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About Sutherland House Books

Founded in 2017 by Canadian author and publishing executive Kenneth Whyte, Sutherland House is a new Toronto-based publisher of non-fiction books for global English-language audiences.

We specialize in narrative works of biography, memoir, history, business, culture, and current affairs. Aiming for high-quality and broad appeal, we will publish sixteen books in 2022. In our short life, we have already had books on legitimate bestseller lists and nominated for major prizes.

Each title we publish bears the unique aesthetic of the Sutherland House brand, and is subject to rigorous market testing from conception to launch.

All of our books are published simultaneously in Canada and the US, with strong sales and distribution arms in both countries. By maintaining a low overhead, we are able to dedicate an unusually high portion of our resources to promotion and marketing, which is managed by our international network of specialists.

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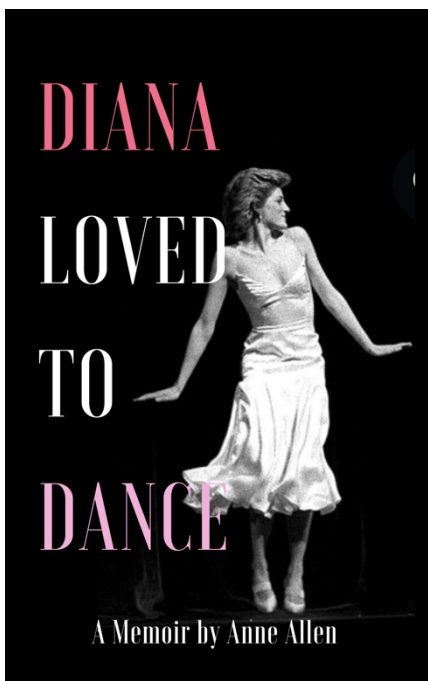
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DIANA LOVED TO DANCE: A memoir by Anne Allan



BIOGRAPHY & AUTOBIOGRAPHY / Royalty

PERFORMING ARTS / Dance / General

PERFORMING ARTS / Dance / Classical & Ballet

Pub Date: September 10, 2024 (US & Canada), October 24, 2024 (UK & Australia)

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“Dancing makes you feel heaps better” – Diana

In 1981, after the wedding of the century, Anne Allen, a dancer and ballet mistress with the London City Ballet, was offered an unusual assignment. Her Royal Highness Diana, the Princess of Wales, wanted dance lessons. Would Anne be her teacher?

Anne and her royal pupil were soon meeting at a private studio for the first of hundreds of secret weekly one-hour lessons that were never on the princess’s official schedule and never discovered by the ever-lurking press. Under Anne’s direction, Diana mounted her spectacular debut on the stage of Covent Garden, videotaped a never released solo performance at Her Majesty’s Theatre, and made clandestine backstage visits to ballets and West End shows to indulge the Princess’s passion for dance get as close as she could to the lives and work of real dancers.

Over the course of nine years, teacher and pupil became close friends. Diana appreciated having an outsider to whom she could speak candidly about her challenges with her husband, her health, and her place in the royal world. They would talk, laugh, cry, hold each other, and—always—dance.

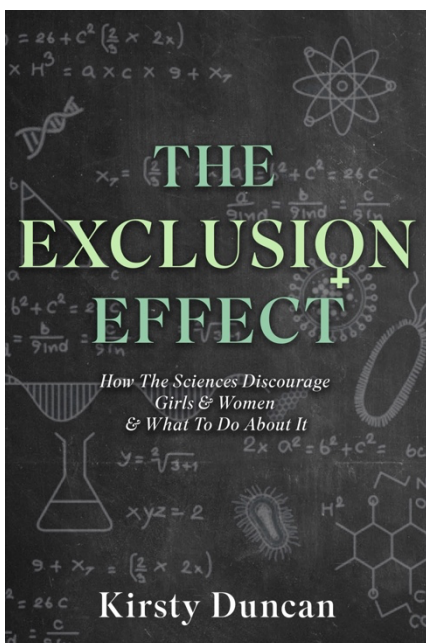
Most importantly, Diana learned to express her true self in physical movement. By her last class, the Princess had learned to carry herself with confidence, poise, and grace, both inside and outside the studio. Dance, says Anne, had “nourished and renewed her soul.”



Anne Allan a native of Glasgow, boasts a distinguished career as a ballet teacher and choreographer for both stage and television, spanning many years. Prior to her private instruction with Princess Diana in the 1980s, she served as an instructor at the English National Ballet. Currently residing in Toronto, Anne continues to share her passion for ballet and dance with students worldwide.

THE EXCLUSION EFFECT: HOW THE SCIENCES DISCOURAGE GIRLS & WOMEN & WHAT TO DO ABOUT IT

by Kirsty Duncan



SOCIAL SCIENCE / Women's Studies
BIOGRAPHY & AUTOBIOGRAPHY / Women
SCIENCE / General

Pub Date: September 3, 2024 (US & Canada), April 25, 2024 (UK & Australia)

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As a newly minted PhD in medical geography, Kirsty Duncan led an international expedition to remote Svalbard, Norway to search for the cause of the deadly 1918 influenza. What should have been a rewarding intellectual adventure turned out to be an unwanted baptism into the unbridled sexism and privilege of the scientific community. Ever since, she has devoted herself to the support of girls and women in scientific endeavours.

While women have come a long way in science, there is still far to go. They remain under-represented, under-paid, under-published, and under the shadows of male scientists who are assumed, without evidence, to have innate capacities that women lack. Duncan identifies systemic biases in the assessment of girls' abilities and the teaching of science in the home, the classroom, our communities, and professional life. She makes a powerful argument for cultural and institutional change to ensure girls and women their rightful place in the scientific community.

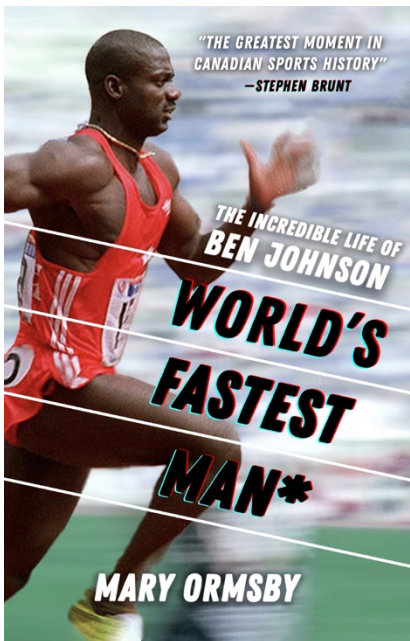


Kirsty Duncan is the Member of Parliament for the riding of Etobicoke North and has been serving the community since 2008. She has been the driving force for putting science front and centre in the federal government's agenda. She lives in Toronto.

*For readers of Melinda Gates's *The Moment of Lift*, Caroline Criado Perez's *Invisible Women*, and Margot Lee Shetterly's *Hidden Figures*.*

WORLD'S FASTEST MAN *: THE INCREDIBLE LIFE OF BEN JOHNSON

by Mary Ormsby



BIOGRAPHY & AUTOBIOGRAPHY / Sports

SPORTS & RECREATION / Olympics

BIOGRAPHY & AUTOBIOGRAPHY / African American & Black

SPORTS & RECREATION / Running & Jogging

Pub Date: April 16, 2024 (US & Canada)
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For twenty-four hours in the summer of 1988, Canada's Ben Johnson was the most celebrated athlete on the planet.

He'd won the 100-metre sprint at the Seoul Olympics in a world-record 9.79 seconds and just had time to say, "A gold medal—that's something no one can take away from you," before testing positive for performance enhancing drugs and giving back his medal.

Admitting to steroid use, Johnson has lived in ignominy ever since, but there's much more to his incredible story. The sprint he won has since been called "the dirtiest race in history," with six of eight competitors linked to doping infractions. The steroid for which Johnson tested positive was not the steroid he was using. There were so many irregularities and mistakes in his testing that credible experts now say he should never have been disqualified and some see a conspiracy of Johnson's track rivals behind his disgrace.

Sportswriter Mary Ormsby was on the scene in Seoul. Now, with unprecedented access to Johnson, she tells his whole story for the first time—the rise of a skinny kid working Jamaican sugar estates to track-and-field superstardom to his lifetime ban from the sport and his unyielding efforts to determine exactly what happened to him on that fateful night in 1988.



A leading Canadian sportswriter and broadcaster, **Mary Ormsby** was an all-Big Ten volleyball player at Ohio State. She graduated with a degree in journalism and returned home to Toronto to write for the Toronto Sun and, later, the Toronto Star. Today she is a columnist and assistant sports editor at the Star.

READ A SAMPLE

September 26, 1988 dawned fresh and cool in Seoul. At the Hilton hotel, clattering breakfast trays were being wheeled along halls by room service staff when coach Charlie Francis banged on the new Olympic 100-metre sprint champion's door.

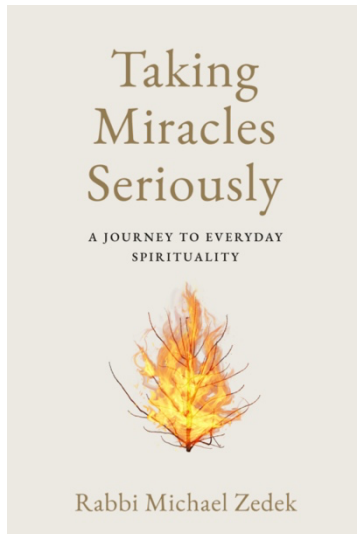
Ben Johnson opened it. He froze when he saw his coach's stricken face. "You tested positive."

Johnson staggered back into his room, sat on the edge of a sofa and buried his head in his hands. "No, no," he moaned. "They finally got me."

TAKING MIRACLES SERIOUSLY

A Journey to Everyday Spirituality

By Rabbi Michael Zedek



- ★ Genre: **Body, Mind & Spirit / Spiritualism / Self-Help**
- ★ ISBN [HC]: **978-1-990823-12-1**
- ★ ISBN [EB]: **978-1-990823-14-5**
- ★ Pricing: **\$18.95 USD / \$22.95 CAD**
- ★ Release date:
 - **September 26, 2023 (US & Canada),**
 - **November 9, 2023 (UK & international)**
- ★ Distribution:
 - **Ingram Publisher Services** (US & international)
 - **University of Toronto Press** (Canada)
- ★ Page count: **178**

Synopsis:

An accomplished storyteller with a refreshing, humorous voice, Rabbi Zedek draws on a range of materials including biblical tales, Indian and Japanese folklore, the works of St. Augustine, Einstein, Isaac Bashevis Singer, and Groucho Marx to take readers on a truly original search for spiritual sustenance in everyday life. Readers will learn how to identify and appreciate the miraculous in an often mundane world; how to take God seriously when much of the intellectual world doesn't; and how to make the most out of underutilized spiritual resources such as poetry and prayer. Heartfelt and amusing, *Taking Miracles Seriously* is a master course on how to craft an enriched and enriching spiritual life.

Author bio:

Brooklyn-born RABBI MICHAEL ZEDEK is the founder and co-host of a weekly radio show Religion on the Line, and a regular presenter at Rancho La Puerta, the oldest and most renowned spirituality spa center in North America.

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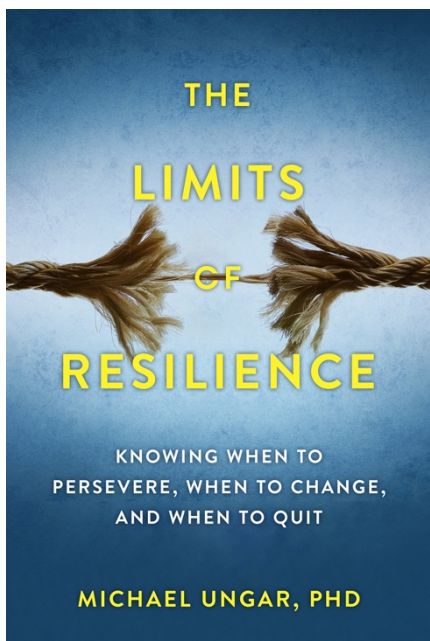
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THE LIMITS OF RESILIENCE: KNOWING WHEN TO PERSEVERE, WHEN TO CHANGE, AND WHEN TO QUIT

by Michael Ungar, PhD



PSYCHOLOGY / Mental Health

SELF-HELP / Personal Growth / Success

SOCIAL SCIENCE / Sociology / General

Pub Date: March 5, 2024 (US & Canada)
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Are we sometimes too strong for our own good?

Amid epidemics of anxiety and depression, threats of ecological and economic disaster, not to mention a pandemic, resilience has been the buzzword of the decade, the answer to every challenge we face as individuals, organizations, and communities. We seldom stop to ask if our insistence on persevering is really in our long-term interest. Does it trap us in patterns of behavior that no longer make sense, foreclose too soon on better opportunities, and stifle positive development? With examples ranging from overly optimistic thinking habits to risk-averse decisions by corporations and governments, Michael Ungar, one of the world's leading resilience experts, explores how even the most resilient among us can fail catastrophically. *The Limits of Resilience* is a witty, compassionate argument that true resilience lies not so much in always bouncing back but in our ability to self-disrupt and embrace occasional but much-needed failure.



Dr. Michael Ungar is the founder and Director of the Resilience Research Centre at Dalhousie University where he holds the Canada Research Chair in Child, Family and Community Resilience. In 2022, Dr. Ungar was ranked the number one Social Work scholar in the world in recognition of his ground-breaking work as a family therapist and resilience researcher. He has worked with the World Bank, UNESCO, and the Red Cross, and is a recipient of the Canadian Association of Social Workers National Distinguished Service Award. Dr. Ungar lives in Halifax.

Author of *Change Your World: The Science of Resilience and the True Path to Success*

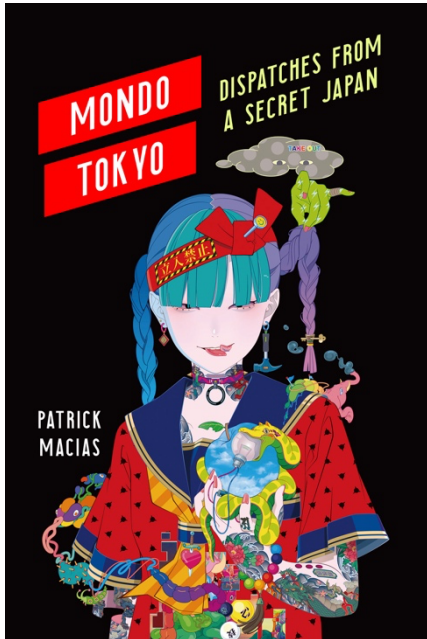
PRAISE FOR CHANGE YOUR WORLD

“Combining solid research with inspiring stories, Ungar elegantly guides us toward what really creates change and hope: meaningful relationships, consequential resources, and a social context that supports thriving and respect. Vive la résilience!” — **Frank N. Thomas, professor of counseling & counselor Education, Texas Christian University**

“Ungar’s intelligent, bracing, and frequently moving narrative shows us that genuine resilience lies not in ‘what we have, but what we receive’ – a lesson that should prompt a major rethink at almost every level about what it means to live and thrive in today’s complex globalised world.” — **Michele Grossman, research chair in diversity and community resilience, Deakin University, Australia**

MONDO TOKYO: *DISPATCHES FROM A SECRET JAPAN*

by Patrick Macias



ART / Popular Culture

HISTORY / Asia / Japan

ART / Asian / Japanese

TRAVEL / Asia / East / Japan

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Tokyo, in the early aughts, was a weird place. Lonely single men wanted to marry action figures instead of women. High school girls worked at maid cafes and were paid to act like Manga characters. Nightclubs filled with kids in anime cosplay who danced to remixed versions of cartoon theme songs.

People's private obsessions, once confined to bedrooms and computer screens, were transforming entire city blocks.

Long before global media, Pharrell Williams, and millions of tourists twiggled to the strange new energy emerging from Japan, author Patrick Macias was there, chronicling the emergence of "Cool Japan" in a famous blog entitled "An Eternal Thought in the Mind of Godzilla." Now with biting humor and cultural insight, he looks back on the trends, personalities, and happenings that dominated the bleeding edge of Japanese pop culture in those years. You'll meet maids who imitate Michael Jackson, anime producers sent to prison for guns and drugs, school girls determined to resurrect surf rock, nightclubbers who worship "uncool foreigners," and all manner of wide-eyed ex-pats, weirdoes, and dreamers who came to Tokyo in search of a stranger, more surreal version of life.



Patrick Macias is an American author and co-author of several books on pop culture fandom, specifically relating to Japanese culture and otaku culture in America. He lives in Tokyo, Japan.

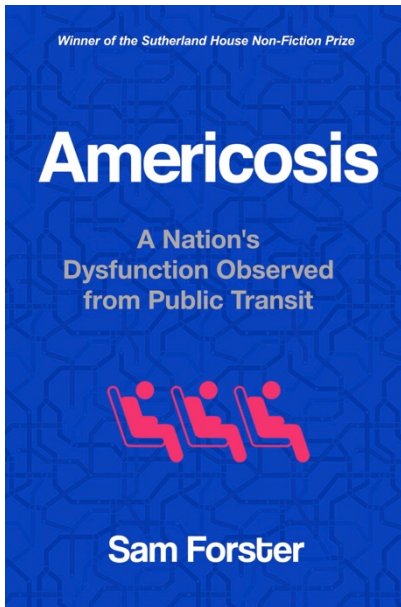
PRAISE FOR MONDO TOKYO

"A book that hits with the power of Godzilla's roar, written by someone who isn't just a fan of Japan, but who lived through a tempestuous time in otaku history. Patrick has a unique eye for unearthing long-buried gems from pop culture, and the skill to bring them to life for readers. I found myself surprised, charmed, and even laughing out loud at his wild journey. *Mondo Tokyo* is eye-opening and unforgettable." — **Hiroko Yoda, author of *Yokai Attack!: The Japanese Monster Survival Guide***

"More Japanese than the Japanese, Patrick Macias is a man of passion. This is the great journey of a crazy gaijin that didn't get lost in translation. *Mondo Tokyo* is a deep dive into chaotic, cool, fun and sexy subculture of modern-day Japan." — **Ryuhei Kitamura, director of *Versus, Godzilla: Final Wars, The Price We Pay***

AMERICOSIS: A NATION'S DYSFUNCTION OBSERVED FROM PUBLIC TRANSIT

by Sam Forster



HISTORY / United States / 21st Century
SOCIAL SCIENCE / Sociology / Social Theory
SOCIAL SCIENCE / Sociology / General
HISTORY / Americas

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Virtually every problem with the modern American mode of living stems from three major cultural characteristics: a pathological attachment to the automobile, a horrifying apathy toward the obesity epidemic, and a deeply engrained fetishization of employment. This should be plain to anyone paying attention, but it's especially clear if you sell your car and spend six gruelling months riding public transit in Dallas, Texas, arguably the nation's most regrettable example of urban dysfunction.

For the better part of a year, I got on the train in one of the biggest cities in the wealthiest nation of all time, only to find myself surrounded by people who are either homeless or commuting to a job that hardly keeps them above the poverty line. Most of them are morbidly obese, and those who aren't are only slim because of heroin or some other destructive analgesic.

This country is in shambles for reasons that are material and obvious, but if you turn on the TV, the only issues our political and media intelligentsia find time to talk about are drag queens, QAnon crackpots, the sexual misadventures of partisan pseudo-celebrities, and other such sparkly hysterias. It's all ludicrous political stagecraft that has absolutely nothing to do with the lives of normal Americans, to say nothing of the weakest and most miserable. These conditions, which constitute a clear cultural disease, are so ugly and glaring that a diagnostic report like this really shouldn't be necessary.



Sam Forster is a freelance writer based in New York City. He has previously lived in Edmonton, Montreal, and Dallas, as well as Toronto where he was a graduate associate at the University of Toronto's Centre for Ethics. Since 2020, he has contributed political and cultural commentary to Arc Digital. He has a BA from the University of Alberta and an MA from the University of Toronto.

Winner of the Sutherland House Books Non-Fiction Prize