

*Real People.
Incredible Stories.*

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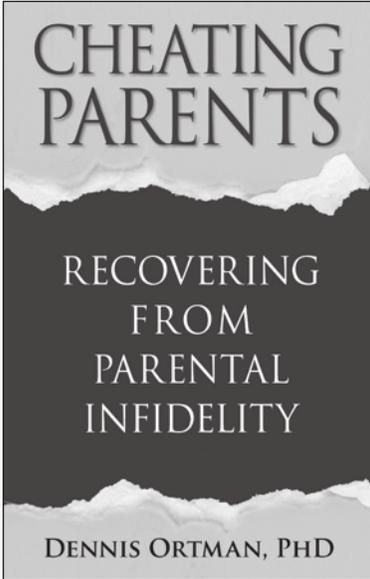
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2014

CHEATING PARENTS

Recovering from Parental Infidelity

By Dennis Ortman, PhD



How parental infidelity impacts children's future lives, emotional security, relationships and marriages.

*30 to 60 percent of all married individuals in the U.S. will engage in infidelity at some point during their marriage.
(Buss and Shackelford)*

- Ten city contracted radio tour
- Print advertising in *Publishers Weekly*, *Library Journal* and trade publications.
- Targeted mailing to lifestyle editors, magazines and trade publications

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David Petraeus, Tiger Woods, Arnold Schwarzenegger, John Edwards and Bill Clinton: These powerful and famous men were caught having affairs and fell from grace. The media reported their fall and the humiliation and outrage of their spouses. The nation watched the drama with fascination, feeling sympathy for the betrayed. What was conspicuously absent in all the media attention was the impact of the infidelity and ensuing publicity on their children.

Dennis Ortman, PhD, gives a voice to these silent sufferers, the young and adult children, the walking wounded, who may appear to function normally for years, but when they attempt to engage in intimate relationships as adults they experience trouble. They feel compelled to betray their partners, marry someone who cheats on them or remain emotionally disengaged in their relationships. Without knowing it, they repeat the brokenness of their parents' marriage, playing out their roles in a tragedy, often exhibiting symptoms similar to post-traumatic stress disorder.

Cheating Parents explores the long-term impact of parental infidelity on sons' and daughters' self-esteem and provides pathways toward healing and forgiveness.

Dennis Ortman, PhD, is a clinical psychologist in private practice in the Detroit Metropolitan area for over twenty years, specializing in treating individuals battling substance abuse and emotional problems, particularly those who suffer the trauma of infidelity. Before becoming a psychologist, he was a Catholic priest for fourteen years. He received his doctorate in clinical psychology from the University of Detroit-Mercy and a graduate degree in theology from the Gregorian University in Rome. He is an active member of both the American Psychological Association and the Michigan Psychological Association. He has authored four other books. He lives in Shelby Township, Michigan.

A ROOKIE COP vs. THE WEST COAST MAFIA

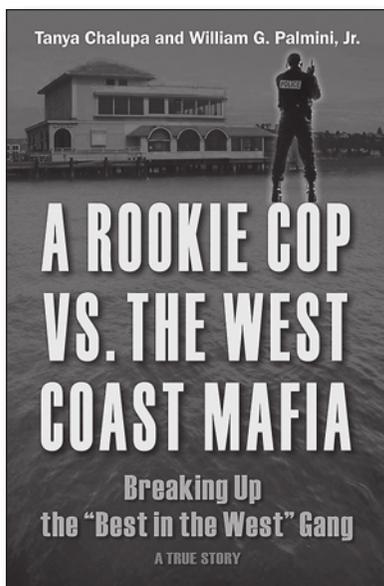
Breaking Up the "Best in the West" Gang

by Tanya Chalupa and William G. Palmini, Jr.

In this gripping, true crime exposé, Bill Palmini, a rookie detective, hopes to take down the West Coast Mafia by gaining the confidence of notorious mob operative William Floyd Ettleman. Set against a backdrop of social turmoil, A Rookie Cop vs. The West Coast Mafia immerses readers in the subculture of free love, drugs, robbery and murder, orchestrated by organized crime in locations like the coastal enclave of Sausalito, California.

Artists, writers, musicians, actors and hippies took refuge there. The Trident Restaurant was once a drug Mecca for Hollywood, the music industry and the New York hip. It was co-owned by the Kingston Trio and their manager, Frank Werber, a self-proclaimed drug priest. Robin Williams worked as a busboy there, the Rolling Stones were regulars and Janis Joplin had her own table. Sally Stanford, the former San Francisco Madam who later became Sausalito's mayor, was a confidant of the famous and infamous. Ettleman's gang of safecrackers targets the Trident.

Other mobsters like San Diego's Frank "The Bomp" Bompensiero, on whom Sopranos character "Big Pussy" is thought to have been based, become involved. Palmini, utilizing Ettleman, joins the FBI and the Federal Strike Force on Organized Crime to penetrate the crime scene in Sausalito, loaded dice scams in Las Vegas and Reno, corruption in San Diego and stolen credit cards circulating as far away as Texas. Then he begins to break up one of the most notorious gangs on the West Coast.



Tanya Chalupa was the force behind California's Child Seat Restraint measure. She has expertise in law enforcement and traffic safety issues and has received awards from the National Highway Traffic Safety Administration, the California Senate Rules Committee and the National Association of Governors' Highway Safety Representatives. The murder of a homeless vet in a town where she was coordinating a federal grant led to her first true crime book, *Murder on the Rails*. She resides in Northern Virginia.

William G. Palmini, Jr., is Chief of the Department of Public Safety at UC Hastings College of the Law, San Francisco. He has 45 years of experience in police work and is a recipient of the J. Stannard Baker Award from the International Association of Chiefs of Police and the 2010 National Elks' Enrique Camarena Drug Awareness Award. His fame as the original Elvis Cop follows him and he still performs occasionally at community events. His Elvis persona in police work earned him international media coverage and an honorary Gold Record Award from the Recording Industry Association of America.

*Miami Vice meets Gangster Squad
in this true-crime mob thriller.*

*Value of assets controlled by organized crime
groups: \$322 Billion according to Havocscope.
(Global Black Market Information)*

- Ten city contracted radio tour
- Print advertising in *Publishers Weekly*, *Library Journal* and trade publications
- Targeted mailing to lifestyle editors, magazines and trade publications

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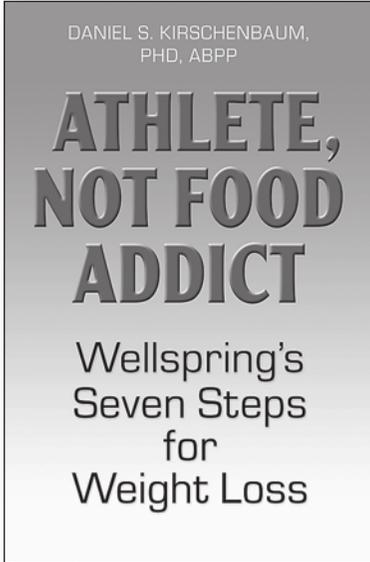
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ATHLETE, NOT FOOD ADDICT

Wellspring's Seven Steps for Weight Loss

by Daniel S. Kirschenbaum, PhD, ABPP



There are more than 1.6 billion obese and overweight individuals worldwide.

*In the United States, some 60 percent of adults and nearly 13 percent of children are overweight or obese.
(World Health Organization)*

- Ten city contracted radio tour
- Print advertising in *Publishers Weekly*, *Library Journal* and trade publications.
- Targeted mailing to lifestyle editors, magazines and trade publications
- Promotion through Wellspring, the leading provider of weight loss services for overweight young people in North America.

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Athlete, Not Food Addict shatters widespread beliefs about the addictive nature of food and offers an empowering method for effective weight loss. Wellspring president Kirschenbaum shows that weight problems are caused primarily by resistant biological forces within us, our culture and a lack of knowledge about how to manage and overcome these challenges. To lose weight permanently, weight control seekers must become "weight controller athletes" and learn how to mold their bodies in a healthier direction, just as athletes do.

Kirschenbaum provides key steps necessary to maximize one's inner power to control weight. He enables readers to understand the body's resistance to weight loss and helps them learn how to effectively manage food to decrease the body's biological resistance. He asserts the importance of increasing movement, while providing strategies to develop an athlete's power of concentration through focus and self-monitoring logs. Readers will become proficient weight controller athletes and gain the necessary tools for a lifetime of successful weight control.

Dan Kirschenbaum, PhD, ABPP, is the Clinical Director and Vice President of Wellspring, the leading provider of treatment services for overweight young people and families in the United States. He is a clinical psychologist, a Professor of Psychiatry and Behavioral Sciences at Northwestern University Medical School and the director of the Center for Behavioral Medicine and Sport Psychology in Chicago. He has served as a consultant to the U.S. Olympic Committee, the National Basketball Association, the Ladies Professional Golf Association, Weight Watchers and WebMD and is the author of over ten books and 150 journal articles on weight management. An expert on weight control and sport psychology, he has appeared on national television shows including *Dateline* and *Today* and has been frequently interviewed by consumer radio programs and print publications. He splits his time between Chicago and Atlanta.

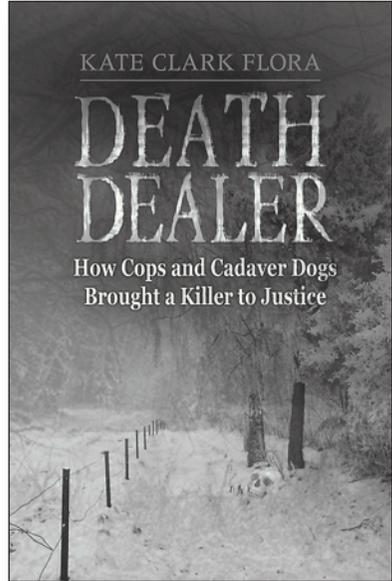
DEATH DEALER

How Cops and Cadaver Dogs Brought a Killer to Justice

by *Kate Clark Flora*

When the hunters become the hunted, life in Miramichi, New Brunswick, Canada turns upside-down – and it takes a major investigation by Maine cadaver dogs and their handlers to solve a vicious murder and catch a possible serial killer.

Death Dealer is a gripping and heroic true crime story of committed investigators from two countries and their tireless pursuit of a brutal killer. Intriguing, from the moment of David Tanasichuk's first phone call reporting his wife, Maria, missing on January 26, 2003. He and Maria were having marital troubles, he claimed, and she decided to take a break, explaining the ten day delay in reporting her missing. The story builds as lie after lie unravels, as trained cadaver dogs, their dedicated handlers, game wardens and search and rescue teams tirelessly comb hundreds of miles of woods along the border of Canada and Maine to bring a vicious killer to justice. This *Law and Order* meets *CSI* drama culminates in a conviction in 2012.



An estimated 1.3 million women are victims of physical assault by an intimate partner each year, according to the National Institute of Justice.

Kate Clark Flora is a former assistant attorney general for the State of Maine and the author of 12 books. An Edgar Award nominee for her true crime work, she has also been short-listed for the Derringer Award and a finalist for the Maine Literary Awards. She is the past president of Sisters in Crime, an international organization for mystery writers, the co-founder and former editor of Level Best Books, a cooperative dedicated to publishing anthologies of the best crime stories by New England writers, and the organizer of the popular blog, MaineCrimeWriters.com. Kate divides her time between her homes in Maine and Boston, where she teaches writing at Grubb Street, an independent center for creative writing.

- Author promotion on website and blog; Maine Crime Writers website (<http://www.kateflora.com>, <http://Mainecrimewriters.com>)
- Print advertising in *Publishers Weekly*, *Library Journal* and trade publications.
- Print mailing and e-mail blast to reviewers, true crime sites, etc.
- Ten city radio tour

eBOOK

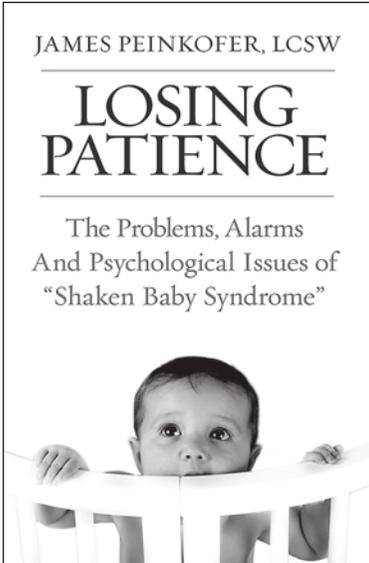
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LOSING PATIENCE

The Problems, Alarms and Psychological Issues of "Shaken Baby Syndrome"

by James Peinkofer, LCSW



All it takes is two or three violent shakes, in a little as five seconds, by an angry parent or caregiver to punish or quiet a crying child. Shaken Baby Syndrome (SBS) is the leading cause of abuse-related deaths among infants. Nearly one-third of shaken babies die, with as high as eighty percent of survivors suffering permanent brain damage.

James Peinkofer, in *Losing Patience*, provides an encompassing look into the famous and recent cases (Virginia Jaspers, Patience Gill and Louise Woodward) and key medical personnel that helped shape and define Shaken Baby Syndrome. He identifies the victimology (which infants and children are most vulnerable), what to look out for in a caregiver and what should a family do if they suspect SBS, while providing prevention efforts, ways to soothe a crying baby and stories from the families and survivors.

Losing Patience is a must read for every parent, grandparent and caregiver. The life that's saved may be your tiny loved one.

Shaken Baby Syndrome is one of the most violent forms of child abuse, accounting for the majority of severe head injuries in children less than one year of age.

It is the most common cause of mortality and long-term disability in infants and young children due to physical abuse.

(Center for Family Safety & Healing)

Education is the key to prevention.

- Ten city contracted radio tour
- Print advertising in *Publishers Weekly*, *Library Journal* and trade publications.
- Targeted mailing to lifestyle editors, women's magazines and trade publications

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James Peinkofer, LCSW, has more than eighteen years of experience in medical and mental health clinical social work. A Child Abuse Consultant, he assesses physical child abuse crimes for police investigations and prosecutors and is a Hospice Social Worker. He received his Masters in Social Work from the University of Buffalo, Buffalo, NY and resides in Mishawaka, IN.

HEALING TRAUMA

How Shock Both Protects and Sabotages Our Lives

By Diane Zimberoff, LMFT and David Hartman, LICSW

Whether it is suddenly losing a loved one, finding out your spouse is having an affair or that your child is using drugs or that they have a major illness such as cancer, shock is the body's way of saying, "I can't deal with this right now and I need a moment to collect myself."

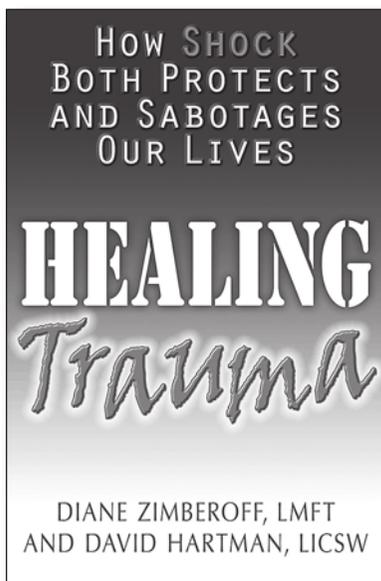
When people experience trauma, they can be both traumatized and shocked. While trauma is recorded in us psychologically, shock is recorded physiologically. This is why when a trauma is triggered by an experience long after the initial traumatic event, we can have both emotional and physical responses to it.

Healing Trauma explains the physiology of shock and how shock can control our responses to life and provides a better understanding on how it impacts our lives and how it can be effectively treated. Zimberoff and Hartman explain that it is important to understand that nearly everybody experiences shock at one time or other in their lives.

Healing Trauma explores the effects of shock on our lives, including its profound impact on miscommunication, abuse in relationships, tenacious addictions, depression, mental illness and even spiritual seeking. Here are proven tools for successful treatment and real life examples of people who have overcome the debilitating patterns caused by shock and trauma in their lives.

Diane Zimberoff is a licensed marriage and family therapist, with clinical specialties in addiction recovery, stress-related illness, and codependency. She is the cofounder and director of training at The Wellness Institute, one of the oldest and most respected providers of hypnotherapy certification and hypnosis training.

David Hartman is a clinical social worker, specializing in trauma resolution and the use of altered states of consciousness for healing and spiritual growth. For 20 years he has trained mental health professionals in heart-centered hypnotherapy throughout the United States and in Kuwait, Taiwan, Mexico, South Africa, and Denmark. He is the cofounder of The Wellness Institute. They both live in Issaquah, WA.



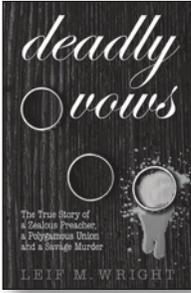
7.7 million adults, or 3.5 percent of the U.S. population (and millions more worldwide) are affected by Post Traumatic Stress Disorder (PTSD) according to the Anxiety and Depression Association of America (ADAA.)

- Ten city contracted radio tour
- Print advertising in *Publishers Weekly*, *Library Journal* and trade publications.
- Targeted mailing to lifestyle editors, magazines and trade publications

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DEADLY VOWS

The True Story of a Zealous Preacher, a Polygamous Union and a Savage Murder

By Leif M. Wright

Sean Goff was a dynamic Pentecostal minister who was already running his own church by the age of twenty-two. He wed a pliable teenager and bent her to his will, eventually convincing her to agree to his secretly taking a second young wife named Joy. Then problems began to surface.

Deadly Vows is the true story of the betrayal and murder of Joy Risker, whose mutilated remains were eventually found buried beneath a stack of lava rocks in the Arizona desert. Her fingertips had been severed, her teeth sawed out and her face smashed with a blunt object.

Had Leif Wright, Sean's friend for 16 years, un-knowingly helped Sean think of ways to get away with the "perfect" crime when they were researching a crime novel together?

Wright takes readers into the mind of a controlling killer in this horrifying, straight-from-the-headlines true crime saga, leaving us all to question just how well any of us really knows our neighbors, friends and spouses.

Leif M. Wright is a winner of numerous Associated Press journalism awards and recipient of the prestigious Best of Gannett Award for the investigative series "Shout at the Devil." A former crime reporter and managing editor at a respected daily newspaper, he is currently owner and publisher of a successful online newspaper. He is an accomplished ghostwriter of dozens of books. Leif resides in Muskogee, Oklahoma, with his wife and two children.

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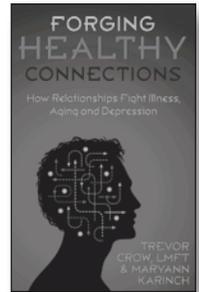


FORGING HEALTHY CONNECTIONS

How Relationships Fight Illness, Aging and Depression
by Trevor Crow, LMFT and Maryann Karinch

From the moment of birth to the second we die, we need relationships. We get sick, mentally and physically, without the emotional and physical security that flows from positive connections to other human beings.

In *Forging Healthy Connections*, marriage and family therapist and talk show host Trevor Crow and writer Maryann Karinch explore strategies for setting up and maintaining secure connections in our professional and personal lives. They show how to build a healthy network of connections so we can create an emotional safe haven that directly and positively impacts our health. They examine why so many of us fail or lose relationships as we age, discuss the types of relationships we might be lacking, explore trust issues, explain the reciprocal effect and, most importantly, describe how to establish and practice empathy with friends, family and business associates. *Forging Healthy Connections* is a powerful re-source for combating the loss of personal bonds in today's impersonal digital age. It provides readers with the tools needed to achieve and maintain healthy personal connections that will ultimately lead to a lifetime of satisfaction, fulfillment and meaningful relationships.



Trevor Crow, LMFT, hosts "Keeping Connected," a weekly radio show about relationships, and is a licensed marriage and family therapist. Crow has a Masters in Marriage and Family Therapy from Fairfield University, CT and also holds an MBA from Harvard University and a BS from Parsons The New School for Design. She practices and resides in Southport, CT.

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Maryann Karinch is the author of eighteen books, most focusing on human behavior, and is the founder of The Rudy Agency, a literary agency specializing in non-fiction. She holds bachelors and masters degrees from The Catholic University of America in Washington, DC and is a certified personal trainer. She lives in Este Park, CO.

TEN STEPS TO RELIEVE ANXIETY

Refocus, Relax and Enjoy Life

by H Michael Zal, DO, FACN, FAPA

Are you having trouble concentrating or does your mind simply “go blank;” are you experiencing shortness of breath or rapid heartbeat, trouble sleeping, irritability, muscle tension or aches, sweating, nausea or diarrhea on a daily basis? Do your feelings of anxiety disrupt your social activities or interfere with work, school, family or personal life? You are not alone. 6.8 million American adults and millions more worldwide suffer from Generalized Anxiety Disorder (GAD). In *Ten Steps to Relieve Anxiety*, Dr. H. Michael Zal utilizes his over forty years of experience to explore the emotional and physical aspects of anxiety and the treatment options available, then sets out his strategy.

Dr. Zal illustrates his proven, effective techniques and treatments to handle anxiety in ten easy-to-follow steps. GAD is not a character flaw; it is a serious but treatable disorder and *Ten Steps to Relieve Anxiety* is the perfect tool to regain control over your anxiety.

“...provides ten easy-to-follow steps to achieve a less stressful, calmer life.” — *Bookviews* by Alan Caruba

H Michael Zal, DO, FACN, FAPA, is currently in private practice and a clinical professor in the Department of Psychiatry at the Philadelphia College of Osteopathic Medicine. He is board certified, a Fellow of the American College of Neurology and Psychiatry and a Distinguished Life Fellow of the American Psychiatric Association. He is Editor-In-Chief of the *Journal of the Pennsylvania Osteopathic Association*. Dr. Zal is a graduate of the University of Pennsylvania and the Philadelphia College of Osteopathic Medicine. Dr. Zal was chairman of the Psychiatric Service at Metropolitan Hospital in Philadelphia. Dr. Zal received the Albert Einstein Healthcare Foundation Physicians' Award for Excellence and the Practitioner of the Year Award from the Philadelphia Psychiatric Society.

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TEN STEPS
TO
RELIEVE
ANXIETY

REFOCUS, RELAX
AND ENJOY
LIFE

12345678910
H MICHAEL ZAL

SMART RELATIONSHIPS

How Successful Women Can Find True Love

by LeslieBeth Wish, EdD, MSS

Are you a woman who has made great advances in your career but not in your romantic relationships? Do you worry you can't trust your judgment in men, fear you won't recover from breakups or feel you're “done” with men? As a professional woman, it can be confusing and frustrating to be smart about your career but not about love.

Smart Relationships gives women who have broken through the glass ceiling but not the love ceiling pragmatic tools and proven strategies to find satisfaction in romance. Dr. Wish, a psychologist and licensed social worker with over thirty-five years of experience, teaches women the structure of intimate relationships and how

to break free of their past negative relationship cycles. She reveals her proactive approach that helps women to:

- Examine their own behavior
- Identify how it affects their relationships
- Make the changes necessary to create happy, fulfilling relationships

This book will show women how to recognize that relationships are challenges and that they must go beyond their emotional comfort zones to find healthy and happy connections. It is possible for women to be successful both in their careers and in love.

LeslieBeth Wish, EdD, MSS, writes a weekly relationship column for www.QualityHealth.com and serves on the site's Medical Advisory Board. Named a top fifty social worker by the National Association of Social Workers, she is the founder of www.lovevictory.com, founder and co-director of the Counseling Network for the Special Operations Warrior Foundation and a faculty member at Florida State University. Dr. Wish earned her doctorate in developmental psychology at the University of Massachusetts in Amherst and her master's in clinical social work and management from Bryn Mawr College.

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PARENTING YOUR EMERGING ADULT

Launching Kids from 18 to 29

by Dr. Varda Konstam

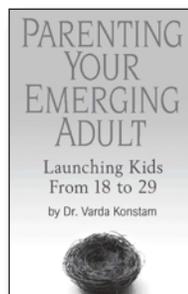
They're back—or maybe they never left: your emerging adults, faced with a higher cost of living, a difficult job market, college debts and a sense of entitlement, are clinging to the nest. 56 percent of men and 48 percent of women 18 to 24 years old are living with their strapped parents, who are “stressed out” and in need of practical, credible advice. Dr. Konstam offers tools parents need to make their emerging adults independent and self-sufficient. Parents will develop an understanding of how this developmental period intersects with the current economic, social and political times. They will become better grounded and confident in their abilities to:

- Discuss contentious subjects
- Pick their battles
- Make informed, sound decisions and find effective solutions

Dr. Konstam shows how parents can end coddling, codependency and poor modeling. Their emerging adult children will be successfully launched!

“...offers the advice parents need to get their emerging adults living successfully out on their own...”

— *Bookviews* by Alan Caruba



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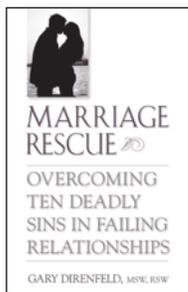
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Varda Konstam, PhD, brings a wealth of clinical experience and insights based on over fifteen years of working with emerging adults, couples and families in private practice as well as in a wide range of clinical settings. A professor in the Department of Counseling and School Psychology at the University of Massachusetts, Boston, Konstam received her BA in psychology from the City College of New York and her PhD from the School of Psychology, Fordham University, New York.



MARRIAGE RESCUE

Overcoming Ten Deadly Sins in Failing Relationships

by Gary Drenfeld, MSW, RSW

The honeymoon has ended. The issues are mounting—money, family, friends, drinking, online relationships. You're experiencing marital turmoil and your marriage is not the idyllic union you imagined. Don't despair. Gary Drenfeld, MSW, RSW, will help lead you to the marriage of your dreams. By exploring each of the ten deadly sins, you will learn how to unravel the problems associated with it. By accepting your contribution to the difficulties you are experiencing and gaining more insight into your partner's, you'll learn where your problems stem from and how to craft solutions to them. You'll develop effective strategies to address the issues, including:

- Fighting over whose money it is
- Abusing alcohol or drugs
- Putting friends ahead of one's partner

If you and your partner really want your marriage to get back on track, then you both need to be ready and willing to work at it. *Marriage Rescue* will show you how to achieve a fulfilling relationship.

“...will provide readers with the skills necessary to enhance their relationships. Recommended.”

— *Library Journal*

Gary Drenfeld, MSW, RSW, is one of North America's leading marriage experts. He is a frequently sought out guest advisor on radio, TV and in newspapers and magazines in the U.S. and Canada, with over 200 published articles, and he writes a weekly parenting issues column for a major newspaper. A keynote speaker at workshops and conferences on marriage and family, he was the host of the syndicated television show *Newlywed, Nearly Dead?* that aired across the U.S., Canada, Latin America and in fifteen other countries. A graduate of the University of Toronto, Drenfeld resides in Dundas, Ontario.

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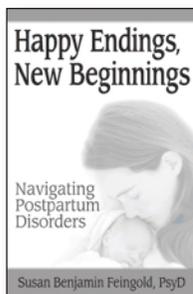
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HAPPY ENDINGS, NEW BEGINNINGS

Navigating Postpartum Disorders

by Susan Benjamin Feingold, PsyD

What do Princess Diana, Gwyneth Paltrow, Brooke Shields and Mary Jo Codey have in common with several million other women each year? They all have suffered from postpartum depression, a disabling mental health syndrome. In *Happy Endings, New Beginnings*, Dr. Feingold presents her unique approach for navigating the journey through postpartum disorders. Guiding women through the challenges, feelings and distressing symptoms, she shows how to make the postpartum experience a positive, life-changing event, including:

- Examining truths and falsehoods about postpartum depression
- Learning how to deal with unsolicited advice
- Finding the healing power of hope and spirituality

Filled with fascinating true stories of women Dr. Feingold has coached through post-birth disorders to take control of their lives and find lasting fulfillment, as she did in her own life, *Happy Endings, New Beginnings* also provides a new perspective for therapists and other health professionals treating women during this critical period.

"...readers will find Feingold's message both hopeful and empowering.

Highly recommended for any woman struggling with PPD." — *Library Journal*

Susan Benjamin Feingold, PsyD, is a licensed clinical psychologist who specializes in the treatment of antepartum and postpartum depression and anxiety disorders as well as mental health issues relating to reproductive functions. In addition to her private practice, she is an adjunct professor at the Illinois School of Professional Psychology, Chicago, Illinois. A past board president of Depression After Delivery, she has provided continuing education to nurses, physicians, medical students, midwives and social workers as well as facilitating support groups.

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THE SPIN DOCTOR

Hero or Cold-Blooded Killer?

by Kirk Mitchell

When Kurt Sonnenfeld calls police to report his young, beautiful wife is dying with a bullet in her head, he alleges she shot herself. The police think otherwise. Prosecutors claim that hidden behind the façade of the charming videographer were serious issues that eroded his relationship with his glamorous advertising executive wife, Nancy, who filed separation papers. He is arrested for murder, but soon is released. However, a Denver prosecutor is convinced he is guilty and a warrant has once again been issued for his arrest. But Sonnenfeld has already left the country.

Although still a murder suspect, Sonnenfeld has become one of the most visible public figures in his new home in Buenos Aires, Argentina, as he fights extradition. Sonnenfeld, a former FEMA employee, claims that his video footage of Ground Zero in the week after the 9/11 attack proves top United States government officials were aware of the 2001 terrorist attacks before they occurred and that he is a victim of a U.S. plot to silence him.

The Spin Doctor tells the fascinating story of a man indicted for murder who has convinced people of influence that he is not a cold-hearted killer, but instead a brave hero, in this action-packed, international thriller.

"...an intriguing tale of international law and true crime."

— *Midwest Book Review*



eBOOK

Nonfiction, 6 x 9, 320 pages

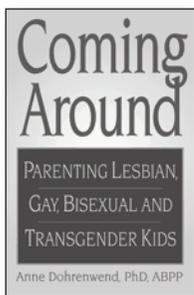
8 page photo insert

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Kirk Mitchell is a feature crime reporter at The Denver Post whose work has led to the captures and convictions of child molesters and killers in the United States and Mexico. He has been reporting for more than twenty-five years, covering such diverse beats as local politics, health, education and crime. Mitchell has won more than sixty awards including the American Legion's national 1997 Fourth Estate Award that honors the most impactful story by radio, TV and print media.



COMING AROUND

Parenting Lesbian, Gay, Bisexual and Transgender Kids
by Anne Dohrenwend, PhD, ABPP

"I'm gay." When a child confides these words to a parent, they can totally transform the relationship. Will that transformation result in a closer bond or a broken one? *Coming Around* is an insightful, uplifting guide for coming to terms with a child's sexual orientation and maintaining a dialogue between parent and child. With compassion and wisdom, Dohrenwend addresses parents' fears regarding:

- What to say and what not to say
- How to deal with social concerns, religious prejudice and bigotry
- Which legal issues face LGBT individuals

Most important, she shares how to communicate that, whatever happens with a child's sexual or gender choice, parents will never withdraw their love. Coming out is a vulnerable time that requires the re-exploration of a parent's feelings on homosexuality. *Coming Around* is a rich resource, jam-packed with insights, information and practical guidance for the parents of gay, bisexual and transgender children, as well as an indispensable reference for therapists, clergy, educators and psychological self-help collections.

"...asks and answers a range of difficult questions parents have..."

— Publishers Weekly

Anne Dohrenwend, PhD, ABPP, is assistant program director of the Internal Medicine Residency Program at McLaren Regional Medical Center, Flint, Michigan and an associate professor at Michigan State University. She works with parents and young people coping with LGBT issues. She has a PhD in counseling psychology from the University of North Dakota and is board certified in Clinical Health Psychology.

eBOOK

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ISBN-13: 978-0-88282-413-0 (eBook), \$14.95



ADDICTED HEALERS

5 Key Signs Your Healthcare Professional May Be Drug Impaired
by Ethan O. Bryson, MD

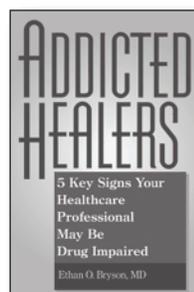
Prescription drug abuse represents a serious and growing public health problem in the medical profession. Popular television dramas like "House" and "Nurse Jackie" present a glamorized side of this spreading addiction epidemic. In real life, you have a right to know what you are getting into when you walk through the doors of a hospital or doctor's office. Every time you undergo medical treatment or surgery with a drug-impaired professional, you are at risk of injury and fatal malpractice. In *Addicted Healers*, Dr. Ethan O. Bryson breaks the code of silence by exposing:

- What are the signs and symptoms of healthcare professionals' drug-seeking behavior
- Which prescription and recreational drugs they are abusing
- Why the public needs to be proactive and get involved

Addicted Healers reveals how the healthcare industry and consumers can stop this expanding, silent epidemic. It also includes treatment options for impaired healthcare workers. Filled with real-life stories of addicted healthcare pros, this book just might save your life.

"The subject matter...is extremely important and the information it contains is long overdue."

— Elizabeth A. M. Frost, MD, Dept. of Anesthesiology, Mount Sinai School of Medicine



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Nonfiction, 5.5 x 8.5, 240 pages

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ISBN-13: 978-0-88282-392-8 (pb), \$14.95

ISBN-13: 978-0-88282-412-3 (eBook), \$14.95



Ethan O. Bryson, MD, is an award-winning associate professor in the departments of anesthesia and psychiatry at the Mount Sinai School of Medicine in New York, NY. He received his MD from the Mount Sinai School of Medicine. Dr. Bryson is often called upon as an expert in the field of the potential for addiction among medical personnel and the addictive nature of anesthetic agents. He is a frequent lecturer and recently was interviewed by *Newsweek*, *The New Republic*, *New York Magazine* and *MD Magazine*.

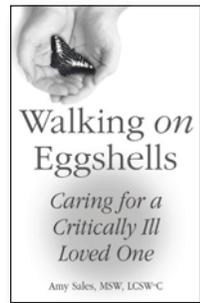
WALKING ON EGGSHELLS

Caring for a Critically Ill Loved One
by Amy Sales, LCSW-C

Dealing with a loved one's critical illness brings difficult and daunting tasks for caregivers. Knowing when and how to say things and what to do can become frightening. Caregivers often feel they are "walking on eggshells." This valuable, practical guide offers comfort, support and advice for managing economic, emotional and daily stressors from day one of the diagnosis, addressing issues such as navigating the complex medical system, handling loss of control, financial problems, receiving and giving bad news, advocating for the patient and preparing for your loved one's end of life.

"...a much-needed handbook on a difficult subject." — *Library Journal*

"Amy Sales provides a great service, not only for the patients and their families, but for health care providers as well...the preparation and knowledge needed to weather the emotional storm of grief associated with medical conditions. I highly recommend it." — Benjamin Carson, Sr., MD, Johns Hopkins Hospital



eBOOK

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DON'T SAY I DO!

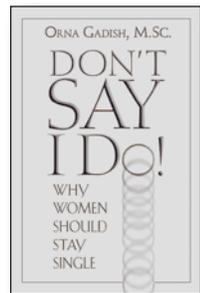
Why Women Should Stay Single
by Orna Gadish, MSc

More and more women are shunning the institution of marriage. Marriage rates have been declining for years and the percentage of never-married young adults has reached a record high of 47 percent. With more women in the workforce, sharp increases in cohabitation, single parenthood, out of wedlock childbirth and skyrocketing divorce rates, fewer women than ever opt to tie the knot. *Don't Say I Do!* challenges the institution of marriage as the first choice for women in the postmodern era. Gadish targets Americans, Europeans and Israelis, giving them the tools, strategies and tips to encourage sexual, psychological and financial independence.

An International Book Awards Finalist

"...as boldly prescriptive as its title indicates...Gadish's ultimate message to women...is deeply positive." — *Lilith Magazine*

"...a valuable counterpoint to our culture's push for marriage above all else..."
— *Midwest Book Review*



eBOOK

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ISBN-13: 978-0-88282-410-9 (eBook), \$14.95

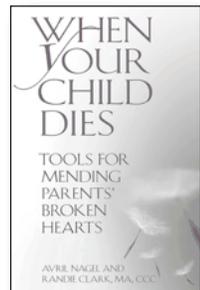
WHEN YOUR CHILD DIES

Tools for Mending Parents' Broken Hearts
by Avril Nagel and Randie Clark, MA, CCC

No parent feels he or she should outlive his or her child. The sad fact is that every minute around the world, fifteen children die. Psychological and emotional impacts following sudden and traumatic death can inhibit parents' grief and, without appropriate treatment, develop into post-traumatic stress disorder (PTSD). *When Your Child Dies* provides grief-stricken parents with tools to navigate the process and addresses the challenges of dealing with the media, the justice system, the medical system and coroners. The authors have both experienced the loss of a child and speak with compassion and empathy directly to the reader, parent-to-parent. This is a comprehensive handbook for grief-stricken parents, grief counseling organizations, resource centers and library grief collections.

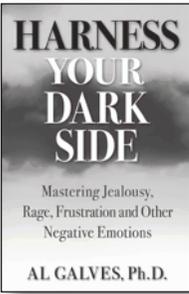
"...a strong addition to any self-help collection focused on grief and coping."
— *Midwest Book Review*

"The authors...provide readers with compassionate, pragmatic tools..."
— *BOOKVIEWS* by Alan Caruba



eBOOK

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ISBN-13: 978-0-88282-411-6 (eBook), \$14.95



HARNESS YOUR DARK SIDE

Mastering Jealousy, Rage, Frustration and Other Negative Emotions
by Al Galves, PhD

Do you feel bad about being angry, jealous or anxious too much of the time? Do you have a need for constant affirmation and approval from others? Are you always second guessing yourself and your actions? Are you afraid you're a "bad" person?

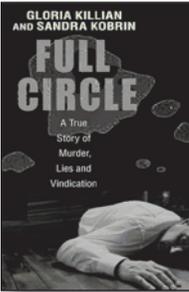
Harness Your Dark Side shows how you can confront and direct the negative drives, deep-rooted beliefs and troubled feelings that make up your dark side.

Self-help exercises, proven strategies and techniques teach you the keys to a better life, helping you to be aware of all the emotions that you are experiencing—the good and the bad—and using them to live, love and express yourself the way you want.

"...skillfully shows by using psychological research, self-help exercises, proven strategies and therapeutic case studies how to channel negative emotions and energy into positives." — *Goodreads*

eBOOK

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ISBN-13: 978-0-88282-408-6, (eBook), \$14.95



FULL CIRCLE

A True Story of Murder, Lies and Vindication
by Gloria Killian and Sandra Kobrin

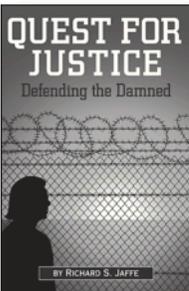
It began as a simple robbery. A man dressed as a phone repairman knocked at the door of coin collector Ed Davies, handcuffed and hogtied Ed and his wife. After the robber and his partner filled six suitcases with loot, they shot Davies in the head twice and his wife once, then fled. Eventually, the killers were convicted of murder. One told the prosecutor that Gloria Killian had masterminded the robbery. She was sent to jail, all the while proclaiming she knew nothing of the crime. Ten years later, a defense attorney discovered exculpatory evidence, hidden documents, prosecutorial misconduct and perjury. Then Gloria's fight for freedom began.

"It is rare that someone has a story to tell that is both as fascinating and as horrifying as Killian's." — JoAnn Baca in *The Federal Lawyer*

"...will rivet the reader, taking them into a world of reality and disbelief."
— Dennis Frits, author of *Journey Toward Justice* and co-subject in John Grisham's book, *An Innocent Man*

eBOOK

Nonfiction, 6 x 9, 320 pages
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LC# 2011928841, world rights
ISBN-13: 978-0-88282-376-8 (hc), \$24.95
ISBN-13: 978-0-88282-403-1 (eBook), \$24.95



QUEST FOR JUSTICE

Defending the Damned
by Richard S. Jaffe

Framed for murder, Randal Padgett faced the death penalty. Evidence planted by police put James Willie "Bo" Cochran on death row for thirteen years. Who would defend these men the courts had damned to the ultimate punishment?

Richard Jaffe spotlights sensational murder cases and his extraordinary work defending accused killers. He takes the reader into tense courtrooms where life and death are on the line. Included are never-before-revealed scenes from the national manhunt for Eric Rudolph, the notorious Olympic Park and abortion clinic bomber, telling the inside story of Jaffe's personal relationship with him.

"...provides critical context to the work death penalty defense lawyers do and its importance to our legal system." — Michael S. Hiller in the *NY Law Journal*

"...certain to join the ranks of recent criminal defense nonfiction classics" — *Zealous Advocacy*

eBOOK

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FLYING FEAR FREE

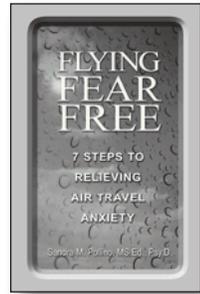
7 Steps to Relieving Air Travel Anxiety
by Sandra M. Pollino, MSEd, PsyD

Finally, here is a practical guide for the twenty-five million Americans who suffer from aviophobia, the fear of flying. Dr. Pollino combines the professional expertise of a nurse, psychotherapist, performance coach and flight attendant. She discusses fear of flying's common causes, typical symptoms and the seven steps to flying more comfortably. Included are nutritional, physical and psychological tips and step-by-step strategies for planning and preparing for flight.

Readers will become more knowledgeable about the air travel industry—the planes, flights, procedures, safety, etc.—and will gain an understanding of the causes of air travel anxiety.

"...a fine choice for anyone who is petrified of flying but needs to do it anyway..." — *Midwest Book Review*

"...a tactic for every type of traveler under the (turbulence-producing) sun."
— Valerie Rains in the *Newsweek* BUDGET TRAVEL blog



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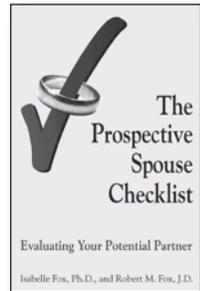
THE PROSPECTIVE SPOUSE CHECKLIST

Evaluating Your Potential Partner
by Isabelle Fox, PhD, and Robert M. Fox, JD

The institution of marriage is under quiet, but relentless, attack. Divorce now destroys 50 percent of marriages. Isabelle and Robert Fox seek to help men and women make more intelligent selections of their spouses.

The Prospective Spouse Checklist provides couples on the marriage path with solid, common sense tips and a thought-provoking list to help them find out if they have compatible backgrounds and interests. Here are thirty-five key questions that every couple contemplating marriage should answer. Does your prospective spouse fulfill the four key roles required of every husband and wife? Are there "red flag" warnings of a potentially problematic relationship ahead? Find out before it is too late.

ForeWord Reviews
Book of the Year Award Finalist
Family & Relationships



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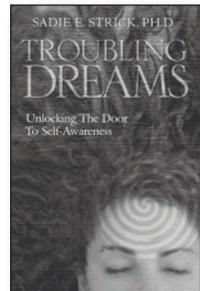
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TROUBLING DREAMS

Unlocking the Door to Self-Awareness
by Sadie E. Strick, PhD

A dream that terrifies is the internal gauge that should alert the dreamer to serious problems. This sort of dream can serve as a teacher/guide, revealing anxiety-filled areas in the dreamer's life and pointing the way to solutions through symbols. Utilizing the true-life stories of eight women, Dr. Strick reveals that through the use of dreams and their content, it is possible to access the unconscious for enlightenment and guidance. She shows how working through one's distressing dreams can lead to taking action to create a more fulfilling future.

Troubling Dreams: Unlocking the Door to Self-Awareness explores how to uncover the hidden meaning of alarming dreams. It shows how to achieve personal empowerment through dream interpretation. Working through your dreams can alleviate depression, resolve anxiety and improve your self-esteem.



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