



Mayo Clinic Press

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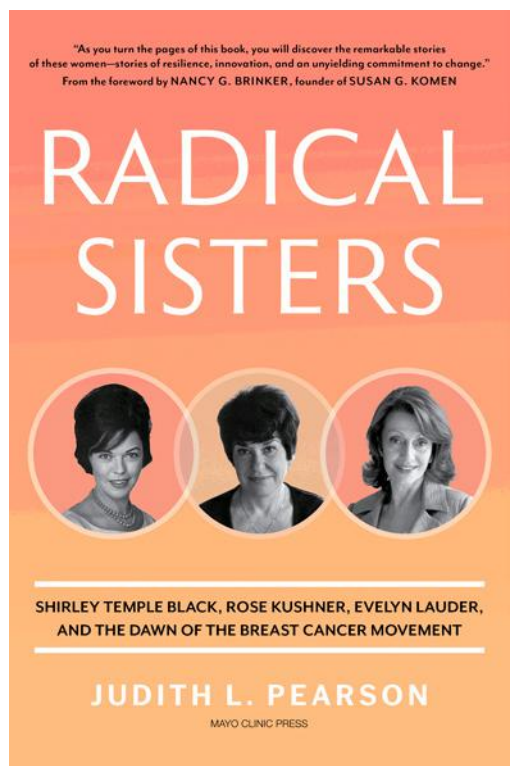
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September 2025

Hardcover | 6.125 x 9.25 in. | 264 pp.

979-8-88770-237-7 | \$27.99

Judith L. Pearson is the author of *Crusade to Heal America: The Remarkable Life of Mary Lasker* (2023 Florida Book Award Winner) and three previous biographies: *The Wolves at the Door*, *Belly of the Beast*, and *From Shadows to Life*, which won the 2022 Nautilus Gold Award. A graduate of Michigan State University, Pearson and her husband spend life on the glorious gulf coast in Venice, Florida.

Radical Sisters

Shirley Temple Black, Rose Kushner, Evelyn Lauder, and the Dawn of the Breast Cancer Movement

Judith L. Pearson

The inspiring story of three trail-blazing advocates who turned their breast cancer diagnoses into a movement that has saved millions.

“The doctor can make the incision, but I’ll make the **decision**.”

— Shirley Temple Black

“I have a streak of stubbornness and a loud voice.” — Rose Kushner

“I believe that one must leave the world a better place than you found it.” — Evelyn Lauder

There was a time when women’s health was marginalized. There was a time when breast cancer wasn’t discussed. There was a time when October wasn’t pink. But three women—**Shirley Temple Black, Rose Kushner, and Evelyn Lauder**—refused to be silenced. Their courage ignited a movement that forever changed the way society addresses breast cancer.

When these “radical sisters” were diagnosed, they faced a medical world rife with myths, outdated protocols, and a shocking lack of research. Breast cancer awareness was non-existent, and treatment options were limited. Yet, Shirley, Rose, and Evelyn—empowered by their own diagnoses—became trailblazing advocates for **breast cancer research, early detection, and women’s health**. Their efforts broke open the conversation and set the stage for a new era of **breast cancer advocacy**.

Radical Sisters, meticulously researched by award-winning biographer **Judith L. Pearson**, chronicles their powerful journeys. Taking cues from the women’s health and AIDS movements, these inspirational women demanded a shift in how society viewed breast cancer—not as a taboo, but as a cause worthy of public attention and action.

Today, more than 300,000 women are diagnosed with breast cancer each year. They stand on the shoulders of these courageous pioneers, whose legacy has empowered generations to advocate for better healthcare, increased research, and greater awareness.

KEY SELLING POINTS

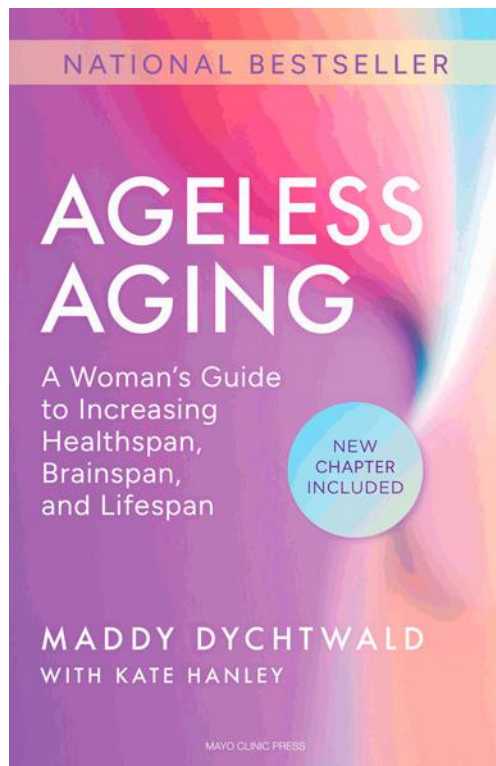
1) Continued attention to breast cancer: Breast cancer is the most common cancer among women in the United States, with 300,000 diagnoses every year. About 1 in 8 women in the U.S. will develop breast cancer at some point in their lives. With rates of breast cancer increasing among young women, there is a renewed interest in prevention and treatment of the disease.

2) Popularity of women's histories, including hidden histories around women and medicine or the sciences, including *Radium Girls*, *Radical*, *The Woman They Could Not Silence*, and *The Code Breaker*.

3) Tie-in with Breast Cancer Awareness Month: Timed for availability in October, *Radical Sisters* takes a fresh look at breast cancer awareness and patient advocacy through the lens of its three subjects.

4) Thoroughly sourced: The book's wealth of research comes from national and collegiate archives, the National Library of Medicine, the National Institutes of Health, periodicals of the era, and interviews with the women's families and friends.

5) Award-winning author who's also a breast cancer survivor: Pearson's most recent book, *Crusade to Heal America: The Remarkable Life of Mary Lasker* won a 2024 Florida Book Award. In 2015, she founded A 2nd Act, a nonprofit whose mission is to celebrate and support women survivors of all cancers who are giving back to the greater good.



October 2025

Paperback | 6 x 9 1/4 in. | 360 pp.

979-8-88770-405-0 | \$18.99

Maddy Dychtwald is an internationally acclaimed author, public speaker, and thought leader on longevity, aging, the new retirement, and the ascent of women. She co-founded Age Wave, the world's leader in understanding and addressing the far-reaching impacts of our aging population, and has led numerous acclaimed studies on women and money. In addition, she has been involved in more than 25 thought leadership research studies worldwide on aging, longevity, retirement, health, family, caregiving, housing, and leisure, which have cumulatively garnered more than 14 billion media impressions. Maddy has been featured in *Bloomberg Businessweek*, *Forbes*, *Newsweek*, *Time*, Fox Business News, CNBC, and NPR, and others. She has written many blog posts for the *Wall Street Journal*, and *Huffington Post*. Maddy is the author of two previous books: *Influence: How Women's Soaring Economic Power Will Transform Our World for the Better* and *Cycles: How We Will Live, Work, and Buy*. She lives in San Francisco with her family.

Ageless Aging

A Woman's Guide to Increasing Healthspan, Brainspan, and Lifespan

Maddy Dychtwald with Kate Hanley

NATIONAL BESTSELLER

Now available in paperback, with a new chapter: A holistic plan based on cutting-edge science that helps women take advantage of the scientific, medical, psychological, and spiritual tools available to them as they age.

We are in the midst of a longevity revolution. And that is particularly true for women:

- Women can expect to live five years longer than men.
- A 50-year-old woman can expect to live another 35 years, on average.
- Women comprise 80% of centenarians, the fastest growing segment of the world's population.

But despite these incredible statistics, women are not living *well*. Women typically spend the last 14 years of their lives in a cascade of health issues. And while current research suggests that some 70 to 90% of your health and longevity is under *your* control—rather than at the mercy of your genes—the reality is that most women are not taking advantage of the measures that could lead to a longer and happier life.

Ageless Aging presents a pioneering new way for women to age—an ascent that includes feeling youthful and vital while gaining wisdom, resilience, and experience. It provides a holistic, actionable plan that will help women make use of all the tools available to them as they grow older.

Women need a trusted resource to help them thrive as they age. Internationally acclaimed author and thought leader Maddy Dychtwald is the perfect guide. Maddy has her finger on the pulse of all the latest research, science, and information about longevity and aging, as well as the specific issues facing women. She understands that *Ageless Aging* is a complex process, that the various pieces of the puzzle work synergistically, and with this book she shows you how to create your best future self by taking control of the aging process.

A national bestseller when it was released in hardcover, the paperback edition includes a new chapter with recent developments in the fast-moving world of longevity—from wearables and AI to breakthroughs in Alzheimer's and the gut microbiome.

KEY SELLING POINTS

1) LONGEVITY IS BOOMING: This is *Outlive* by Peter Attia, but for women, written by a woman (one who is in her 70s and has the lived experience of aging). Longevity is one of the hottest topics in women's health, as also evidenced by other recent best-sellers *The Blue Zones* franchise, *Good Energy* (Casey Means), *Forever Strong* (Gabrielle Lyon), *The New Menopause* (Mary Claire Haver), *Grown Woman Talk* (Sharon Malone), and the upcoming *Super-Agers* (Eric Topol).

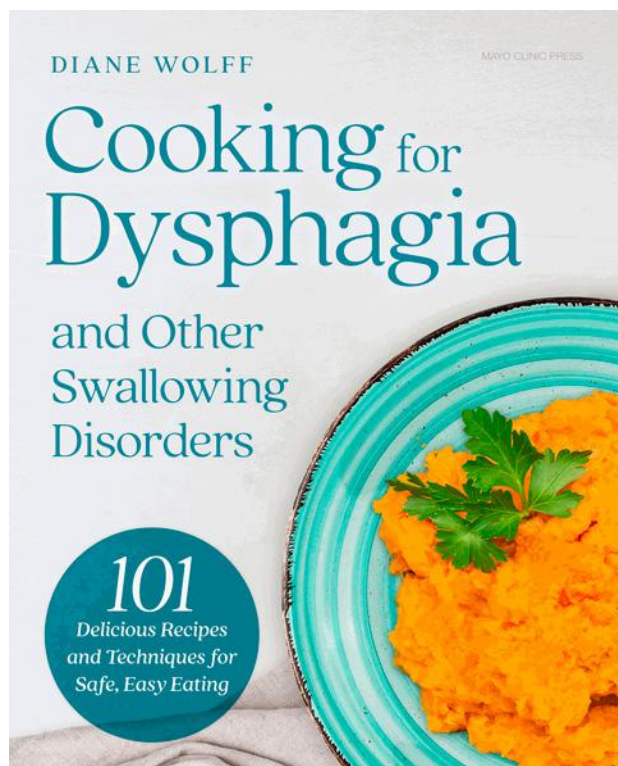
2) FAR-RANGING, PRACTICAL, ACCESSIBLE

HACKS: *Ageless Aging* presents a holistic recipe, covering the full array of factors that influence healthspan and lifespan, including nutrition, exercise, finances, cognitive health, hormones, community, and purpose.

3) CUTTING EDGE SCIENCE: The book weaves in the very latest information about what's available now, while also giving readers an inside track on the breakthroughs that are right around the corner. New chapter delivers promising developments direct from experts at Mayo Clinic, Harvard, and other top academic medical centers, and insights into how women are catalysts for building generational wealth and health.

4) NATIONAL BESTSELLER AND EXTENSIVE MEDIA IN

HARADCOVER: Have positioned Maddy as a longevity expert to watch. Top media hits include *Los Angeles Times*, *Forbes*, *Fortune* Well, *Maria Shriver's Sunday Paper*, well + good. Numerous speaking engagements through Age Wave's extensive client roster have lead to strong bulk sales.



November 2025

Hardcover | 7.375 x 9.125 in. | 256 pp.

979-8-88770-391-6 | \$27.99

Diane Wolff is the author of the award-winning Essential Puree Library and a speaker for caregiver and professional audiences. When her mother was diagnosed with dysphagia, she asked Diane to care for her. After much experimentation, wide research, consultations with health care professionals, and trial and error, Diane arrived at a series of best practices and delicious recipes that became *Cooking for Dysphagia*. Wolff lives in Port Charlotte, Florida.

Cooking for Dysphagia and Other Swallowing Disorders

101 Delicious Recipes and Techniques for Safe, Easy Eating

Diane Wolff

A comprehensive one-stop-shop for cooking dysphagia-friendly food—this guide takes the guesswork out of creating delicious pureed meals and setting up a kitchen tailored for those with dysphagia or difficulty swallowing.

For the estimated 15 million people nationwide who live with dysphagia, or a swallowing disorder, mealtime can be the most difficult part of the day: Bland, beige, mush, reminiscent of baby food, or worse. Beyond the need to secure adequate nutrition, people with swallowing disorders may long to taste their favorite meals and join the rest of the family around the dinner table. Enter Diane Wolff, a writer who made it her mission to reimagine the dysphagia diet—with bold flavors and colors—after her mother’s life-changing stroke. Nearly two decades later, the “Queen of Purée,” as she is known to the dietitians, speech language pathologists, and family caregivers she advises, has assembled the book she wishes she’d had on her caregiver journey.

Cooking for Dysphagia features easy-to-make, expertly tested recipes alongside a systematic approach to organizing your kitchen and pantry for fresh, delicious dysphagia-friendly cooking. But it’s more than just a cookbook; it’s a guide to living with a life-changing condition, with essays from Harvard’s Dr. Walter Willett, and medical speech-language pathologists Karen Sheffler and Theresa Richard.

Whether you’re on a pureed diet while recovering from surgery or caring for a loved one in their later years, *Cooking for Dysphagia* will empower you with:

- Over 101 delicious and safe recipes designed for busy caregivers
- The latest IDDSI standards and guidelines for pureed food
- Budget-friendly tools for creating a dysphagia-friendly kitchen
- Essential ingredients to stock your pantry, fridge, and freezer
- Tips to batch meal preparation, saving time, money, and effort
- Pointers on making pureed food look delicious, including

This guide adheres to the International Dysphagia Diet Standardization Initiative (IDDSI) food chart and the Harvard School of Public Health's Healthy Eating Plate, ensuring that your meals meet the highest standards. All content has been reviewed and recipes tested by Mayo Clinic registered dietitian nutritionists, speech-language pathologists, and an occupational therapist.

Including contributions from:

•**Dr. Walter Willett**, M.D., Dr. P.H., chair of the renowned Department of Nutrition at the Harvard T.H. Chan School of Public Health, professor of medicine at Harvard Medical School, and author of *Eat, Drink and Be Healthy*.

•**Karen Sheffler**, MS, CCC-SLP, BCS-S, a medical speech-language pathologist and a board-certified specialist in swallowing and swallowing disorders.

•**Theresa Richard**, M.A. CCC-SLP, BCS-S, founder of the MedSLP Collective and host of the podcast *Swallow Your Pride*.

KEY SELLING POINTS

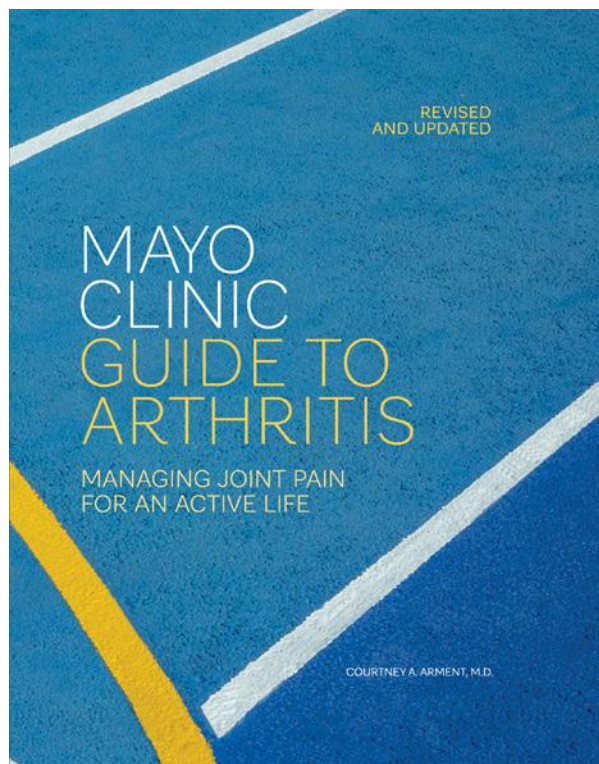
1) Growing market: Approximately 15 million Americans suffer from the dysphagia, with a million new cases diagnosed every year. Almost three-quarters of nursing home patients have dysphagia, and it is estimated that half of people over age 60 will experience problems with it at some point.

2) Mayo Clinic expertise: While the author is independent from Mayo Clinic, all content reviewed and recipes tested by Mayo Clinic experts in nutrition, speech-language pathology, and occupational therapy

3) Walter Willett endorsement: Introduction by world-renowned Harvard nutritionist Walter Willett, author of the bestselling book *Eat, Drink, and Be Healthy*.

4) Made with the busy caregiver in mind: Tips include how to batch cook, label, and store meals.

5) Award-winning author: Diane's previous cookbooks won the Caregiver Friendly Award from *Today's Caregiver* magazine.



January 2026

Hardcover | 7.375 x 9.125 in. | 344 pp.

979-8-88770-285-8 | \$29.99

Courtney A. Arment, M.D., is a rheumatologist at Mayo Clinic in Rochester, Minnesota, and an assistant professor at Mayo Clinic College of Medicine and Science. Her clinical focus includes inflammatory arthritis, such as rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, spondyloarthropathy, gout and other crystalline arthritis. She enjoys helping patients understand the disease and empowering patients to become partners in managing their health. Dr. Arment is also active in research and education, providing mentorship to residents and fellows.

Mayo Clinic Guide to Arthritis, Revised and Updated

Managing Joint Pain for an Active Life
Courtney A. Arment, M.D.

This comprehensive guide to understanding, managing and thriving with joint pain brings Mayo Clinic's world-class care and expertise — including the latest advancements in treatment — to your fingertips.

An estimated one in five adults in the U.S. lives with some form of arthritis — a leading cause of disability, affecting people of all ages. But joint pain doesn't have to put you on the sidelines. In this popular updated guide from the rheumatology experts at Mayo Clinic, discover how today's treatment options, including effective self care and holistic approaches, can help you limit joint damage, manage pain and inflammation, and reclaim your life.

Arthritis refers to more than 100 different conditions that cause joint pain and may involve care from orthopedics, rheumatology and other specialties. The good news is that there are better options than ever before for diagnosing, treating and managing joint pain. This book is designed to empower you with the latest knowledge so you can partner with your healthcare team and take an active role in your care.

Chapters break down the *what*, *why* and *how* of these complex diseases — including osteoarthritis, rheumatoid arthritis, lupus, psoriatic arthritis, vasculitis, gout, forms of childhood arthritis and more. Learn about what to expect in an evaluation, the range of available medications, potential surgical procedures, injections, holistic and self-care options, and general pain management tips; as well as tips for staying active, nutrition, mental health, working, traveling, and keeping your immune system strong.

Find answers to common questions such as:

- What causes arthritis pain, and why is it worse sometimes?
- Can certain foods help reduce inflammation?
- Should I be taking supplements for joint pain?
- What tests will I need when I see a doctor for arthritis?
- How can arthritis affect other areas of health?
- What are biologic and biosimilar medications? Should I be taking them?
- How can I keep up my strength and mobility?

Reviewed and updated by Dr. Courtney Arment, along with

more than 20 physicians and researchers at Mayo Clinic, this all-inclusive guide helps you minimize inflammation, relieve pain, and protect your joints for all your future adventures.

KEY SELLING POINTS

1) Updated edition of a consistent strong seller: Revised edition includes updated guidance on medications, holistic treatments and nutrition advice, as well as a breakdown of the latest understanding of pain signals in the body and brain.

2) Reliable source for the most recent medical research and treatment: Brings Mayo Clinic's unique expertise on the latest developments in research and medicine — including what's proven and what's not.

3) Full-color visual aids: Illustrations and graphics throughout help readers understand the causes and effects of different types of arthritis.

4) Multiple approaches to care: One-stop shop of information on evidence-based treatments, including prescription medications, holistic care and daily steps for self care.



March 2026

Hardcover | 6 x 9 in. | 344 pp.

979-8-88770-394-7 | \$29.99

Bashar A. Aqel, M.D., is a gastroenterologist and transplant hepatologist and a professor medicine at Mayo Clinic College of Medicine and Science. He is the director of the Mayo Clinic Transplant Center in Arizona. His areas of clinical expertise include improved access to liver transplantation, expanding the liver donor pool, and care of patients awaiting liver transplant.

Julie K. Heimbach, M.D., is a professor of surgery at Mayo Clinic College of Medicine and Science and the director of the Mayo Clinic Transplant Center in Rochester, Minn. Her primary focus is adult and pediatric liver transplantation and living-donor surgery. Dr. Heimbach is actively involved in transplant research including analysis and treatment of complex liver transplant patients and long-term outcomes of living donors.

C. Burcin Taner, M.D., is a professor of surgery at Mayo Clinic College of Medicine and Science and director of the Mayo Clinic Transplant Center in Jacksonville, Fla. His areas of expertise include liver, kidney and pancreas transplantation. He is actively involved in efforts to identify efficient patient care and improve quality of life after transplantation, along with several areas of liver transplant research.

MAYO CLINIC PRESS

Mayo Clinic Guide to Organ Transplant

A Comprehensive Guide for Patients from the World's Leading Transplant Experts
Bashar A. Aqel, M.D., Julie K. Heimbach, M.D., C. Burcin Taner, M.D.

The definitive and easy-to-read guide for organ transplant recipients, donors, and their caregivers from Mayo Clinic, the largest integrated transplant provider in the nation.

As scientists and surgeons embrace new techniques and technologies to recover, preserve, and rehabilitate donor organs, more people are receiving transplantation surgery and with greater success. *Mayo Clinic Guide to Organ Transplant* helps readers successfully navigate this complex procedure—whether patient, donor, or caregiver—providing guidance for the transplant journey ahead.

This book features:

- **An essential introduction** to understanding the organ donation and transplantation process, focusing on the most common adult and pediatric organ transplants—kidney, heart, lungs, pancreas, and liver
- **What to expect at every stage** from initial evaluations and waiting for a donor, to surgery preparation, recovery process, and life after transplant
- **Chapters for children expecting a transplant** with information to help parents and caregivers answer their questions and support them at every stage of the journey
- **Guidance for caregivers** in their vital role in all steps of the transplant journey, providing practical strategies to support the person in their care as well as caring for themselves during this time
- **Checklists to prepare for the call** with an offer from the transplant center, including what to pack in the patient's and caregiver's hospital bags, what medicines to bring, and what bring in case of an extended stay
- **How to ensure a good outcome after transplantation** focusing on lifestyle changes such as managing transplant medicines, maintaining physical exercise, and eating a healthy diet, including foods to avoid

KEY SELLING POINTS

1) Transplant leader: Mayo Clinic is the largest integrated transplant provider in the nation, producing some of the best outcomes in the country, including speed to transplant, organ acceptance and patient survival.

2) First-ever, Definitive Transplant Guide: At any given time, more than 100,000 people are awaiting a transplant in the United States—this book provides much-needed information and support for their journey.

3) Personal stories of transplant patients providing details on their journey and their resilience as well as highlighting the profound impact of organ donation and the transformative power of medical advancements on these individuals' lives.



March 2026

Hardcover | 6 x 9 in. | 256 pp.

979-8-88770-349-7 | \$29.99

Amir Lerman, M.D., is a cardiologist at Mayo Clinic and serves as an Associate Chair of the Department of Cardiovascular Medicine and the Director of the Cardiovascular Research Center and the Medical Director of the Chest Pain and Coronary Physiology Clinic. Dr. Lerman also serves as the Medical Director of a Mayo-Israeli startup company initiative and is a mentor with the Merage Institute. Dr. Lerman graduated from the Technion School of Medicine in Haifa, Israel and completed his training in Internal Medicine, Cardiovascular Medicine and Invasive Cardiology at Mayo Clinic. Dr. Lerman's interest is coronary physiology and imaging, regenerative medicine, innovative technologies, and digital health.

Francisco Lopez-Jimenez, M.D., M.S., is a cardiologist at Mayo Clinic and is co-director of the Artificial Intelligence Working Group in the Department of Cardiovascular Medicine. He is also Director of Research at the Dan Abraham Healthy Living Center at Mayo Clinic in Rochester, Minnesota, and a faculty member of the Mayo Clinic Rehabilitation Medicine Research Center. Dr. Lopez-Jimenez's interests are in preventive cardiology and risk reduction, and the link between obesity and cardiovascular disease.

Mayo Clinic Guide to a Healthy, Happy Heart

Simple Steps to Achieving Long-term Cardiovascular Health

Amir Lerman, M.D., Francisco

Lopez-Jimenez, M.D., M.S., Kyla M.

Lara-Breitinger, M.D.

Want a longer, healthier, happier life? Start with healthy, happy heart. This empowering approach gives simple advice and actionable steps from Mayo Clinic's experts to help you lower your cardiovascular risk at any age and enjoy living well.

Heart disease is the number-one killer in the United States. Despite the latest advances in treatment, when it comes to your heart, top experts agree: prevention is the best medicine. The good news is that it's never too late — or too early — to lower your risk of heart attack and stroke. And it doesn't have to be complicated.

Where do you start? Discover the keys to maximizing your heart health with this user-friendly manual. Based on the latest research and decades of clinical experience from 30+ cardiologists and other experts at the world-renowned Mayo Clinic, this book encourages a proactive approach that focuses on making positive changes *before* the appearance of heart disease. It breaks down the latest expertise — and how to tell fact from fiction — on key factors such as nutrition, exercise, stress management, the newest medications and even how sleep affects heart health.

Included in the book are answers to many common questions, such as:

- What's the difference between “good” and “bad” cholesterol?
- Will Ozempic really benefit my heart?
- Should I test my blood pressure at home?
- Is red wine good for me?
- What's the best type of exercise for heart health?
- What are the biggest risk factors for heart disease?

In addition, the book offers simple steps you can put into action today, backed by compelling research that small changes really do add up. By focusing on preventive, everyday steps, *Mayo Clinic Guide to a Healthy, Happy Heart* shows that better heart health — and all its benefits — is within everyone's reach.

Kyla Lara-Breitinger M.D., is a cardiologist at Mayo Clinic practicing in the Division of Cardiovascular Prevention and Division of Echocardiography. Her clinical focus includes primary and secondary cardiovascular disease prevention, management of obesity-related cardiovascular disease, nutrition interventions to improve cardiovascular disease risk factors, and basic and advanced echocardiography.

KEY SELLING POINTS

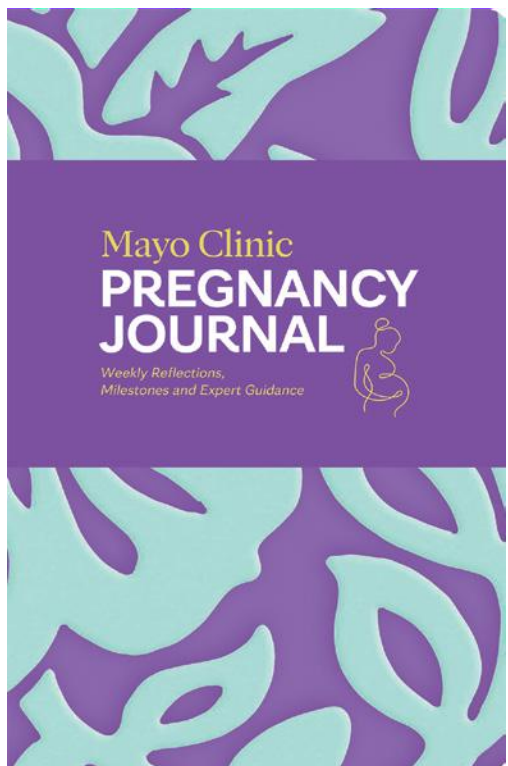
1) Timely preventive approach: The book reflects a major shift toward preventive healthcare. The American Heart Association estimates that 90% of heart disease is preventable. As Dr. Amir Lerman says, “There are a lot of books on cardiovascular health, and they are mainly focused on patients with cardiovascular disease. Fortunately, most of the people in the world do not have cardiovascular disease—this book is for them.”

2) Cutting-edge information and new insights on tried-and-true guidance: This book breaks down the myths and misinformation to provide the most up-to-date recommendations on heart health. It includes clear explanations of the newest weight loss medications, such as GLP1 receptor-agonists (including semaglutide, a.k.a. Ozempic), and other newsworthy topics including organic food, seed oils, environmental factors, endocrine disruptors, microplastics, and forever chemicals. The book shows how the latest research still supports simple, tried-and-true steps to a heart-healthy lifestyle — eat a variety of healthy foods, exercise, get enough rest, manage stress, don't smoke — and adds key new insights for translating small habits into real change in your life.

3) Reader-friendly: This book meets you where you are and provides clear, actionable information on optimizing heart health — whether you're a health and fitness enthusiast or just starting to explore healthier habits. It uses plain language to explain risk factors for heart disease, the various tests a cardiologist might ask for, and how to talk to your doctor about heart health.

4) Trusted Authority: Not all advice for heart health is reliable. Some of it is downright dangerous. This book gives readers up-close, up-to-date expertise from a team of 30+ highly regarded Mayo Clinic physicians and professionals.

5) Specific & Actionable: It's one thing to tell someone to lower their sodium intake. It's another to give them actionable advice that they can take with them to the supermarket. This book gives readers detailed information on how to integrate heart-healthy habits in real-life situations — no gym membership required — as well as 20 fresh recipes that lend to a delicious, feel-good lifestyle.



April 2026

Hardcover | 6 x 9 in. | 152 pp.

979-8-88770-401-2 | \$24.99

Mayo Clinic Pregnancy Journal

Weekly Reflections, Milestones and Expert Guidance

With guidance from Mayo Clinic's pregnancy experts and weekly prompts for tracking your personal experiences and memories, this keepsake journal helps prepare you every step of the way as you get ready to meet your baby.

Pregnancy can be a wild ride — full of changes, unknowns, and excitement. Capture the moments big and small in this keepsake journal. Inside you'll find guidance for each week of pregnancy from the experts at Mayo Clinic, to help you manage each phase of your baby's development with confidence — including when to expect to feel baby kicks, how to relieve nausea and back pain, how to care for your mental health during and after pregnancy, and what's "normal" in each trimester. Reflective prompts empower you as you prepare to meet your baby. Monthly pages provide a spot for tracking key measurements from your prenatal checkups.

Inside you'll also find:

- Milestones in your baby's development, with spaces for reflection
- Expert insight into your changing body as baby grows
- Tips for navigating the many decisions throughout pregnancy
- Questions to discuss with your partner
- Guidance on when to buy baby gear, look for infant care, consider birth preferences and more
- Coaching in preparing for birth
- Monthly pages to record your measurements and key memories
- An interior pocket to store ultrasound pictures
- And much more

Whether you're tracking each day or just the highlights, *Mayo Clinic Pregnancy Journal* is your one-stop personalized resource for a healthy pregnancy and a confident, empowered start to your journey in parenthood.

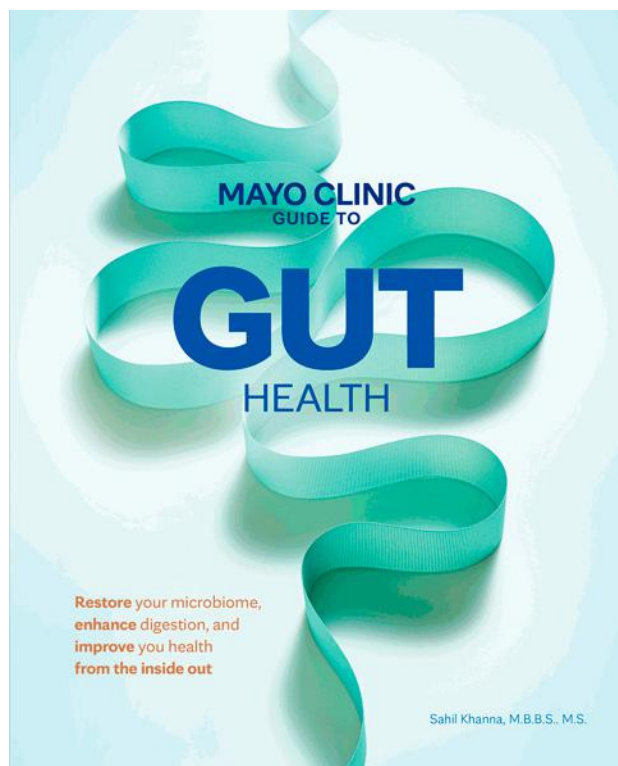
KEY SELLING POINTS

- 1) Weekly guidance for a healthy pregnancy, from top medical experts.** No other pregnancy journal offers key insights from *Mayo Clinic Guide to a Healthy Pregnancy* for managing each phase of your baby's development — including when to expect to feel baby kicks, how to relieve nausea and back pain, how to care for your mental health during and after pregnancy.
- 2) Thoughtful prompts to empower you for pregnancy, birth and everything after.** Along with space for tracking your

health data throughout pregnancy, these pages prompt reflection on many of the big and small questions of pregnancy and parenthood, such as: Who will you tell about your pregnancy? What do you envision for your baby's birth? How can you prepare for it to set up a positive, joyful experience?

3) Features to help you create a precious keepsake. A flexible, linen-feel cover, inside pocket, rounded corners, bookmark ribbon, a removable bellyband and every detail of this journal have been designed to make it easy to take with you on the go — and to be a beautiful, lasting record of your journey through pregnancy.

4) Quick-reference tools to provide answers at your fingertips. At the back of the journal, you'll find helpful info including tips for a healthy diet and serving suggestions during pregnancy, which medications are safe to take, and a reference guide for responding to symptoms so you'll know when to call or go in right away.



May 2026

Hardcover | 7.375 x 9.125 in. | 264 pp.

979-8-88770-281-0 | \$30.00

Sahil Khanna, M.B.B.S., is a gastroenterologist at Mayo Clinic, Rochester, Minnesota, and a professor of medicine at Mayo Clinic College of Medicine and Science. He serves as chair of the inpatient gastroenterology practice and directs the Comprehensive Gastrointestinal Interest Group within the Division of Gastroenterology and Hepatology. Dr. Khanna's research and clinical interests include gastrointestinal infections and emerging therapeutics for *Clostridium difficile* (*C. difficile*) infection, a topic on which he has authored several articles and made numerous presentations. He serves on the editorial board of several journals and has won numerous awards including the Miles and Shirley Fiterman Award, the Mayo Brothers Distinguished Fellowship Award, the Donald C. Balfour Mayo Clinic Alumni Association Research Award, the Hartz Foundation Young Investigators' Scholarship, and the Most Distinguished Resident Physician Award from the American Association of Physicians of Indian Origin.

Mayo Clinic Guide to Gut Health

Restore your microbiome, enhance digestion, and improve your health from the inside out

Sahil Khanna, M.B.B.S.

A comprehensive guide to understanding your gut, its influence on your health and what you can do to protect it.

The human gut is tasked with all things related to digestion, but your gut does far more than just break down food you eat. Often referred to as the “second brain,” it plays a central role in maintaining health throughout the body. In constant communication with your brain, your gut influences your mood, helps regulate your immune system and helps balance your hormones. It also houses the gut microbiome, a vast community of microbes that produce essential nutrients, fight off harmful pathogens and support metabolism.

When the gut is healthy, it acts as a well-coordinated control center. But when it's out of balance, it can contribute to issues far beyond the digestive tract, including inflammatory disorders, Alzheimer's disease, skin conditions and obesity. Lifestyle factors and everyday habits, including an unhealthy diet, too little exercise, stress, certain medications and environmental pollutants, are common culprits to an unhappy gut.

Packed with helpful tips and advice, gastroenterologists at Mayo Clinic dive into everything there is to know about gut health, and why caring for your gut is critical to your overall well-being.

You'll find information on:

- The gut microbiome and what it means to your everyday health.
 - How your gut interacts with your brain and other body systems.
 - Ways to protect your gut and keep it healthy.
 - Foods that heal and foods that harm.
 - What researchers are learning about environmental dangers and your gut.
 - The effect of supplements and medications, including GLP-1 weight-loss drugs, on the gut.
 - The role of the gut on metabolism and obesity.
 - Digestive cancers and latest efforts to help prevent them.
 - How to manage several common digestive disorders, including irritable bowel syndrome, lactose and other food intolerances, celiac disease, Crohn's disease, ulcerative colitis, GERD, peptic ulcers, heartburn, and diarrhea and constipation.
- Mayo Clinic Guide to Gut Health* is your complete guide to digestive wellness.

KEY SELLING POINTS

1) Previous sales. Earlier editions of this book have sold well, with the current edition selling more than 54,000 copies in the trade and direct mail.

2) Popular topic. Gut health and the relationship between the gut and overall well-being is a hot topic. Several books and cookbooks have recently been published relating to the gut and the gut microbiome. Digestive issues are some of the most common reasons that people see a doctor.

3) Mayo No. 1. Mayo Clinic was named the best hospital for gastroenterology and gastrointestinal surgery in the United States according to the most recent *U.S. News & World Report*.

4) Health not hype: This book provides evidence-based, up-to-date information and advice on a variety of trending topics, including use of AI in diagnosing digestive disease, commercially available gut microbiome tests, virtual reality as a treatment therapy, and the effect of popular GLP-1 weight loss medications on digestion.

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June 2026

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Virginia Wright-Peterson is an author and educator with a special interest in untold stories, especially women's history and the history of Mayo Clinic. She brings personal experience to this book, having worked in Mayo Clinic administration in Jacksonville, Fla. when the campus opened. This is her fourth book of historical nonfiction. All three previous books, including *Women of Mayo Clinic: The Founding Generation*, were finalists for a Minnesota Book Award in the Minnesota Nonfiction category. Wright-Peterson lives in Minnesota.

Mayo Clinic in Florida

A Legacy of Dedication, Innovation and Excellence

Virginia Wright-Peterson

This book of narrative history tells the inside story of how Mayo Clinic launched its first campus outside Minnesota. In doing so, a patch of farmland in Jacksonville, Florida got transformed into what today is a world-class medical center.

The colorful, sometimes chaotic story began with a Florida woman stuck in the snow as her husband got medical care at Mayo Clinic in Rochester. That prompted an idea to expand the same great medical care, but without the snow. A group of Mayo innovators, joined by a motivated group of Floridians, kickstarted the idea into the eventual establishment of Mayo Clinic's first campus outside Minnesota.

Mayo Clinic in Florida: A Legacy of Dedication, Innovation and Excellence celebrates the journey from idea to institution as Mayo Clinic Florida recently had its 35-year anniversary. Nothing came easily. The local medical establishment scoffed at the upstart with its "Hold the Mayo" campaign. The laidback culture of Florida sometimes clashed with Mayo's more formal decorum. Myriad challenges sprouted, from lack of hot water at the start to trouble filling jobs to small daily reminders that they're not in Minnesota anymore. For example, a staffer who transferred from the Rochester campus tripped over an alligator while on a lunch walk.

But perseverance and Mayo Clinic's values overcame it all.

The author, Ginny Wright-Peterson, is not just an award-winning historian and writer. She actually lived this story as a Mayo Clinic employee on the ground as the Jacksonville campus took root. This book came about due to close collaboration with Mayo Clinic Heritage Hall plus key leaders at the Jacksonville campus, including:

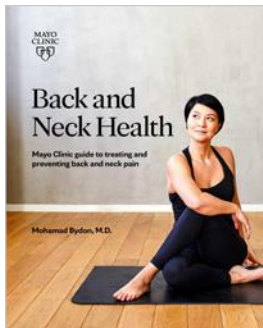
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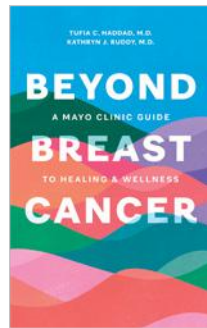
Nell Robinson, chair of education administration

Anyone who loves a good startup story will enjoy this book. Selling points include the hunger to know a previously untold piece of the Mayo Clinic story, the drama of starting a medical center from scratch, the human fascination with cultures clashing and eventually working in harmony.

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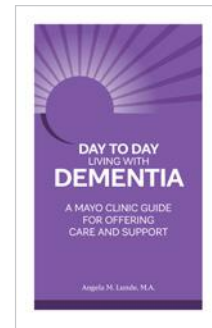
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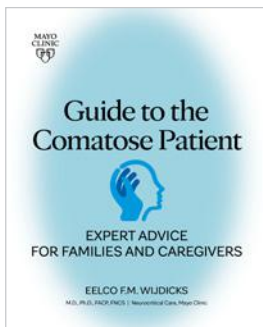
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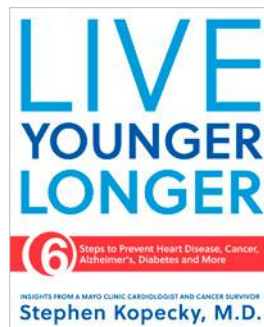
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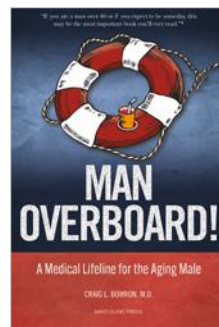
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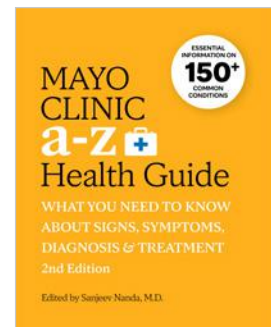
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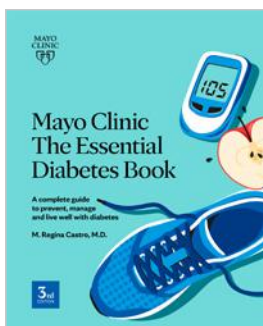
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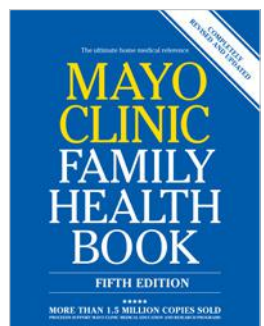
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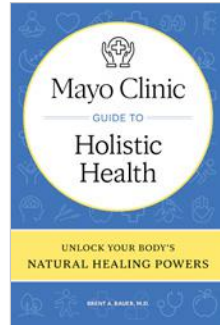


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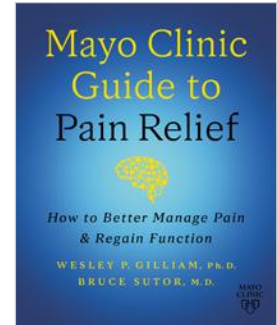
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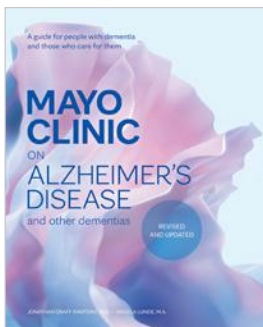
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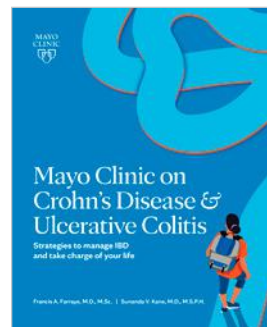
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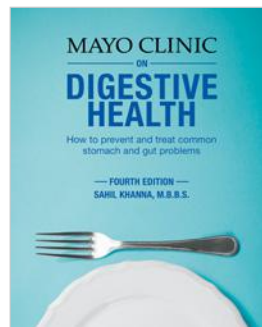
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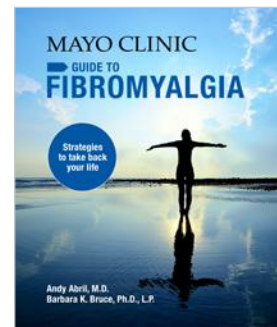
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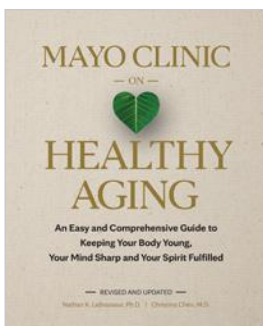
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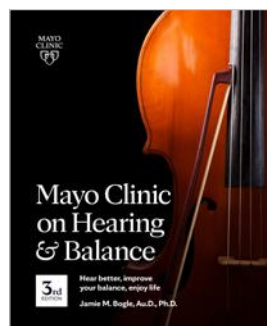
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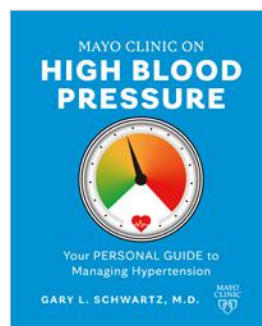
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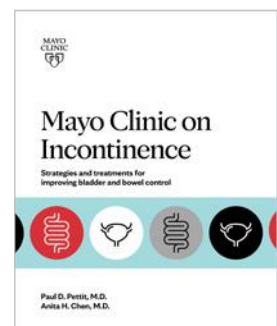
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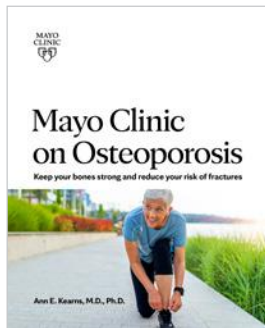


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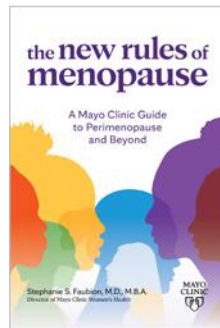


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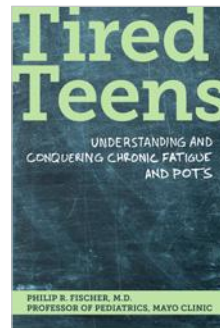
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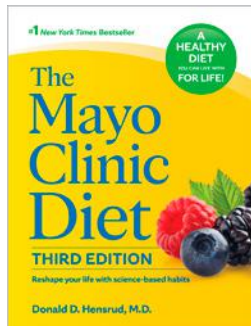


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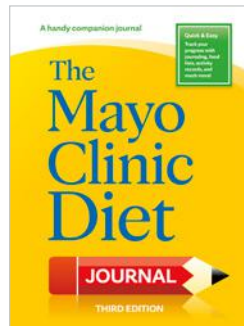


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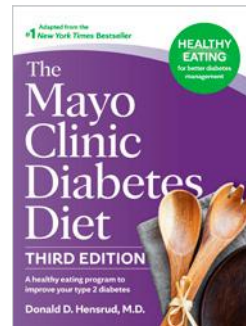
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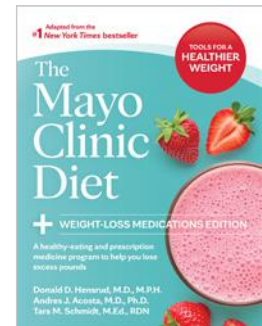
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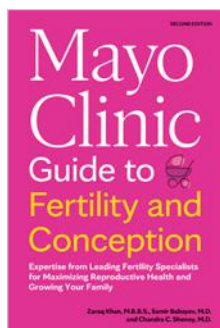


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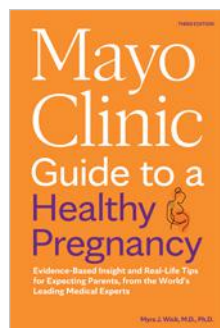


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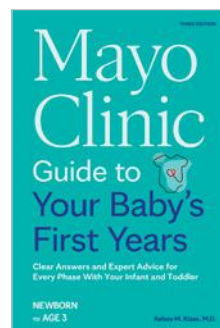
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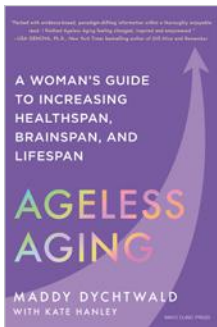
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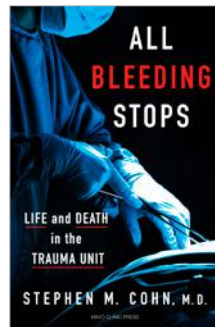
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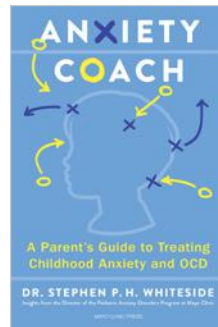
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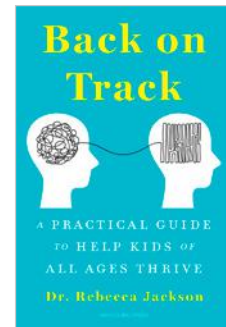
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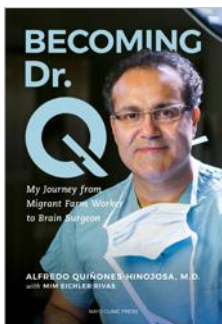
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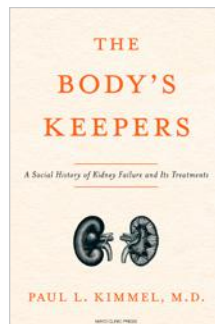
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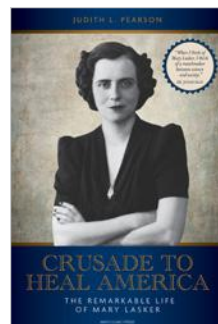
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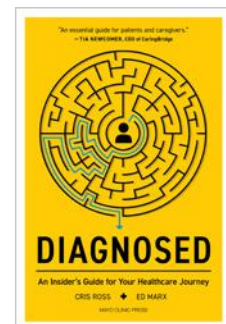
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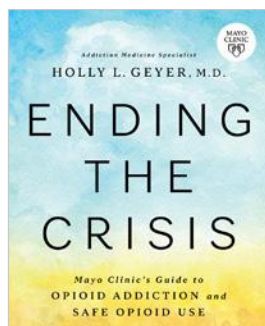
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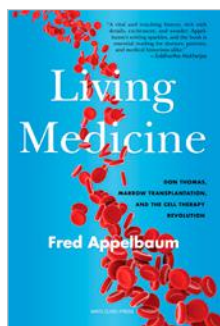
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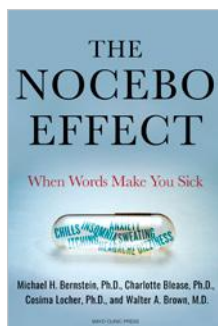
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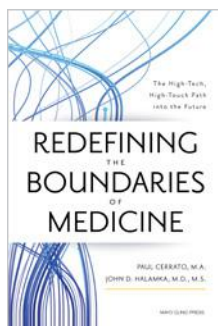
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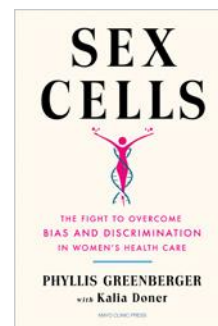
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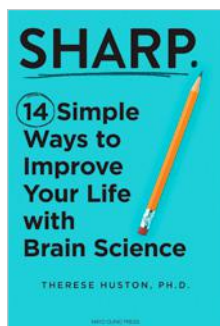
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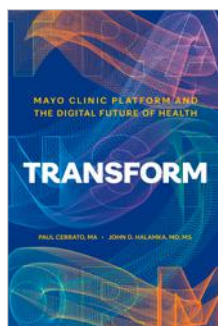
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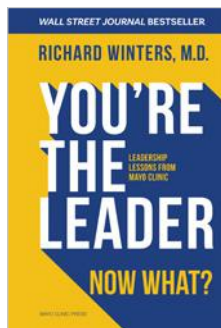


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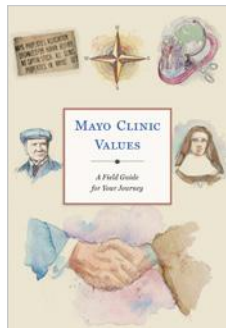
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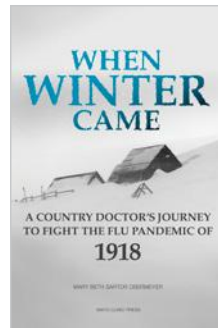
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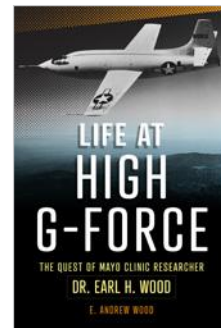
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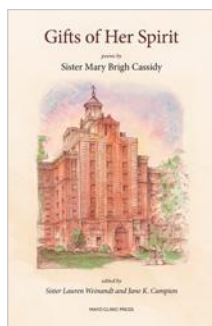
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