

Rights Guide, Sasquatch Books March 2017

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ANTI-INFLAMMATORY EATING FOR A HAPPY, HEALTHY BRAIN: 75 RECIPES FOR ALLEVIATING DEPRESSION, ANXIETY, AND MEMORY LOSS

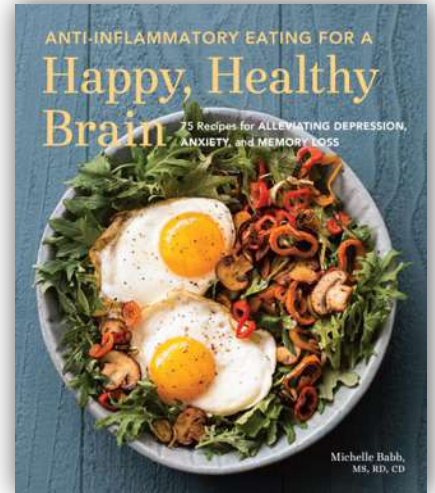
by MICHELLE BABB

New from the author of ANTI-INFLAMMATORY EATING MADE EASY, this cookbook shows how to use diet to improve your state of mind. The latest research shows the connection between a healthy gut and a healthy mind. Inflammation markers are frequently found in the blood of people with anxiety and depression, proving a food-mood connection. In this book nutritionist Michelle Babb shows how reducing that inflammation and balancing the flora in the gut results in a healthy mind. Based on the success of her clients, Babb first explains the science behind this eating plan, then delivers 75 tasty recipes that range from simple to easy gourmet that will satisfy your taste buds, your microbiome, and your mood.

Praise for ANTI-INFLAMMATORY EATING FOR A HAPPY, HEALTHY BRAIN:
 “So rich and delicious it will make your stomach and your brain happy.”
 -452 Magazine

“Clean, green, and versatile as heck.”
 -Extra Crispy

“The easiest way to sneak more anti-inflammatory foods into your diet.”
 -Prevention



Sasquatch Books
 October 2016

Michelle Babb, MS, RD, has a private practice in West Seattle where she specializes in mind-body nutrition, weight management and inflammatory digestive disorders. Michelle is a Bastyr-trained functional medicine practitioner and was a clinical nutritionist at the functional medicine research center. She was an adjunct professor at Bastyr where she developed a course to instruct dietetic students how to use functional medicine in clinical practice. Michelle is the author of ANTI-INFLAMMATORY EATING MADE EASY and she teaches nutrition-focused cooking classes.

www.eatplaybe.com



SOCIAL ANIMALS: A BERKLEY BESTIARY by LUCY BERKLEY & RYAN BERKLEY

Are you a top dog, a social butterfly, or an odd duck? Regardless, we are all social animals.

Enter **SOCIAL ANIMALS: A BERKLEY BESTIARY**, an imaginative collection of animal portraits and stories from the creators of beloved Etsy shop Berkley Illustration. This whimsical collection is guaranteed to delight readers of all ages, as we begin to see ourselves and other animals in a whole new light.

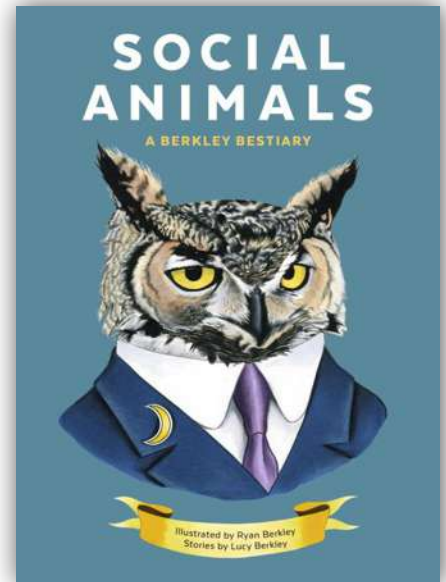
Artist Ryan Berkley is beloved for his iconic animal portraits. His fans have been clamoring for a book, and here it is: twenty-six animals with their backstories by his wife Lucy Berkley. This tongue-in-cheek illustrated social compendium will delight as well as make you think.

Praise for SOCIAL ANIMALS:

“**SOCIAL ANIMALS** [...] is an utterly charming, very cute little book that is destined to belong among the collections of people who enjoy coffee table books.”
-Portland Book Review

Ryan Berkley is an illustrator who is best known for his sophisticated animal portraits in addition to his pop culture- and comic book-influenced art. He and his wife, Lucy Berkley (who writes all the stories that accompany his portraits), run one of the top-selling shops on Etsy.com. They live in the woods of Portland, Oregon, with their boisterous daughter Ramona, baby son Linus, and hound dog Walker.

www.berkleyillustration.com
@berkleys



Sasquatch Books
October 2015



THE CO-PARENTS' HANDBOOK: RAISING WELL-ADJUSTED AND RESILIENT KIDS IN A TWO-HOME FAMILY FROM LITTLE ONES TO YOUNG ADULTS by KAREN BONNELL with KRISTIN LITTLE

THE CO-PARENTS' HANDBOOK is a practical manual for parents who are transitioning from being a married couple with children to being solely co-parents together. This guide helps parents to navigate difficult emotional terrain, create boundaries, and establish guidelines so that together they can be the parents their children deserve.

Karen Bonnell helps parents confidently take on the challenges of raising children when they live in separate homes. Addressing parents' questions about the emotional impact of separation, conflict, grief, and recovery, Bonnell skillfully provides a roadmap for all members of the family to constructively navigate through separation/divorce and beyond. Through practical and reassuring guidance, parents discover how to move on from being angry and hurt partners to constructive, successful co-parents who are able to put their children's needs first.

Advance praise for **THE CO-PARENTS' HANDBOOK**:

"**THE CO-PARENTS' HANDBOOK** contains the most powerful and important advice for any parent going through a divorce. If you are considering or starting down the divorce path, whether you are male or female, straight or gay, whether you have younger or older children, then this book is for you."

-Justin M. Sedell, principal attorney at Lasher Holzapfel Sperry & Ebberson

"Karen Bonnell [and] Kristin Little [have] done a phenomenal job in **THE CO-PARENTS' HANDBOOK**. It speaks to all parents facing the transition to co-parenting: those doing this difficult task well, those who are struggling, and all those in between. The book addresses complex issues in a straightforward, easy-to-understand language."

-Nancy Cameron, founding member of the Collaborative Divorce Association of Vancouver

Karen Bonnell, ARNP, MS, is a board-certified clinical nurse specialist with 25 years of experience working with individuals, couples, and parents. Her private practice is dedicated to working with couples across the spectrum from premarital preparation to co-parenting in two-home families to remarriage. Karen has served on the board of King County Collaborative Law and was a founding member of the Collaborative Professionals of Washington. Karen lives in the foothills of the Cascade range outside of Seattle, Washington.

Contributor Kristin Little, MA, MS, LMHC, has over 17 years of experience guiding parents and children through the emotional landscape of separation and divorce. She serves on the board of the Collaborative Professionals of Washington.

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www.kristinlittlecounseling.com



**Sasquatch Books
August 2017**

Format: Manuscript

THE PARENTING PLAN WORKBOOK: A COMPREHENSIVE GUIDE TO BUILDING A STRONG, CHILD-CENTERED PARENTING PLAN by KAREN BONNELL

Supplement your reading from **THE CO-PARENTS' HANDBOOK** with this useful workbook that helps separating parents to successfully create a parenting plan after divorce.

Kids do best when parents understand their children's deep desire to stay connected to and be cared for by both parents. A skillful parenting plan describes the structure, predictability, and rhythm that ensure both parents can emerge from uncertainty of separation/divorce into stable two-home family life. The agreement and guidelines set out in a parenting plan establish clarity about responsibilities between parents, specify essential co-parenting tasks, and minimize unnecessary conflict.

**Sasquatch Books
August 2017**

Format: Manuscript

THE HIDDEN LIVES OF OWLS: THE SCIENCE AND SPIRIT OF NATURE'S MOST ELUSIVE BIRDS

by LEIGH CALVEZ

A naturalist probes the forest, mainly at night, to comprehend the secret lives of owls in this book that will appeal to readers of CROW PLANET and H IS FOR HAWK. Join Leigh Calvez on adventures into the world of owls: owl-watching, avian science, and the deep forest—often in the dead of night. These birds are a bit mysterious, and that's part of what makes them so fascinating. Calvez makes the science entertaining and accessible while exploring questions about the human-animal connection, owl obsession, habitat, owl calls, social behavior, and mythology.

- A *New York Times* bestseller on the “Animals” list
- A *Forbes Magazine* “12 Best Books About Birds and Birding in 2016”

Praise for **THE HIDDEN LIVES OF OWLS**:

“Calvez writes with feeling and is obviously in awe of these mysterious creatures.”
-*Library Journal*

“This enthusiastic study of the owls of the Pacific Northwest may inspire new fans and citizen scientists.”
-*Shelf Awareness*

“Leigh Calvez enters the world of owls with a sense of wonder as wide-eyed as her subjects. The reader shares every discovery along the way in this winning and heartfelt exploration.”

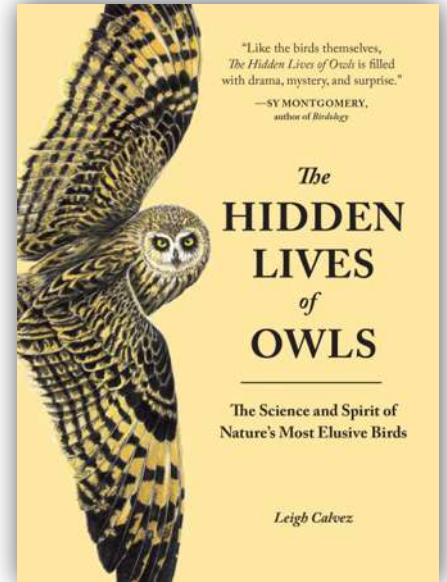
-Thor Hanson, author of **FEATHERS** and **BARTHOLOMEW QUILL**

“You’ll love going owling with superb naturalist and writer Leigh Calvez. Like the birds themselves, **THE HIDDEN LIVES OF OWLS** is filled with drama, mystery, and surprise. You’ll come away from this riveting book blessed with owl wisdom that will enlarge your world forever.”

-Sy Montgomery, author of **BIRDOLOGY** and **THE SOUL OF AN OCTOPUS**

Leigh Calvez is a scientist and nature writer and the author of **WHALE WATCHING ON THE WEST COAST**. Calvez’s writing was included in **AMERICAN NATURE WRITING 2003** and **BETWEEN SPECIES: CELEBRATING THE DOLPHIN-HUMAN BOND**. She lives in Suquamish, WA.

www.leighcalvez.com
@LeighCalvez



Sasquatch Books
August 2016

Chinese (Sim.) Commercial Press
Polish Muza

The New York Times

Forbes

THE ART OF FLORA FORAGER by BRIDGET BETH COLLINS

Flower fans and nature enthusiasts will fall in love with this charming art book from Instagram sensation Flora Forager (Bridget Beth Collins), featuring the best of her unique floral compositions created with botanical materials. Flora Forager creates images out of flower petals, leaves, stones, twigs, and other natural materials that she finds in her garden and in urban wild areas in her neighborhood. This intimate, lovely book collects her best pieces, including new, exclusive art, along with a peek into her creative process. Each artwork is accompanied by explanatory text on a facing page, including piece name, materials used, and a short, evocative description of the artist's process and inspiration.

- Bridget Beth Collins has over 200,000 Instagram followers for her artwork-based account
- Collins' work has been featured in *Sunset*, *Elle Décor*, *House Beautiful*, and *Amy Poehler's Smart Girls*



**Sasquatch Books
September 2017**

Format: Proposal

FLORA FORAGER: A SEASONAL JOURNAL COLLECTED FROM NATURE by BRIDGET BETH COLLINS

Using flower petals, leaves, and other natural materials she finds in her garden and urban wild areas, Bridget Beth Collins creates dreamy images that captivate her fans, especially on her wildly popular Instagram feed. Now Bridget's unique artwork is featured in this lovely blank journal, which became an instant bestseller. This charming journal follows the seasons with beguiling images of bunnies, birds, butterflies, and other whimsical scenes, all beautifully rendered with flowers and other botanical elements. Featuring a deluxe package with rounded corners, a ribbon, and thick interior paper, this keepsake journal—filled with 80 percent new images, spot art throughout, and lined pages for writing—is sure to please Collins' avid fans and new users alike.

Praise for FLORA FORAGER:

"[Bridget Collins] uses leaves, petals and native Northwest greenery to form ethereal images of animals, insects, people and nature scenes." *-Evening Magazine*

"Dreamy botanical art." *-Sunset*

"If you don't already follow [Collins] on Instagram, you must check her out. Her artwork—created entirely with flower petals, leaves, and other foraged botanical materials from her garden and neighborhood—is absolutely breathtaking." *-Floret Flowers Blog*

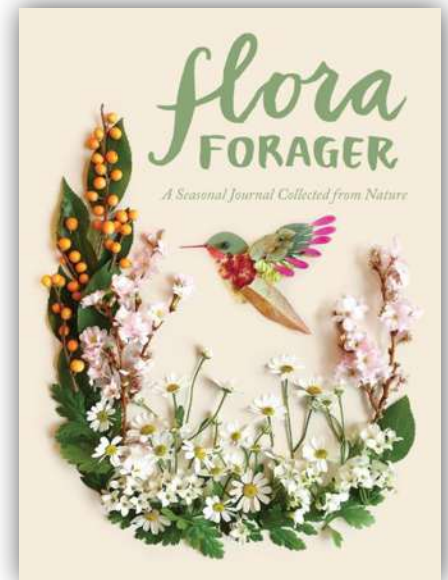
"This beautiful journal by Bridget Beth Collins will leave you anxious to finally start writing down your garden daydreams!" *-Garden Design*

"Staggeringly intricate and beautiful floral arrangements." *-Elle Décor*

"@FloraForager is one of my favorite [Instagram] accounts. She is mad with inspo! You heard me." *-Drew Barrymore*

Bridget Beth Collins is a nature lover, painter, writer, Instagrammer, and botanical artist. She forages the materials for her creations from foliage and flowers plucked from the sidewalks, meadows, and woods of her neighborhood.

www.bridgetbeth.com
@flora.forager

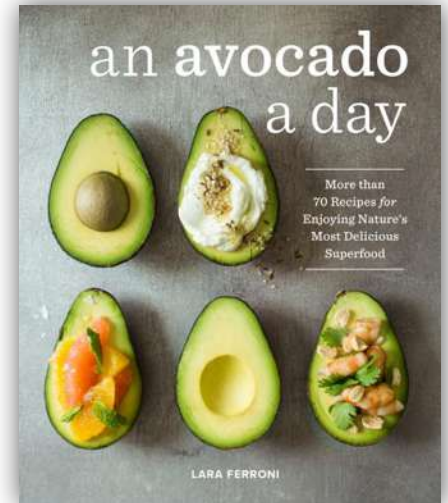


**Sasquatch Books
August 2016**

AN AVOCADO A DAY: MORE THAN 70 RECIPES FOR ENJOYING NATURE'S MOST DELICIOUS SUPERFOOD by LARA FERRONI

Make nature's most delicious superfood part of your daily diet.

Nutty, buttery, and rich in fiber and healthy monounsaturated fat, avocados are a well-known nutrition booster, and incorporating them into your daily diet can help improve your overall health. The more than 70 flavorful recipes in this cookbook include every meal of the day and will inspire avocado lovers and health enthusiasts to go beyond mashing one into guacamole or adding a slice to a sandwich. Avocados lend creaminess to dips, spreads, dressings, and shakes. They go well with seafood and meats. They are delicious with pasta, and who doesn't love avocado toast? You'll learn how to stuff them, bake with them, grill them, make compound butter with them, and even sneak them into sublime desserts. Eating an avocado a day has never been so tasty or easy.



Sasquatch Books
March 2017

Praise for previous book, **PUT AN EGG ON IT:**

"Lara Ferroni's cookbooks confirm my belief that great things come in small packages. [...] As with her previous books, I know I will share this with friends, gift it, and most importantly thoroughly use it."

- Kristina Gill, *Design*Sponge*

"[...] Lara is pointing her talented lens on the most delicious foods life has to offer."

-Tanya Wenman Steel, *Epicurious* and *Gourmet.com*

"[Lara's] recipes are diverse and endlessly creative, from basic comfort foods [...] to the slightly bizarre. [...] Through it all, there's Ferroni's signature voice, that combination of good humor and straight talk that has bolstered her readers through both of her previous books, **DOUGHNUTS** and **REAL SNACKS**."

-*The Kitchn*

Lara Ferroni is a tech and food geek who spends her days designing software and exploring the food culture of the American Pacific Northwest. Lara Ferroni's previous books include: **DOUGHNUTS: SIMPLE AND DELICIOUS RECIPES TO MAKE AT HOME** (2010), **REAL SNACKS: MAKE YOUR FAVORITE CHILDHOOD TREATS WITHOUT ALL THE JUNK** (2012), and **PUT AN EGG ON IT: 70 DELICIOUS DISHES THAT DESERVE A SUNNY TOPPING** (2013). She has styled and photographed over 20 cookbooks.

www.laraferroni.com

@laraferroni



THE NEW MINIMALISM GUIDE TO DECLUTTERING AND DESIGN: EMBRACE YOUR TRUE NATURE AND LIVE LIGHTER, GREENER AND MORE MINDFULLY

by CARY FORTIN & KYLE QUILICI



For fans of Marie Kondo's *THE LIFE CHANGING MAGIC OF TIDYING UP*, **THE NEW MINIMALISM** offers a holistic approach to decluttering. Home-design and minimalism masters Cary Fortin & Kyle Quilici provide a fresh perspective on the personality tendencies that impact clutter and offer guidance for how to declutter your space from an environmentally friendly and design-focused point of view.

A guide for anyone who is overwhelmed by household clutter, **THE NEW MINIMALISM** promises an opportunity for self-reflection and powerful personal transformation for lasting change. Fortin & Quilici help the reader to see *why* we've accumulated so much stuff in the first place, and give them instructions to transform their lives for the better.

- Cary Fortin & Kyle Quilici's work has been featured on *Design*Sponge*, *Apartment Therapy*, *Refinery29*, *Sunset Magazine*, *Yoga Journal*, and *San Francisco Magazine*

*Design*Sponge*


apartment
therapy



REFINERY29

Sunset

yoga
JOURNAL

SanFrancisco
magazine

Together as New Minimalism, Cary and Kyle have conducted hundreds of decluttering sessions, and as a result have donated over 144,000 cubic feet of clothing, art supplies, furniture, and décor. They share decluttering and home design tips on their blog, New Minimalism.

www.newminimalism.com

Sasquatch Books
Spring 2018

Format: Proposal

NATURAL ATTRACTION: A FIELD GUIDE TO FRIENDS, FRENEMIES, AND OTHER SYMBIOTIC ANIMAL RELATIONSHIPS by IRIS GOTTLIEB

Best buds, frenemies, freeloaders, bullies, copycats, hangers-on. We're accustomed to all types of people and human interactions. But animal relationships can be just as weird and complex. For anyone who's ever felt a bit awkward in their relationships, wait until you hear about how complicated things get in the animal world. This funny and enlightening gift book depicts charming and unusual symbiotic animal relationships in all their awkward glory.

Through delightful watercolor illustrations and funny yet scientifically accurate text, Iris Gottlieb explores the symbiotic relationships of 35 odd, cute, and unpredictable animal pairs. Here are stories of vampires, cannibalism, mimicry, parasites, and more. You'll learn a lot about nature--and human nature--as you recognize traits of your own friends, frenemies, and enemies in this insightful, amusing look into the secret lives of animals.

- Iris Gottlieb's illustrations have been featured in *Smithsonian Magazine*, *Darling Magazine*, and *Edible East Bay*

Advance praise for **NATURAL ATTRACTION**:

"If you thought you knew something about relationships, think again. Iris Gottlieb has created a delightful curiosity cabinet full of surprising partnerships in the natural world. I learned something on every page--and laughed at the witty takeaways. Anyone who loves nature will love this charming, illuminating book."

-Jennifer Ackerman, author of *THE GENIUS OF BIRDS*

"An appealing and quirky exploration of who does what to whom in nature. Iris Gottlieb's whimsical art and prose complement one another as neatly as the relationships she describes. Delightful!"

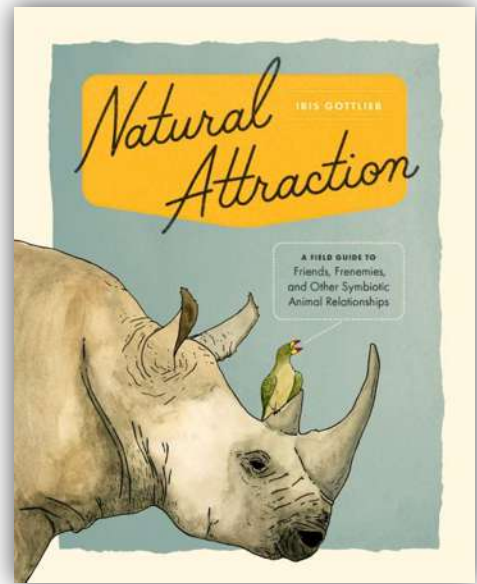
-Thor Hanson, author of *THE TRIUMPH OF SEEDS*

"A beautifully illustrated, humorous, and enlightening reminder that no living being on this earth is (for better or for worse) truly alone. I finished this book with a renewed sense of wonder at the interconnectedness of everything."

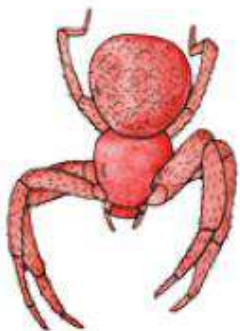
-Yumi Sakugawa, author of
THERE IS NO RIGHT WAY TO MEDITATE: AND OTHER LESSONS

Iris Gottlieb is the on-hand illustrator for the San Francisco Exploratorium's Tinkering Studio as well as an illustrator at the Oakland Museum of California. A collector, explorer, and layman scientist, she lives in Oakland, CA.

www.irisgottlieb.com



Sasquatch Books
May 2017



SEWING HAPPINESS: A YEAR OF SIMPLE PROJECTS FOR LIVING WELL by SANAЕ ISHIDA

Twenty simple sewing projects are tied together with a thread of memoir that tells the story of how sewing brought Sanae Ishida profound happiness. Each seasonal project, specially designed to promote health, creativity, relationships and more, provides gentle inspiration to live your best life.

When Ishida was diagnosed with a chronic illness and lost her corporate job, she thought her life was over. But these challenges ended up being the best thing that ever happened to her because they forced her to take stock of her life and focus on the important things, and enabled her to rediscover sewing—her true passion.

Inspired to succeed at just one thing, Ishida vowed to sew all of her daughter's clothes (and most of her own) for one year. **SEWING HAPPINESS** includes 20 projects plus variations (including Japanese-inspired home goods and children's and women's clothing) organized by season, and stitched together with Ishida's charming personal story.

- 2016 *Homemaker Magazine* Best Home Sewing Book Award Winner

Praise for SEWING HAPPINESS:

“In a world of Pinterest-perfect styling and overexposed, overedited sewing blog photos, Ishida’s honesty is refreshing, and her thoughtful musings on the importance of ‘taking a break’—whether to sew, enjoy family, or simply appreciate our lives—are a delight.”
-*Library Journal*

“Part sewing-pattern collection, part one woman’s personal tale of her self-help journey, this book aims to be as inspirational as it is useful.”
-*Booklist*

“[In **SEWING HAPPINES**, Ishida] stitches together a memoir, a delightful medley of sewing projects and a strong lesson in wabi-sabi, the concept of finding beauty in imperfection.”
-*Seattle Magazine*

Sanae Ishida writes, sews, draws, and takes photos almost every day. She lives with her husband and daughter in Seattle. Both she and her daughter have too many handmade clothes.

www.sanaeishida.com
@sanaeishida

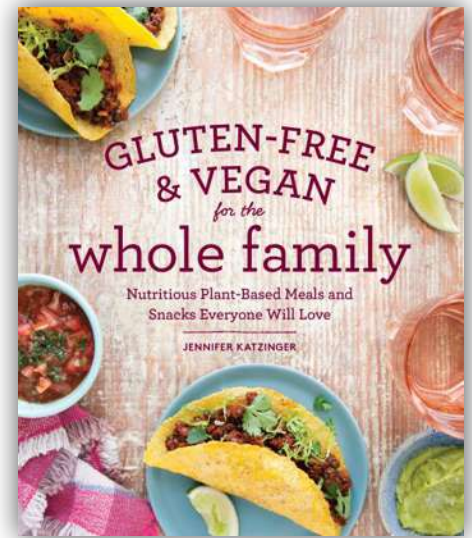


**Sasquatch Books
April 2016**



GLUTEN-FREE AND VEGAN FOR THE WHOLE FAMILY: NUTRITIOUS PLANT-BASED MEALS AND SNACKS EVERYONE WILL LOVE

by JENNIFER KATZINGER



Sasquatch Books
May 2015

With food allergies and sensitivities continuing to rise, particularly among children, and more people embracing the health benefits of a plant-based diet, these delicious and nutritious recipes are egg-free, dairy-free, gluten-free, and mostly soy-free, and will satisfy even the pickiest eater at the table. Arranged by meals (including snacks), these 90 kid-friendly recipes will make planning easy, and simplify cooking gluten-free and vegan food for the entire family. Nutritionist Raven Bonnar-Pizzorno writes the foreword, giving the recipes her stamp of approval for both kids and adults.

Praise for **GLUTEN-FREE AND VEGAN**:

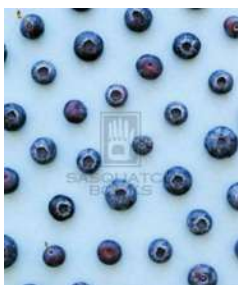
“Jennifer Katzinger shares healthy and delicious recipes in [**GLUTEN-FREE AND VEGAN**]. [The theme of the cookbook is] easy, flavorful and nutritious.”
-*Living Without*

“Find recipes for everything from lasagna to chocolate cake with maple frosting—minus egg, dairy, wheat, and even soy.” -*Seattle Met*

“Eating a nutritious plant based meal has never been easier.”
-*Vegetarian Mamma*

Jennifer Katzinger has written a number of bestselling cookbooks on healthful topics, including **FLYING APRON’S GLUTEN-FREE & VEGAN BAKING BOOK** and **HONEY & OATS**. She is the founder of Seattle’s popular gluten-free and vegan baker/café, Flying Apron Bakery. She lives in Washington state with her husband and daughter.

www.flyingapron.com



A GIRL'S GUIDE TO THE WILD

by RUBY McCONNELL

A GIRL'S GUIDE TO THE WILD is a companion book to Ruby McConnell's beautiful and informative A WOMAN'S GUIDE TO THE WILD for young girls. In this upbeat, inspirational guide, Ruby emphasizes the importance of outdoor activity while imparting important and useful skills for girls who are new to nature. Tips and instructions are interspersed with inspiration stories of female outdoor pioneers, athletes, and achievers, offering exciting role models of active women. Through A GIRL'S GUIDE TO THE WILD McConnell hopes to improve the quality of girls' outdoor time by increasing participation and independence, making them feel comfortable and safe, and giving them essential skills and knowledge.



Sasquatch Books
2019

Format: Proposal

A WOMAN'S GUIDE TO THE WILD: YOUR COMPLETE OUTDOOR HANDBOOK

by RUBY McCONNELL

For women who enjoy hiking, camping, backpacking, and other outdoor recreation or those inspired by Cheryl Strayed's WILD, this is the definitive guide to being a woman in the great outdoors. This friendly handbook covers the matters of most concern to women, from "feminine functions" in the wilderness to how to deal with condescending men, as well as the basics of wilderness survival tailored to women's unique needs. It includes gear lists in addition to advice for camp setup, fire building, food and water, safety, weather, and navigation.

- Ruby McConnell is a 2016 recipient of the Oregon Literary Arts Fellowship. Past winners include Cheryl Strayed, Lidia Yuknavitch, and Chang-Rae Lee

Praise for A WOMAN'S GUIDE TO THE WILD:

"A handbook for outdoors-loving women, whether they're experienced trailblazers or newbies inspired by Cheryl Strayed's WILD." *-Publishers Weekly*

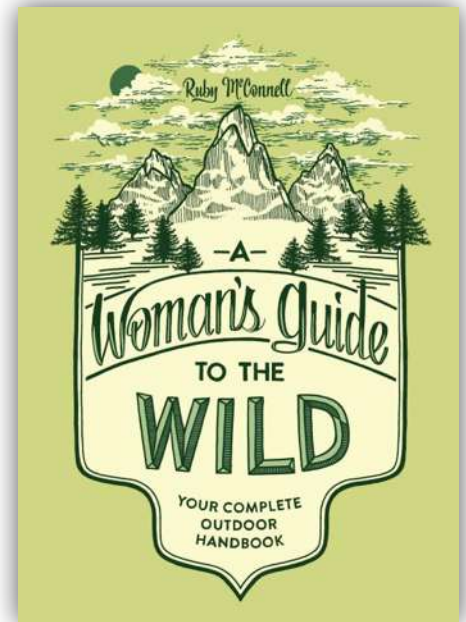
"Geologist and Girl Gone Wild blogger Ruby McConnell gathers all kinds of useful outdoor advice—how to pack efficiently, tie knots, position tarps, build and light a fire—into a handy pocket guide to being a happy camper." *-Wall Street Journal*

"Ruby McConnell is a force of nature. She's fun, informative, and never preachy. Buy a copy of A WOMAN'S GUIDE TO THE WILD for all your girlfriends, get to the backcountry, and get dirty." *-Novella Carpenter, author of FARM CITY and GONE FERAL*

"This practical and sometimes humorous guide for novice outdoorswomen reveals the secret answers to questions that guys may never fully understand." *-William L. Su*

Ruby McConnell is a writer, dancer, and geologist. Her published works include professional geologic papers, personal essays, dance reviews, short stories, and her blog, *Ruby Gone Wild*. McConnell is a 2016 recipient of the Oregon Literary Fellowship.

www.rubymcconnell.com
@RubyGoneWild



Sasquatch Books
March 2016

LITERARY ARTS
Oregon Book Awards
& Fellowships

DEAD FEMINISTS: HISTORIC HEROINES IN LIVING COLOR

by CHANDLER O'LEARY & JESSICA SPRING

This gorgeously illustrated letterpress-inspired book combines feminist history with a vision for a better future. Based on the beloved Dead Feminists letterpress poster series, this illuminating look at 27 women who've changed the world features a foreword by Jill Lepore, author of *THE SECRET HISTORY OF WONDER WOMAN*. Intricate and beautiful broadside art takes center stage in this richly visual book that ties inspiring women and the challenges they faced to today's most important issues. The book revisits the original posters—and adds new art, archival photographs, and ephemera—to tell the stories of feminists such as Eleanor Roosevelt, Gwendolyn Brooks, Rachel Carson, and more. **DEAD FEMINISTS** takes feminist inspiration to a new level of artistry and shows how ordinary and extraordinary women have made a difference throughout history—and how you can too.

Praise for **DEAD FEMINISTS**:

"**DEAD FEMINISTS** is a book for the long haul. [...] [It] is simultaneously a finished work of art, a lavish visual representation of an ongoing creative process, and a practical model of how to sustain friendship, creativity, and purpose through a deep sense of history and commitment to the future."
-*LA Review of Books*

"It's hard to know what's more awesome about [**DEAD FEMINISTS**]: the fact that the project enshrines the wisdom of feminists from bygone eras, or the fact that the resulting hand-drawn letterpress prints are so gosh-darn splendid to look at."
-*Frankie Magazine*

"This visual book combines feminist history, feminist future, and letterpress inspiration in 27 profiles of women who have changed the world."
-*Autostraddle*

"Enjoy."
-*Lambda Literary*

"[Puts] feminist history into memorable, beautiful context."
-*Flavorwire*

"Motivating women and beautiful art."
-*Bustle*

"The pages of this book will leave you feeling hopeful and ready for progress."
-*Lenny Letter*

"Stunning."
-*Seattle Magazine*

"Remarkable."
-*National Museum of Women in the Arts*

"A gorgeous exploration of design, printing, history and feminism...it made me cry from its beauty."
-*GeekGirlCon*

"Wonderful for budding activists and designers."
-*The Elliot Bay Book Company*

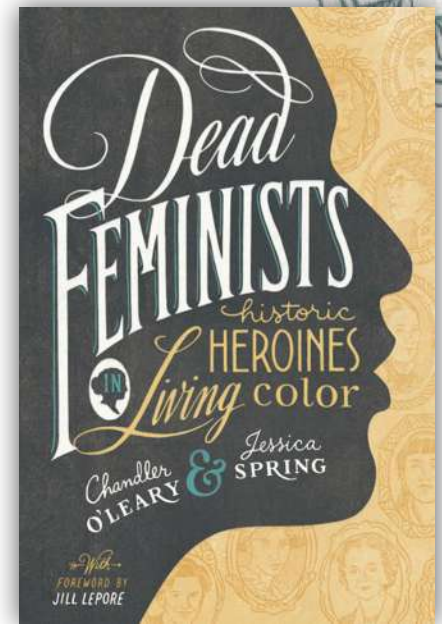
"A very warm welcome to **DEAD FEMINISTS**. The world wants it."
-Jill Lepore, *New York Times* bestselling author of *BOOK OF AGES* and *THE SECRET HISTORY OF WONDER WOMAN*

Chandler O'Leary received her BFA from Rhode Island School of Design. She is the proprietor of an illustration and lettering business called Anagram Press.

Jessica Spring holds an MFA from the Center for Book and Paper Arts. She is a letterpress printer, teacher, and the proprietor of Springtide Press.

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Sasquatch Books
October 2016

SALAD DAYS: BOOST YOUR HEALTH AND HAPPINESS WITH 75 SIMPLE, SATISFYING RECIPES FOR GREENS, GRAINS, PROTEINS, AND MORE by AMY PENNINGTON

Amy Pennington will make you crave salads with these 75 recipes that feature not just greens with zesty dressings but also incorporate satisfying proteins, such as fish, chicken, eggs, cheese, and nuts, as well as other toothsome ingredients like grains and noodles, and even fruit.

Simple, nutritious, and tasty, salads have moved from a side dish to main meals as people move towards healthier foods. **SALAD DAYS** is organized according to how and when we eat--featuring grain bowls, fast and fresh salads, winter salads, noodle salads, fruit salads, cooling salads, and salads for a crowd—making it easy to identify just the right salad to satisfy a craving or occasion. With fresh greens as the base of each recipe, **SALAD DAYS** offers creatively delicious ideas for 75 salads for every meal of the day, including breakfast!

- Amy Pennington has been featured in *Bon Appétit*, *T Magazine*, *Seattle Times*, and *Apartment Therapy*

bon appétit

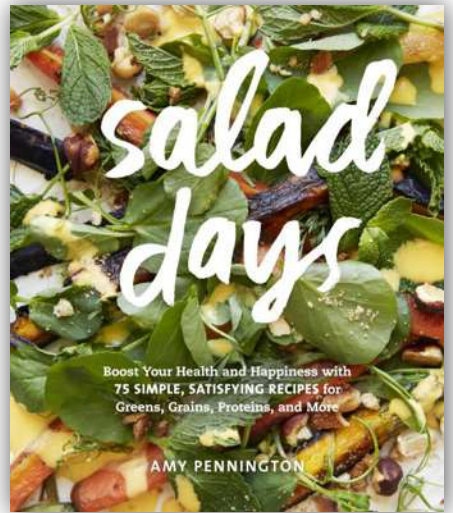


The Seattle Times



Amy Pennington is a cook, author, and urban farmer. She is the author of **URBAN PANTRY: TIPS AND RECIPES FOR A THRIFTY, SUSTAINABLE AND SEASONAL KITCHEN**; **APARTMENT GARDENING**; **APPLES: FROM HARVEST TO TABLE**, and her latest title **FRESH PANTRY: EAT SEASONALLY, COOK SMART, AND LEARN TO LOVE YOUR VEGETABLES**. Pennington has been named one of *Seattle magazine's* 50 most powerful players in *Seattle's* food scene and as a *Bon Appétit* Tastemaker.

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Sasquatch Books
April 2017



WEED: THE USER'S GUIDE

A 21ST CENTURY HANDBOOK FOR ENJOYING MARIJUANA

by DAVID SCHMADER

This definitive, hands-on guide to the new world of decriminalized recreational marijuana, written by the lovingly blunt and unfailingly witty David Schmader, will educate and entertain the novice and experienced user alike. Complete with history, ways to enjoy, recipes, safety and legality tips, and medical-use information, this witty guide is perfect for gift giving

- A *Denver Post* bestseller

Praise for **WEED, THE USER'S GUIDE**:

"A witty guide, full of history, recipes, safety and legality tips, and medical information."
-*Publishers Weekly*

"[**WEED**] is smoothly written and completely thought out, cover the basics of usage [...] as well as 'marijuana etiquette'"
-*Booklist*

"Marijuana users from the novice smoker to the seasoned toker will appreciate the colorful anecdotes, recipes, and safety tips."
-*Business Insider*

"Consider this the modern man's instruction manual for marijuana."
-*Men's Journal*

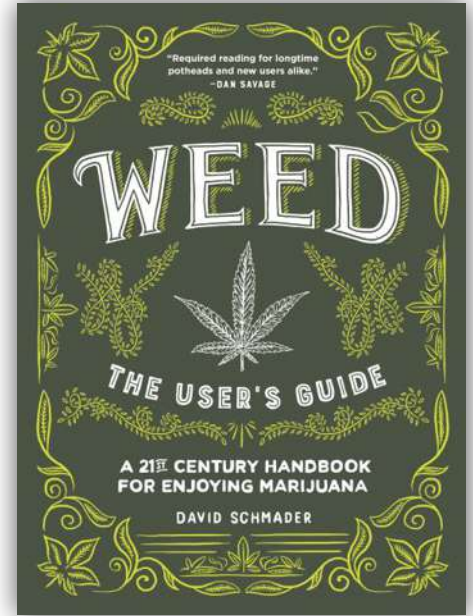
"Buy everyone this book. The information inside is absolutely indispensable for stoners and novices alike. [...] While it's extremely useful and educational, it's also just really fun to read, which is no surprise coming from Schmader."
-*The Stranger*

"A hugely informative, completely hilarious, and desperately necessary guide to marijuana—written by one of the funniest guys I've ever known, who just so happens to be the person who got me high for the first time. Required reading for longtime potheads and new users alike."
-Dan Savage, host of *Savage Love*

"David Schmader's funny, fact-packed **WEED** is something new and necessary."
-Reggie Watts, star of *IFC's Comedy Bang Bang*

David Schmader is a writer living and working in Seattle. From 1999-2014, Schmader served as associate editor at Seattle's Pulitzer-winning newsweekly *The Stranger*, writing the column "Last Days: The Week in Review". In 2015, Schmader became creative director of the award-winning nonprofit writing center the Greater Seattle Bureau of Fearless Ideas, where he also serves as writer-in-residence.

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Sasquatch Books
April 2016

English (U.K.) Souvenir Press



MAKE YOURSELF AT HOME: DISCOVER YOUR STYLE AND TRANSFORM YOUR SPACE FOR INSPIRED LIVING by MOOREA SEAL

For fans of *THE INSPIRED ROOM*, *THE YEAR OF COZY*, and *THE PERFECTLY IMPERFECT HOME*, this book is all about beautifying your life inside and out.

Organized room by room, *MAKE YOURSELF AT HOME* delves into what each room represents in our lives, and how we can feel at home in our spaces and in ourselves. You don't have to have the perfect life or perfect home in order to infuse your space with your signature spark and creativity. Each chapter focuses on a specific room, and includes a personal essay from online curator and boho style maven Moorea Seal as well as DIY projects and drool-worthy looks into the homes and lives of a diverse set of creative women.

Take an exclusive look at these beautiful personal spaces and learn how to make your own home a place for comfort and creativity.



**Sasquatch Books
September 2017**

Format: Proposal

52 LISTS FOR HAPPINESS: WEEKLY JOURNALING INSPIRATION FOR POSITIVITY, BALANCE, AND JOY by MOOREA SEAL

Following her runaway hit *THE 52 LISTS PROJECT*, social media maven Moorea Seal's *52 LISTS FOR HAPPINESS* will inspire existing fans and new journal readers to cultivate their own uniquely happy and fulfilling lives through the power of lists!

Drawing on happiness research and her own personal philosophy, Moorea Seal creates an inspiring tool for list lovers everywhere to discover the keys to their own unique happiness and bring more joy and balance into their lives. This beautiful, undated hardcover journal with 52 prompts encourages readers to reflect, acknowledge, and invest in themselves, and ultimately transform their lives by figuring out exactly what makes them happy.

- A *Bustle* "11 Books That Encourage Self-Care"

Praise for *52 LIST FOR HAPPINESS*:

"For many of us, hearing the word 'list' probably conjures up a visual of a familiar grocery or to-do list...But as it turns out, lists can be so much more."

-Amy Poehler's *Smart Girls*

"Each of the list prompts in this pretty, hardcover journal promises to help you find the key to your happiness and bring more balance into your life."

-*Buzzfeed*

"If you're a fan of lists, diaries, or New Year's resolutions, you'll love this journal filled with prompts based on happiness research."

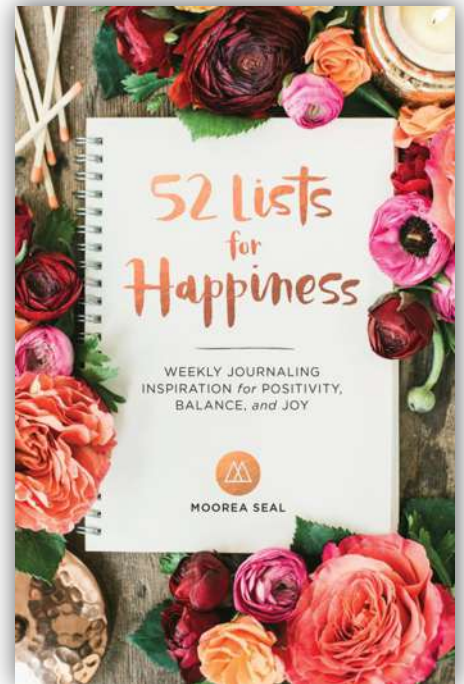
-*Shape*

"[T]he perfect mix of Oprah slash Ellen slash Mary-Kate and Ashley."

-*Seattle Magazine*

Moorea Seal is a Seattle-based retailer, designer, and online curator who is known for her large following on Pinterest. With a desire to empower women and girls of all ages, she advocates a lifestyle of "Doing Good while Doing Great." Through her fashion and lifestyle brand, also named Moorea Seal, she gives back seven percent of all proceeds to nonprofits.

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**Sasquatch Books
September 2016**

BUSTLE

THE 52 LISTS PROJECT: A YEAR OF WEEKLY JOURNALING INSPIRATION by MOOREA SEAL

Based on the popular blog series by Moorea Seal, this gorgeous journal is for list lovers. Create 52 lists, one for every week of the year, that will help you discover the beauty, joy, creativity, and power you already have! This beautiful undated journal of weekly lists will help nurture self-expression and self-development. Each seasonal section includes list prompts, with plenty of space to write your own lists, and challenges to help you take action and make your dreams a reality. With perfectly timed prompts that meet you where you are throughout the different seasons, this journal will open up new avenues of self-knowledge and help you celebrate, enjoy, and take ownership of your life, as each week of the year becomes more thoughtful and vibrant.

Praise for **THE 52 LISTS PROJECT**:

“Your checklist for making positive changes.”

-*Oprah.com*

“[**THE 52 LISTS PROJECT** gives] prompts that will get the creative juices flowing.”

-*The Huffington Post*

“[This] gorgeous journal[‘s...] simple weekly prompts guide you through the ups and downs of each season.”

-*Bustle*

“This sort of list-making is something I look forward to each week, and it helps with evening anxiety.”

-*TLC*

“A book like this reminds even the busiest people to slow down and think about what makes them, well, them every once in a while.”

-*Brit + Co*

“**THE 52 LISTS PROJECT** is literally taking my list game to a new productive and uplifting level.”

-*Shopify*

Moorea Seal is a Seattle-based retailer, designer, and online curator who is known for her large following on Pinterest. With a desire to empower women and girls of all ages, she advocates a lifestyle of “Doing Good while Doing Great.” Through her fashion and lifestyle brand, also named Moorea Seal, she gives back seven percent of all proceeds to nonprofits.

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Sasquatch Books September 2015

German frechverlag
Korean Seoul Cultural Publishers
Polish Pascal
Russian Eksmo
Turkish Famedya



HOW TO TASTE:

THE CURIOUS COOK'S HANDBOOK TO SEASONING AND BALANCE, FROM UMAMI TO ACID AND BEYOND

by BECKY SELENGUT

In **HOW TO TASTE**, Becky Selengut provides the home cook's guide to understanding and mastering the essential flavors that underpin food: the acids and umami, the salt and the sweet, and more. Fans of **THE ELEMENTS OF TASTE** and **THE FLAVOR BIBLE** will love Selengut's simple and delicious recipes and informed exploration of how to better taste and season food.

- Selengut's **SHROOM: MIND-BENDINGLY GOOD RECIPES FOR CULTIVATED AND WILD MUSHROOMS** selected as an NPR "Best Cookbook of 2014"
- Selengut's **GOOD FISH: SUSTAINABLE SEAFOOD RECIPES FROM THE PACIFIC COAST** selected as a 2011 IACP Cookbook Award finalist
- **GOOD FISH** chosen by *Seattle Magazine* as a "Best Cookbook of 2011"

Praise for previous titles by **Becky Selengut**:

"A delight to read and cook from, [**SHROOM**] is one of the most welcoming and unintimidating mushroom books to hit shelves in ages."

-*Library Journal*, starred review

"**GOOD FISH** [...] deserves a spot in your kitchen." -*The Seattle Times*

"[Selengut] is a smart and funny writer, [and] a talented and experienced chef. [...] [**GOOD FISH**] needs to be on your shelf." -*Edible Seattle*

"[**GOOD FISH**] makes eating sustainable seafood at home easier and tastier." -*Edible East Bay*

Becky Selengut thought she wanted to be a doctor but changed course while still taking pre-med classes to pursue the culinary arts. After graduating at the top of her class from the Seattle Culinary Academy, she put in many years at some of the Seattle area's most well-known restaurants. In 2004, Selengut started her private chef and culinary education business, Cornucopia Cuisine, and in 2006 founded the educational website Seasonal Cornucopia. A prolific writer, Selengut's previous books include **THE WASHINGTON LOCAL AND SEASONAL COOKBOOK**, **GOOD FISH**, and **SHROOM**. Selengut is also the co-host of the comedy podcast *Look Inside This Book Club* with author Matthew Amster-Burton.

www.beckyselengut.com

@ChefReinvented



Sasquatch Books
Spring 2018



seattle
magazine

THE HANDS-ON HOME: A SEASONAL GUIDE TO COOKING, PRESERVING & NATURAL HOMEKEEPING by ERICA STRAUSS

Create the DIY home you've always wanted with over 100 recipes, tips, and inspirational ideas from blogger Erica Strauss. Covering everything from cooking, canning and preserving to making your own nontoxic home and personal care products, this fresh take on modern homemaking will help you make the most of your time, effort, and energy in the kitchen and beyond.

Over half of the book focuses on the kitchen, with a wealth of information about how to organize and stock your kitchen to more effortlessly prepare delicious meals. A former professional chef who knows how to build flavor into simple and delicious home-cooked meals, Strauss provides delectable recipes for breakfast, lunch, dinner, and dessert—like Choose-Your-Own-Adventure Granola, Forager Spring Greens Soup, Simple Crispy Chicken with Roasted Lemon Pan Sauce, and Olive-Oil Rosemary Cake with Lemony Glaze.

Strauss includes details on Basic Food Preservation techniques such as water-bath canning, pressure canning, and lacto-fermentation along with a handy year-long food preservation calendar of what to put up when. Preserving recipes are organized seasonally and include Rhubarb Syrup, Pressure-Canned Chicken Broth, Korean-Spiced Turnips, and Cranberry-Pear-Walnut Conserve.

The book also features recipes for DIY home care and personal care products like Nontoxic Laundry softener, Fizzy Bath Bombs, and Refreshing Peppermint Foot Scrub. **HANDS-ON HOME** is packed with fabulous recipes, practical, no-nonsense advice, and time- and money-saving techniques. With a focus on less consumerism, Strauss provides instruction on everything you need to live a more delicious and sustainable DIY lifestyle.

Praise for **HANDS-ON HOME**:

"A lifestyle guide for eco-conscious consumers."

-*Publishers Weekly*

"[**HANDS-ON HOME**] enables an easy start down the path to a homemade, fun, environmentally responsible lifestyle. Home cooks will discover fresh recipes and adopt techniques the author shared from her professional kitchen experience."

-*Library Journal*

"The definitive homekeeping guide for the 21st century. [...] The perfect book for anyone wanting to reduce their consumption, eat better, and live more sustainably and seasonably."

-Marisa McClellan, author of **FOOD IN JARS**

"Strauss offers a kitchen-smart and eco-conscious guide for economical and creative home care that anyone will love. A great gift for just-marrieds, new home owners, or the DIY enthusiast in your life."

-Amy Pennington, author of **URBAN PANTRY** and **APARTMENT GARDENING**

Erica Strauss is the founder of *Northwest Edible Life*, one of the most popular and well-respected urban-homesteading and gardening blogs in the country. A professionally trained chef, she shares her fun and punchy perspective on garden-to-table eating and living a slower life through her writings. Erica was featured in **BEST FOOD WRITING 2013** and regularly writes for national cooking and gardening magazines.

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Sasquatch Books
September 2015



MY RICE BOWL: DELICIOUSLY IMPROBABLE KOREAN RECIPES FROM AN UNLIKELY AMERICAN CHEF by RACHEL YANG & JESS THOMSON

From James Beard Best Chef-nominee Rachel Yang, **MY RICE BOWL** is a cookbook with 75 recipes based on her deeply comforting Korean fusion cuisine, inspired by cultures from around the world.

As co-owner of several popular Seattle, Washington restaurants, Yang delights with her unique Korean-fusion—think noodles, dumplings, pickles, pancakes, and barbecue. Along with her husband, Seif Chirchi, Yang serves food that exemplifies cross-cultural cooking at its most gratifying. In the cookbook, you'll find the restaurants' kimchi recipe, of course, but there's so much more - seaweed noodles with crab and crème fraîche, tahini-garlic grilled pork belly, fried cauliflower with miso bagna cauda, the ultimate Korean fried chicken, and more. There are rice bowls, too - with everything from lamb curry to charred shitake mushrooms - but this book goes way beyond *bibimbap*.

In many ways, this book, like Yang's restaurants, is analogous to the rice bowl; underpinning everything is Yang's childhood in Korea and the food memories it engrained in her. But on top you'll taste of mosaic of flavors from across the globe, plus a dash of her culinary alma maters, Per Se and Alain Ducasse.

Rachel Yang and her husband, Seif Chirchi, own and operate Joule, Revel, Trove, and Revelry in the Pacific Northwest United States. The duo holds four James Beard Award nominations for Best Chef. Both Rachel and Seif remain working chefs who still cook on the line most nights in one of their signature open kitchen. Their two young sons, Pike and Rye, can often be found in the family's restaurants as well.

Jess Thomson is an award-winning freelance food and travel writer, and the author of seven cookbooks, plus her recent memoir *A YEAR RIGHT HERE: ADVENTURES WITH FOOD AND FAMILY IN THE GREAT NEARBY*. Her work has appeared in the *New York Times*; *Food and Wine*; *Cooking Light*; and *Seattle, Sunset*, and *Edible Seattle* magazines; and in multiple issues of the yearly *Best Food Writing* book collection. She lives in Seattle with her husband and eight-year-old son.

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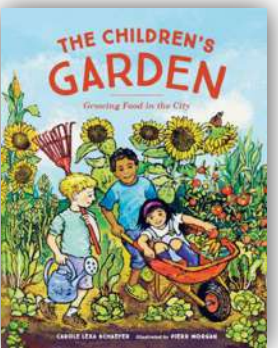
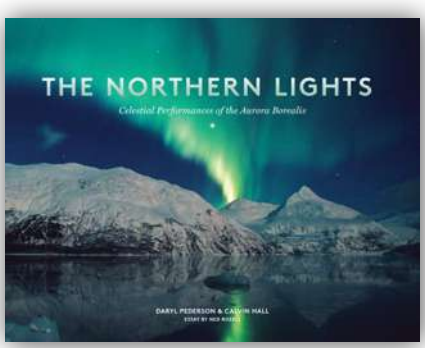
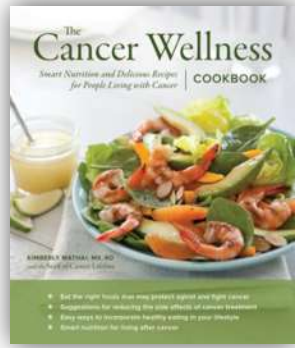
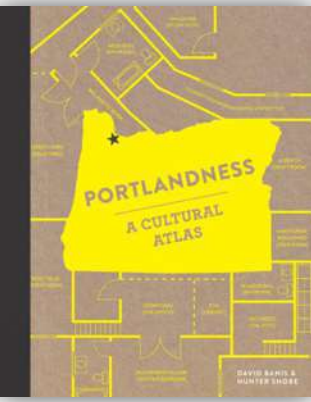
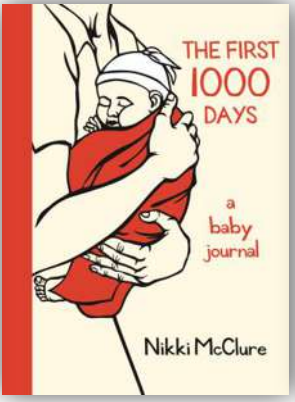
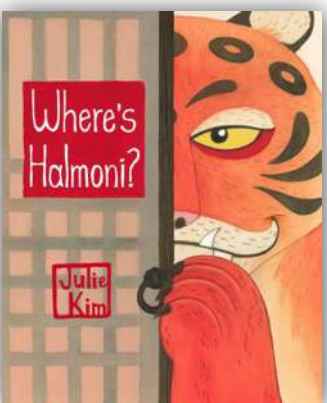
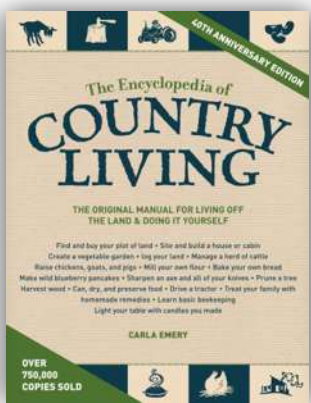
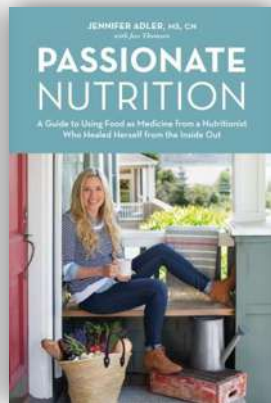
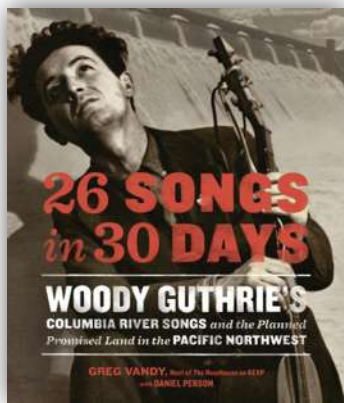


**Sasquatch Books
September 2017**

Format: Manuscript

SELECTED TITLES

26 Songs in 30 Days: Woody Guthrie's Columbia River Songs and the Planned Promised Land in the Pacific Northwest by Greg Vandy & Daniel Person (Sasquatch Books, 2016)
 Passionate Nutrition: A Guide to Using Food as Medicine from a Nutritionist Who Healed Herself from the Inside Out by Jennifer Adler with Jess Thomson (Sasquatch Books, 2014)
 Portlandness: A Cultural Atlas by David Banis & Hunter Shobe (Sasquatch Books, 2015)
 The Myrtlewood Cookbook: Pacific Northwest Home Cooking by Andrew Barton & Peter Schweitzer (Sasquatch Books, 2017)
 Seattle Justice: The Rise and Fall of the Police Payoff System in Seattle by Christopher T. Bayley (Sasquatch Books, 2015)
 The Change of Worlds: Chief Seattle and the Americans by David Buerge (Sasquatch Books, 2017)
 Encyclopedia of Country Living: The Original Manual of Living Off the Land and Doing It Yourself by Carla Emery (Sasquatch Books, 2012)
 The Best Party of Our Lives: Stories of Gay Weddings and True Love to Inspire Us All by Sarah Galvin (Sasquatch Books, 2015)
 Where's Halmoni? by Julie Kim (Little Bigfoot, 2017)
 Daring Dames Journal by Kyler Martz (Sasquatch Books, 2017)
 The Cancer Wellness Cookbook: Smart Nutrition and Delicious Recipes for People Living with Cancer by Kimberly Mathai (Sasquatch Books, 2014)
 The First 1000 Days: A Baby Journal by Nikki McClure (Sasquatch Books, 2006)
 The Next 1000 Days: A Journal of Ages Two to Six by Nikki McClure (Sasquatch Books, 2014)
 The Northern Lights: Celestial Performances of the Aurora Borealis by Daryl Pederson, Calvin Hall, & Ned Rozell (Sasquatch Books, 2015)
 Apartment Gardening: Plants, Projects, and Recipes for Growing Food in Your Urban Home by Amy Pennington (Sasquatch Books, 2011)
 Wolf Haven: Sanctuary and the Future of Wolves in North America by Brenda Peterson & Annie Marie Musselman (Sasquatch Books, 2016)
 The Children's Garden: Growing Food in the City by Carole Lexa Schaefer & Illustrated by Pierr Morgan (Sasquatch Books, 2017)
 Good Fish: Sustainable Seafood Recipes from the Pacific Coast (Sasquatch Books, 2018)
 Weathering Journal by Hannah Viano (Sasquatch Books, 2017)



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