academy, [TD Soccer Performance Academy](#). Its mission is to maximize the potential of serious players through a unique and scientific approach.



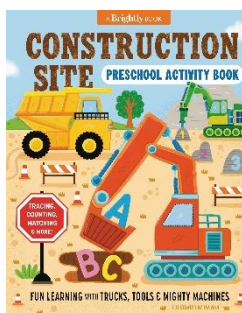
Trepel, Skyler

FROM CHALLENGE TO CHAMPION: 12 Inspiring Sports Stories for New Readers

Sports for Kids | Z Kids Trade Paperback | April 2025

Do you have a sports-obsessed kid eager to learn more about their favorite stars? Thrill them with FROM CHALLENGE TO CHAMPION, a collection of stories about legendary athletes from soccer, basketball, gymnastics, baseball, and more. They'll learn how these athletes overcame incredible challenges and emerged victorious. From Simone Biles and Serena Williams to Lionel Messi and LeBron James, each athlete's take is a testament to hard work and perseverance that is sure to inspire and empower your child.

[Skyler Trepel](#) is a multimedia sports and entertainment journalist and author with a passion for education, sports, entertainment, and family. He has written hundreds of articles for various publications and is currently a contributing writer for [People magazine](#), focusing on sports and entertainment.



Wan, Liv

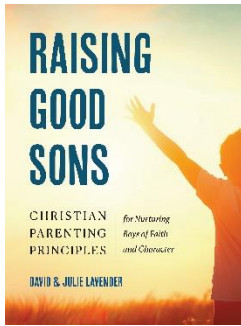
CONSTRUCTION SITE PRESCHOOL ACTIVITY BOOK: Fun Learning with Trucks, Tools, and Mighty Machines

Activity Book for Kids | Z Kids Trade Paperback | May 2025

Kids ages 3 to 5 can explore the busy, noisy world of excavators and jackhammers with CONSTRUCTION SITE PRESCHOOL ACTIVITY BOOK. They'll have fun learning about what the crew wears to stay safe, counting how many building floors a wrecking ball truck will demolish, tracing a path for a concrete truck, and identifying tools in a toolbox. Filled with fun facts, tracing numbers and ABCs, matching, pattern recognition, coloring activities, and more, preschoolers will discover the building blocks of learning through their love of construction.

Liv Wan is an award-winning illustrator with a decade of experience. She creates everything digitally; her style is fun, colorful, and often influenced.

RELIGION



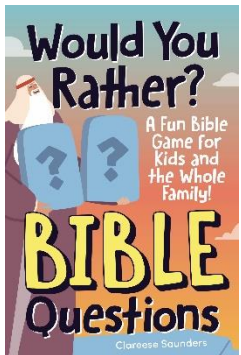
Lavender, Julie and David

RAISING GOOD SONS: Christian Parenting Principles for Nurturing Boys of Faith and Character

Religion | Zeitgeist Trade Paperback | April 2025

In a world filled with countless parenting books and ever-changing advice, Christian parents often seek a single, unwavering source of guidance: God's Word. In **RAISING GOOD SONS**, readers will learn how to lean on God while raising boys who are not only resilient and morally grounded but also deeply rooted in their faith. With heartfelt encouragement and scriptural wisdom, this book will become your trusted companion, reminding you that with God you are never lost or alone in your parenting journey.

[Julie and David Lavender](#) met in a tenth-grade chemistry class and married after college graduation before beginning to work on their master's degrees. Julie received a master's degree in early childhood education, and David a master's in entomology. They are enjoying their time with their children and grandchildren, loving the opportunity to spend more time outdoors, and finding lots of time to write together. They are the authors of books, magazine and newspaper articles, and devotions.



Saunders, Clareese

WOULD YOU RATHER? BIBLE QUESTIONS: A Fun Bible Game for Kids and the Whole Family!

Religion | Z Kids Trade Paperback | March 2025

WOULD YOU RATHER? BIBLE QUESTIONS invites kids 8 to 12 to discover or revisit familiar illustrations of God's true love through vibrant examples found in the Bible. They'll encounter miracles, heroes, Jesus' life, parables, and more as they compete to offer the funniest, wisest or most creative answer to win in this lively Christian book of challenges. There's a question for every Christian kid to explore their faith with more than 170 fun, humorous, and surprising scenarios from the Bible.

[Clareese Saunders](#) is a social worker practicing in New York City schools. When she's not being schooled on the latest trends by her students, she's likely relaxing with her amazing quarantine cats, Lily and Mosley. She is passionate about storytelling, community, and growth and how it all connects back to Jesus and his amazing grace.

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