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CREDITS:
Front cover
The Langhe country in autumn, Piedmont, Italy. Chiara Salvadori/Getty Images. Frances Mayes Always Italy
Big Bend National Park in Texas is the largest protected area of Chihuahuan Desert in the United States.
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Hikers under the northern lights. istock. National Geographic Almanac 2020

Back cover
Puglia, Italy. Ben Pipe. Frances Mayes Always Italy
A female hiker stands on Trolltunga (troll tongue), a famous rock high above Ringedalsvatnet Lake that is a popular adventure trek in Norway. NicoElNino/Alamy Stock Photo. National Geographic Complete National Parks of Europe.
DEAR READERS,

This spring, we’re delighted to present an exciting collection of books that will inspire you to embark on new adventures, both at home and abroad. We begin with a spellbinding new memoir from legendary explorer Bob Ballard. Filled with the inside stories of his most celebrated exploits, including his discovery of the Titanic 35 years ago, *Bob Ballard (final title to come)* is a thrilling tale that combines cutting-edge science, archaeology, oceanography, and secret military missions. Talk about the perfect beach read!

Next, pack your bags, lace up your hiking boots, and get ready to be inspired by a bevy of travel books that will help you explore our world. In *Always Italy*, best-selling author Frances Mayes (*Under the Tuscan Sun*) celebrates the best of “The Boot” in her lyrical insider’s guide to the country’s 20 regions. In the dazzling *Complete National Parks of Europe*, you’ll explore the natural wonders of the Continent, featuring 460 sites from the United Kingdom’s Exmoor to Croatia’s Kornati Island. Commune with nature in *100 Hikes of a Lifetime*, a collection of the most breathtaking trails around the world for wanderers of all skill levels. Or if driving is more your style, cruise through *100 Drives, 5,000 Ideas*, a collection of diverting road trips across the United States and Canada that includes historic routes, foodie destinations, national parks, and more.

Best of all, the adventure continues here at home. In the highly anticipated follow-up to their groundbreaking narrative *What to Eat When*, best-selling authors Dr. Michael Roizen and Dr. Michael Crupain are back with *The What to Eat When Cookbook*. Filled with 125 delectable recipes and more than 100 mouthwatering photos, this inspiring program will help you achieve your most important life goals, from professional success to weight loss to longevity. Stay on a roll with blog maven Kris Bordessa’s *Attainable Sustainable*, written for DIY-lovers seeking earth-friendly, self-sufficient lifestyles. This indispensable lifestyle reference is packed with natural remedies, delicious recipes, gardening tips, crafts, and more than 300 four-color photos.

Finally, take a walk on the wild side with the wacky, informative, and downright gruesome *Gory Details*. Written with wit and style by Erika Engelhaupt, founding editor of the popular eponymous blog, this captivating narrative is filled with far-out facts about the astonishing world of science, from the biologist who stung himself with every conceivable insect to dollhouse-size replicas of crime scenes built to analyze blood splatter.

As always, thank you for supporting National Geographic—our books and our mission.

Warmly,

LISA THOMAS
Publisher and Editorial Director
National Geographic Books
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BOB BALLARD (FINAL TITLE TO COME)
AN EXPLORER’S LIFE
Robert D. Ballard, discoverer of Titanic, with Christopher Drew

The legendary explorer of Titanic and Lusitania looks back on his life and unveils a major new discovery on the 35th anniversary of the Titanic find.

Best known for finding the wreck of the Titanic, celebrated adventurer Robert Ballard has a lifetime of stories about exploring the ocean depths. From discovering extremophile life-forms thriving at 750°F in hydrothermal vents to finding famous shipwrecks including the Bismarck and PT 109, Ballard has made history. Currently the captain of E/V Nautilus, a state-of-the-art scientific exploration vessel rigged for research in oceanography, geology, biology, and archaeology, he leads young scientists as they map the ocean floor, collect artifacts from ancient shipwrecks, and relay live-time adventures from remote-controlled submersibles to reveal amazing sea life. Now, for the first time, Robert Ballard gets personal, telling the inside stories of his adventures and challenges as a midwestern kid with dyslexia who became an internationally renowned ocean explorer. Here is the definitive story of the danger and discovery, conflict and triumph that make up his remarkable life.

ROBERT D. BALLARD has conducted more than 150 deep-sea expeditions and is a pioneer in the development of advanced deep submergence and telepresence technology. He is best known for discovering hydrothermal vents, the sunken R.M.S. Titanic, the German battleship Bismarck, and many other ancient and modern shipwrecks around the world. Since 2008 he has managed the E/V Nautilus, his flagship for exploration, operated by the Ocean Exploration Trust and funded in part by NOAA. Among his many honors he holds the Explorers Club Medal, the National Geographic Hubbard Medal, and the National Endowment for the Humanities Medal.

CHRISTOPHER DREW is an award-winning New York Times investigative journalist and co-author of Blind Man’s Bluff, a major New York Times bestseller.

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FRANCES MAYES ALWAYS ITALY
Frances Mayes, with Ondine Cohane

In this lavishly illustrated and gift-worthy guide, the world’s most beloved expert on la dolce vita takes readers on the ultimate insider’s tour of Italy’s 20 iconic regions, revealing little-known gems, off-the-beaten-path destinations, and one-of-a-kind experiences.

This lush guide, featuring more than 350 glorious photographs from National Geographic, showcases the best Italy has to offer from the perspective of two women who have spent their lives reveling in its unique joys. In these illuminating pages, Frances Mayes, the author of Under the Tuscan Sun and many other bestsellers, and New York Times travel writer Ondine Cohane reveal an Italy that only the locals know, filled with top destinations and unforgettable travel experiences in every region. From the colorful coastline of Cinque Terre and the quiet ports of the Aeolian Islands to the Renaissance architecture of Florence and the best pizza in Rome, every section features insider secrets and off-the-beaten-path recommendations—for example, a little restaurant in Piedmont known for its tajarin, a pasta made from 30 egg yolks that is the perfect bed for the region’s celebrated truffles. Here are the best places to stay, eat, and tour, paired with the rich history of each city, hillside town, and unique terrain. Along the way, you’ll make stops at the country’s hidden gems—art galleries, local restaurants, little-known hiking trails, spas, and premier spots for R&R. Inspiring and utterly unique, this vivid treasury is a must-have for anyone who wants to experience the best of Italy.

FRANCES MAYES is the author of four bestsellers, Under the Tuscan Sun, Bella Tuscany, Everyday in Tuscany, and In Tuscany. All are about taking chances, living in Italy, and the “voluptuousness of Italian life.” A widely published poet and essayist, Mayes has written numerous memoirs, books of poetry, and novels. Formerly a professor of creative writing at San Francisco State University, she now devotes herself full-time to writing, traveling, and restoring a historic garden. She and her husband divide their time between North Carolina and Cortona, Italy.

ONDINE COHANE, a contributing editor at Condé Nast Traveler, writes regularly for the New York Times travel section, among many other publications. She has appeared on CNN and Good Morning America, and co-hosts Condé Nast Traveler’s Insider Guide series on PBS. Cohane lives in the Renaissance town of Pienza in southern Tuscany and owns two boutique hotels.
Lombardy

The northern Italian lakes! The air turns blue at evening, sending blessed calm over those gathered on a terrace for sunset toasts. By day, the mountain change colors as clouds wander over bluish waters, emerald and indigo. Start with one of the prettiest villages on Lake Como, Bellagio. Gardens, cruises, and peaceful walks provide hours of beauty, while the Rockefeller Foundation’s Bellagio Center, a private venue for gifted researchers and artists, beckons.

Lake Maggiore, the second largest lake in Italy, is a major tourist destination. The town of Stresa sits on the lake, its historic center celebrated by a lush promenade at the lakeside. This is a great spot for a day of strolling, enjoying the sights and sounds of this lakeside town.

Lake Orta, the smallest of the region’s lakes, has an air of romance. On this lake, the town of San Giulio is the site of a Benedictine monastery dating back to the 9th century, which is home to the Museum of Sacred Art.

Lake Maggiore is home to several of Italy’s most famous cities. From Verona to Verbania, the lake is dotted with charming villages and cities, offering a taste of northern Italian culture and history.

Outdoor Activities in Piedmont

With its rolling hills, verdant countryside, and charming villages, Piedmont is a paradise for outdoor enthusiasts. Whether you’re interested in hiking, cycling, or water sports, there’s something for everyone in this region.

Motorbike and vintage Vespa enthusiasts will love the winding roads and picturesque villages of the region. You can rent a Vespa or take one of the guided tours that explore the area’s sights and history.

For those looking for something more adventurous, paragliding is quite popular on the gentle hills that form the landscape before the Alps. You can take a tandem flight with a qualified instructor and enjoy breathtaking views of the surrounding area.

Get lost in the mountains or in some of the country’s most suggestive cities. From fashion to wine, northern Italy has the stars.

Wine and fashion: In Italy, fashion is the art of living, and Piedmont’s wines are an expression of the region’s terroir. The area is known for its renowned wines, which are produced from unique grape varieties.

Climb Every Mountain:
- Outdoor Activities in Piedmont
- Motorbike and vintage Vespa enthusiasts will love the winding roads and picturesque villages of the region.
- For those looking for something more adventurous, paragliding is quite popular on the gentle hills.

Follow the Bicycles: Biking destinations.

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Get lost in the mountains or in some of the country’s most suggestive cities. From fashion to wine, northern Italy has the stars.
THE WHAT TO EAT WHEN COOKBOOK
125 DELICIOUSLY TIMED RECIPES
Dr. Michael Roizen and Dr. Michael Crupain, with Jim Perko

This inspiring cookbook and strategic eating plan—the sequel to the wildly popular What to Eat When—offers 125 delectable recipes geared to achieving your most important life goals, from professional success to losing weight to longevity.

In their acclaimed lifestyle guide What to Eat When, Dr. Michael Roizen and Dr. Michael Crupain revealed when to eat foods for healthier living, disease prevention, better performance, and a longer life. The key, they assert, is eating breakfast like a king, lunch like a prince, and dinner like a pauper. Now, in this mouthwatering sequel, they deliver 125 recipes to put these lessons into practice, from a fiber-rich pasta dish loaded with fresh tomatoes and a creamy lemon dip and homemade crackers to satisfy your snack cravings to a salmon burger you'll love to eat for breakfast (yes, breakfast!) and a healthier, decadent chocolate mousse—a treat that also offers hormone-boosting ingredients before you hit the gym. Each dish is paired with practical information about the nutrients and benefits of the ingredients, plus expert cooking tips, what portion size to eat when, and helpful substitutions. Covering breakfast, lunch, dinner, and dessert—and the best times to eat all four—this highly anticipated sequel to Roizen and Crupain’s best-selling eating guide offers a plethora of meals that will get you through the day, and extend your life by years!

DR. MICHAEL ROIZEN is the Chief Wellness Officer at the Cleveland Clinic, Chief Medical Consultant on The Dr. Oz Show, author of four #1 New York Times best-selling books, and originator of the popular RealAge.com. He is board certified in anesthesiology and internal medicine. He’s been recognized with an Ellie, an Emmy, and the Paul G. Rogers Award from the National Library of Medicine for Best Medical Communicator.

DR. MICHAEL CRUPAIN is the Medical Director of The Dr. Oz Show. He is board certified in preventive medicine, a fellow of the American College of Preventive Medicine, and part-time faculty at the Johns Hopkins Bloomberg School of Public Health. Prior to joining The Dr. Oz Show, he directed food safety testing at Consumer Reports. He is an Emmy award-winning producer and sat on a USDA advisory committee.

JIM PERKO is the executive chef for the Cleveland Clinic Wellness Institute and the Center for Integrative and Lifestyle Medicine. A graduate of The Culinary Institute of America, he has apprenticed for the American Culinary Federation 1976 U.S. Culinary Olympic Team and cooked for scientists on the 1977-78 U.S. Antarctic Expedition. Perko is the founder of the national award-winning program Food Is Knowledge.

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**SNAP PEA & STRAWBERRY SALAD**

**BARBEQUE SAUCE**
- 3 tablespoons toasted sesame oil
- 3 large garlic cloves, minced
- 3 ¼ cups ketchup (2g sugar per serving)
- ½ cup low-sodium gluten-free tamari
- ¼ cup white grape juice
- ¼ cup fresh lemon juice
- 1 tablespoon freshly ground black pepper

**BBQ ARCTIC CHAR**
- 1 12-ounce piece boneless Arctic Char fillet, about ½ inch thick
- ¼ teaspoon smoked paprika
- ¼ teaspoon kosher salt
- ¼ teaspoon coarsely ground black pepper
- ¼ cup toasted sesame oil
- 3 large garlic cloves, minced
- 3-¼ cups ketchup (2g sugar per serving)
- ½ cup low-sodium gluten-free tamari
- ¼ cup white grape juice
- ¼ cup fresh lemon juice
- 1 tablespoon freshly ground black pepper

The combination of snap peas and strawberries may sound strange, but it’s often said that grows together goes together; both ingredients are available in spring. This marriage works because the sweet and tart flavors of the strawberries acts like a vinaigrette for the snap peas.

1. In a medium saucepan combine oil and garlic. Stir over medium-low heat until garlic is aromatic, about 1 minute. Add all remaining ingredients and whisk until well blended. Increase the heat to medium and simmer until heated through, 4 to 5 minutes. Remove from the heat and set aside to cool.

2. Reserve 8 tablespoons of the barbecue sauce for the Arctic Char. Label, date and freeze the remaining sauce up to six months for future use.

3. Preheat the oven to 350°F. Remove the skin from the Arctic Char and cut the fish crosswise into four equal size pieces, each about three ounces. Season evenly with smoked paprika, salt, pepper.

4. Place the fish pieces on a small baking sheet, spacing apart. Spoon 2 tablespoons of barbecue sauce evenly over each piece. Bake just until the fish pieces are opaque in the center, 9 to 10 minutes.

**BBQ ARCTIC CHAR**

- Calories: 120
- Sugars: 9g
- Saturated Fat: 0g
- Protein: 4g
- Sodium: 240mg
- Cholesterol: 0mg
- Fiber: 4.25mg
- Carbohydrate: 25g

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ATTAINABLE SUSTAINABLE
THE LOST ART OF SELF-RELIANT LIVING
Kris Bordessa

Packed with delicious recipes, natural remedies, gardening tips, crafts, and more, this indispensable lifestyle reference from the popular blogger behind Attainable Sustainable makes earth-friendly living fun.

Whether you live in a city, suburb, or the country, this essential guide for the backyard homesteader will help you achieve a homespun life—from starting your own garden and pickling the food you grow to pressing wildflowers, baking sourdough loaves, quilting, raising chickens, and creating your own natural cleaning supplies. In these richly illustrated pages, sustainability guru Kris Bordessa offers DIY-lovers an indispensable home reference for sustainability in the 21st century, with tried-and-true advice, 50 enticing recipes, and step-by-step directions for creating easy, cost-efficient projects that will bring out your inner pioneer. Filled with more than 300 four-color photographs, this relatable, comprehensive book contains time-honored wisdom and modern know-how for getting back to basics in a beautiful, accessible package.

KRIS BORDESSA’s passion project is the hit blog Attainable Sustainable, which she launched in 2011 to create a community focused on self-reliant living. The site asks the question: What if we could tackle one little actionable step each day to achieve a more self-reliant lifestyle? Bordessa grew up on a small farm in Northern California where her family harvested apples, raised chickens and pigs, planted acres of tomatoes, and had a Christmas tree farm. These days, she lives in Hawaii with her husband, two sons, an abundant vegetable garden, and a thriving chicken flock.
ROOTS, FRUITS, AND LEAVES

- Heads: Just as you’d imagine, root crops grow underground, the underground part of the plant being the part usually harvested. The most common root crops are beets, carrots, and potatoes. Other root crops include yams, sweet potatoes, parsnips, and rutabaga.

- Roots: Just as you’d imagine, root crops grow underground, the underground part of the plant being the part usually harvested. The most common root crops are beets, carrots, and potatoes. Other root crops include yams, sweet potatoes, parsnips, and rutabaga.

- Flowers: Flowers are the reproductive structures of plants. They produce seeds, which are the next generation of plants. Flowers come in a variety of shapes and colors, and they attract pollinators such as bees and butterflies.

- Leaves: Leaves are the photosynthetic organs of plants. They absorb light energy and convert it into chemical energy, which is used to build plant tissues.

- Fruits: Fruits are the matured ovary of a flowering plant. They contain seeds and are often bright and colorful, attracting animals to disperse the seeds.

- Seeds: Seeds are the mature reproductive structures of flowering plants. They contain a supply of nutrients and are designed to protect and carry the developing embryo until it can grow into a new plant.

SOAPMAKING

Soapmaking can be a fun and rewarding experience. If you’re trying to make soap on your own, you may have already tried to make soap with natural ingredients and learned a lot along the way. But if you’re a beginner, or if you’re looking to make soap in a more controlled environment, try making soap using a lye calculator. This will help you make sure that you’re using the right ingredients and proportions.

When making soap, it’s important to use a lye calculator to make sure that you’re using the right ingredients and proportions. This will help you make sure that you’re using the right ingredients and proportions. It’s also important to use a lye calculator to make sure that you’re using the right ingredients and proportions. When making soap, it’s important to use a lye calculator to make sure that you’re using the right ingredients and proportions.

LEATHERWORK

You could show your children how to make leather-bound notebooks. But making a beautiful leather journal isn’t as easy as it looks. To make a leather-bound notebook, you’ll need to cut the leather into the desired shape and size, then attach the pages with leather thread. You can also add a cover to the notebook with leather thread. Once the notebook is complete, you can add your own personal touches, such as a name or a logo, to make it unique.
ROOTS, FRUITS, AND LEAVES

Leaves

Leaves are the organs of photosynthesis. They produce food for the plant through photosynthesis, a process that uses sunlight, water, and carbon dioxide to produce glucose and oxygen. Leaves are usually flat and thin, allowing maximum exposure to sunlight. They are typically green because chlorophyll, the pigment that captures light, is present in higher concentrations in the leaves.

Fruits

Fruits are the mature reproductive structures of plants, which grow in response to fertilization. They are typically used to attract animals that will spread the plant’s seeds. Fruits can be berries, drupes, schisps, capsules, follicles, and more. They are an important part of the plant’s reproductive strategy and can provide a food source for animals.

Leatherwork

Leatherwork is the craft of working with animal hides to create various products. It involves tanning, cutting, sewing, and finishing. Leather can be used to create bags, wallets, belts, shoes, and many other items. The process of making leather involves several steps:

1. Tanning
2. Cutting
3. Sewing
4. Finishing

Soapmaking

Soapmaking is the process of creating soap from natural ingredients. It involves a chemical reaction called saponification, where the oils are combined with a base (such as lye) to create a cleaning agent. Soap is a valuable cleaning tool and is used in many households. The process of making soap includes:

1. Pouring lye into a large container
2. Adding oils
3. Mixing
4. Letting it cool
5. Pouring into molds

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NATIONAL GEOGRAPHIC COMPLETE NATIONAL PARKS OF EUROPE
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Justin Kavanagh

Discover a wild Europe in this comprehensive guide to 460 pristine parks and wild spaces, packed with full-color photos, detailed maps, and practical tips.

This breathtaking tour spans the entire continent and will inspire your next grand adventure with more than 400 photos, 55 maps, rich histories, exciting itineraries, and need-to-know tips. Find your way to Snowdonia in Wales, offering more than 1,490 miles of walking trails through thick forests and along coastal beaches and jagged mountains. Catch a glimpse of some of the more than 10,000 species inhabiting Germany’s Bavarian Forest. Explore the flora and fauna while camping amid the twin peaks of France’s Pyrénées. Or visit Norway’s Jotunheimen park, which contains the country’s 29 highest peaks and plenty of backcountry hiking. Each entry includes favorite spots for viewing scenery and wildlife, the best trails to walk or hike, and insights into what makes each of these parks worth visiting.

JUSTIN KAVANAGH is an expert guide for National Geographic Expedition’s Ireland: Tales and Treasures of the Emerald Isle. His work has appeared in numerous publications including The Globalist, The Independent, The Title, and In Dublin. He previously served as editor for National Geographic International editions, and was formerly the senior editor for National Geographic Travel Books.
100 HIKES OF A LIFETIME
THE WORLD’S ULTIMATE SCENIC TRAILS
Kate Siber, with a foreword by Andrew Skurka

From the world’s expert in outdoor adventure, here is the ultimate hiker’s bucket list, with 100 breathtaking experiences for beginners to experts around the globe.

Filled with beautiful National Geographic photography, wisdom from expert hikers, need-to-know travel information, and practical wildlife-spotting tips, this inspirational guide offers the planet’s best experiences for hikers and sightseers. From short day hikes—California’s Sierra High Route, Lake Agnes Teahouse in Alberta, Norway’s Mt. Skala—to multiday excursions like Mt. Meru in Tanzania and multi-week treks like Egypt’s Sinai Trail, Bhutan’s Snowman Trek, and the Bibbulmun Track in Australia, you’ll find a hike that matches your interests and skill level. Crossing all continents and climates—from the jungles of Costa Rica to the ice fields in Alaska’s Kenai Fjords National Parks—as well as experiences—a wine route through Switzerland or moose spotting on the Teton Crest Trail in Wyoming—there is a trail for everyone in these pages.

KATE SIBER is a freelance journalist and a correspondent for Outside magazine. Her work has appeared in National Geographic Traveler, National Parks, 5280, the Boston Globe, the New York Times, and the Washington Post, and she has been honored with several Lowell Thomas awards, including Travel Journalist of the Year.

ANDREW SKURKA (foreword) is an accomplished adventure athlete, speaker, guide, and writer. He was named Adventurer of the Year by Outside and National Geographic magazines, and Person of the Year by Backpacker. He is the author of The Ultimate Hiker’s Gear Guide, now in its second edition. When not living out of his backpack, he resides in Boulder, Colorado.
GORY DETAILS
ADVENTURES FROM THE DARK SIDE OF SCIENCE
Erika Engelhaupt

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Filled to the brim with far-out facts, this wacky, funny, and informative narrative takes us on a fascinating journey through the astonishing world of science. With Erika Engelhaupt, founding editor of National Geographic’s Gory Details blog, as your guide, all your weirdest and wildest fascinations will be illuminated. From the biologist who endured countless honeybee stings to test which spot was the most painful to the dollhouse-size replicas of crime scenes built to analyze blood splatter, this entertaining book explores oft-ignored but alluring facets of biology, anatomy, space exploration, nature, and more. Featuring top-notch reporting, interviews with leading researchers, and a healthy dose of wit, Gory Details depicts the world’s most intriguing real-world applications of science in all their glory!

ERIKA ENGELHAUPT has spent more than a decade writing and editing for top science publications, including National Geographic, Science News, Scientific American, the Philadelphia Inquirer, and NPR. Her love of storytelling has also brought her to the stage, where she’s appeared in comedy clubs and on podcasts like The Story Collider. Having started her career as a scientist, she also spent years writing and editing reviews of nonfiction science books at Science News. She lives in Knoxville, Tennessee.

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**SARA CALIAN** has lived in London and walked the city’s streets since 1998. She has written for the *Wall Street Journal* and the *Financial Times*, and has worked as a communications consultant.

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**PAS PASCHALI**, in more than 30 years of journalism, has been an arts editor, travel writer, and magazine publisher; he currently works as a freelance journalist for *The Guardian*. He is also a keen walker and has led groups on long-distance walks in the UK and abroad. His first trip to Paris was in the ’70s, and since then he has revisited France countless times to explore its regions. In that time he has written many articles and contributed to a number of guides on the French capital. In the last 15 years he has divided his time between living in London and Paris.

**BRIAN ROBINSON** was born and raised in Northern Ireland. He first visited Paris in 1969 on a family holiday and fell in love with the city. He studied Law at Sussex University’s School of European Studies, which required a year’s study in France. During the Easter and summer holidays he worked as a tour guide for American high school students across Europe but specialized in Paris. He currently works as a press officer for the British Film Institute in London and regularly travels on Eurostar to his Marais pied-a-terre.

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SCOTT C. ANDERSON is a veteran science journalist specializing in medical topics and computer programming. He was one of the creators of the computer game Lego Island, runs the Freedom Health laboratory that studies bacterial health in racehorses, and has developed prebiotics for animals and humans. He lives in Hudson, Ohio.

JOHN F. CRYAN is professor and chair of the department of Anatomy & Neuroscience, University College Cork. A principal investigator in the Alimentary Pharmabiotic Centre, a leading-edge institute researching the role of microbiome in health and disease, he lives in Cork, Ireland.

TED DINAN is professor of psychiatry and a principal investigator in the Alimentary Pharmabiotic Centre at University College Cork. He was previously chair of clinical neurosciences and professor of psychological medicine at St. Bartholomew’s Hospital, London. He lives in Cork, Ireland.

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DR. MICHAEL CRUPAIN is the medical director of The Dr. Oz Show. He is board certified in preventive medicine, a fellow of the American College of Preventive Medicine, and part-time faculty at the Johns Hopkins Bloomberg School of Public Health. Prior to joining The Dr. Oz Show, he directed food safety testing at Consumer Reports. He is an Emmy award-winning producer, sat on a USDA advisory committee, has written multiple peer-reviewed articles, and cooks every day. He lives in New York City.

TED SPIKER is the author or co-author of more than 20 books, including multiple New York Times bestsellers. A former articles editor at Men’s Health, he has had hundreds of stories published in various publications, many focusing on health and fitness. A professor at the University of Florida since 2001, Spiker was named the university’s Teacher of the Year (representing more than 3,000 faculty) in 2016-17.
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KARA COONEY is a professor of Egyptology at UCLA. Her academic work focuses on death preparations, afterlife beliefs, and gender studies. She has participated in digs with the Metropolitan Museum of New York at the Royal Pyramid complex of Senwosret III, and the Theban Necropolis with Johns Hopkins University. She appeared as a lead expert in the popular Discovery Channel special The Secrets of Egypt’s Lost Queen, and is a recurring team member on the History Channel’s Digging for the Truth. Her book The Woman Who Would Be King was published in 2014.

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KAREN KARBO is the author of multiple award-winning novels, memoirs, and works of nonfiction. She was one of 24 authors selected for the inaugural Amtrak Residency. Her best-selling Kick-Ass Women series includes The Gospel According to Coco Chanel: Life Lessons From the World’s Most Elegant Woman, which was an international bestseller. Karbo’s short stories, essays, articles, and reviews have appeared in Elle, Vogue, Esquire, Outside, the New York Times, Salon, and other publications. She is a recipient of a National Endowment for the Arts Fellowship in Fiction and a winner of the General Electric Younger Writer Award. Karbo lives in Portland, Oregon, where she continues to kick ass.
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**DAN BUETTNER** is the founder of Blue Zones, an organization that helps Americans live longer, healthier lives. His groundbreaking work on longevity led to his 2005 National Geographic cover story “Secrets of Living Longer” and a second, “The Search for Happiness,” in 2017. Buettner has authored three national bestsellers: The Blue Zones, Thrive, and The Blue Zones Solution. He is also a National Geographic Explorer. Visit him on Facebook and Twitter, and at his website bluezones.com.
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During three decades as an editor, writer, and photographer, JOE YOGERST has lived and worked in Asia, Africa, Europe, and North America. His writing has appeared in Condé Nast Traveler, CNN Travel, Islands magazine, the International New York Times (Paris), Washington Post, Los Angeles Times, and National Geographic Traveler. He has also written for 34 National Geographic books, including the best-selling 50 States, 5,000 Ideas.

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JUSTIN KAVANAGH is an expert guide for National Geographic Expedition’s Ireland: Tales and Treasures of the Emerald Isle. His work has appeared in numerous publications including The Globalist, The Independent, The Title, and In Dublin. He previously served as editor for National Geographic International editions, and was formerly the senior editor for National Geographic Travel Books.

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KATE SIBER is a freelance journalist and a correspondent for Outside magazine. Her work has appeared in National Geographic Traveler, National Parks, 5280, the Boston Globe, the New York Times, and the Washington Post, and she has been honored with several Lowell Thomas awards, including Travel Journalist of the Year.

ANDREW SKURKA (foreword) is an accomplished adventure athlete, speaker, guide, and writer. He was named Adventurer of the Year by Outside and National Geographic magazines, and Person of the Year by Backpacker. He is the author of The Ultimate Hiker’s Gear Guide, now in its second edition. When not living out of his backpack, he resides in Boulder, Colorado.
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SARA CALIAN has lived in London and walked the city’s streets since 1998. She has written for the Wall Street Journal and the Financial Times, and has worked as a communications consultant.

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NATIONAL GEOGRAPHIC WALKING GUIDE: PARIS, THIRD EDITION

Pas Paschali and Brian Robinson

The best way to appreciate the city of Paris is to walk: it is only on foot that you can explore the lively districts in all their variety and diversity. This volume offers 14 itineraries that will guide you step by step to the most hidden and picturesque corners of Paris. The “Whirlwind Tour” section includes ideas for visiting the entire city in one day or in a weekend, enjoying a solo trip or a family visit with children. The walks through the city, from the Tour Eiffel and Les Invalides to Place du Châtelet and Les Halles, touch on each of the points of interest on the map. The more detailed descriptions offer interesting information about the museums and other sites, including the Cathédrale de Notre-Dame de Paris, the Musée du Louvre, and the Arc de Triomphe.

PAS PASCHALI, in more than 30 years of journalism, has been an arts editor, travel writer, and magazine publisher; he currently works as a freelance journalist for The Guardian. He is also a keen walker and has led groups on long-distance walks in the UK and abroad. His first trip to Paris was in the ’70s, and since then he has revisited France countless times to explore its regions. In that time he has written many articles and contributed to a number of guides on the French capital. In the last 15 years he has divided his time between living in London and Paris.

BRIAN ROBINSON was born and raised in Northern Ireland. He first visited Paris in 1969 on a family holiday and fell in love with the city. He studied Law at Sussex University’s School of European Studies, which required a year’s study in France. During the Easter and summer holidays he worked as a tour guide for American high school students across Europe but specialized in Paris. He currently works as a press officer for the British Film Institute in London and regularly travels on Eurostar to his Marais pied-a-terre.

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SCOTT C. ANDERSON is a veteran science journalist specializing in medical topics and computer programming. He was one of the creators of the computer game Lego Island, runs the Freedom Health laboratory that studies bacterial health in racehorses, and has developed prebiotics for animals and humans. He lives in Hudson, Ohio.

JOHN F. CRYAN is professor and chair of the department of Anatomy & Neuroscience, University College Cork. A principal investigator in the Alimentary Pharmabiotic Centre, a leading-edge institute researching the role of microbiome in health and disease, he lives in Cork, Ireland.

TED DINAN is professor of psychiatry and a principal investigator in the Alimentary Pharmabiotic Centre at University College Cork. He was previously chair of clinical neurosciences and professor of psychological medicine at St. Bartholomew’s Hospital, London. He lives in Cork, Ireland.

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DR. MICHAEL ROIZEN is the chief wellness officer at the Cleveland Clinic, chief medical consultant on The Dr. Oz Show, author of four New York Times best-selling books, and originator of the popular RealAge.com website. He is board certified in anesthesiology and internal medicine. He’s been recognized with an Ellie, an Emmy, and the Paul G. Rogers Award from the National Library of Medicine for Best Medical Communicator. He also chaired an FDA advisory committee and has published more than 175 peer-reviewed articles. He lives in Shaker Heights, Ohio.

DR. MICHAEL CRUPAIN is the medical director of The Dr. Oz Show. He is board certified in preventive medicine, a fellow of the American College of Preventive Medicine, and part-time faculty at the Johns Hopkins Bloomberg School of Public Health. Prior to joining The Dr. Oz Show, he directed food safety testing at Consumer Reports. He is an Emmy award-winning producer, sat on a USDA advisory committee, has written multiple peer-reviewed articles, and cooks every day. He lives in New York City.

TED SPIKER is the author or co-author of more than 20 books, including multiple New York Times bestsellers. A former articles editor at Men’s Health, he has had hundreds of stories published in various publications, many focusing on health and fitness. A professor at the University of Florida since 2001, Spiker was named the university’s Teacher of the Year (representing more than 3,000 faculty) in 2016-17.
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KARA COONEY is a professor of Egyptology at UCLA. Her academic work focuses on death preparations, afterlife beliefs, and gender studies. She has participated in digs with the Metropolitan Museum of New York at the Royal Pyramid complex of Senwosret III, and the Theban Necropolis with Johns Hopkins University. She appeared as a lead expert in the popular Discovery Channel special The Secrets of Egypt’s Lost Queen, and is a recurring team member on the History Channel’s Digging for the Truth. Her book The Woman Who Would Be King was published in 2014.

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KAREN KARBO is the author of multiple award-winning novels, memoirs, and works of nonfiction. She was one of 24 authors selected for the inaugural Amtrak Residency. Her best-selling Kick-Ass Women series includes The Gospel According to Coco Chanel: Life Lessons From the World’s Most Elegant Woman, which was an international bestseller. Karbo’s short stories, essays, articles, and reviews have appeared in Elle, Vogue, Esquire, Outside, the New York Times, Salon, and other publications. She is a recipient of a National Endowment for the Arts Fellowship in Fiction and a winner of the General Electric Younger Writer Award. Karbo lives in Portland, Oregon, where she continues to kick ass.
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DAN BUETTNER is the founder of Blue Zones, an organization that helps Americans live longer, healthier lives. His groundbreaking work on longevity led to his 2005 National Geographic cover story “Secrets of Living Longer” and a second, “The Search for Happiness,” in 2017. Buettner has authored three national bestsellers: The Blue Zones, Thrive, and The Blue Zones Solution. He is also a National Geographic Explorer. Visit him on Facebook and Twitter, and at his website bluezones.com.

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WINSTON GROOM was born in Washington, D.C., but grew up in Mobile, Alabama, on the Gulf Coast. After a brief period in the Army, Groom returned to Washington, where he worked as a reporter at the now defunct Washington Star, covering the political and court beat. He enjoyed a stint in New York City socializing with literary legends before returning to Alabama, where he settled down to writing and enjoying life. He is the author of 18 previous books, including Forrest Gump, turned into an Oscar-winning movie, and the national bestsellers The Generals and The Aviators.