

practical, two-pronged (and, in some cases, self-evident) approach to purging and reorganizing. The first prong is tossing: in the entryway, for example, the list of “what to toss” includes “orphaned gloves, junk mail, multiples of anything.” The second prong, reordering, includes suggestions such as “pick a place to put the day’s mail” and “keep a recycling bin near your mail pile.” The book provides detailed solutions for every space in the house, with advice from expert designers and everyday people alike. “Clean up like a Kindergarten teacher,” writes Howard Garrett, a kindergarten teacher from Brooklyn, who advocates keeping an uncluttered kitchen by labeling containers and storing them in easily accessible cubbies. The authors also address common blights such as unsightly electrical cords. Some solutions will feel obvious, such as using a hanging canvas shoe organizer, while others, such as the three strategies for pot-lid storage, may revolutionize. Readers prone to clutter won’t find any life-changing magic here, but the book serves as a great resource for anyone moving into a new space. (Nov.)

Parenting

★ We Don’t Talk Anymore: Healing After Parents and Their Adult Children Become Estranged

Kathy McCoy. Sourcebooks, \$16.99 trade paper (368p) ISBN 978-1-4926-5113-0

Centered on the idea that the only person whose “perceptions, attitudes, and behaviors” you can change are your own, this practical guidebook goes through

the most common conflicts between older parents and their adult children and offers the perspective of each side. Family therapist McCoy (*The Teenage Body*)

goes through top stressors—such as culture clashes, “gray” (late in life) divorce, money, and sexuality—that cause breaks in familial relationships and explains the usual thought processes behind each side’s responses to these stressors, all in a format that will make it

easy for readers to turn right to what they need most. McCoy condemns entitled behaviors that cause intergenerational anger and estrangement, such as millennials moving home without showing they intend to pursue their goals, with gentle firmness. She provides clear steps for both parents and children to stop cycles of blame, take responsibility, and learn to live with difference. This book is a great starting place for readers hoping to let go of long-term resentments and improve communication with estranged family members. *Agent: Stephany Evans, Ayesha Pande Literary.* (Oct.)

What to Believe When You’re Expecting: A New Look at Old Wives’ Tales in Pregnancy

Jonathan Schaffir. Rowman & Littlefield, \$30 (168p) ISBN 978-1-5381-0207-7

Obstetrician Schaffir delivers a well-researched, if surprisingly humorless, look at various folk beliefs around pregnancy and helps sort out the possible, the illogical (“Why would spicy food start labor?”), and the just plain strange. The book is smartly organized around stages of pregnancy and motherhood, going from conception to labor to breastfeeding, and briefly examines questions associated with each. Are dry beets, rice, and pomegranates reliable fertility aids? Is a baby’s gender associated with the father’s virility? Can chocolate make a baby’s disposition sweeter, and can a mother’s stress make it worse? Although Schaffir diligently shares a slew of superstitions and misbeliefs, as a physician and scientist he is careful not to encourage belief in most of the “remedies” or advice. Sex and dinner as inducements for labor might be pleasurable but “there is little evidence” that they actually work, he writes. The jovial author’s best advice to parents is to “take what nature gives them and love their baby no matter what,” rather than concern themselves with issues beyond their control—baby gender, for instance. A higher dose of levity, and perhaps a more visually interesting presentation than Schaffir’s blocks of uninterrupted text, would make this intriguing and informative survey an even more enjoyable reading experience. (Oct.)

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FICTION

The Fall of Dragons Miles Cameron. Orbit, ISBN 978-0-316-30244-9, Oct.

Blade of Empire Mercedes Lackey and James Mallory. Tor, ISBN 978-0-7653-2439-9, Oct.

(Id)entity P.J. Manney. 47North, ISBN 978-1-5039-4849-5, Oct.

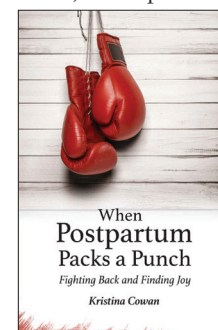
Wychwood George Mann. Titan, ISBN 978-1-78329-409-1, Sept.

Need You Now Emma Douglas. St. Martin’s, ISBN 978-1-250-11098-5, Sept.

When Postpartum Packs a Punch: Fighting Back and Finding Joy

Kristina Cowan. Praeclarus, \$15.95 trade paper (274p) ISBN 978-1-946665-00-3

Journalist and debut author Cowan explores postpartum depression (PPD) and other birth-related mood disorders in this informative yet personal text. After her first baby was born, Cowan was steeped in sadness; motherhood was not proving the joyride she had expected. The author sought help, finding it in a mixture of antidepressants, therapy, and her religious faith. Inspired to investigate further, she gathered the stories of other mothers suffering from postpartum disorders. (Interestingly, like the author, a number of women interviewed for the book went on to help others after experiencing PPD themselves.) Cowan alerts readers to symptoms, risk factors, and neurochemical causes; outlines common therapies and medications; and defines the five major perinatal mood and anxiety disorders, including postpartum psychosis, a rare but serious condition. She also shares the stories of dads who have faced paternal postnatal depression. Talking about the issue and sharing experiences, the author notes, are important ways of addressing



a subject often buried by shame. This powerful and useful book will be a boon for women facing any of these devastating postpartum disorders. (BookLife)

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