

The
**EMOTIONALLY
EXHAUSTED
WOMAN**

NANCY COLIER

If you're like countless other women today, you probably feel overwhelmed, emotionally exhausted, anxious, stressed, frustrated, or depressed. Or all of the above! In addition

to managing your own career, running a household, and taking care of others, you may be taking on an abundance of emotional labor—a form of emotional caretaking that includes managing others' feelings or subverting your own emotional needs for another's. At the end of the day, all these pressures can leave you feeling depleted—in body, mind, and spirit. So, how can you start taking care of you?

Written by therapist and spiritual teacher Nancy Colier, *The Emotionally Exhausted Woman* offers the validation and emotional support you've been craving. You'll discover insights grounded in compassion and self-respect to help you uncover your deepest psychological, spiritual, and emotional needs without feeling guilt, shame, or judgment. You'll learn why you are feeling depleted, why you take care of others at the expense of taking care of yourself, and how to develop a deeper form of self-care beyond the temporary respite of a spa retreat, bubble bath, or manicure. Finally, you'll nurture greater awareness of what you truly need to achieve lasting peace, fulfillment, and happiness.

As women, we are culturally conditioned to believe that we can do it all, have it all, and keep smiling and looking perfect through it all. So, how do you live your truth and create an authentic life in a world that expects you to be everything to everyone—no matter the cost to your mental health? This empowering guide will help you gain a newfound awareness of your own needs, and help you find the courage to draw boundaries, speak your truth, and live a life that both nourishes and fulfills you.

Nancy Colier is a psychotherapist, interfaith minister, author, and public speaker. A longtime student of Eastern spirituality, she is a thought leader on mindfulness, well-being, and digital life. Featured on *Good Morning America*, *Fox & Friends*, *RT America*, in *The New York Times*, and other media, Colier is also a regular blogger for *Psychology Today* and *HuffPost*. She is author of *The Power of Off*, *Inviting a Monkey to Tea*, and *Getting Out of Your Own Way*. Colier resides in New York City, NY.

New Harbinger Press / November 2022

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"Her wisdom, knowledge and passion can be felt throughout her words."

—SANDRA JOSEPH, author of *Unmasking What Matters*

Goodbye, Perfect

HOW TO STOP
PLEASING, PROVING, AND
PUSHING FOR OTHERS...AND

Live For Yourself

HOMAIRA KABIR

Goodbye, Perfect

HOMAIRA KABIR

Find the confidence to live your unlived life.....

For many of us, feeling confident feels like an emotional rollercoaster. As soon as you think you have it all figured out, you're faced with an obstacle or a piece of criticism that invalidates all of the certainty you just felt. Or, when you succeed or get praised, you want to make sure others notice while simultaneously agonizing over whether you can repeat the performance.

It's a never-ending struggle to be more of something—good, competent, productive, likable, thin, sexy, knowledgeable—in one word, perfect. No matter how hard you try or how well you do, there's always a piece of you that doubts, focusing on small criticisms or failures, or unfairly comparing yourself to others.

What if our approach to confidence building is wrong?

What if we're building fragile confidence that's dependent on other people's expectations?

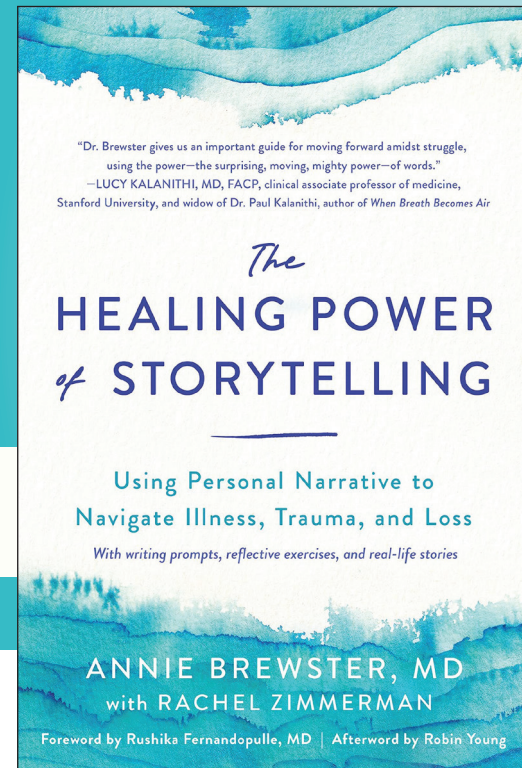
From expert coach and leader Homaira Kabir comes a must-read book for every woman who wants to become the woman she wants to be, and not the woman the world wants her to be.

Homaira Kabir is a coach, speaker, writer, and leadership development trainer whose expertise lies in helping women rise to their highest potential in a way that feels energizing and purposeful to them. She is the founder of Her Becoming, an enterprise dedicated to women's empowerment, and leadership in all areas of their lives toward positive change in their relationships, work and indeed the world. She has a double Master's degree in Positive Psychology and Coaching Psychology, and has done extensive postgraduate research on woman's confidence and flourishing. Her work is widely published in Forbes, Happify, ThriveGlobal, the Huffington Post, Positive Psychology News Daily and more.

Simple Truths / April 2023

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The HEALING POWER of STORYTELLING

ANNIE BREWSTER, MD
with RACHEL ZIMMERMAN

When Harvard-trained physician Dr. Annie Brewster was diagnosed with multiple sclerosis in 2001, she realized firsthand that the medical system to which she'd devoted her entire career was failing patients. The experience was dehumanizing. Her doctors weren't listening. And the confusion, fear, and shame she felt around her diagnosis was preventing her from truly healing, claiming her story, and living her fullest, richest life.

The fact is, doctors can give you a life-changing diagnosis, but they're not equipped to help you deal with the inner fallout: the confusion, anxiety, trauma, and dread that comes after "I have some bad news." Here, Dr. Brewster shows how writing your own unique healing story can help you process what comes next--to come to terms, create new ways to thrive, and even reclaim your personal power amid fear, change, and uncertainty.

Dr. Brewster and journalist Rachel Zimmerman each share their own personal stories, acting as expert guides as you move forward on your healing journey. With exercises, reflections, writing prompts, and stories from other real patients, Dr. Brewster and Zimmerman show how you can:

• Process the difficult emotions that come with life-changing diagnosis
• Move beyond being the hero of your own story to become the author of your own story
• Craft your narrative and share it in whatever medium speaks to you: music, audio, art, or writing
• Integrate a traumatic health event into a new and evolving identity
• Use applied storytelling techniques to strengthen connections between you and your loved ones (and even your care providers)
• Cultivate resilience to move forward amid uncertainty and fear

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ANNIE BREWSTER, MD, is an Assistant Professor of medicine at Harvard Medical School and a practicing physician at Massachusetts General Hospital. She was diagnosed with Multiple Sclerosis in 2001. She started recording patient narratives in 2010 and founded Health Story Collaborative (HSC) in 2013. Brewster lives in Cambridge, MA with her husband, four children, and two dogs. She loves to hike, run in the woods, ski, and play ice hockey.

RACHEL ZIMMERMAN has been a journalist, writer, and editor for more than two decades, including as a staff writer for The Wall Street Journal, a health reporter for WBUR, and co-founder of the blog CommonHealth. She has been published in The New York Times, The Atlantic, Slate, and more. A Brooklyn native, Zimmerman lives in Cambridge, MA, with her family. Yoga and running keep her grounded.

North Atlantic Books / February 2022

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Contemporary Yoga Sequencing

Sage Rountree, PhD, E-RYT 500

Experienced teachers and experienced practitioners seek fresh approaches to keep their students and themselves engaged and challenged. To meet this need, this book provides a unified theory of sequencing fresh, contemporary yoga and mindful-movement classes, with ample examples of sequences that can stand alone or be put together to create a full class of any length. To deploy a food analogy, Contemporary Yoga Sequencing is something of a cookbook. It starts with the basics of how to design the recipe for a nourishing movement class, then presents templates and illustrations/photos of recipes that can be seasoned to be spicier or sweeter, harder or easier, progressed or regressed. Each of these seminal “recipes” can be a stand-alone dish, but teachers can also string them together to create a banquet for their students.

Contemporary Yoga Sequencing includes a wide range of sample menus for full-length classes, with suggestions for setting the table—using props, lighting, music, and more to offer a satisfying feast for the body, mind, and spirit.

Sage Rountree, PhD, E-RYT 500, moved from a career track in academia to one teaching yoga and training others to do the same, and to do it with clear standards and boundaries to the benefit of their students. Co-owner of the two-studio Carolina Yoga Company in central North Carolina, she directs its teacher trainings, which include both 200-hour and advanced studies offerings that draw students from around the world. Sage has served as a faculty member at the Kripalu Center for Yoga and Health for over a decade, and she has offered workshops and taught at festivals both internationally and around the United States.



Sage’s in-person trainings and online courses include lessons in sequencing yoga classes, developing workshops, managing the yoga classroom, and being a professional movement teacher—the subject of her most recent book. A pioneer in yoga for athletes, she has worked with athletes at every level, from youth and amateur athletes to NBA and NFL teams, players, and coaches. In addition to writing and cowriting nine books, her work has appeared in several publications, and she has been a regular contributor to *Yoga Journal* and *Runner’s World*.

Sage lives in Carrboro/Chapel Hill, North Carolina, where she has taught the same regular weekly class for over eighteen years..

North Atlantic Press / Spring 2023

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HIGH-VELOCITY DIGITAL MARKETING

Silicon Valley Secrets to Create
Breakthrough Revenue
in Record Time

STEVEN MARK KAHAN

FOREWORD BY DAVID MEERMAN SCOTT
Author of *The New Rules of Marketing & PR*

HIGH-VELOCITY DIGITAL MARKETING

STEVEN MARK KAHAN

High-Velocity Digital Marketing provides B2B sales and marketing teams with a blueprint for quickly accelerating revenue growth

Sixty-seven percent of B2B buyers no longer prefer to interact with sales representatives when making purchasing decisions. Gathering information online is now the hallmark of the buying process.

During his 30+ year career, Steven Mark Kahan has developed a digital marketing blueprint that helps companies quickly increase revenue in brutally competitive markets.

In High-Velocity Digital Marketing, he lays out how you can:

- Set in motion a modern marketing strategy to dramatically increase revenue growth in record time
- Create content that resonates with your ideal target customers
- Drive more visitors to your website without paying for ads
- Build digital demand generation campaigns that quickly deliver more leads, sales pipeline, and revenue
- Improve your website to convert at least 5 percent of traffic to leads
- Leverage public relations so it contributes to revenue growth
- Synchronize your sales and marketing teams in order to close prospects faster and at a higher rate

Marketing online is no longer one of the ways to market—it is the way to do marketing. High-Velocity Digital Marketing is your essential, easy-to-implement guide to getting found online, providing the most critical information, and getting your buyers to purchase—fast.

Steve Kahan has successfully helped grow seven startup companies from early stage to going public or being sold, resulting in more than \$4.5 billion in shareholder value. Steve inspires teams and their organizations to take on the impossible and succeed. He is best known for his ability to plan marketing strategies and execute them so that companies accelerate revenue, grow market share, and consistently deliver superior returns for shareholders. He lives in Texas with his wife.

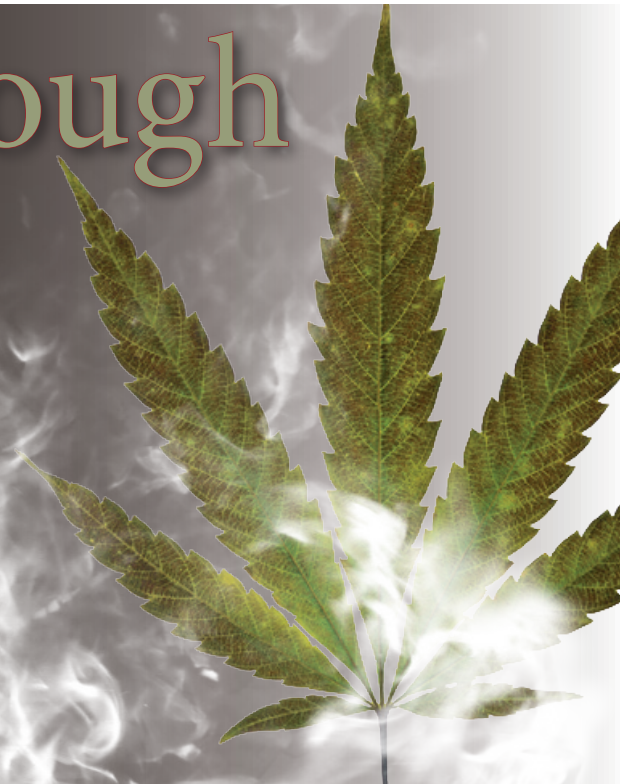
Matt Holt / December 2022

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Seeing Through the Smoke

Peter Green Spoon, MD



An *OUR BODIES, OURSELVES* of cannabis, Harvard Doctor and International cannabis expert, Peter Grinspoon MD, integrates several components in **SEEING THROUGH SMOKE**: the science, the social history and the wisdom of today's top cannabis scholars and clinical experts. He filters this through his own extensive personal and professional experience with medical and recreational cannabis and presents a nuanced understanding of the drug, which can serve as the basis for a much-needed consensus view, the inexorable logic of which both "sides" cannot fail to agree, or at least live. With this new understanding—except perhaps for people with dug-in financial conflicts of interest or quasi-mystical belief systems about cannabis - readers can accept and incorporate new findings without automatically polarizing, weaponizing and dismissing. People and society can move forward with policies that reduce harm while allowing people the freedom and education to recreate and medicate safely.

By focusing on the most critical purported harms—driving, pregnancy, addictiveness, teens, memory—and by focusing on the most commonly cited medical benefits—relieving chronic pain, sleep, anxiety, PTSD, autism and cancer—Dr. Grinspoon provides the basis for a shared reality of this beguiling plant.

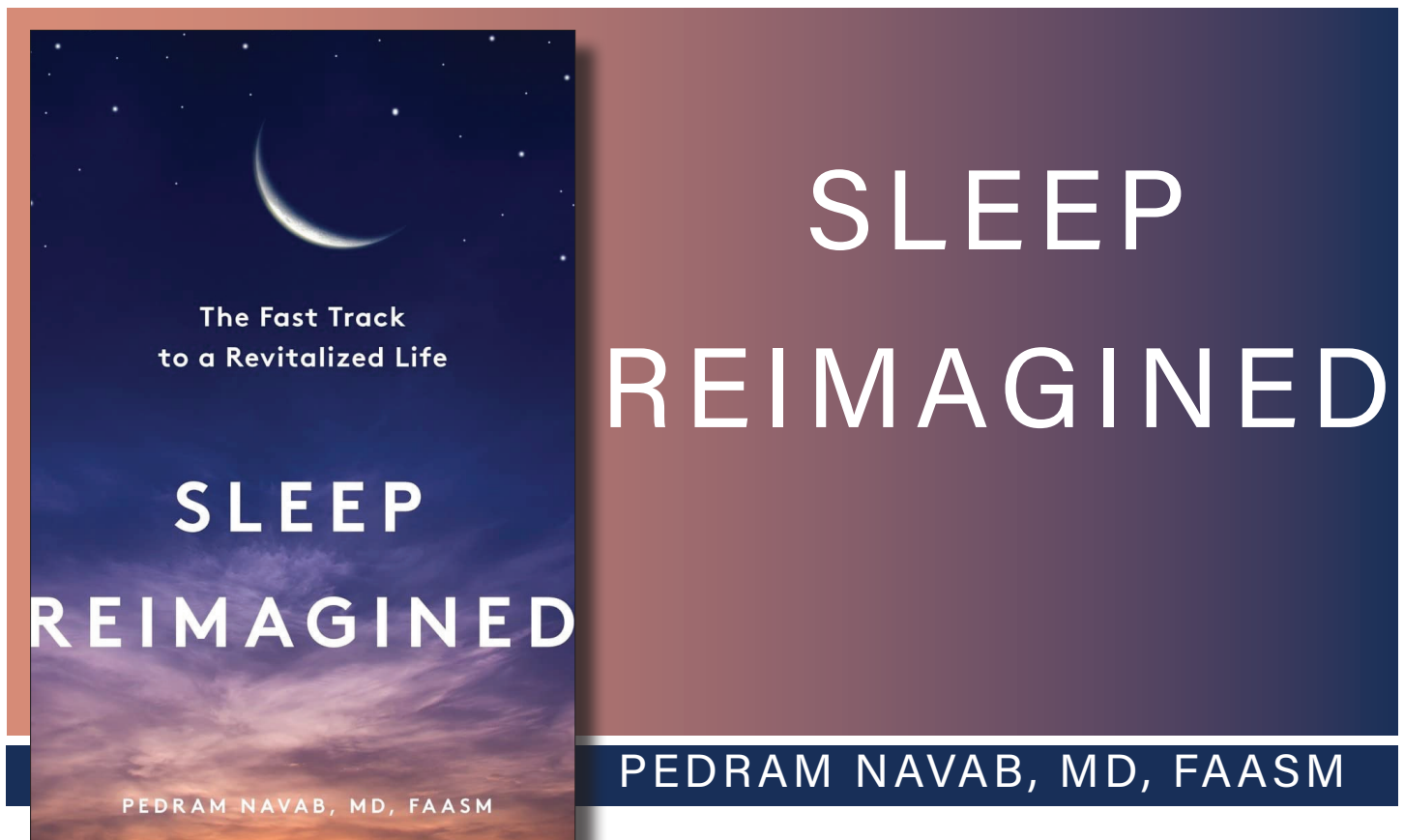
The book discards myths, biased research and propaganda to instead embrace what is demonstrably true. He discusses recreational "adult-use" reasons people use cannabis: better sex, enhanced creativity, deeper spirituality and, arguably, the most important of all: facilitated connection to others when the disease of isolation is spreading through our society.

Peter Grinspoon, MD graduated with honors in philosophy from Swarthmore College and attended medical school at Boston University School of Medicine.. Before medical school, he spent five years as a Campaign Director at Greenpeace, working on the nuclear free seas campaign. Dr. Grinspoon has been a Harvard trained and employed primary care physician and cannabis specialist for twenty-five years. He has now turned toward health coaching in order to further help people. He offers comprehensive health and wellness coaching as well as business consulting services.

Prometheus / Spring 2023

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Ditch insomnia in as little as 4 weeks with this 6-step therapeutic program for better sleep.

Insomnia looks different for everyone. Whether it's caused by stress, a traumatic life event, or even a snoring partner, poor sleep can affect the quality of your waking life. But Dr. Pedram Navab wants readers to know that it's not a lost cause—falling asleep can be just as easy as waking up. With his cognitive behavioral therapy (CBT-I) program, paired with relatable case studies of different sleep disorders, readers are guided to new and improved sleep in as little as 4 weeks.

In *Sleep Reimagined*, the 6-step CBT-I program teaches readers how to understand sleep, rewire their arousal system through therapeutic relaxation, practice sleep restriction and stimulus control, restructure attitudes towards sleep, use mindfulness intervention to continue cognitive components, and prevent insomnia relapse through planning. Both comprehensive and entertaining, this book is the perfect bedside companion to discover better sleep and better life.

Pedram Navab, MD, FAASM is a neurologist and sleep medicine specialist of 15 years. He received a fellowship from the Stanford Sleep Disorders Center and developed his own sleep lab, the Los Angeles Sleep Institute. He lives in Los Angeles, California.

Countryman press / December 2022

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FINDING YOUR VOICE

—how to put personality in your writing—



LES EDGERTON

The Benchmark Press

FINDING YOUR VOICE

LES EDGERTON

You know a great literary “voice” when you hear it: David Sedaris’ humorous cynicism. Elmore Leonard’s weary, smart-mouthed dialogue. Nick Hornby’s simple yet imaginative descriptions. It’s the kind of writing you should aspire to, right?

Well...not quite. Each of these authors found success in part by developing their own unique voice: a writing style that helped define - and throw the spotlight on - their work.

Now Les Edgerton shows you how to develop a voice of your own, one that rises above the literary din because of its individuality, not in spite of it!

Inside, he provides guidelines, advice and dozens of exercises for recognizing and developing a natural style that will make your characters, stories and dialogue better and more memorable. You’ll learn:

- How to make any piece you write unmistakably yours and yours alone
- What agents and editors really think about using your own voice
- How to write better by ignoring the rules
- The keys to getting your voice and personality on the page
- How to get back the unique voice you may have lost by trying to write like someone else

Whether you write fiction, non-fiction or poetry, Finding Your Voice is a must for your personal library. Let’s face it - editors, agents and readers all want to read something fresh and new. By finding your voice, you’ll be giving them exactly what they want!

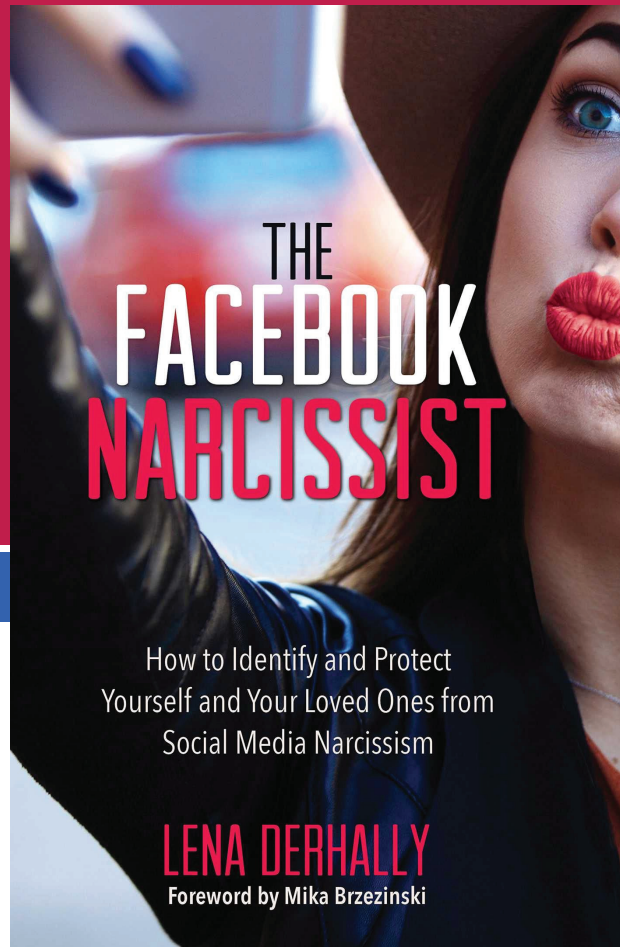
Les Edgerton is an ex-con that served two years in the sixties for second-degree burglary. The sentence was the result of a plea bargain where it was reduced to a single charge from 82 burglaries, two strong-arm robberies, an armed robbery, and a count of possession with intent to deal. After making parole Edgerton obtained his B.A. from Indiana University, where he was elected Student Body President, and then received his MFA in Writing from Vermont College. He teaches workshops nationwide on writing, specializing in classes and seminars on the writer’s voice and story beginnings.

His fiction has been nominated for or won: the Pushcart Prize, O. Henry Award, Edgar Allan Poe Award, Derringer Award, the Texas Institute of Letters Jesse Jones Book Award, the Violet Crown Book Award, The Spinetinger Magazine Award for Best Thriller and others.

Blue Skies Books

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THE FACEBOOK NARCISSIST

LENA DERHALLY

A comprehensive guide for understanding how narcissism on social media impacts our mental health, how to protect ourselves and our children from those affects as well as from narcissists, and how to use social media more mindfully.

The Facebook Narcissist is the first book dedicated to exploring the relationship between narcissism and social media. Lena Derhally, a licensed psychotherapist certified in Imago therapy, delves into how social media enhances individual and cultural narcissism and how it may create or exacerbate

toxic narcissistic tendencies in people who use it. Using her clinical expertise, along with scientific research and interviews with other experts in the field, she thoroughly examines: how narcissism on social media contributes to false narratives and ruptures relationships; how to identify a narcissist on social media (including how to spot the more subtle sub-types of narcissist, such as the covert, communal, and collective narcissist); how narcissism relates to the "influencer" and celebrity culture; narcissism and cyberbullying, cyberstalking, trolling, and victim blaming on social media; narcissism related to racism and politics on social media; the ways social media can create a problem of narcissism in children as they grow up, the implications of "sharenting"; and more. Readers will discover case studies and real examples of narcissists and how they present on social media.

Derhally's expertise in cultivating healthy, fulfilling, and connected relationships helps guide readers to take a deeper look at their behaviors on social media and of those around them. At the end of each chapter, she gives practical tips and takeaways for navigating narcissism online. This book will help readers understand how to use social media in a balanced way that inspires fulfillment and connection instead of the entitlement, attention-seeking, and lack of empathy that is at the heart of narcissism. Derhally also instructs readers on how they may use social media for good, and as a tool for positive social change. Social media is here to stay, but with education and awareness on how it makes us and the world more narcissistic, we can change the narrative and focus on the ways in which social media can be positive, and even improve the world for the better.

Lena Derhally is a licensed psychotherapist certified in Imago Relationship Therapy. She is the author of the bestselling true crime book, *My Daddy Is a Hero: How Chris Watts Went from Family Man to Family Killer*, and her work has been featured in *O, The Oprah Magazine*, *SELF*, *Glamour*, *The Washington Post*, *A&E*, *Hollywood Life*, *The Huffington Post*, *Law and Crime*, and more. She was formerly a clinical instructor in the Department of Psychiatry and Behavioral Sciences at the George Washington School of Medicine, where she mentored medical students. Lena is passionate about antiwar movements and social justice, and in her spare time raises money for those who live under ongoing traumatic circumstances. Lena lives in Washington, DC, with her husband, children, and fur babies.

Health Communications, Inc. / June 2022

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WITHOUT RESTRAINT

*" [an] ...exciting look into the world of skiing and mountaineering offered in **WITHOUT RESTRAINT**, as well as its beautiful depiction of the growth of a father-son relationship."*

Combining the thrilling extreme sporting adventure of Free Solo with the heartfelt honesty of growing up with autism depicted in Atypical, **WITHOUT RESTRAINT** is the story of a father's unlikely discovery of his son's prodigious talent for skiing that ultimately saved his son's life.

Ryan DeLena's childhood was a complicated one. His eidetic memory, penchant for brutal honesty, and defiance led to a diagnosis of Pervasive Developmental Disorder. When public preschools weren't equipped to manage him, his father, Rob, and mother, Mary Beth, enrolled him in a private "therapeutic" school program, a decision that locked Ryan into an educational system that relied on destructive methods of behavior modification. Fortunately, when Ryan was seven years old, Rob made an impulsive decision to kill a few hours at a local ski hill. Within his first lesson, Ryan was barreling down black diamond slopes. Ryan's newfound obsession—and Rob's apparent death wish—led them to extreme ski runs around the world. With each conquest, Ryan blossomed, and Rob learned not only to appreciate his strengths, but also to understand and accept his quirks. Soon, Ryan was no longer a child with a disability; he was a world class ski mountaineer. Emboldened, Rob decided to fight the medical and educational industrial complexes over the decisions made about Ryan's care—and won.

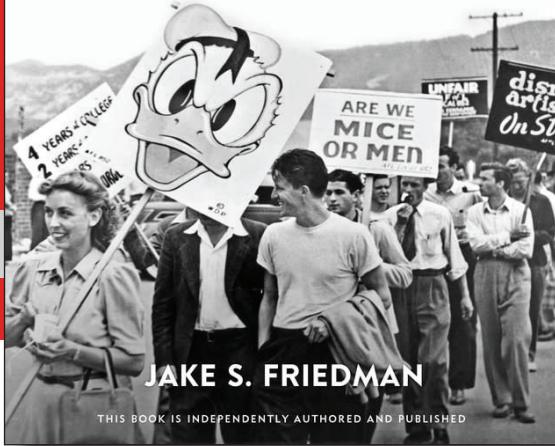
Rob DeLena is one of the leading legal placement consultants in the country. Ryan DeLena is currently a sophomore at Northern Vermont University studying Outdoor Education. Known in the outdoors community for his viral videos under the moniker "Extreme Ryan," he can often be found ski mountaineering around the globe. Ryan is a brand ambassador and video contributor for a number of outdoors media outlets and brands, numbering his outreach on Instagram, YouTube, Facebook, and brand websites in the millions. This is their first book.

Globe Pequot / Spring 2023

Translation Rights Available

THE DISNEY REVOLT

*THE GREAT LABOR WAR OF
ANIMATION'S GOLDEN AGE*



THE DISNEY REVOLT

JAKE S. FRIEDMAN

*An essential piece of Disney history
has been unreported for eighty years.*

Soon after the birth of Mickey Mouse, one animator raised the Disney Studio far beyond Walt's expectations. That animator also led a union war that almost destroyed it. Art Babbitt animated for the Disney studio throughout the 1930s and through 1941, years in which he and Walt were jointly driven to elevate animation as an art form, up through Snow White, Pinocchio, and Fantasia.

But as America prepared for World War II, labor unions spread across Hollywood. Disney fought the unions while Babbitt embraced them. Soon, angry Disney cartoon characters graced picket signs as hundreds of animation artists went out on strike. Adding fuel to the fire was Willie Bioff, one of Al Capone's wiseguys who was seizing control of Hollywood workers and vied for the animators' union.

Using never-before-seen research from previously lost records, including conversation transcriptions from within the studio walls, author and historian Jake S. Friedman reveals the details behind the labor dispute that changed animation and Hollywood forever.

The Disney Revolt is an American story of industry and of the underdog, the golden age of animated cartoons at the world's most famous studio.

Jake S. Friedman is an animation historian and author of *The Art of Blue Sky Studios* and *The Disney Afternoon*. He has appeared as an expert on TV documentaries and written for *Animation Magazine*, *American History Magazine*, the *Huffington Post*, and *Philadelphia Daily News*. He worked for ten years as an animation artist on television shows and features, and now works as a mental health specialist, teaching the occasional History of Animation course at NYU or FIT. He lives with his wife in New York City.

Chicago Review Press / July 2022

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THE ART OF LIVING DANGEROUSLY

Richard Bangs

What does it take to pierce the veneer of outside things, to blaze through a half-century of distant explorations and risk-taking? For me, it was a combination of grit, passion, insatiable curiosity, and mediocre grades in college.

No right to be alive, with the risks and close-calls made, but because of luck, agency, timing, and hands that helped, I made the imperial topaz marker. Along the way I enabled thousands to brook life-changing passages on journeys I organized. But, along the way, people were hurt, damaged or died.

My best friend and partner drowned when a raft overturned on the Blue Nile in Ethiopia. I was attacked by crocodiles, hippos, grizzly bears, rhinos, gorillas, guerillas, and avalanches, but somehow emerged scared, scathed, but with a whole heart. Why do this? Why live a life so packed with peril, so exhaustively adrenaline-gassed? Why shun the ordinary, the comfort zone, the hum of the mundane, the best surprise is no surprise epistemology?

2023 is the 50th anniversary of the company I founded, Sobek Expeditions, the original and now the largest adventure travel company in the world, with over a million clients guided since our beginnings. But this is not just a story of an unusual company, one that profoundly transformed the way we travel and experience the world. It is also my story, how a skinny 18-year-old took a plunge into unknown waters and against the odds survived.

Richard Bangs is co-founder of the pioneering adventure travel firm, MT Sobek, CEO of White Nile Media, Inc., (www.whitenilemedia.com), which has worked with scores of major companies and organizations, from USAID to Airlines, Tourist Boards, Orbitz and Expedia. Richard is also co-founder of Steller.co, the world's largest travel storytelling platform.

Richard has authored or co-authored some 19 books. The Chinese film company, Reach Glory Media and Entertainment (Iron Man 2 & 3, etc.), purchased his title "Riding the Dragon's Back," and are developing it into a feature. His book "Lost River," won the National Book Award for Outdoor Literature, and the Lowell Thomas gold award for best book of the year..

Lyons Press / September 2023

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BLOOMS & DREAMS

MISHA GILLINGHAM

"In this paean to a farm called Evergreen Acres on Washington State's Bainbridge Island, former Los Angeles resident Gillingham and her family document nature's seductive beauty with glorious color photographs and help from the 35 animals that accompany them on the farm The true heart of the book is buried near its end, with Gillingham's narrative of her 'giving garden,' which provides about two thousand pounds of organic foods to food banks yearly; there she zeroes in on the whys of charity. As the pandemic has inspired many to acknowledge and even pursue dreams of more laid-back existences, readers will appreciate this very personal glimpse into a redirected, well-channeled life." - Booklist

Luxury travel writer and influencer Misha Gillingham left the hustle and bustle of Los Angeles for a quaint island in the Pacific Northwest so she could get back in touch with what matters most. With the help of stunning photography, she shows how you, too, can cultivate a life of wellness, generosity, and connection to the land.

Misha Gillingham is a luxury travel writer turned farm girl whose story has won over the hearts of fans worldwide. In *Blooms & Dreams*, Misha shares not only what brought her to Evergreen Acres, a farm on Bainbridge Island in the Pacific Northwest, but also all of the wisdom she has gleaned over the years as she and her family put down roots.

While leading readers on a behind-the-scenes tour of the farm—from her ever-evolving flower garden to the menagerie of animals who keep everyone in good spirits—Misha reflects on her own transformation and shares how joy can be found by contributing to your local community and fostering a deep connection to the land itself.

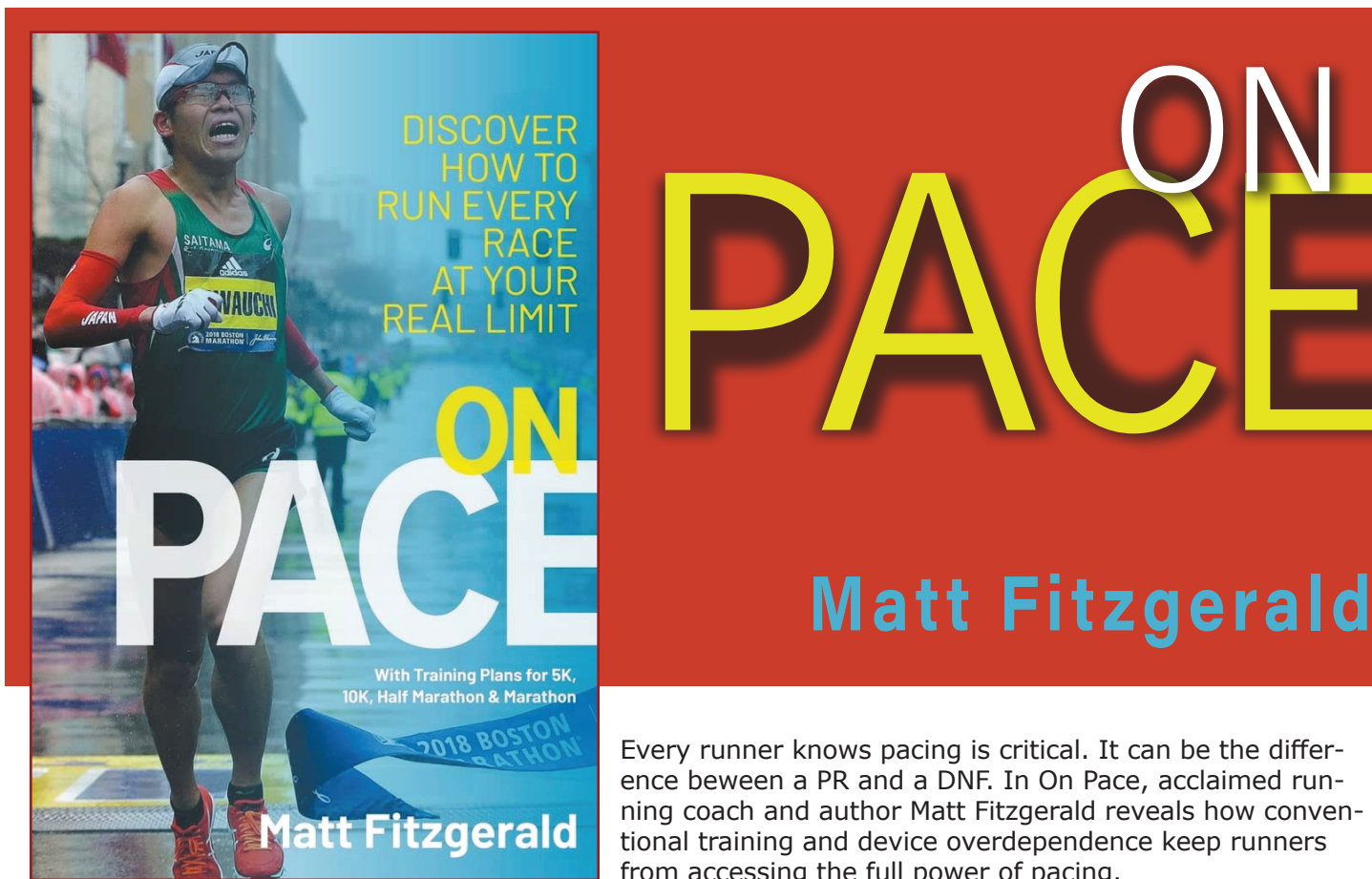
Blooms & Dreams will inspire readers from all walks of life to consider building a life centered around wellness, giving, and a connection to the land, be it a small patio garden or an entire farm.

Misha Gillingham used to live a fast-paced lifestyle, traveling the world reviewing and writing about luxury hotels. After a battle with cancer and a daughter diagnosed with a life-threatening illness, Misha and her family realized some major life changes were in order. She now finds happiness in creating a home base with a purpose. Health, wellness, and community service are the goal. She lives in Bainbridge Island, WA.

Gibbs Smith / August 2022

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Every runner knows pacing is critical. It can be the difference between a PR and a DNF. In *On Pace*, acclaimed running coach and author Matt Fitzgerald reveals how conventional training and device overdependence keep runners from accessing the full power of pacing.

With a mix of fascinating science and compelling stories from every corner of the sport, Fitzgerald shows that pacing is the art of finding your limit—running at a pace to finish the workout or cross the finish line completely out of gas. This quintessential running skill unlocks hidden potential and transforms the sport, enabling runners of all experience and ability levels to “run free.”

Training plans for 5K, 10K, half-marathon, and marathon events will hone your pacing skill through improved body awareness, judgment, and toughness. Choose from four plans, novice to expert, for each distance. *On Pace* equips you mentally and physically to become a better runner, capable of knowing and executing your best effort on any given day.

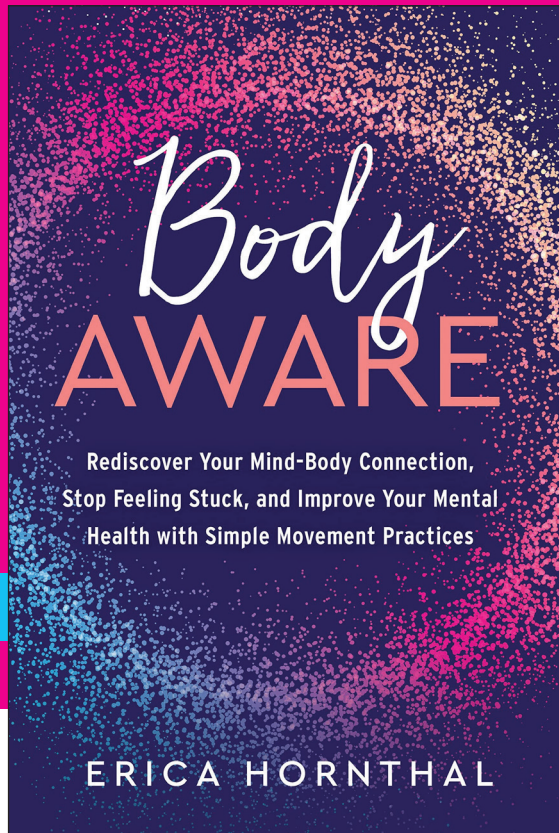
Matt Fitzgerald has written for *Bicycling*, *Maxim*, *Men’s Journal*, *Outside*, *Runner’s World*, *Shape*, *Triathlete*, and other major magazines and websites. His article “What Ever Happened to Daniel Komen?” published in *Competitor*, won a 2011 min Award for Best Commentary/Opinion. The following year, Matt was one of four writers selected to participate in a panel of “The Best Writers in Endurance Sports” at the Triathlon America Conference.

Highly sought after by the media for his expertise, Matt has been interviewed for *The Sunday Times of London*, *The New York Times*, *USA Today*, and other leading newspapers, as well as popular websites such as *vox.com* and *gq.com*, and for local CBS, Fox, and NBC television affiliates, BBC Radio, NPR affiliates, and other notable electronic media outlets. He is a frequent guest on podcasts such as *Trail Runner Nation*.

VeloPress

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Body AWARE

ERICA HORNTHAL

When we talk about movement, most of us think “exercise.” But the way we move our bodies--how we walk, roll, dance, stretch, connect, and take up space--is about so much more than physical fitness. Our movements impact our mental and emotional health...and when we change the way we move, we can change the way we live.

Licensed clinical professional counselor and board-certified dance and movement therapist Erica Hornthal--aka “The Therapist Who Moves You”--takes readers on a step-by-step journey, showing how a mindful movement practice can:

- Help ease symptoms of depression
- Build a greater sense of connection and intimacy with loved ones
- Slow down thoughts to lessen anxiety and panic
- Impact how--and what--we feel

Readers will learn to identify where they physically hold their emotions; understand and interpret their body’s unique language; explore bodily sensations; identify emotional blockages; and upgrade harmful thought cycles to patterns that instead foster resilience, emotional regulation, and productivity. With a chapter on disability and movement diversity, Hornthal’s guide is inclusive, non-prescriptive, and helps us each discover the kind of movement that works best for us.

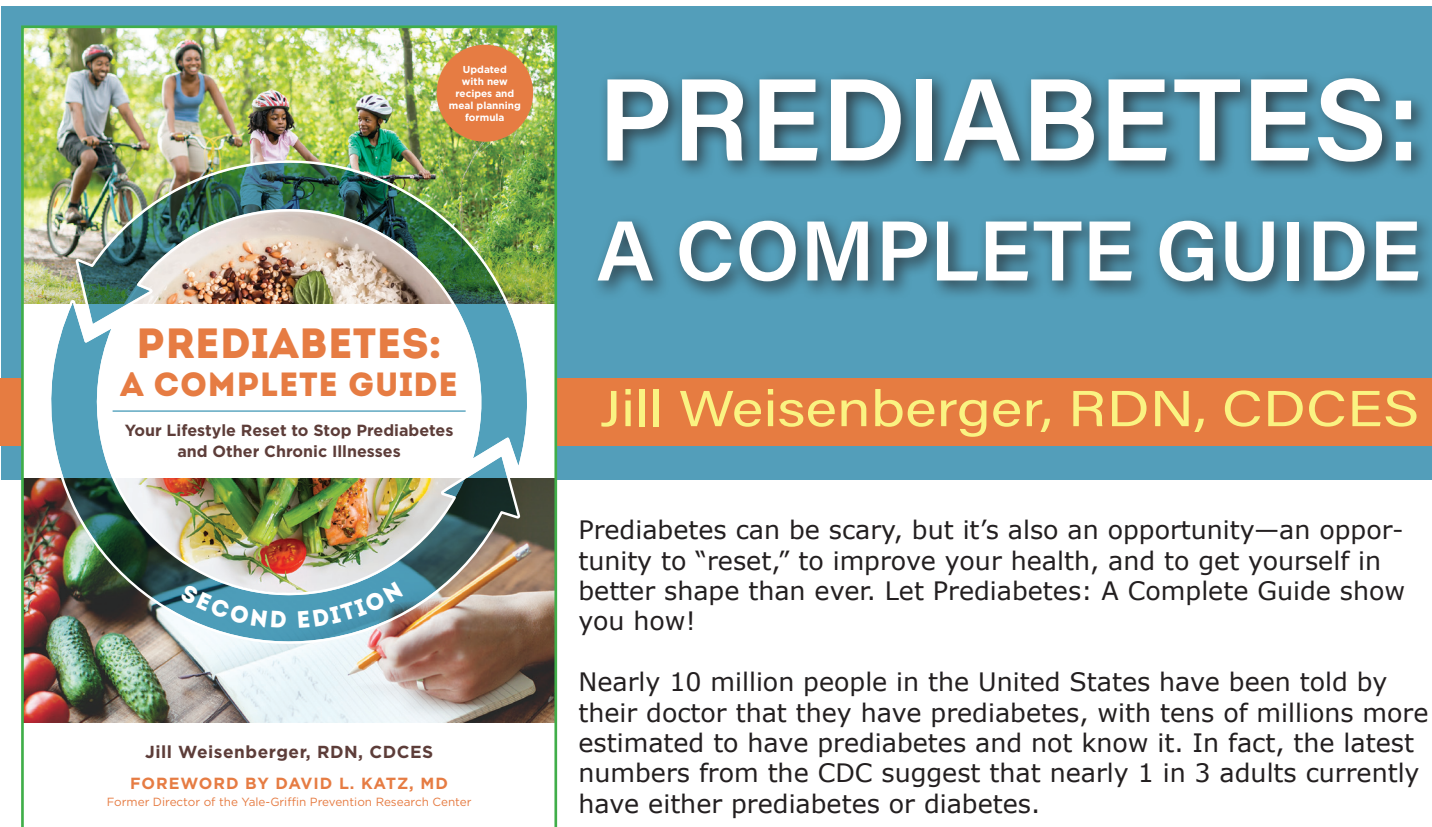
Broken into three sections, “How You Move,” “How Movement is a Catalyst for Change,” and “Transforming Your Life Through Movement,” Body Aware is a revelatory transformational practice and an easy-to-use introduction to the mind-body power of intentional movement

ERICA HORNTHAL is a licensed clinical professional counselor, board-certified dance/movement therapist, and the CEO and founder of Chicago Dance Therapy. Since graduating with her MA in Dance/Movement Therapy and Counseling from Columbia College Chicago, Erica has worked with thousands of patients aged 3-107. Known as “The Therapist Who Moves You,” Hornthal is changing the way people see movement with regard to mental health.

North Atlantic Books / August 2022

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PREDIABETES: A COMPLETE GUIDE

Jill Weisenberger, RDN, CDCES

Prediabetes can be scary, but it's also an opportunity—an opportunity to “reset,” to improve your health, and to get yourself in better shape than ever. Let *Prediabetes: A Complete Guide* show you how!

Nearly 10 million people in the United States have been told by their doctor that they have prediabetes, with tens of millions more estimated to have prediabetes and not know it. In fact, the latest numbers from the CDC suggest that nearly 1 in 3 adults currently have either prediabetes or diabetes.

These are alarming numbers, and finding out that you are that one out of three can be even more alarming. Shock, denial, and confusion are not uncommon reactions. But there is a flipside to learning you have prediabetes. It's scary, but it also means you've caught the condition just in time, before it's too late. Prediabetes does not mean you will develop diabetes. There are actions you can take to improve your health. *Prediabetes: A Complete Guide*, will reveal to you in detail what these actions are and empower you to find the healthy eating and lifestyle changes that work best for you to help you achieve your health goals.

Inside, you will learn to:

- Identify your risks for developing type 2 diabetes
- Set personalized and meaningful behavioral goals
- Identify and build on your motivation for a lifestyle reset
- Create positive new habits
- Change eating habits for weight loss and greater insulin sensitivity
- Choose wholesome foods in the supermarket and when away from home
- Tweak your favorite recipes
- Reduce sedentary time
- Start or improve upon an exercise plan
- Reduce emotional eating
- Organize and track your progress with tools included in the book
- Much more

Written by Jill Weisenberger, a registered dietitian nutritionist, certified diabetes educator, certified health and wellness coach, and author of the American Diabetes Association bestselling book, *Diabetes Weight Loss—Week by Week*, this comprehensive guide will lead you through dozens of concrete steps you can take to reduce the risk of developing type 2 diabetes and other lifestyle-related chronic diseases. Taking an individualized approach to your lifestyle “reset,” this book will allow you to choose your own path to wellness, help you gain a greater sense of well-being, boost your confidence in your abilities to maintain a healthful lifestyle, and potentially even help you reverse prediabetes and avoid type 2 diabetes and other chronic illnesses. You'll be feeling better than you have in years!

Second Edition

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The Gilded Age Cookbook



Becky Libourel Diamond

The American Gilded Age (1868 to 1900) and its extreme extravagance continue to be a source of wonder and fascination, particularly for foodies. The style and excessiveness of this era has ties to modern popular culture through books, films, and television shows, including *The Alienist* and the new Julian Fellowes TV series *The Gilded Age*, slated for release in 2022. Fellowes' former series, *Downton Abbey*, spawned a whole range of cookbooks based on the show's themes.

The Gilded Age Cookbook will transport the reader back in time to lavish banquet tables set with snow-white linen tablecloths, delicate china and sparkling crystal glasses. Cuisine featuring rich soups, juicy roasts and luscious desserts will come to life through historic images and artistic photography by Heather Raub, whose work has been seen via Zest Culinary Services, Pastry Chef Bakery, LE'COEUR magazine and Malvie magazine. Gilded Age details will be melded with historic menus and recipes updated for modern kitchens. Organized into chapters highlighting themes from the era, cooks will enjoy duplicating meals and gatherings from the past while celebrating today.

Now that people are socializing and entertaining once again, this book will be a welcome addition to their kitchens. Gourmets, history buffs and pop culture enthusiasts will delight in learning about epicurean pleasures associated with the Gilded Age, from ice cream socials and oyster roasts to exclusive eating clubs and live food demonstrations presented to packed auditoriums. Entertaining stories of Gilded Age celebrities such as the Vanderbilts, Astors, Carnegies and Rockefellers will be peppered throughout. Culinary roles for women and minorities became more significant during this time frame, and innovative technologies such as kitchen appliances and packaged food were game changers.

The splendid yet accessible and easy-to-follow recipes in ***The Gilded Age Cookbook*** will take readers on a delicious journey from a bygone era to the present day..

BECKY DIAMOND writes professionally for a number of publications. She most recently contributed to the book *Storied Dishes: What Our Family Recipes Tell Us About Who We Are and Where We've Been*. Ms. Diamond lives in Pennsylvania with her husband and children.

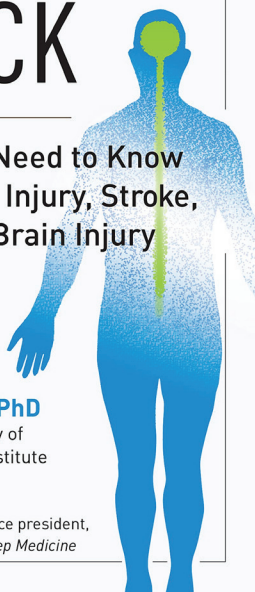
Rowman & Littlefield / April 2023

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GETTING YOUR BRAIN & BODY BACK

Everything You Need to Know
after Spinal Cord Injury, Stroke,
or Traumatic Brain Injury



Bradford C. Berk, MD, PhD

founder and director, University of
Rochester Neurorestoration Institute
with **Martha W. Murphy**

Foreword by **Eric Topol, MD**, vice president,
Scripps Research, and author of *Deep Medicine*

GETTING YOUR BRAIN & BODY BACK

Bradford C. Berk, MD, PhD

Make the fullest possible recovery after neurological injury with this definitive guide—by a doctor and spinal cord injury survivor who's been there

After an accident that left him permanently paralyzed over ten years ago, Dr. Bradford Berk made it his mission to help others

recover from acute neurological injury (ANI). As the founder and director of the University of Rochester Neurorestoration Institute, he brings his abundant experience in working with patients and making his own ongoing recovery to *Getting Your Brain and Body Back*, the most up-to-date guide for survivors of spinal cord injury (SCI), stroke, and traumatic brain injury (TBI).

Each of these acute neurological injuries can result in similar physical and psychological challenges and require similar treatments, medications, and assistive devices. *Getting Your Brain and Body Back* offers comprehensive, reassuring guidance for your every concern:

How to deal with grief and trauma in the aftermath of accident or injury—and build resilience as you find your way forward

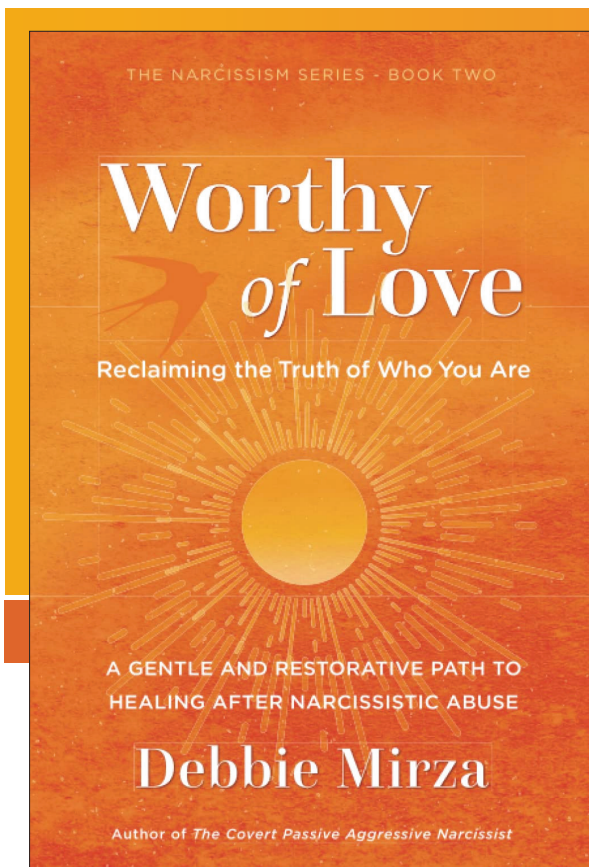
- What adaptive devices—for bathing, dining, mobility, and more—will help you enjoy life to the utmost
- How to prevent and treat secondary health problems of every kind, such as heart, skin, and bladder troubles—sexual health included!
- Therapeutic approaches from both Western and Eastern medicine to consider for maximum healing and pain relief
- Dr. Berk's candid advice on medical treatment and daily living—plus insights from the brightest minds in the field—will help get you or your loved one back to life.

Bradford C. Berk, MD, PhD, is a distinguished university professor at the University of Rochester. He was recruited to University of Rochester Medical Center in 1998 as chief of cardiology and later served as chairman of medicine and CEO. Dr. Berk stepped down in 2015 to found the University of Rochester Neurorestoration Institute, which provides the highest quality multidisciplinary care to individuals who have suffered neurologic damage. He has published more than 300 articles, chapters, and books.

The Experiment

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Worthy of Love

Debbie Mirza

The effects of narcissistic abuse are deep and profound. The gravity of the repercussions can only be fully understood by those who have been through this type of ongoing trauma. Narcissistic Abuse affects us mentally, emotionally, physically, and psychologically. Your life-force energy diminishes over time. After so much gaslighting, you lose a clear sense

of who you are. Your self-esteem and self-worth can feel nonexistent because of ongoing devaluing and demeaning behavior.

Your physical body is affected as well. Many survivors have health issues, often chronic conditions that affect them for years after the relationship has ended.

It is common to have many symptoms of Complex PTSD, such as reliving traumatic experiences through flashbacks, feeling like you live in a continual state of high alert, being jumpy and sensitive to stimuli, having difficulty sleeping, feeling toxic guilt and shame, experiencing a lack of emotional regulation, and feeling like you are permanently damaged or worthless.

Cognitive dissonance wreaks havoc on your mind and body as you try to make sense of what you have been through.

Many find themselves becoming more reclusive after these relationships, feeling a new distrust of others and the world around them.

These relationships can bring us to depths of despair where we wonder if it is even possible to heal.

Healing after narcissistic abuse IS possible and this book will show you how.

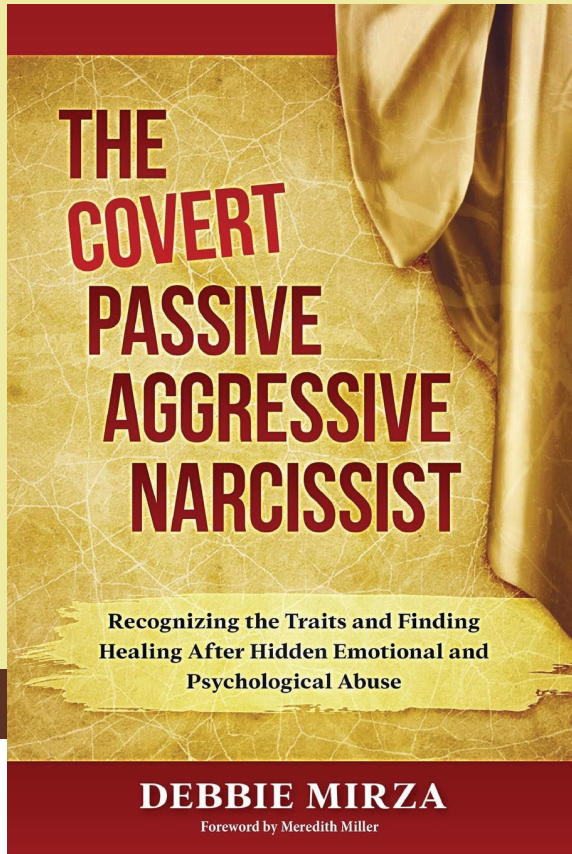
Debbie Mirza's first book in this series on narcissism, *The Covert Passive Aggressive Narcissist* explained the traits of a covert narcissist and what they look like in real life. In *Worthy of Love*, the highly anticipated follow up book, she focuses on how to recover after you realize you have been with a narcissist. How to heal, how to be free, and how to find peace.

Debbie Mirza is a restorative coach, author, and singer/songwriter. She feels a deep calling to bring more peace, calm, and healing to the world through her music, books, and coaching.

Safe Place Publishing

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THE COVERT PASSIVE AGGRESSIVE NARCISSIST

DEBBIE MIRZA

Do you feel confused and exhausted by a relationship, and you can't figure out why?

Do you feel like you can't think straight, and the person in your life seems fine, so you wonder if maybe you are the problem?

Has someone mentioned you might be with a narcissist, or you wonder yourself, and when you research narcissism, they don't seem to completely fit the description, although some of the traits do ring true?

The Covert Passive Aggressive Narcissist is the most comprehensive and helpful book on the topic of covert narcissism. Also available in Spanish as El Nacisista Pasivo Agresivo. Find the answers you are looking for. This book delivers:

- A list of traits of the covert narcissist and how they look like in daily life
- The differences between an overt and a covert narcissist
- A checklist to see if you are with a covert narcissist
- Real-life stories to illustrate what these traits look like
- Explanations of different covert techniques narcissists use to control and manipulate
- A chapter dedicated to what sex looks like with a covert narcissist
- Descriptions of covertly narcissistic parents Information on what it looks like to have a covertly narcissistic boss or co-worker
- A chapter on healing to help give you tools and hope for a beautiful future, free of toxic relationships.

Debbie Mirza is a restorative coach, author, and singer/songwriter. She feels a deep calling to bring more peace, calm, and healing to the world through her music, books, and coaching.

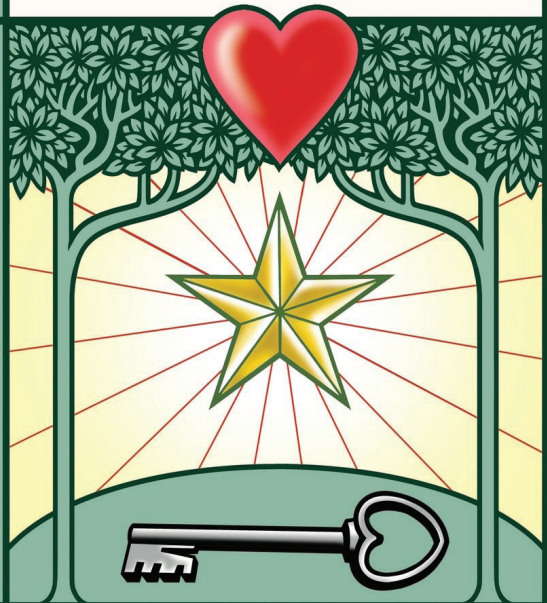
In her coaching practice, she works with people who are coming out of relationships with covert narcissists. Her new book, *The Covert Passive Aggressive Narcissist: Finding Healing After Hidden Emotional and Psychological Abuse* explains the traits of the most insidious type of narcissist, how they affect you, and how to heal.

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**BORDERLINE, NARCISSISTIC,
AND
SCHIZOID ADAPTATIONS**

THE PURSUIT OF LOVE, ADMIRATION, AND SAFETY



Elinor Greenberg, Ph.D.

**BORDERLINE, NARCISSISTIC
AND
SCHIZOID ADAPTATIONS**

ELINOR GREENBERG, Ph.D.

Borderline, Narcissistic, and Schizoid Adaptations demystifies the diagnosis and treatment of personality disorders. It offers clear and practical advice on how to differentiate and treat clients who have made Borderline, Narcissistic, or Schizoid adaptations. Elinor Greenberg begins with an overview of the topic of personality

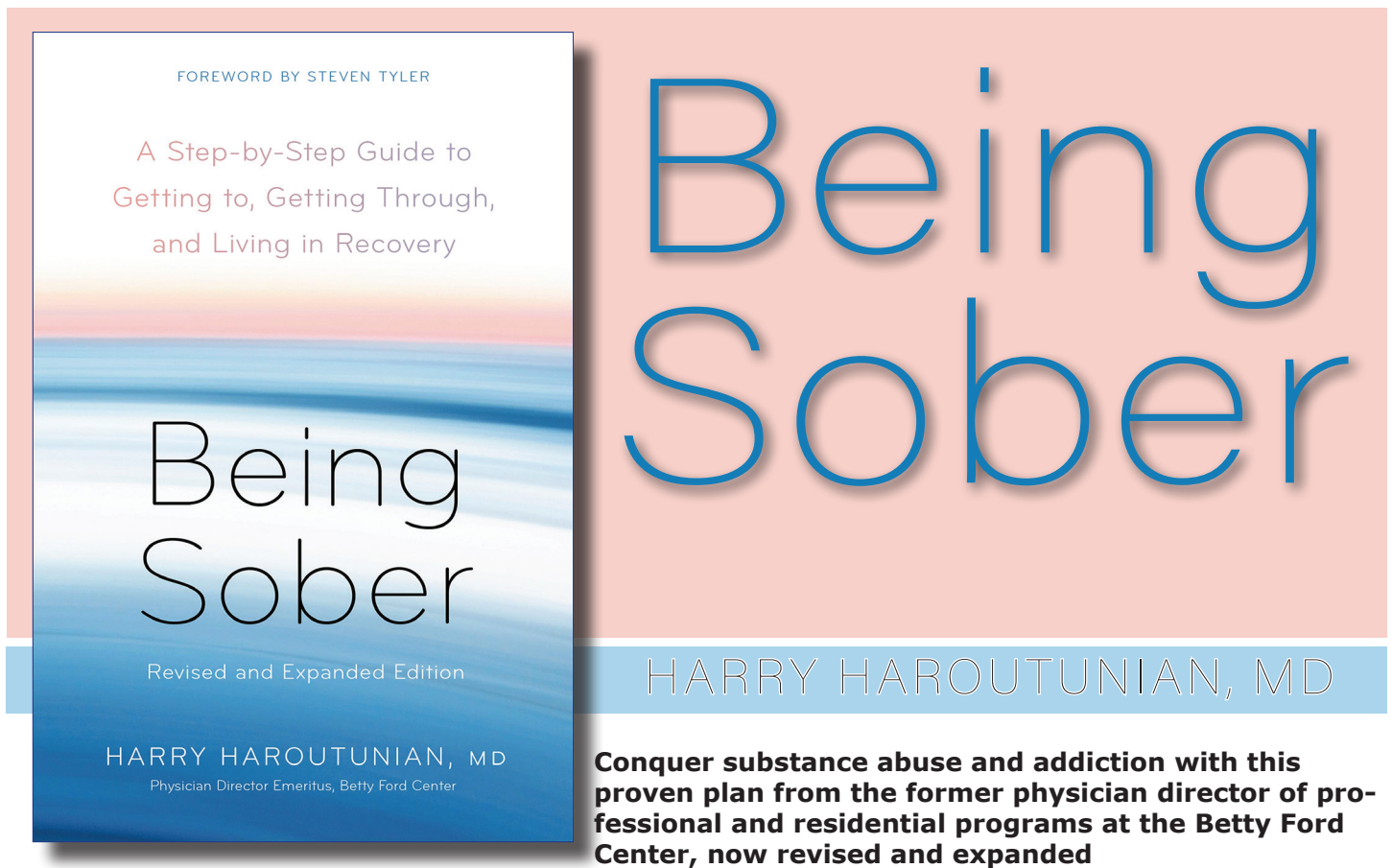
disorders, reframes these disorders as adaptations, and then explains the treatment interventions that work best for each type of adaptation. Later chapters describe how to do specific interventions that deal with commonly encountered treatment issues such as: such as: "How to undo a Narcissistic shame-based self-hating depression," "How to judge a Schizoid client's sense of interpersonal safety from their dreams," and "How to help Borderline clients reach their goals." Each type of intervention is explained in detail, ample clinical examples are given, as is how and when to utilize the method in the client's treatment. Both beginning therapists and experienced clinicians alike will find this book a useful resource that will expand their understanding and effectiveness with this often challenging group of clients.

Elinor Greenberg, Ph.D., CGP, is a psychologist and an internationally renowned Gestalt therapy trainer who specializes in teaching the diagnosis and treatment of Borderline, Narcissistic, and Schizoid adaptations. Dr. Greenberg is the author of many articles on this topic, including: "Healing the Borderline," "When Insight Hurts," "Undoing the Shame Spiral," and "Goals and the Borderline Client." She is Vice President of the New York Institute for Gestalt Therapy, adjunct faculty to the Gestalt Center for Psychotherapy and Training, and is an Associate Editor of Gestalt Review. In addition to her extensive Gestalt therapy credentials, Dr. Greenberg is a graduate of and former faculty member of The Masterson Institute, a post-graduate training institute where she taught and supervised students in a psychoanalytically-oriented object relations approach to the theory and treatment of personality disorders. She is a certified Ericksonian hypnotherapist and is in the National Registry for Certified Group Psychotherapists. Dr. Greenberg's hobby is the study of pre-psychoanalytic systems of personal growth, such as Kabbalah and the Western Mystery School tradition.



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Conquer substance abuse and addiction with this proven plan from the former physician director of professional and residential programs at the Betty Ford Center, now revised and expanded

The disease of addiction affects 1 out of 10 people in the United States and is a devastating and often fatal illness. Dr. Harry Haroutunian—or Dr. Harry as he is affectionately known by his patients—offers a step-by-step plan with a realistic, one-day-at-a-time approach to a disease that so often seems insurmountable. With a focus on reclaiming the power that comes from a life free from dependency, *Being Sober* guides you through the many phases of addiction and recovery with a warm sense of humor and compassion, not judgment or overly “cultish” language. This revised edition shares a new chapter on emotional sobriety and advanced recovery topics, along with more information on the opioid crisis and prescription drug abuse in the United States.

This groundbreaking book also addresses the growing face of substance abuse: the high-functioning addict, or someone who is still able to achieve personal and professional success even as he or she battles a drug or alcohol problem. Dr. Harry tackles this provocative issue head-on, offering new insight into why you don’t have to “bottom out” to get help. He is a recovering alcoholic himself and knows firsthand the challenges of sobriety. His background and expertise in the field of alcohol and drug treatment give him a powerful edge and perspective that is unparalleled.

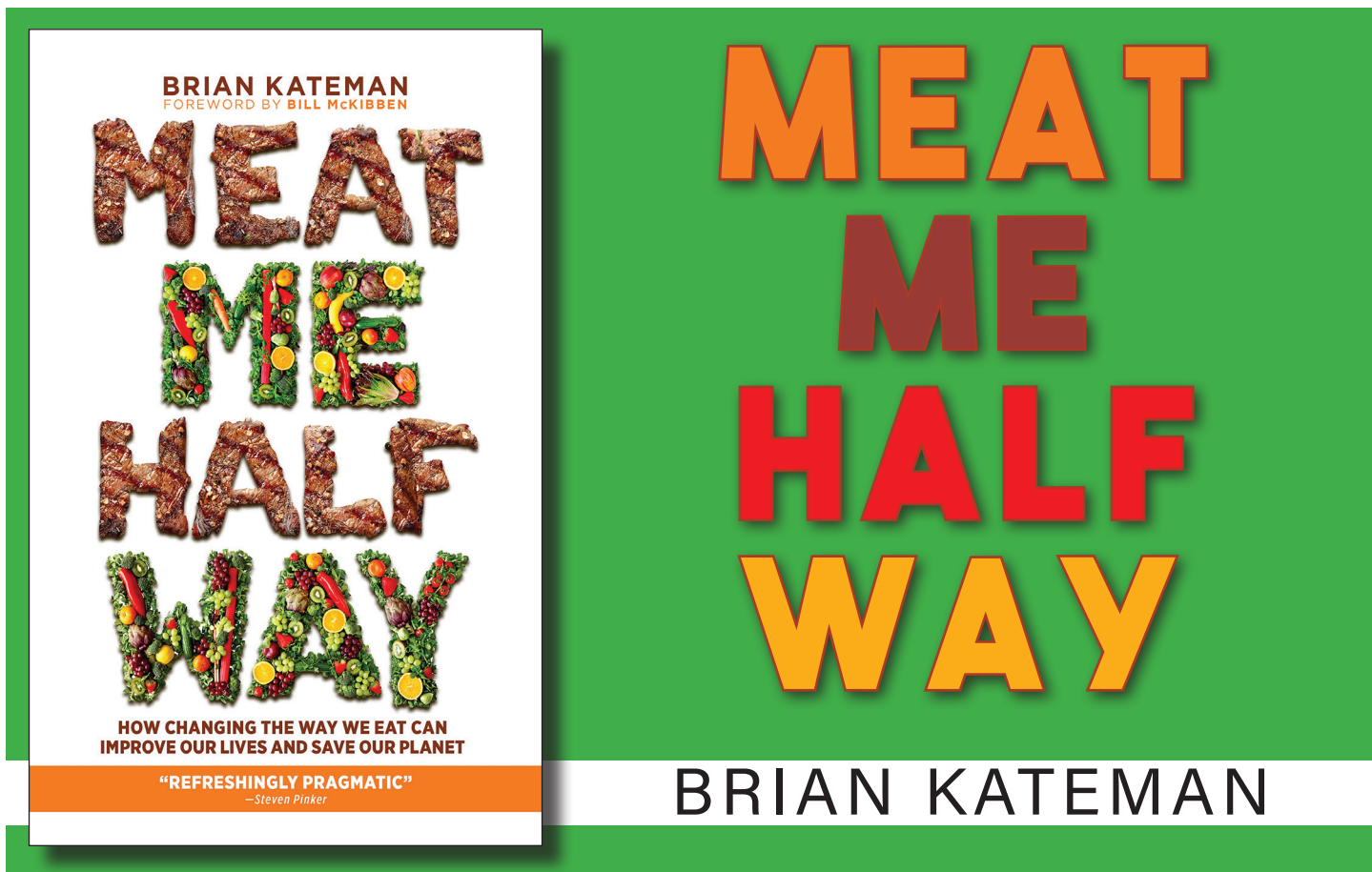
Using clear, straightforward language, *Being Sober* offers a proven path toward emotional sobriety and a rewarding new life based on gratitude, dignity, and self-respect.

Harry Haroutunian, MD, is the president and founding director of Dr. Harry: Recovery & Wellness Network and the former physician director of professional and residential programs at the Betty Ford Center. Board certified in both addiction and family medicine, Dr. Haroutunian is an internationally known speaker and authority on addiction. He lives in Rancho Mirage, California.

Rodale / Expanded Edition

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MEAT ME HALF WAY

BRIAN KATEMAN

We know that eating animals is bad for the planet and bad for our health, and yet we do it anyway. Ask anyone in the plant-based movement and the solution seems obvious: Stop eating meat.

But, for many people, that stark solution is neither appealing nor practical. In *Meat Me Halfway*, author and founder of the reducetarian movement Brian Kateman puts forth a realistic and balanced goal: mindfully reduce your meat consumption. It might seem strange for a leader of the plant-based movement to say, but meat is here to stay. The question is not how to ween society off meat but how to make meat more healthy, more humane, and more sustainable. In this book, Kateman answers the question that has plagued vegans for years: why are we so resistant to changing the way we eat, and what can we do about it?

Exploring our historical relationship with meat, from the domestication of animals to the early industrialization of meatpacking, to the advent of the one-stop grocery store, the science of taste, and the laws that impact our access to food, *Meat Me Halfway* reveals how humans have evolved as meat eaters. Featuring interviews with pioneers in the science of meat alternatives, investigations into new types of farming designed to lessen environmental impact, and innovations in ethical and sustainable agriculture, this down-to-earth book shows that we all can change the way we create and consume food.

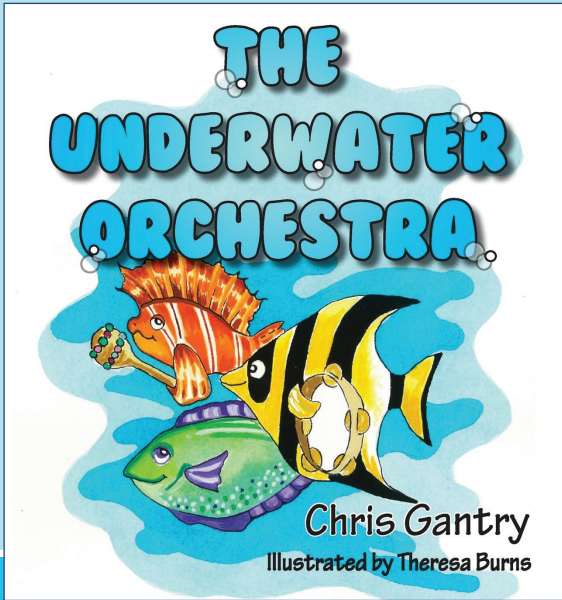
Brian Kateman coined the term “reducetarian” to describe a person who is deliberately reducing their consumption of meat. In 2015, Kateman founded the Reducetarian Foundation, a not-for-profit organization dedicated to reducing societal consumption of animal products.

He is the author of *The Reducetarian Solution* and *The Reducetarian Cookbook* and is the lead producer of the documentary version of *Meat Me Halfway* released and streamed on Amazon Prime Video, Apple TV, Google Play, and more. He is a regular contributor to *Fast Company*, *Entrepreneur*, and *Forbes*, and his writings have appeared in *The Atlantic*, the *Los Angeles Times*, and the *Washington Post*, among others. Kateman lives in New Jersey with his wife Isabel and rescue dogs Tobey and Cooper.

Prometheus / April 2022

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THE UNDERWATER ORCHESTRA

Chris Gantry

"A New Modern Children's Classic. Beautifully illustrated and written! Easily recitable ...vivid characters and descriptions of an underwater world filled with music and fun." -Ashley Darling, 5 stars

Imagine being under the waves, in the beautiful world of fish and sea creatures. What if they had a band? Who would lead them? What instruments would they play? The Underwater Orchestra is a delightful story about animals and fish living under the sea who come together to form a band. Both real and imagined, these characters lead the reader in a lyrical journey. Dive into this book and get swept away with whales, mermaids, and many other colorful creatures of the sea.

Chris Gantry (Christopher Cedzich) was born December 29th, 1942 in Queens, New York. He began his career as a singer/songwriter at age fourteen with a recording contract for Paramount Records. He moved to Nashville in 1963. Chris has written more than 1,000 songs some of them as collaborations with Nashville's best Kris Kristofferson, Mel Tillis, Shel Silverstein, and Eddie Rabbit. Over 100 of his songs were recorded by various artists including: Roy Clark, Johnny Cash, Sonny Curtis, Robert Goulet, Wayne Newton, Johnny Lee, Reba McEntire, Billy Walker, Garry Pucket, KD Lang, Yankee Grey, and Rhett Akins, including "Dreams of the Everyday Housewife", sung by Glen Campbell. "Dreams of the Everyday Housewife" won three M.M.I. awards plus the Millionaires Award for over two million performances. It also won the Nashville Songwriter Award in 1968. Chris recorded five albums for Monument and ABC Dot Records and has written for Sony Music, Warner Chapel Music, and Faverett Music Group.

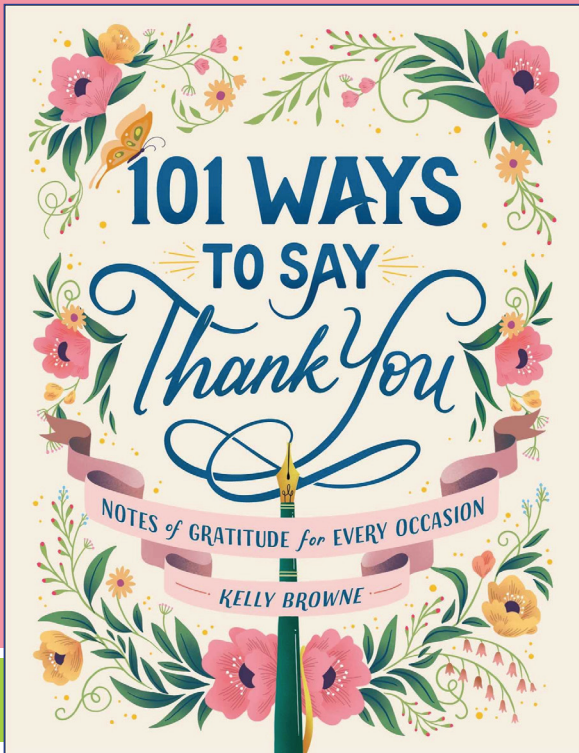
Chris won the Tennessee Williams Playwriting Contest with a collection of one act plays titled "Teeth and Nails". He also wrote a collection of published short stories entitled "Father Duck Tales".

Chris continues writing music with some of today's brightest up and coming stars and living the life of a Gypsy Dreamer!

Taylor & Seale Publishing

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101 WAYS TO SAY Thank You

KELLY BROWNE

“Browne’s inclusive guidelines will encourage you to pick up your pen and express yourself in ways that messages delivered via telephone or email simply can’t convey.”

—Dorothea Johnson, author, etiquette expert, and founder of The Protocol School of Washington®

“When saying thanks, the first step is to get the person’s name absolutely perfect. Mr. or Dr.? Mrs., Ms., Miss, or Mx.? A unique spelling of the name? When we are correctly addressed, we feel recognized. Kelly Browne’s book will guide you to perfect expressions of gratitude—and happy recipients.”

—Robert Hickey, author of Honor & Respect: The Official Guide to Names, Titles, & Forms of Address

Express your gratitude in writing for any occasion with this updated guide to saying thank you!

Writing a thank you note isn’t just about good manners. Whether written in ink form on formal stationery or delivered digitally, a well-crafted thank you note makes the recipient feel appreciated—a sensation that makes you both feel good! This practice can improve your personal, social, and business relationships, leading to success and well-being in all aspects of your life.

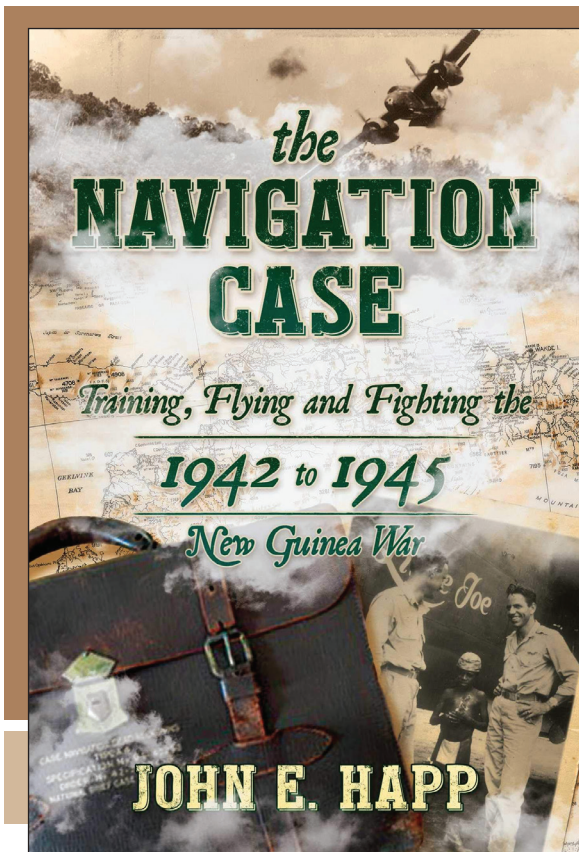
In *101 Ways to Say Thank You*, etiquette expert Kelly Browne shows you how to express gratitude eloquently and sincerely in every situation, using both traditional and up-to-the-minute digital methods, in an easy-to-follow, engaging, and down-to-earth way. Never be at a loss for words again.

Kelly Browne is the go-to gratitude expert on thank-you note etiquette for adults and kids. She lives in Los Angeles, maintaining a popular website and blog, and uses social media to promote the “magic of gratitude.” Her advice has appeared in *Parade*, *The Wall Street Journal*, *eHow*, *Tinyprints*, and *Jezebel*—among many others—along with TV and podcast appearances.

Adams Media / March 2022

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the NAVIGATION CASE

JOHN E. HAPP

The Navigation Case reveals the drama and sacrifice expended by America's pioneering pilots' first ever demonstration of air superiority, during the greatest campaign in U.S. Air Force history.

An aged and glossy leather briefcase was discovered when our family house was cleaned out and sold. We came to learn that my father had meticulously collected his military documents, private letters, and souvenirs, and packed them away in this—his pilot's navigation case.

From randomly within, a newspaper article tumbled out. It described a massive typhoon in New Guinea causing "horror and tragedy" and resulting in incredible untold loss of men and aircraft. But larger questions remained unanswered: What was my father, or any American, doing in New Guinea, of all places? If America was fighting Japan, why were we fighting in New Guinea?

Aviation as an industry was in its infancy. The sagas of pioneering pilots detail fascinating but deadly cadet training and violent air missions. The narrative flourishes into an incredible story giving the context for all the Pacific war stories from Pearl Harbor, Guadalcanal, Midway island, and Iwo Jima, up to the avoidable catastrophes of Hiroshima and Nagasaki.

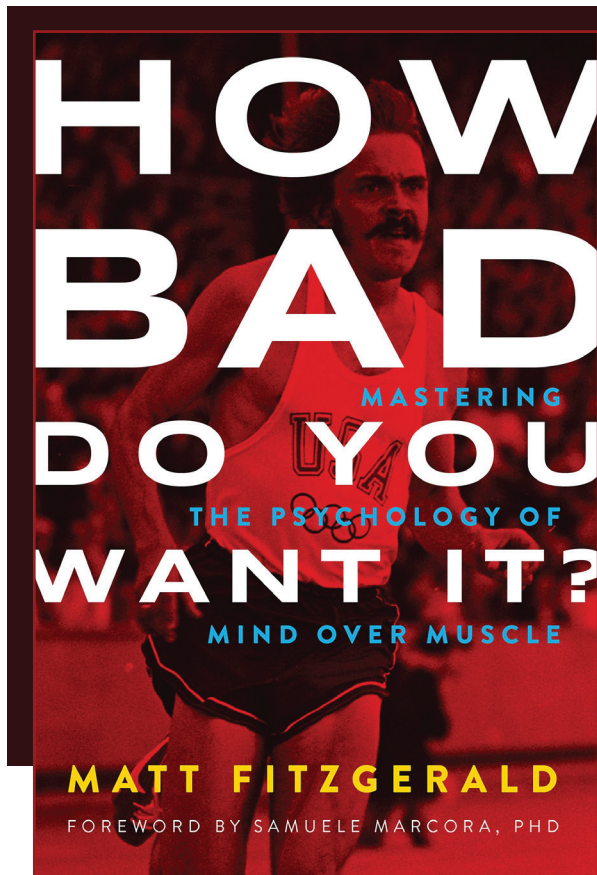
John E. Happ is a contributing author to the Journal of the American Revolution, has written for the World War One website The 75th Artillery C.A.C., and the adventure magazine Atlantic Coastal Kayaker.

A native of the Chicago area but immersed in the contrasting narratives of foreign cultures since college in Spain, he speaks five languages. His varied assignments in Germany, Switzerland, the Philippines, and Japan contributed greatly to his research into the origins of the Pacific War resulting in this, his first book, The Navigation Case.

Knox Press / November 2021

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HOW
BAD
DO YOU
WANT IT?
MATT FITZGERALD

The greatest athletic performances spring from the mind, not the body.

Elite athletes have known this for decades and now science is learning why it's true. In his fascinating new book *How Bad Do You Want It?*, coach Matt Fitzgerald examines more than a dozen pivotal races to discover the surprising ways elite athletes strengthen their mental toughness.

Fitzgerald puts you into the pulse-pounding action of more than a dozen epic races from running, cycling, triathlon, XTERRA, and rowing with thrilling race reports and revealing post-race interviews with the elites. Their own words reinforce what the research has found: strong mental fitness lets us approach our true physical limits, giving us an edge over physically stronger competitors. Each chapter explores the how and why of an elite athlete's transformative moment, revealing powerful new psychobiological principles you can practice to flex your own mental fitness.

The new psychobiological model of endurance performance shows that the most important question in endurance sports is: how bad do you want it? Fitzgerald's fascinating book will forever change how you answer this question and show you how to master the psychology of mind over muscle. These lessons will help you push back your limits and uncover your full potential.

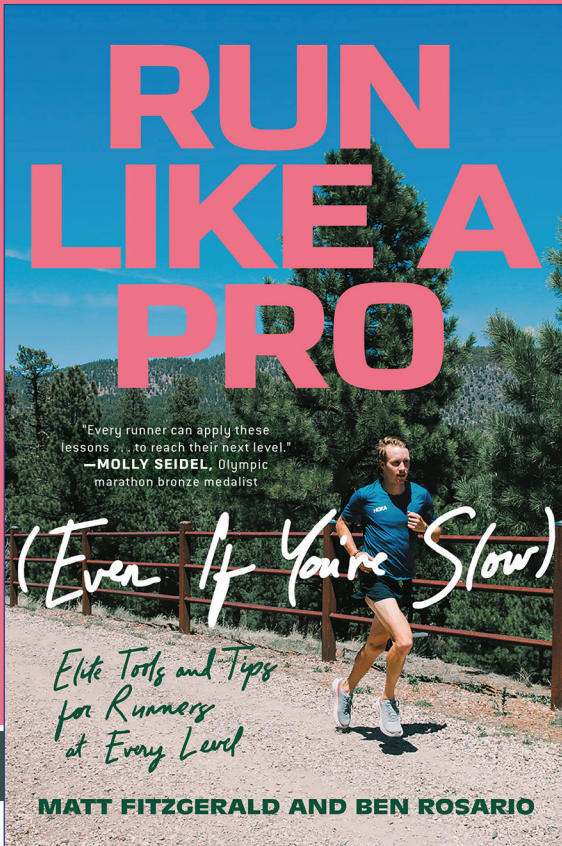
Matt Fitzgerald has written for *Bicycling*, *Maxim*, *Men's Journal*, *Outside*, *Runner's World*, *Shape*, *Triathlete*, and other major magazines and websites. His article "What Ever Happened to Daniel Komen?" published in *Competitor*, won a 2011 min Award for Best Commentary/Opinion. The following year, Matt was one of four writers selected to participate in a panel of "The Best Writers in Endurance Sports" at the Triathlon America Conference.

Highly sought after by the media for his expertise, Matt has been interviewed for *The Sunday Times of London*, *The New York Times*, *USA Today*, and other leading newspapers, as well as popular websites such as *vox.com* and *gq.com*, and for local CBS, Fox, and NBC television affiliates, BBC Radio, NPR affiliates, and other notable electronic media outlets. He is a frequent guest on podcasts such as *Trail Runner Nation*.

VeloPress

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RUN LIKE A PRO

(Even If You're Slow)

MATT FITZGERALD AND BEN ROSARIO

Cutting-edge advice on how to achieve your personal best, for everyone from casual runners to ultramarathoners.

In 80/20 Running, respected running and fitness expert Matt Fitzgerald introduced his revolutionary training program and explained why doing 80 percent of runs at a lower intensity and just 20 percent at a higher intensity is the best way for runners at all levels--as well as cyclists, triathletes, and even weight-loss seekers--to improve their performance.

Now, in this eye-opening follow-up, Fitzgerald teams with Olympic coach Ben Rosario to expand and update the 80/20 program to include ultramarathon training and such popular developments as the use of power meters.

New research has bolstered the case that the 80/20 method is in fact that most effective way to train for distance running and other endurance sports. Run Like a Pro (Even If You're Slow) shows readers how to take the best practices in elite running and adopt them within the limits of their own ability, lifestyle, and budget.

Matt Fitzgerald is an acclaimed endurance sports writer, coach, and certified sports nutritionist. He has authored or coauthored more than 25 books, including *The Comeback Quotient*, *Running the Dream* and *How Bad Do You Want It?* Also an award-winning journalist, he has written for *Bicycling*, *Maxim*, *Men's Journal*, *Outside*, *Runner's World*, *Shape*, *Triathlete*, and other major magazines and websites. An All-State runner in high school and an All-American triathlete as an adult, he continues to compete at a high level as both a runner and a triathlete. He has coached other endurance athletes since 2001. He is a cofounder of 80/20 Endurance, an Internet-based training resource of runners and other athletes.

Ben Rosario is the head coach of the HOKA NAZ Elite professional distance running team in Flagstaff, Ariz. His athletes have finished in the top ten of the Boston, Chicago, New York City and London Marathons, and have won multiple national titles including the 2020 Olympic Trials Marathon. Before founding NAZ Elite, he co-owned Big River Running Company, a run-specialty store in his hometown of Saint Louis, Mo. Ben has co-authored two previous running books, *Inside A Marathon* and *Tradition, Class, Pride*

Berkley / March 2022

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A Memoir of Love and Endurance



MATT FITZGERALD

LIFE

IS A MARATHON

MATT FITZGERALD

An endurance athlete and coach reveals how the marathon transforms the lives of everyone who attempts it--and how it has helped his own family cope with serious adversity.

Step after step for 26.2 miles, hundreds of thousands of people run marathons. But why--what compels people past pain, lost toenails, 5.30 am start times, The Wall? Sports writer Matt Fitzgerald set out to run eight marathons in eight weeks across the country to answer that question. At each race, he meets an array of runners, from first timers, to dad-daughter teams and spouses, to people who'd been running for decades, and asks them what keeps them running. But there is another deeply personal part to Matt's journey: his own relationship to the sport--and how it helped him overcome his own struggles and cope with his wife Natakis's severe bipolar disorder.

A combination of Matt's own *How Bad Do You Want It?* and *What I Talk About When I Talk About Running*, *Life Is a Marathon* captures the magic of those 26.2 miles. At the end of the day--and at the end of the race--the pursuit of a marathon finish line is not unlike the pursuit of happiness. You will pick up the book for a powerful personal story about what running does for the people for whom it does the most. You will put it down with a greater understanding of what it means to be alive in this world.

Matt has written for *Bicycling*, *Maxim*, *Men's Journal*, *Outside*, *Runner's World*, *Shape*, *Triathlete*, and other major magazines and websites. His article "What Ever Happened to Daniel Komen?" published in *Competitor*, won a 2011 min Award for Best Commentary/Opinion. The following year, Matt was one of four writers selected to participate in a panel of "The Best Writers in Endurance Sports" at the Triathlon America Conference.

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"... by turns hilarious, moving, and instructive—but above all, entertaining—the real-life characters—most of them stubborn Maine islanders—are characters indeed, and I'm happy to have met them."

—Monica Wood, author of *The One-In-A-Million Boy* and *When We Were the Kennedys*

STORIES OF A MAINE ISLAND DOCTOR

Go by Boat



DR. CHUCK RADIS

Go by Boat

DR. CHUCK RADIS

Fresh out of training, Dr. Chuck Radis moves with his wife and daughter to Peaks Island, Maine, to fulfill a Public Health scholarship obligation. Absent-minded and initially oblivious to island mores, Dr. Radis slowly adapts to a medical practice where x-rays and advanced laboratory testing are available only on the mainland. When he travels to the outer islands

of Casco Bay for house calls, he relies on his physical examination skills and a tackle box of emergency medications to successfully manage his patients. With stories ranging from hilarious to heart breaking, *Go by Boat* is a respite from contemporary living, immersing the reader in the distinct culture of Maine island communities. Come along with Dr. Radis as he finds acceptance and friendship on the hardscrabble islands of Casco Bay.

Dr. Radis was drawn to a career in medicine after meeting an osteopathic family practice bush pilot in Baja, Mexico. Following an internal medicine residency, the young doctor moved his family to Peaks Island off the coast of Maine and traveled by boat to the 4 year-round islands in Casco Bay, logging more than 100 house calls each year.

Although Dr. Radis eventually completed a fellowship in rheumatology, for more than three decades he has commuted to the mainland on his boat DASAKAMO. His children, Kate and Molly, attended the Peaks Island grade school—at 40 students, one of the smallest grade schools in Maine—and graduated from Portland High School, where more than 30 languages are spoken by immigrant students from around the world.

Throughout his years as both a primary health care physician and as a specialist, Dr. Radis has published both in peer-reviewed journals and in the popular press. He has written on the narcotic epidemic, the logic of expanding Medicare for all Americans, and medical marijuana. As the medical director for the Maine-African Partnership for Social Justice, he travels regularly to the Kiryandongo UN Settlement in Uganda where he partners with refugee groups in innovative public health programs.

In recognition of his commitment to public health, Dr. Radis has been named both the Louis Hanson Maine Physician of the Year, and Teacher of the Year at the University of New England, College of Osteopathic Medicine—a rare achievement.

Down East Books / April 2021

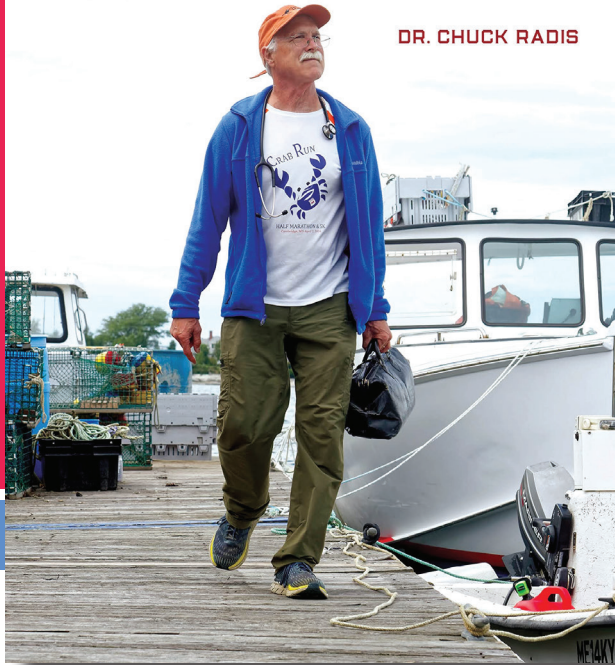
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Island Medicine

LIFE, HEALING,
AND COMMUNITY
ON A
MAINE ISLAND

DR. CHUCK RADIS



Island Medicine

DR. CHUCK RADIS

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For more than three decades Dr. Chuck Radis has commuted to the mainland on his boat.. His children, Kate and Molly, attended the Peaks Island grade school—at forty students, one of the smallest grade schools in Maine—and graduated from Portland High School, where more than thirty languages are spoken by immigrant students from around the world.

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Down East Books / May 2022

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SUFFER QUIETLY

But I'm dying to be heard

*A Memoir by
Sari Knock*



SUFFER QUIETLY

Sari Knock

After narrowly escaping injury from a harrowing car accident, Sari found the clarity to complete her memoir. "When I realized I could've died that day, going to my grave with all my secrets, I knew that was no longer an option. I had to finally share my story."

In *Suffer Quietly*, Sari takes readers through her life via journal entries spanning 40 years, offering a deep and fascinating look into the mind of an anxious, analytical and unapologetic woman, as she overcomes not only childhood sexual and mental abuse by family members, but also cancer and other challenges.

Sari's vulnerable and frank accounts of her too-many-to-count struggles - and ultimately her triumphs - will inspire readers to move past their own pain and darkness, and realize there IS hope and light and healing.

Sari Knock is a bright new voice about profound suffering. Her story is one of perseverance, resilience, survival and powerful honesty. Readers will witness the enduring love and support of her husband, Tracy, and learn that there is nothing these two can't face together, and overcome. The strength Sari develops over her lifetime allows her the fortitude to step out from the desolate shadows, into a brighter, fulfilling existence!



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**BEYOND
SUCCESS**



CONSIDERATIONS IN
**MAKING
MONEY**

MARY ČOLAK

CONSIDERATIONS IN MAKING MONEY

MARY COLAK

This book is a collection of my favorite essays about money-related topics. It will give you a new perspective on profit and prosperity. Perhaps it will encourage you to work harder and make more money. Or maybe it will do the opposite.

Either way, the book reflects my experiences in the consulting world and is the first book in my "***Beyond Success***" series, providing information about different facets of success and money.

However, the book is about more than money. It covers productivity, organizational waste, customer relationships, staff motivation, and more, and how all these elements combine in making money. This book may not change your life, but it will make you think about money in ways you probably never thought of before.

If you're a business owner, this book of ideas that never grow old will help you think about ways to revitalize your business for more profit, as well as help you consider how and where you spend your money and whether your spending should change.

Considerations in Making Money provides insights that can help you create an extraordinary approach to money.

Mary Colak has a unique ability to scan an organization's work methods and immediately identify areas for improvement. For over 20 years, she has been helping executives and leaders to improve efficiency in all administrative areas of their organizations. This includes reviewing and recommending improvements to workflow of specific tasks and jobs, assessing and recommending office layouts for improved productivity, and implementing methods for the organization and management of records and information resources that enable staff to be more efficient. She also continues to act as coach and mentor to individuals within organizations to help them manage their workloads.



A Certified Management Consultant with advanced experience in administration, Mary excels at diagnosing issues and assessing corporate needs, and then developing impactful action and implementation plans to help organizations become highly productive. Her clients have included both private and public sector organizations in Canada such as provincial government ministries and agencies, educational institutions, health care facilities, local government municipalities, and others.

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TEACHING AMBITION

Growing Your
Tuition-Based Business

TARA
PICKFORD

TEACHING AMBITION

TARA PICKFORD

Have you dreamt of running your own school from the first time you tied your ballet shoes, played or sang a note in music, or earned a karate belt? Of course, as teachers and instructors, you know your craft. But running an academy takes a different set of skills, and not every business consultant understands your unique industry.

In *Teaching Ambition*, Tara Pickford shares what she has learned from the trenches. Tara grew her performing arts franchise to three locations before she realized that it was too soon to scale up without the right systems in place. Drawing from 25 years of experience, from watching staff take her clients to another studio to getting hit by the figurative bus in her personal life, she offers valuable guidance and powerful exercises to help you:

- Put the systems in place to succeed
- Surround yourself with the best team
- Get on top of your finances for better profit control
- Create a culture based on your values
- And more

If you own a tuition-based business or aspire to run a school or studio one day, *Teaching Ambition* will provide you with the accurate, practical, and industry-specific tools you need to make your vision a reality.

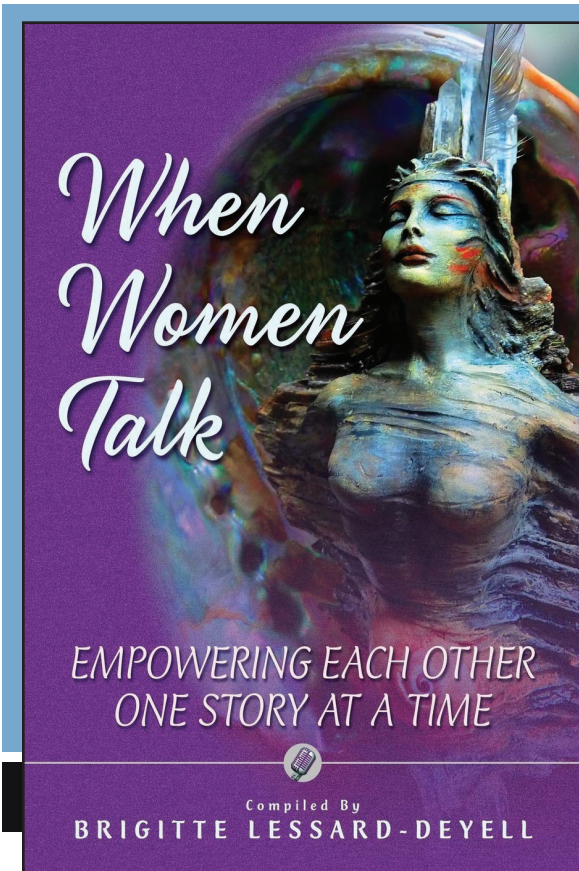
Pickford consulting has helped hundreds of studio owners realize better business systems and a more supportive studio culture. Their direct pulse on the dance industry provides an unparalleled opportunity for highly-effective one to one coaching.

Tara Pickford is a Performing Arts Studio owner, costume & dress code company owner, International Speaker, certified MTJGD Coach, and serial entrepreneur in the dance industry.local government municipalities, and others.

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When Women Talk

BRIGITTE LASSARD-DEYELL

“Ordinary Women Sharing Extraordinary Stories” Brigitte Lessard-Deyell realized long ago that women’s stories have the power to change the world. The simple act of sharing a personal story can transform lives, build a connection, and encourage hope. By sharing their stories, women make their communities stronger.

When Women Talk is a collection of stories by women from all walks of life, women who have survived hardship and learned what it means to navigate the world with wisdom, bravery, and balance. From a once homeless woman to a world traveled financial whiz, from a stay-at-home mother to a post graduate doctor, the women within these pages demonstrate what it means to stand in your truth and boldly live your best life. Welcome to the safe space that is created When Women Talk.

Speaker, author and founder of Women Talk, Brigitte is passionate about women having the opportunity to share their stories in a positive, uplifting safe environment. She is “The Story Warrior”, so far more than 1,000 stories have been shared behind her microphone.



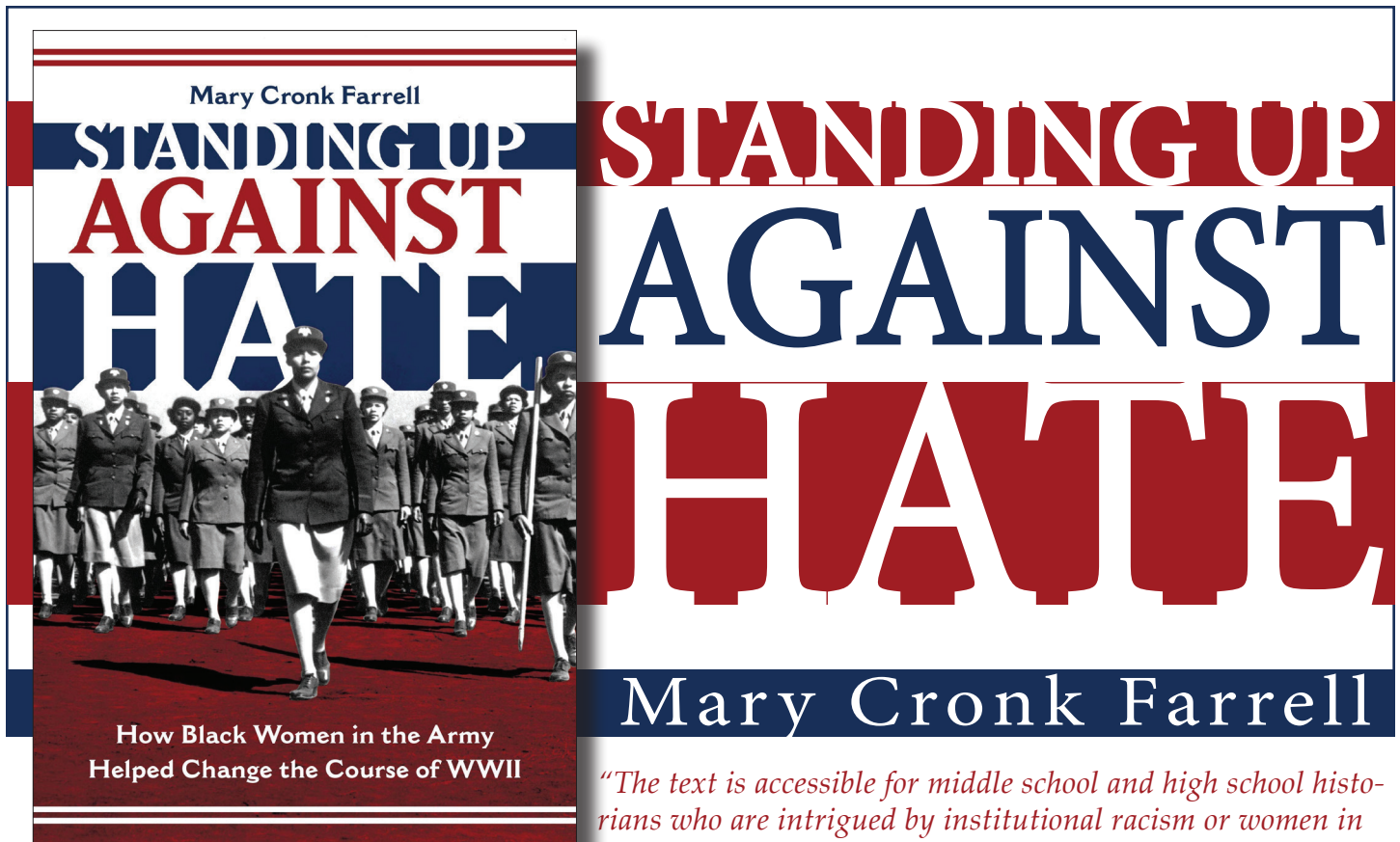
Brigitte truly understands the power of freeing yourself of shame and loneliness by sharing your story. When you have enough courage to speak out, you find that you are not alone, and it’s then that you discover your hidden powers.

Brigitte firmly believes that “By Sharing Their Story, Women Make Their Communities Stronger.”

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"The text is accessible for middle school and high school historians who are intrigued by institutional racism or women in the military for research. It profiles milestones in the 6888th's preparation and deployment, providing a well-researched understanding of the time period for black women in the military. The book is a gem." -School Library Connection, starred review

"An adventurous ride through the history of black women pioneers." -Booklist

Standing Up Against Hate tells the stories of the African American women who enlisted in the newly formed Women's Army Auxiliary Corps (WAAC) in World War II.

They quickly discovered that they faced as many obstacles in the armed forces as they did in everyday life. However, they refused to back down. They interrupted careers and left family, friends, and loved ones to venture into unknown and sometimes dangerous territory. They survived racial prejudice and discrimination with dignity, succeeded in jobs women had never worked before, and made crucial contributions to the military war effort. The book centers around Charity Adams, who commanded the only black WAAC battalion sent overseas and became the highest ranking African American woman in the military by the end of the war. Along with Adams's story are those of other black women who played a crucial role in integrating the armed forces. Their tales are both inspiring and heart-wrenching. The book includes a timeline, bibliography, and index.

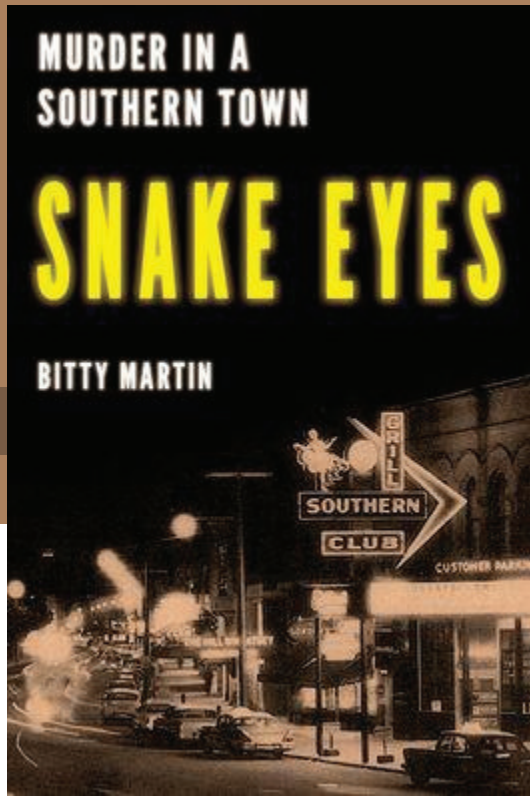
Mary C. Farrell is an award-winning journalist and the author of *Fannie Never Flinched* and *Pure Grit*. She lives in Spokane, Washington.

Major General Marcia M. Anderson's military career spanned 36 years, and included many "firsts" including selection as the first African American female Major General in the Army, Army Reserve, or Active Army.

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SNAKE EYES

BITTY MARTIN

By 1966, Hot Springs, Arkansas wasn't your typical sleepy little Southern town. Once a favorite destination for mobsters like Al Capone and Lucky Luciano, illegal activities continued to lure out-of-state gamblers, flim-flam men, and high rollers to its racetracks, clubs, and bordellos. Still, the town was shaken to its core after a girl was found dead on a nearby ranch. The ranch owner claimed it was an accident. Then the rancher was found to be the killer of another woman – his fourth wife.

The story begins when 13-year-old Cathie Ward was found dead after horseback riding at Blacksnake Ranch on the outskirts of Hot Springs, Arkansas. Frank Davis, the owner of the ranch, tells authorities Cathie's death is an accident. He claims her foot caught in a stirrup and she was dragged to her death despite his pursuit of the runaway horse. People who know the 42-year-old skilled horseman don't believe his story, and soon rumors of her rape and murder begin swirling around town.

The rumors reach a crescendo after Davis viciously guns down his fourth wife and mother-in-law in broad daylight outside of a laundromat. Davis is arrested and charged with first-degree murder. Soon after, Hot Springs authorities re-open the investigation into Cathie Ward's death.

Snake Eyes is the first book to examine this decades-old murder and cover-up, and the only in-depth account of the man who would become the town's most notorious villain. Featuring personal interviews, crime scene records, court documents, and Davis' own prison files, author and lifelong Hot Springs resident Bitty Martin reveals the true story for the first time.

Bitty Martin has worked in research, executive leadership, financial marketing and advertising in Hot Springs and was a member of the Little Rock, Arkansas, media community in print and TV sales with the Arkansas Times magazine, KATV – Channel 7/ABC affiliate and the Arkansas Democrat-Gazette statewide newspaper.

Returning to school to earn a nursing degree, Bitty became a registered nurse and has worked across America as a traveling operating room nurse for the past two decades. She is the founder of a private national nursing network for highly specialized rapid response nurses and is nationally known among America's 3.8 million nurses and nationwide staffing companies.

Bitty currently lives in her hometown, Hot Springs, and is a board member of the Garland County Historical Society, where she uses her love for Hot Springs historical research along with her media and sales background to benefit the community organization.

Prometheus / March 2022

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FRAGILE CONFIDENCE

**Finding the Courage to Win at Work,
Live with Joy, and Lead with Compassion**

By Homaira Kabir, MAPPCP

Why are so many competent women afraid or unwilling to take risks and speak up in the workplace? And why, despite the time, effort and money invested in women's advancement, has there been little to no change in women's representation in the C-Suite for more than a decade?

In **FRAGILE CONFIDENCE**, Homaira Kabir provides a psychological explanation (and solution) to these workplace quandaries that have been overlooked by most self-help books on women's leadership, and is missing in nearly all business leadership programs.

The book identifies two types of high confidence—Fragile and Optimal—with fragile confidence disproportionately affecting women and getting in the way of their success as they rise in seniority. As a result, many competent women live and work in a state of frustration, or are giving up on their ambitions—a sad loss of a large talent pool that can help businesses increase their bottom line. The hard-fought battle for women's empowerment has stalled and the solution lies in building Optimal Confidence.

Written in Homaira's empathetic voice, **FRAGILE CONFIDENCE** explains why competent women fall apart when criticized, suppress their own needs to meet those of others, continually seek out praise, let colleagues take credit for their ideas, and not go for the promotion they deserve. It will explain how these behaviors, which are rooted in feelings of low self-worth, are sabotaging women in the workplace (even though they may have fueled their success early in their careers).

The book offers strategies for letting go of common FC "addictions," such as the need for control, the "disease to please," or the desire to prove oneself by adopting a stereotypical male attitude. **FRAGILE CONFIDENCE** addresses the needs of two demographics: mid-career women who are burning themselves out trying to succeed and successful women who feel silenced by their male colleagues. These women are losing their confidence and at risk for making rash decisions they will regret or that will sabotage their potential.

Homaira was among the first to receive a MAPPCP, a dual master's degree in positive psychology (the science of a meaningful life) and in coaching psychology (the science of an optimal life) at The University of East London, England. While doing postgraduate research on women's confidence in the workplace, she discovered that those who possess Optimal Confidence (OC) have the most positive short- and long-term professional success and psychological wellbeing. Later, she developed a framework for OC that she tested in randomized, controlled trials with hundreds of professional women around the world. The results are the basis for her private practice, workshops, articles, and this book.

Through her extensive writing platform that reaches tens of thousands of women, including Happify.com (over 3 million users), Forbes.com (up to 20,000 views / article), and Thrive Global (cross-platform reach of 32 million), Homaira has expanded the conversation about women's confidence from one that no longer serves them to one that's aligned with a longing to pursue their vision of success, despite systemic barriers and biases.

SourceBooks / Spring 2022

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"A gift to parents looking to improve the mental health and happiness of their children and themselves ... a road map for reaping nature's benefits."
— Marti Erickson, PhD, cohost of the *Mom Enough* podcast

Finding Ecohappiness

FUN NATURE ACTIVITIES
TO HELP YOUR KIDS FEEL
HAPPIER AND CALMER



SANDI SCHWARTZ

Finding Ecohappiness

SANDI SCHWARTZ

"From float therapy and meditation gardens to tree hugging and forest bathing, Schwartz makes a strong case that anybody can find happiness, peace and joy in nature—and she will show you exactly how!"

-Linda Åkeson McGurk, journalist, blogger, and author of *There's No Such Thing as Bad Weather*

"Finding Ecohappiness opens our eyes to the healing, transformative and healthy influences nature has ready for us. ...the secrets to our happiness are all around us." -Elisha Goldstein, PhD, author of *Uncovering Happiness*

What we all suspected intuitively for generations, science has now confirmed: spending time connecting to nature is a safe, effective tool to help improve our health and happiness.

In ***Finding Ecohappiness***, author Sandi Schwartz guides families in building regular habits of experiencing nature to reduce stress and boost mood. She explores key positive psychology tools from a nature-loving perspective. You will learn practical tips for incorporating these tools—creative arts, outdoor play and adventure, volunteering, food, and animals—into your daily routine to help your children live a happy, balanced life.

Finding Ecohappiness will introduce you to all kinds of engaging nature activities you can do with your kids, from hiking and bike rides to visiting nature centers and science museums to volunteering outdoors to embarking on ecotourism adventures. In addition, you will discover unique nature relaxation activities like cow cuddling, animal yoga, forest bathing, float therapy, and earthing. Nature isn't just for kids, either—doing these activities with your children will tremendously improve your own well-being, too.

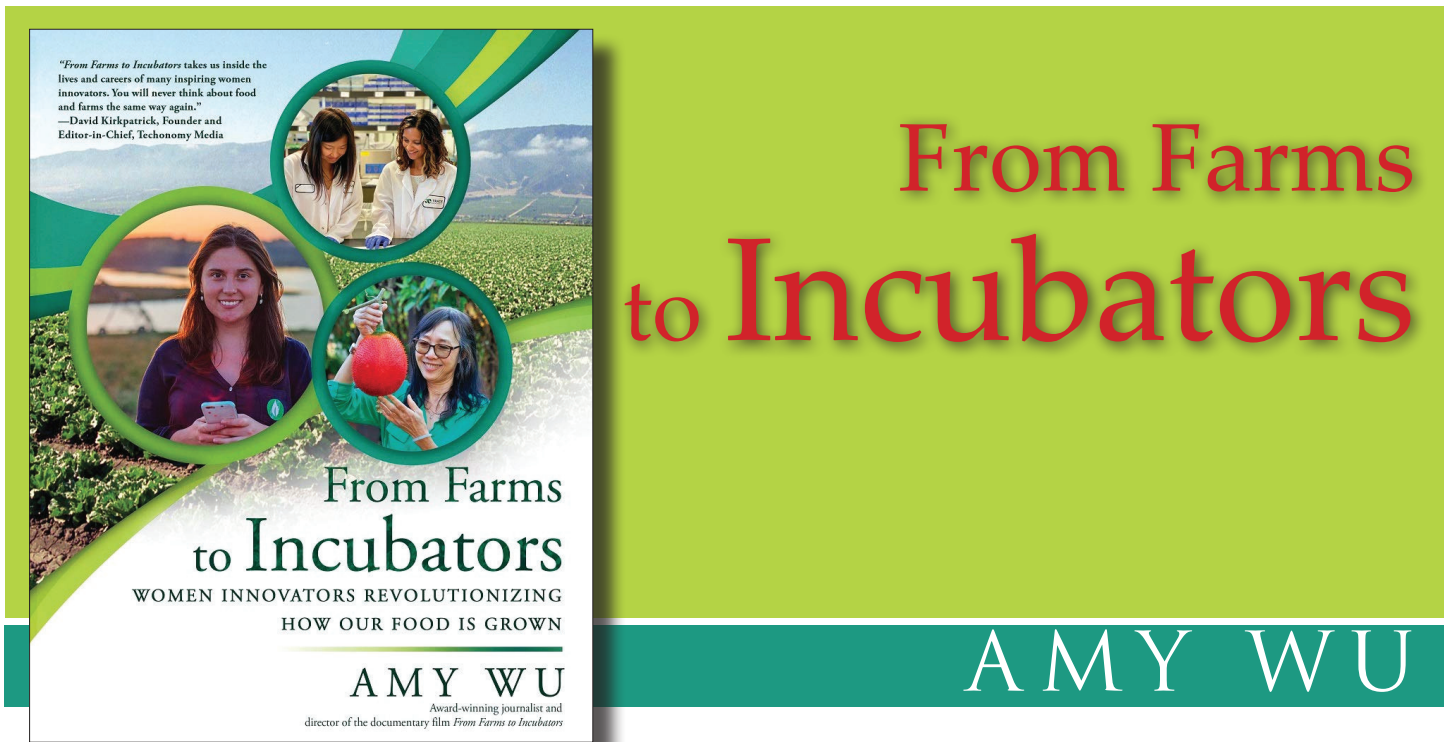
A must-read for all families, ***Finding Ecohappiness*** will help you protect your children from feeling stressed and overwhelmed; manage your children's current issues regarding stress, anxiety, and mood; and improve family togetherness.

Sandi Schwartz is a journalist specializing in parenting, wellness, and the environment. She has written for *Chicken Soup for the Soul*, *Scary Mommy*, and *Very Well Family*, among other publications. She founded the Ecohappiness Project to help families feel happier and calmer by exploring positive psychology tools through nature. Schwartz has a Masters in Government from Johns Hopkins University and Specialization Certificate in Foundations of Positive Psychology from the University of Pennsylvania. She is an active member in environmental and writing organizations including Children & Nature Network and Sierra Club. She splits time between Florida and New Jersey with her husband and two children.

Quill Driver Books / March 2022

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From Farms to Incubators

AMY WU

An exciting look at how women entrepreneurs are transforming agriculture through high technology.

Don't take the food you eat for granted. Farmers today face huge challenges in keeping your food supply secure—climate change, precarious water and soil supplies, and a growing global population projected to reach 10 billion people in 2050. Women innovators are tackling these problems to create a secure and sustainable food supply for the future. Using drones, artificial intelligence, sophisticated soil sensors, data analytics, blockchain, and robotics, these women are transforming agriculture into the growing field of agtech, the integration of agriculture and technology.

From Farms to Incubators presents inspiring stories and practical case studies of how women entrepreneurs from diverse cultural and ethnic backgrounds are leading the agtech revolution. Each agribusiness leader profiled in From Farms to Incubators tells her own story of how she used agtech innovation to solve specific business problems and succeed. The women profiled speak frankly on the advantages and drawbacks of technological solutions to agriculture and offer lessons in making technology productive in real work. These business cases demonstrate the influence of female innovation, the new technologies applied to agribusiness problems, and the career opportunities young women can find in agribusiness.

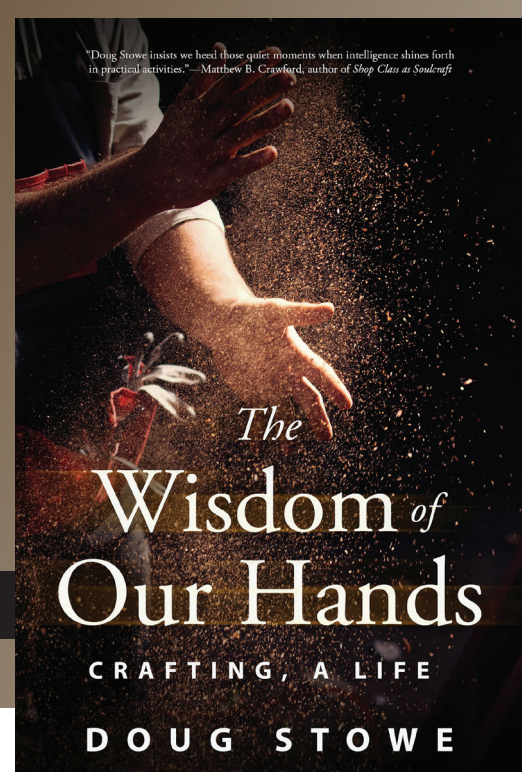
A must-read book for everyone interested in tech innovation and food security, From Farms to Incubators offers exhilarating role models for young women, a thought-provoking glimpse into the future of food production, and a fascinating investigation of how women leaders are profitably disrupting the world's oldest industry.

Amy Wu is an award-winning writer for the women's ag and agtech movement. She is the producer and director of the documentary film From Farms to Incubators, which has been presented at South by Southwest and Technomy. Wu has spent over two decades as an investigative reporter at media outfits including the USA Today Network and Time magazine, and she has contributed to The New York Times, HuffPost and The Wall Street Journal. She has reported on agriculture and agtech for The Salinas Californian in Salinas, California. Worth magazine listed Wu on their "Groundbreakers 2020 list of 50 Women Changing the World." In 2020 Wu received the Women in Agribusiness Demeter Award of Excellence. Wu earned her bachelor's degree in history from New York University and her master's degree in journalism from Columbia University, and she speaks fluent Mandarin Chinese.

Craven Street Books

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The Wisdom of Our Hands

DOUG STOWE

"For decades now, Doug Stowe has been one of the most humane voices in education. He insists we heed those quiet moments when intelligence shines forth in practical activities. He shows that they hold clues to our nature that normally lie beneath the notice of our obsessive schooling and credentialing, but are indispensable to a good life." -Matthew B. Crawford, author of Shop Class as Soulcraft

Many of us live in a world of constant abstraction, immersed in our heads and our screens. But there is a deeper wisdom to be found in working with our hands in the real world. In ***The Wisdom of Our Hands***, craftsman and educator Doug Stowe shows how working with our hands, either professionally or as a hobby, is essential for a full education and a full life.

Based on his 45 years as a woodworker and 25 years as a teacher of handcrafts, Stowe argues that human beings have a natural need to express themselves creatively through tangible work. The use of one's hands and whole body to make physical things and reshape our surroundings promotes both physical and mental health and fosters a sense of mastery in both young and adult students.

A life of craftsmanship offers the opportunity and obligation to define one's own values. Drawing on his experiences living and working in Eureka Springs, Arkansas, a town dedicated to handcrafts and arts, Stowe demonstrates how craft work can create community, forge deeper social bounds, and foster a saner attitude about the value of human labor and material goods.

Written for everyone who wants to reconnect with the deep experience of the human body at work, ***The Wisdom of Our Hands*** is a quietly radical call to spiritual (and physical) action.

Doug Stowe began his career as a woodworker in 1976, making custom furniture and small boxes. He lives on a wooded hillside at the edge of Eureka Springs, Arkansas and specializes in the use of Arkansas hardwoods. He is the author of 13 books and over 80 articles on woodworking. In 2001, Stowe began a woodworking program at the Clear Spring School, designed to integrate woodworking activities to stimulate and reinforce academic curriculum, restoring the rationale for the use of crafts in general education and demonstrating its effectiveness. In 2009 he was named an "Arkansas Living Treasure" by the Arkansas Department of Heritage and Arkansas Arts Council for his contributions to traditional crafts and craft education. Stowe also teaches at the Eureka Springs School of the Arts and the Marc Adams School of Woodworking and at woodworking clubs throughout the United States.

Linden Publishing / February 2022

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CASK STRENGTH

The Story of the Barrel



The barrel is the unsung hero of the world of spirits, wine, and beer, and Cask Strength tells its story, from its invention by the Celtic tribes of Europe in about 350BC, to how the Romans took the barrel to all corners of its empire: up to its use during the oil boom (oil is no longer transported in barrels but is still measured in them); and to how creative distillers, brewers, and wine-makers are using them today.

Without the barrel we would have no bourbon, no oak-aged chardonnay, no barrel-aged stouts...and no tabasco sauce, which is aged in used bourbon barrels. Cask Strength tells the fascinating story of the barrel, from source to sauce.

Mike Gerrard is an award-winning travel and drinks writer who has written for National Geographic, The Times of London, American Express, Google, Microsoft, BBC Good Food, Waitrose Drinks, The Huffington Post, and BBC Travel. He has written over 40 travel guidebooks, including the best-selling National Geographic Traveler Guide to Greece as well as a travel writing collection, Snakes Alive (Blue Sky Books, 2010). He is a regular contributor to drinks publications including Waitrose Drinks, Drinkhacker, and The Alcohol Professor, and is a staff writer for the drinks magazine Chilled, as well as a regular contributor to their website. He also publishes the Travel Distilled website (traveldistilled.com), which combines his two passions.

His life as a travel and drinks writer has led to his drinking vodka with breakfast in Siberia, cognac in Cognac, sherry in Jerez, port in Oporto, champagne in Champagne, rum in Jamaica, jenever in Amsterdam, gin in Iceland, beer at the Great American Beer Festival, bourbon in Kentucky, whiskey in Tennessee and Scotland, and various other drinks at distilleries all over the world.

BenBella / Spring 2023

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Key West Cottages & Gardens



Leslie Linsley

Bright colors, floral patterns, and cottage-styles are all design choices associated with the Florida Keys. Key West, one of the most famous tropical islands in the world, embodies the ideas of the Florida Keys while also presenting its own style and culture. In Leslie Linsley's *Key West Cottages & Gardens*, lovers of the Key West architectural and designs style will get a chance to look at beautiful photos of tropical homes as well as learn tips for living in the island from Leslie and residents.

Key West is home to a year-round population of about 35,000 with over one million travelers visiting throughout the year. Leslie's intimate interviews on residents allows readers a peak into what Key West cottage living is really like, even some of the potential challenges. The interviews and photos in the book will show how people live in all different styles of cottages. Whether you're a local who has made Key West home and want to learn new tips for living in your smaller, outdoor-friendly space, or a tourist who loves the feeling and visuals of the Key West life-style, this book has you covered.

Photographer Terry Pommett, known for her previous work with Leslie on books like *Nantucket Island Living* and *Nantucket Cottages & Gardens*, provides her professional photography to accompany Leslie's expert text. Leslie's knowledge of the island, architecture, and gardening combined with Terry's photos create the perfect gift book or reference for homeowners looking to advance their home style.

Leslie Linsley is one of this country's best-known authors of crafts, decorating and home-style books, which include over 70 titles, most recently *Christmas on Nantucket* (Globe Pequot, 2020). While putting herself through graduate school with a major in journalism, Leslie sold her handmade decoupage boxes to such upscale stores as Bendel, Tiffany, Cartier and Bergdorf Goodman. During that time, she also published her first book, *Decoupage: A New Look at an Old Craft* (Doubleday 1975). It sold over 60,000 copies and led to a long and successful career in publishing. For many years Linsley, with her graphic-designer husband Jon Aron, packaged and produced dozens of how-to craft books for major publishers. Most recently she has written books on architecture and interior design, with a focus on lifestyle.

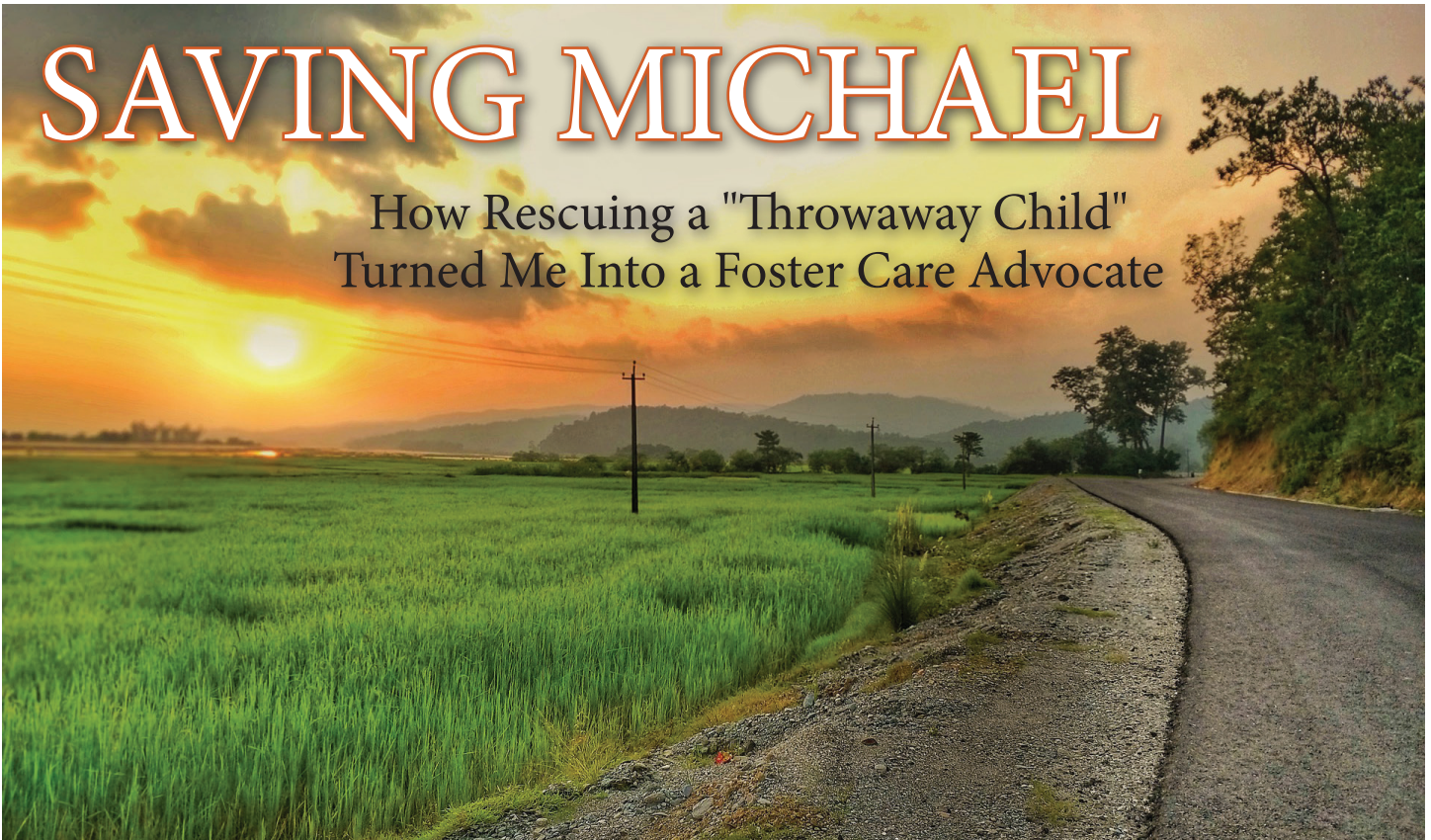
Pineapple Press / February 2023

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SAVING MICHAEL

How Rescuing a "Throwaway Child"
Turned Me Into a Foster Care Advocate



KERI VELLIS

What would you do to save a traumatized child? Most people's instincts are to protect them.

You don't need to feel helpless and without support. Foster care parenting is frustrating, but you have the tools to navigate the health of your child. No longer will your foster kids feel abandoned by a foster care system that doesn't value their pain. Know that you are not alone, and there is hope.

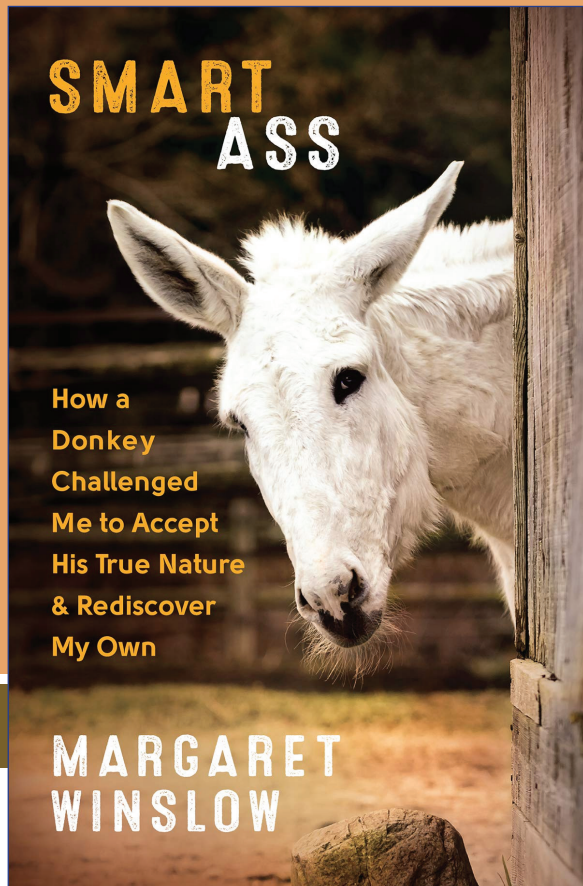
Keri Vellis wants kids, AND their foster parents to feel hopeful and understand that families can come together in many different ways.

Keri Vellis is a foster mom, children's book author, and president and founder of Keri's Kids, a non-profit that distributes empowering and comforting books to foster care children and children at-risk or suffering from abuse. Keri was featured in the May 2020 issue of People Magazine as a "Heroes Among Us" spotlight. She has appeared on several television networks including Fox, CBS, and ABC, and is the proud recipient of the "Ellen" TV show's "One Million Acts of Good" endowment which helped her distribute many books to kids in need. She was recently awarded the North Bay Spirit Award for her extraordinary commitment to foster care children.

Rowman & Littlefield / Spring 2023

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SMART ASS

MARGARET WINSLOW

"This unusual, engaging story of a woman and her donkey will undoubtedly win many hearts." -Publishers Weekly

"Winslow's writing is at times laugh-out-loud funny, including her recollections of riding Caleb through what she thought was an abandoned psychiatric center and competing in a dressage competition. It is also poignant as she struggles with how best to train with Caleb while maintaining a challenging work-life balance. A moving and humorous account of what a woman learned about herself as she trained a donkey." -Booklist

How do you resolve a midlife crisis? Margaret Winslow, an overworked college professor in New York City, answered a for-sale ad for a "Large White Saddle Donkey." Hilarity ensued, along with life-threatening injuries and spirit-enriching insight. Walk with Winslow and Caleb the donkey through training traumas, expert-baffling antics, and humiliating races, and share in Winslow's gradual understanding of Caleb's true, undeniable gifts: a willingness to be true to himself no matter the circumstances, to trust, and to forgive. As she and Caleb learn to thrive, you'll learn the importance of being true to your own pure and powerful self.

Margaret Winslow is a field geologist with over thirty years experience in Central America, South America, and the Caribbean, where a fascination with donkeys in rural areas evolved into a quest to fulfill a long-forgotten childhood dream of owning one. She holds a PhD in geological sciences from Columbia University and have published over thirty papers in international scientific journals. Her National Geographic-funded fieldwork on earthquake hazards and archaeological settlement patterns in Alaska and Chile is featured in the award-winning PBS series "Fire on the Rim." Winslow has been interviewed on NPR's "West Coast Live," CBS News Radio, and WABC Eyewitness News. She has written two travel memoirs, *Over My Head: Journeys in Leaky Boats from the Strait of Magellan to Cape Horn and Beyond*, and *The Cusp of Dreadfulness*. Winslow is professor emerita of earth sciences at the City College of New York and lives in the lower Hudson valley of New York with her oceanographer husband, Joe Stennett. Her donkey, Caleb, boards nearby with fifty horses and ponies, where he continues to steal the show every day.

New World Library

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Unfear

Transform Your Organization
to Create Breakthrough Performance

and of Employee Well-Being

Gaurav Bhatnagar
Mark Minukas

of Co-Creation Partners

Unfear

Gaurav Bhatnagar and Mark Minukas

Two top experts on high-performing organizations show today's leaders how to reframe their own and their employees' relationship with fear and anxiety to create a learning culture of engaged workers at the top of their game.

Fear and uncertainty have been undermining performance and well-being in the workplace for as long as we have had workplaces. Worse, the ever-increasing speed of business, the economic slowdown and volatility we face due to Covid-19, as well as racial tensions and social inequality further exacerbate these emotions.

Here's a little-known fact of business: mismanaged fear is responsible for almost all of the dysfunction that most organizations experience. While fear can drive short-term results, it does so at the cost of high employee burnout and turnover. It also undermines long-term business performance. But we can't eradicate it entirely; it is inherent to the human condition. Winning organizations aren't fear-free; they know how to transform that negative energy into opportunities for learning and growth. They create resilient cultures of unfear.

In this timely and essential guide, McKinsey alumni Gaurav Bhatnagar and Mark Minukas present a proven approach to workplace anxiety that reduces stress, boosts well-being, and overcomes blocks that get in the way of success. It begins with changing our relationship with fear, and then developing strategies that improve outlook and performance, leading to greater profits, sustainable growth, and personal rewards. It's only possible with a culture of unfear.

Gaurav Bhatnagar is the founder of Co-Creation Partners and has dedicated more than two decades to helping companies thrive and achieve breakthrough performance. Since founding Co-Creation Partners in 2010, he has designed and led programs and workshops for private, public, and social-sector clients across multiple industries, including financial services, basic materials, manufacturing, healthcare, and technology.

Mark Minukas is the managing partner of Co-Creation Partners. An engineer by training, he began his career as a Navy officer. In 2005, he brought his experience to McKinsey and Company. There, he mastered the technical aspect of organizational transformation and process improvement, as well as the cultural side of transformation. Since leaving McKinsey to join Co-Creation Partners, Mark has worked across multiple industries, including financial services, high tech, biotech manufacturing, IT services, and governmental offices, to deliver both top- and bottom-line improvements and build high-performing operations.

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McGraw Hill / October 2021

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THE FRONTLINE CEO

TURN EMPLOYEES INTO DECISION MAKERS

WHO INNOVATE SOLUTIONS,
WIN CUSTOMERS, AND BOOST PROFITS

ERIC STRAFEL

FORMER CEO OF AVIALL
AND FOUNDER OF SUMMI7

THE FRONTLINE CEO

ERIC STRAFEL

The pace of the change in the world today is so great that no company can afford to wait to respond to new developments. They need intelligent, efficient decision making, and the most intelligent and efficient decision making doesn't come from executives -- it comes from the employees on the frontlines. Frontline employees are the ones who interact with customers

and have the ability to see and respond to the shifting landscape before anyone else.

Almost every company still relies on a top-down leadership strategy, where a small nucleus of people makes the majority of the decisions and passes them down. This works fine for start-ups, when the business is so small that the leadership core has direct access to the situation on the ground. As a business grows, however, new layers of employees are introduced and the top-level executives at the decision-making core become insulated from the information they need to make the best decisions. Thus, they begin to lose touch with the basis of their company's success: the customer and the customer's needs. At the same time, these highest-level managers must oversee an ever-expanding set of employees and projects. How could they possibly juggle the growing business while still keeping their hand firmly on the pulse of their customers' needs? The answer is, simply, they can't.

Once a company reaches a certain size, to be able to continue to grow or, in some cases even to stay where they are, its leadership needs to reconsider its approach to strategy. While this problem is prevalent among large corporations, it also can negatively affect almost any size business that has graduated from the start-up phase and is thrown into the competitive waters, fighting to survive. Success goes to the ones that remain customer-focused and authentic to their purpose-- but many fail to make the transition.

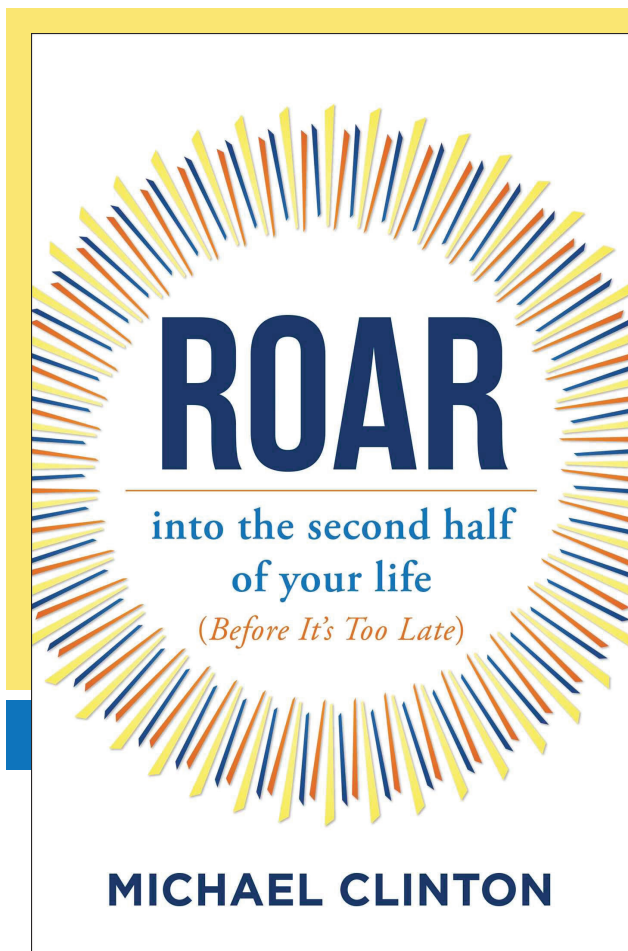
The organizations that are best able to thrive, grow and increase profits during this era of rapid change will be the ones who not only realize that everyone, from the CEO down to the lowest level employee is a leader, but figure out a way to capitalize on that knowledge and use it to grow, The information in this book will show you how.

Eric Strafel's model of helping big corporations lead from the front lines developed over a 20-year period of practice and refining scalable leadership to the point where, in 2020, he was appointed Boeing's Head of Strategy and Innovation, a \$20 billion department with 25,000 employees. He has received the Pros to Know Award in 2019 and The Patriot Award in 2013. He sits on the Board of Directors of the Texas Diversity Council. He holds an MBA from Carnegie Mellon, a BA of Mechanical Engineering from Binghamton University.

McGraw Hill / Fall 2021

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ROAR

into the second half
of your life

MICHAEL CLINTON

Discover how to make the second half of your life happy and productive with this perceptive and inspiring guidebook that will help you achieve your dreams and get more out of life—whether or not retirement is in your future plans.

We are living in a time when everyone is constantly reassessing what is next for them. In the mid-career group, people who have spent years working are now seeing their industry dramatically evolve and are facing the question: "What does that mean for me in the next twenty years?" At the same time, the post-career population is also going through massive change and dealing with the fact that many of them are not prepared financially, logistically, or emotionally for the next phase of their lives. And while we may want to retire, most of us don't want to do nothing.

With expert insight and approachable techniques, *Roar* will help you identify fresh goals and take meaningful action to achieve a purposeful life. Featuring a unique and dynamic 4-part process, ***Roar*** will show you how to:

- Reimagine yourself
- Own who you are
- Act on what's next
- Reassess your relationships

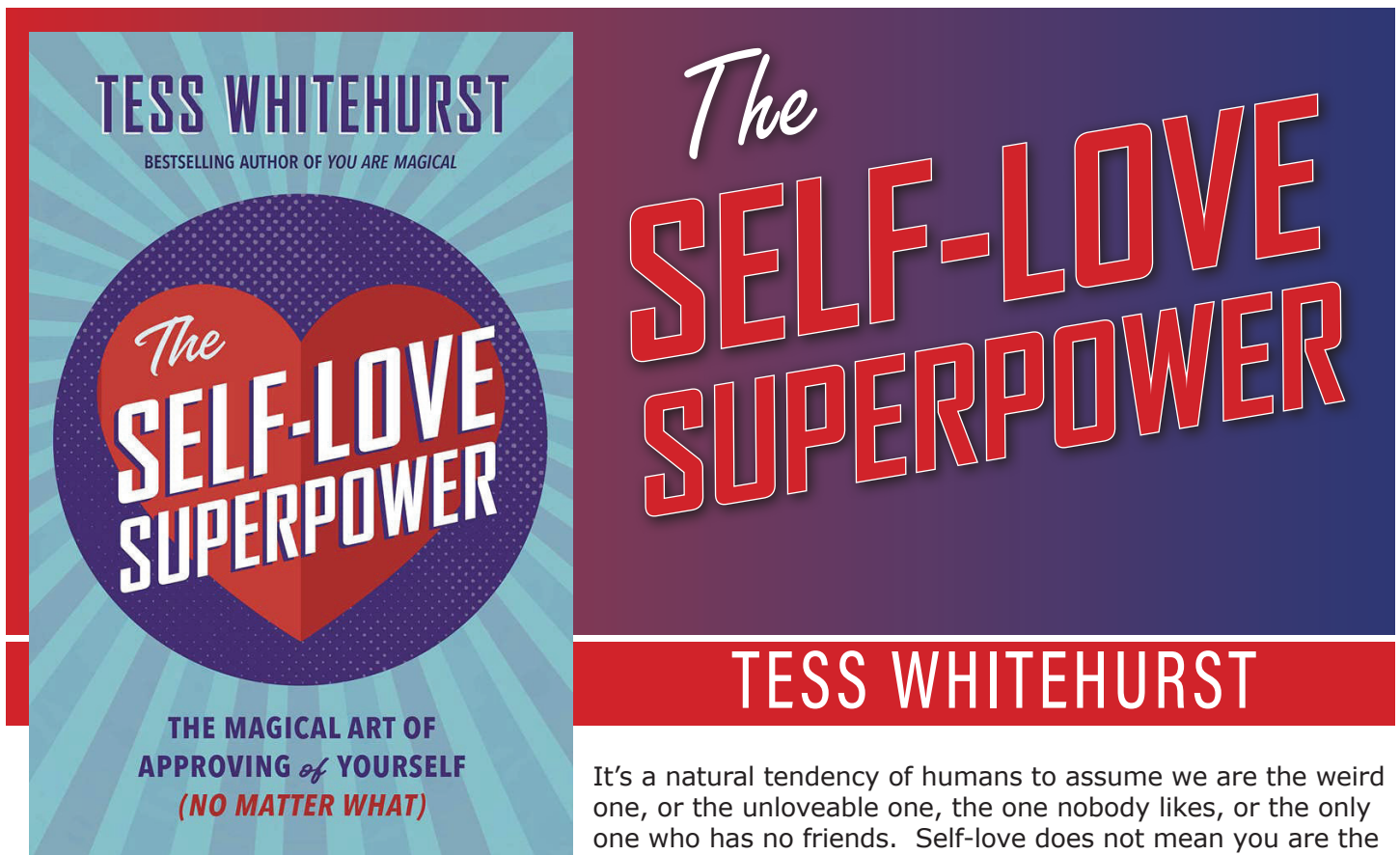
Transformative and invigorating, this is the ultimate roadmap to the latest journey of your life.

Michael Clinton has more than forty years of experience in magazine publishing and is currently the special media advisor to the CEO of Hearst Corporation. A member of the board of trustees of Pace University and executive vice president of the board of trustees of the International Center of Photography, he has also written for publications as varied as *The New York Times*, *Runner's World*, and many more. He has a bachelor's degree from the University of Pittsburgh and an MBA and an honorary doctorate from Pace University.

Beyond Words / September 2021

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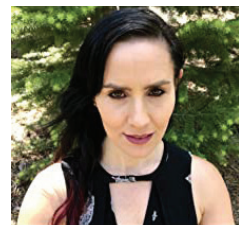
relationships figured out; or that the world owes you special favors.

Self-love means believing you have a right to be here exactly as you are, you are allowed to value your own happiness over what the world tells you about who you should be or what your life should look like. When we are able to encourage ourselves with love and don't demand perfection, we improve our performance, our relationships and life feels better!

- self-love helps you hear your intention clearly and bring about positive change in your world
- helps you respect and believe in yourself
- brings genuine excitement and enthusiasm for the things you care about

When you learn to love yourself, you can navigate the challenging aspects of this life and cultivate the pleasant and transcendent things. Learning to love yourself is a process. By the end of this book - each chapter contains practical action steps - you will be able to lean into challenge, breathe through pain, develop patience in impossible situations, respond to mistakes with love and forgiveness, and truly experience the joy you will find all around you.

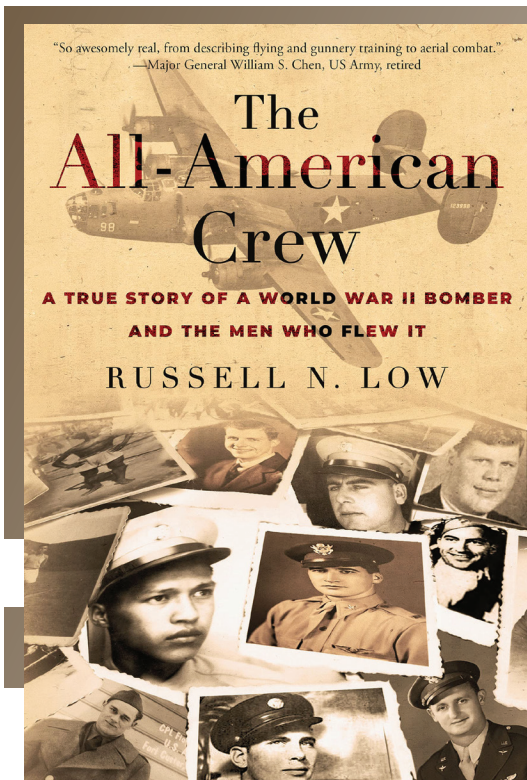
Tess Whitehurst teaches magical and intuitive arts in live workshops and via her online community and learning hub, the Good Vibe Tribe Online School of Magical Arts. An award-winning author, she's written eight books, which have been translated into eighteen languages. She has appeared on the Bravo TV show Flipping Out as well as morning shows on both Fox and NBC, and her writing has been featured in Writer's Digest, Spirit and Destiny (in the UK), and online at elephantjournal.com. Tess resides in Boulder, Colorado.



Llewellyn / Summer 2021

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The All-American Crew

RUSSELL N. LOW

"Low is a talented storyteller who has woven engaging family tales into a greater American story of ten men from different lives and backgrounds who went to war and bonded into a tight crew, symbolic of an America that is uniquely able to forge strength from diversity." -Ted Gong, Executive Director and Founder, 1882 Foundation

On January 23, 1943, a B-24 Liberator bomber and its crew of ten men disappeared without a trace in New Guinea. Their families never knew what happened to them. Now, 80 years later, their long-forgotten letters and dusty photographs finally tell their story in *The All-American Crew*.

Stanley Low did not want to be a hero and would not have welcomed the description. A Chinese American kid from Salem, Oregon, who wasn't yet old enough to vote or drink beer, Stan joined the army because there was a war on and it was his duty. As Stan trains to become a bomber nose gunner and heads into combat, he experiences loneliness, racism, his first beer, his first romance, and the horrors of war. He also forms a tight bond with his crewmates, who come from every American ethnicity and walk of life, including Irish American pilot Scott Regan and Jewish American bombardier Jerome Lesser. The ten men of Stan's bomber crew—rich and poor, from old American families and recent immigrants—form an all-American crew whose dedication to the country and their team elevates them above their individual differences.

As the war heats up, Stan, his crewmates, and many other hastily trained bomber crews fly off dirt runways in the South Pacific, thousands of miles from the nearest allied base, fighting the forces of the Japanese Empire. The loss of life mounts at an alarming rate as many crews fail to return from missions. Those who survive quickly learn to fight. Now battle-hardened veterans, Stan and his crew fly toward their final rendezvous with destiny, willing to sacrifice everything for their country and each other.

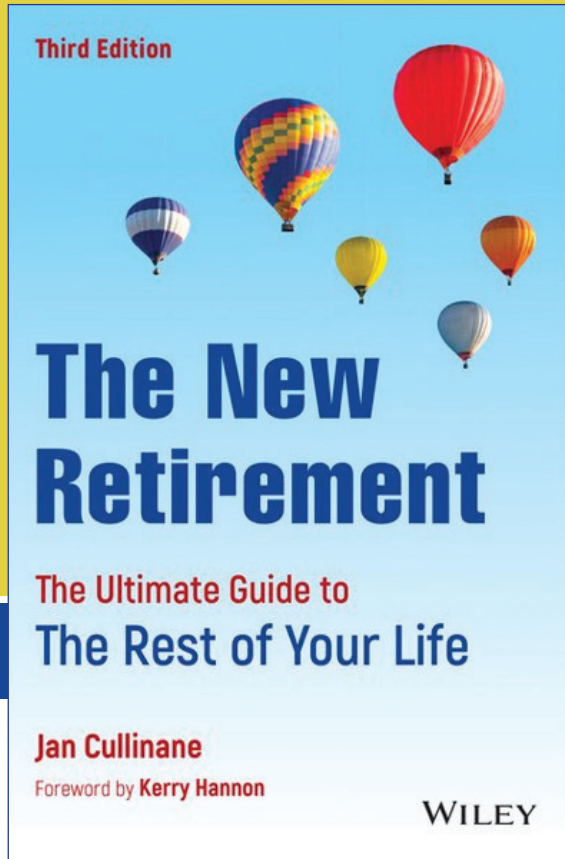
Celebrating American diversity and ideals of honor, bravery, and freedom, *The All-American Crew* is a magnificent true story of men at war.

Russell N. Low is the nephew of Stanley Low and a California-born fourth-generation Chinese American physician. Low is the author of *Three Coins*, which tells the story of his great-grandmother Ah Ying, who was enslaved as a child and trafficked to California, where she escaped from slavery with the help of her future husband, Hung Lai Wah, a worker on the transcontinental railroad. The story of Ah Ying, Hung Lai Wah, and their descendants has been featured on the History Channel, BBC Radio, National Public Radio, and the Voice of America, and is included in the California State Railroad Museum and the Smithsonian Museum of American History. Low lives in La Jolla, California.

Craven Street Books / February 2022

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The New Retirement

Jan Cullinane

Craft your complete retirement plan with help from this straightforward and robust blueprint

In the newly revised Third Edition of *The New Retirement: The Ultimate Guide to the Rest of Your Life*, best-selling and award-winning retirement author Jan Cullinane delivers an organized, engaging, and holistic treatment of retirement planning. With extensive updates and additions throughout, the book includes surveys, questionnaires, and worksheets to help readers understand and apply the critical steps affecting retirement planning.

In this book, you'll also find:

- Fresh and informative examples from real people about all aspects of their retirement journey, from savings and tax issues to location selection to second careers/remote work, and leaving a legacy
- Thorough explorations of niche retirement lifestyles, established locations, and new retirement communities
- Discussions of critical issues affecting potential and current retirees, including health, relationships, politics, climate, demographics, and working

Perfect for anyone contemplating full or phased retirement, as well as for those who are already retired, *The New Retirement*, 3rd edition, is an invaluable handbook for planning the penultimate chapter of your life.

Jan Cullinane is a best-selling and award-winning author, speaker, and consultant. Her books include *The Single Woman's Guide to Retirement*, *The New Retirement: The Ultimate Guide to the Rest of Your Life* and *Retire Happy!* She is featured on TV, radio, and in many newspapers and magazines. She has a bachelor's and master's degree from the University of Maryland, and is ABD from Rutgers, The State University of New Jersey. She can also speak backwards fluently!

Wiley / May 2022

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"If you believe your child has learning differences, this is the first book you should read. Dr. Waller's straightforward advice can change your child's life—and yours, too."
—Dana Buchman, founder, Promise Project

YES!

Your Child Can

Creating Success for Children
with Learning Differences



VICTORIA E. WALLER, Ed.D.

Illustrated by Carolyn LaPorte

YES!

Your Child Can

VICTORIA E. WALLER, ED. D.

Every child can succeed in school and life, but some children need more help than others. For over 40 years, internationally acclaimed reading specialist and student advocate Dr. Victoria E. Waller has helped children who have trouble reading, who can't sit still in class, who don't feel like they can participate—children whom teachers have all but given up on. In *Yes! Your Child Can: Creating Success for Children with Learning Differences*, Dr. Waller shares with parents, teachers, and therapists her proven techniques for motivating any child to love learning, overcome their particular challenges, and succeed in school. Her methods are designed and proven to draw out the singular genius within your child, whether they're just a reluctant reader or have a diagnosis such as ADHD or other learning differences.

In compassionate, nontechnical, easy-to-understand language, *Yes! Your Child Can* gives step-by-step instructions on how to help your child achieve in school and build lifelong intellectual confidence. Drawing on the latest science and her own wide-ranging experience, Dr. Waller explains why it's important to pay attention to your first gut feeling that your child may need extra help and shows how to navigate testing, medication, and choosing a team of caring professionals to help your child.

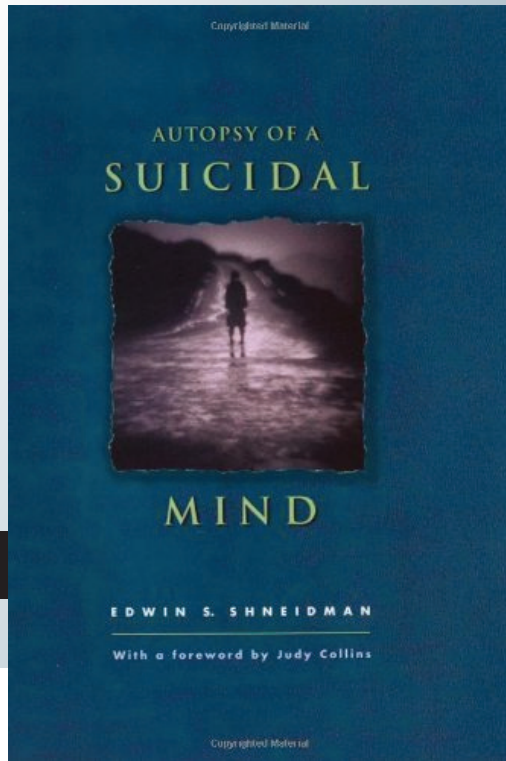
Respectful, compassionate, and solutions-oriented, *Yes! Your Child Can* is the first book every parent of a child with learning differences should read.

For over 40 years, Victoria Waller, Ed.D. has been helping children with learning differences learn to read. She holds a B.S. in Education from Wayne State University, and both an M.Ed. as a certified reading specialist and an Ed.D. focusing on reading and learning differences from the University of Cincinnati. Dr. Waller has been awarded the University of Cincinnati's Distinguished Alumna College of Education Award.

Quill Driver Books / June 2022

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AUTOPSY OF A SUICIDAL MIND

EDWIN S. SCNEIDMAN

Autopsy of a Suicidal Mind is a uniquely intensive psychological analysis of a suicidal mind.

In this poignant scientific study, Edwin S. Shneidman, a founder of the field of suicidology, assembles an extraordinary cast of eight renowned experts to analyze the suicidal materials, including a ten-page suicide note, given to him by a distraught mother looking for insights into her son's tragic death. The psychological autopsy centers on the interviews conducted by Shneidman with Arthur's mother, father, brother, sister, best friend, ex-wife, girlfriend, psychotherapist, and attending physician.

To gain some understanding of this man's intense psychological pain and to examine what may have been done to save his tortured life, Shneidman approached the top suicide experts in the country to analyze the note and interviews: Morton Silverman, Robert E. Litman, Jerome Motto, Norman L. Farberow, John T. Maltzberger, Ronald Maris, David Rudd, and Avery D. Weisman. Each of the eight experts offers a unique perspective on Arthur's tragic fate, and the sum of their conclusions constitutes an extraordinary psychological autopsy.

This book is the first of its kind and a remarkable contribution to the study of suicide. Mental health professionals, students of human nature, and persons whose lives have been touched by this merciless topic will be mesmerized and enlightened by this unique volume. An epistemological tour de force, it will speak to anyone who is concerned with human self-destruction.

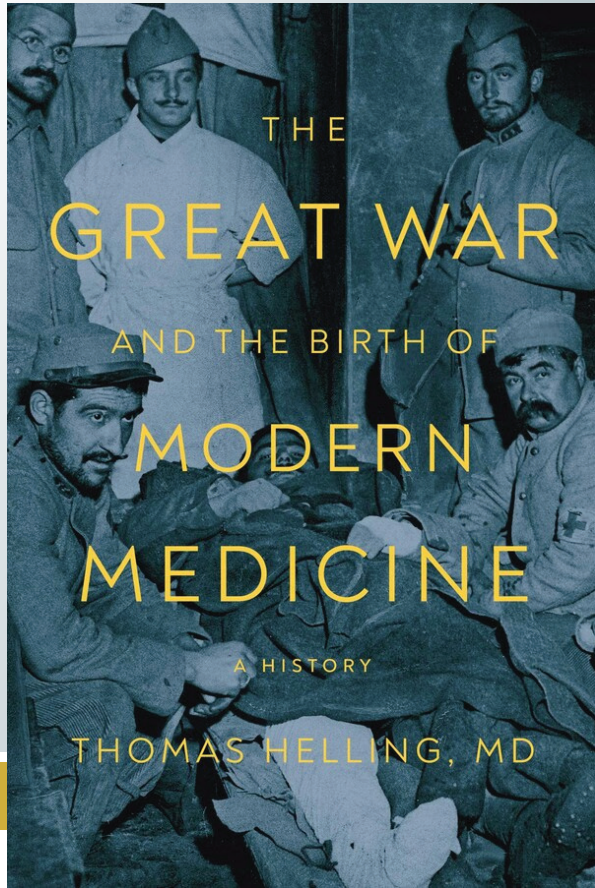
Edwin S. Shneidman was an American clinical psychologist, suicidologist and thanatologist. Together with Norman Farberow and Robert Litman, in 1958, he founded the Los Angeles Suicide Prevention Center, where the men were instrumental in researching suicide and developing a crisis center and treatments to prevent deaths.

In 1968, Shneidman founded the American Association of Suicidology and the principal United States journal for suicide studies, *Suicide and Life Threatening Behavior*. In 1970, he became Professor of Thanatology at the University of California, where he taught for decades. He published 20 books on suicide and its prevention.

Oxford University Press

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THE GREAT WAR AND THE BIRTH OF MODERN MEDICINE

THOMAS HELLING, MD

A startling narrative revealing the impressive medical and surgical advances that quickly developed as solutions to the horrors unleashed by World War I.

The Great War of 1914-1918 burst on the European scene with a brutality to mankind not yet witnessed by the civilized world. Modern warfare was no longer the stuff of chivalry and honor; it was a mutilative, deadly, and humbling exercise to wipe out the very presence of humanity. Suddenly, thousands upon thousands of maimed, beaten, and bleeding men surged into aid stations and hospitals with injuries unimaginable in their scope and destruction. Doctors scrambled to find some way to salvage not only life but limb.

The Great War and the Birth of Modern Medicine provides a startling and graphic account of the efforts of teams of doctors and researchers to quickly develop medical and surgical solutions. Those problems of gas gangrene, hemorrhagic shock, gas poisoning, brain trauma, facial disfigurement, broken bones, and broken spirits flooded hospital beds, stressing caregivers and prompting medical innovations that would last far beyond the Armistice of 1918 and would eventually provide the backbone of modern medical therapy.

Thomas Helling's description of events that shaped refinements of medical care is a riveting account of the ingenuity and resourcefulness of men and women to deter the total destruction of the human body and human mind. His tales of surgical daring, industrial collaboration, scientific discovery, and utter compassion provide an understanding of the horror that laid a foundation for the medical wonders of today. The marvels of resuscitation, blood transfusion, brain surgery, X-rays, and bone setting all had their beginnings on the battlefields of France. The influenza contagion in 1918 was an ominous forerunner of the frightening pandemic of 2020-2021.

Thomas Helling, MD, is Professor of Surgery and head of General Surgery at the University of Mississippi in Jackson. He has vast experience in military medicine, trauma, and critical care. With this clinical experience and understanding of the evolution of military surgery, Helling lends a unique perspective to twentieth century combat casualty care. He lives in Jackson, Mississippi.

Pegasus Books / March 2022

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RAISING *Resilient* CHILDREN

ROBERT BROOKS, PH.D., AND
SAM GOLDSTEIN, PH.D.

**Top Child Psychologists Offer Expert Insight
and Practical Advice for
Raising Strong Kids in Today's Complicated World**

"Thoughtful and sound in its approach, practical and clear in its suggestions, direct and supportive in its tone, Raising Resilient Children is the perfect book for parents searching for a caring method to help their children grow into healthy, happy, loving, and mature adults." -William Pollack, Ph.D., author of *Real Boys*

"... the down-to-earth strategies ensure this title will be used as well as read ... truly valuable material."
-Publishers Weekly

"... a remarkable book that pulls together the research on resilience and makes it readable, understandable, and practical." -Work and Family Life

"A very important work. This not-to-be-missed book debunks the paradigm ('Good enough for me: I turned out OK') and replaces it with a new model fostering resilience capable of meeting obstacles head-on."
-Library Journal, **starred review**

In this seminal parenting work, renowned psychologists Robert Brooks and Sam Goldstein explain why some kids are able to overcome overwhelming obstacles while others become victims of early experiences and environments. From this research they have developed effective strategies you can add to your parenting practice to prepare your children for the challenges of today's complicated, ever-changing world.

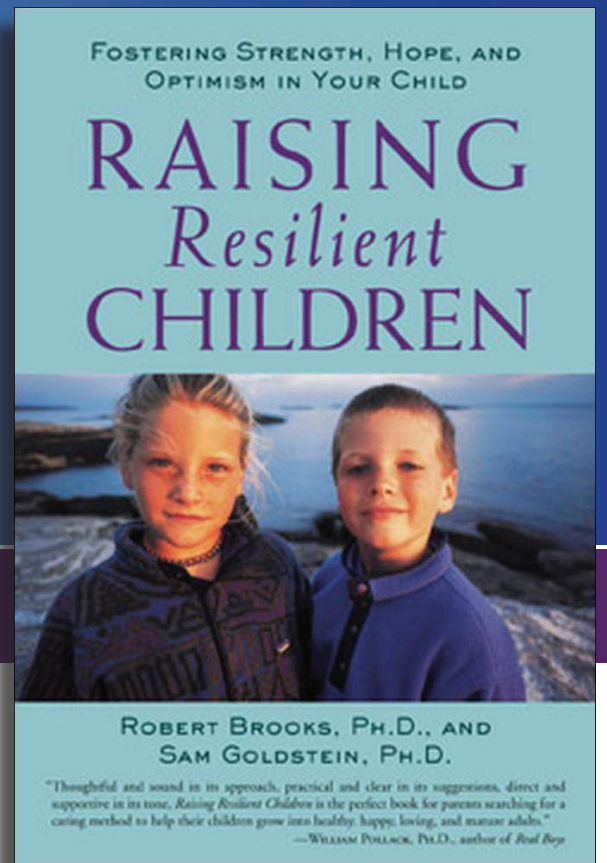
Robert Brooks, Ph.D., on the faculty of Harvard Medical School, is one of today's leading speakers and authors on the themes of resilience, self-esteem, motivation, and family relationships.

Sam Goldstein, Ph.D., a clinical instructor in the Department of Psychiatry at the University of Utah and a staff member of the Primary Children's Hospital and the University Neuropsychiatric Institute, is one of today's leading speakers and authorities on child development and neuropsychology.

Tyndale / Spring 2021

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"An inspiring book that gave me new leadership and business insights.
Managing Generation Z is a must-read for all aspiring leaders!"
—Jim Damian, founder and CEO, Stria

Managing Generation Z

HOW TO RECRUIT,
ONBOARD, DEVELOP, AND RETAIN
THE NEWEST GENERATION
IN THE WORKPLACE



ROBIN PAGGI & KAT CLOWES

Managing Generation Z

ROBIN PAGGI & KAT CLOWES

A new generation is entering the American workforce—Gen Z, the age cohort born after 1996. Having grown up with smartphones, social media, emoji-speak, helicopter parenting, and no expectation of privacy, Gen Z has a unique culture and working style that can be baffling to their Millennial, Gen X, and Baby Boomer managers.

In *Managing Generation Z*, Robin Paggi, a veteran HR manager, and Kat Clowes, an educational consultant who has worked with hundreds of Gen Z'ers, join forces to give employers and managers a practical, easy-to-understand guide to the new generation defining the future of work. Based on Clowes's in-depth knowledge of Gen Z habits and Paggi's real-world experience of how generational miscommunications can cause expensive personnel problems, *Managing Generation Z* gives managers at all levels a plan for getting quality work from Gen Z employees while avoiding cultural clashes at the office.

Gen Z is highly educated, extraordinarily tech-savvy, eager to meet expectations, and loyal to employers, but many Gen Z workers have never been trained in the basics of professionalism, workplace communication, and the unwritten social rules older generations instinctively expect. *Managing Generation Z* teaches managers how to bridge the communication styles between Gen Z and older colleagues, how to train Gen Z staff to make work objectives clear, and how to evaluate and correct Gen Z employees so they will listen, accept, learn, and improve.

Like having an expert HR manager at your fingertips, *Managing Generation Z* is essential reading for both front-line supervisors and C-level executives who want to get the most from the newest generation in the workforce.

Robin Paggi is the Training & Development Specialist at Worklogic HR, a human resources outsourcing company. She is also a certified professional coach and provides individual counseling to supervisors and employees who need to improve their supervisory and communication skills. Paggi has a BA in Communications, an MA in Communication Studies, and an MA in Interdisciplinary Studies with a concentration in Human Resource Development. She has professional certifications in human resources, training, coaching, industrial & organizational psychology, conflict resolution, investigations, emotional intelligence, and administering the Myers-Briggs and DiSC personality assessments.

Kat Clowes is the founder and CEO of March Consulting, a company that helps students with the college application process and planning out their career path. She has a BA in Communications with an emphasis in Television and Film from Santa Clara University, an MBA with an emphasis in Entrepreneurship from Mt. St. Mary's University, and holds a certificate in Educational Consulting from the University of California, Irvine. She is the author of *Put College to Work: How to Use College to the Fullest to Discover Your Strengths and Find a Job You Love Before You Graduate*.

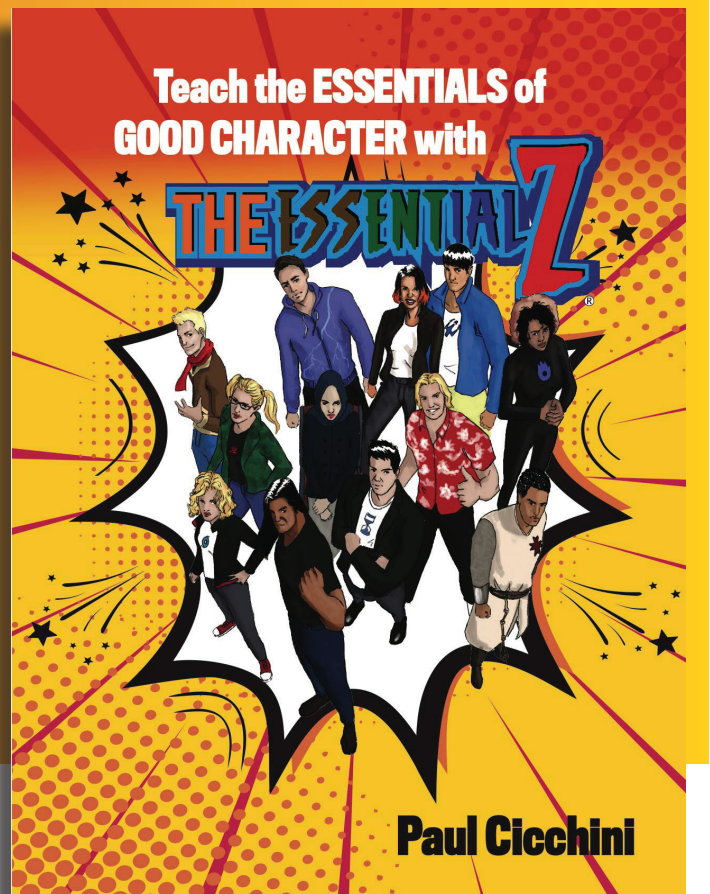
Quill Driver Books / April 2021

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Teach the ESSENTIALS of GOOD CHARACTER with **THE ESSENTIALZ**

Paul Cicchini



Kids think they need to be super to conquer the challenges holding them back from being heroic in everyday life. In Teach the Essentials of Good Character with The Essentialz®, kids will learn how to master simple but essential character skills like the 12 superheroes who are The Essentialz.

In this book, each of the characters represents an important trait to teach students how to be comfortable in their own skin. This program is not only fun and engaging, but dialogue-provoking as well. Kids learn that even superheroes have flaws, which makes it easy for students to identify with the characters.

In Teach the Essentials of Good Character with The Essentialz®, each character has an intriguing backstory, compelling personality traits or quirks, and a private challenge they must conquer that should be very familiar to the participants.

Paul Cicchini, Ed.S., NCSP, is a school psychologist in the Camden School District, Camden, New Jersey. He was mentored by Rutgers professor Dr. Maurice Elias, and is now one of the few school psychologists in the country who is certified in School Leadership/Character Education. Cicchini is the author of the novels *Young Cyrano*, *Godsmacked*, and *The Essentialz*. He emphasizes elements of character education in his stories. His love of superheroes is what inspired him to create these characters and write *The Essentialz* and to create the curriculum *Teach the Essentials of Good Character with the Essentialz®*

Research Press / November 2019

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IN CONTROL AT 50+

How to Succeed in
the New World of Work

KERRY HANNON

author of *Great Jobs for Everyone 50+*

IN CONTROL AT 50+

KERRY HANNON

An AARP Work and Jobs Expert provides a road map to success for older workers navigating a post-pandemic workplace.

When the coronavirus pandemic upended the US economy, many older workers lost their jobs and saw their retirement accounts take a hit. Those who remain employed are grappling with a new way of working: remotely from home, sometimes in isolation, facing daunting technological and social challenges. If you're over 50, this must-have career guide will not only show you how to navigate this new normal, it will empower you to take control of your professional and economic future—with hope, confidence, and optimism.

In this book, Kerry Hannon—a leading authority and strategist who has spent three decades covering all aspects of business, careers, personal finance, and retirement—offers advice, guidance, and concrete action steps that will enable older workers to succeed in the workplace and prepare for a financially secure retirement. It features inspiring case studies of how workers over 50 have successfully pivoted and thrived. It identifies the jobs that will be in demand in the post-pandemic economy, as well as leading companies providing new opportunities for older workers in a variety of fields. An essential resource for full-time employees, freelancers, entrepreneurs, and small-business owners alike, *In Control at 50+* will show you the way to a brighter professional and financial future.

Kerry Hannon is a nationally recognized expert and strategist on career transitions, personal finance and retirement. She is a frequent TV and radio commentator and a sought-after keynote speaker at conferences across the country. She has spent more than two decades covering all aspects of careers, business and personal finance as a columnist, editor, and writer for the nation's leading media companies, including *The New York Times*, *Forbes*, *Money*, *U.S. News & World Report*, and *USA Today*. She has appeared as a career and financial expert on *The Dr. Phil Show*, ABC, CBS, CNBC, NBC Nightly News, NPR, and PBS.

McGraw-Hill / TBA

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Social-Emotional Learning Lab

Victoria Poedubicky, Ed.S.
Maurice J. Elias, Ph.D.

Social-Emotional Learning Lab

A Comprehensive SEL Resource Kit



Victoria Poedubicky | Maurice J. Elias

Social-Emotional Learning Lab: A Comprehensive SEL Resource Kit provides students with concrete skills to help them think rationally in the emotionally charged, stressful situations that children face every day. This valuable resource helps school counselors, psychologists, and social workers, as well as educators and after-school program providers by giving students the tools and skills needed to deal with the stressors occurring in and out of school. Counselors and educators use this important tool to help students achieve personally, socially, academically, and vocationally. This curriculum is designed to complement and enhance any program that addresses both self-awareness and social skills by focusing on self-control, cooperative skills for working within groups, problem-solving, decision-making, and everyday skill application. The Lab can also function as a stand-alone in schools where there are no social-emotional programs being implemented. The Manual, the Decision-Making Guide, and the handouts to create your Lab Kit will assist you through the step-by-step process of initiating and implementing the SEL Lab in your setting. You will find all the forms, worksheets, games, and activity instructions you will need, available for photocopying, or you can download the Lab Kit materials. Note, the book is coil-bound. Reproducible forms and handouts for this title are available on our downloads page. These materials are designed to prepare you for your work as a Social-Emotional Learning Lab Facilitator or Lab Coordinator for your school or after-school program. In setting up this program, you will have many roles, including teacher, problem-solver, and mentor to your students.

Victoria Poedubicky, Ed.S., is a retired health educator and school counselor with 33 years of experience in the Highland Park Public Schools. She spent two decades initiating, implementing, and assessing the Social Decision Making/ Problem Solving Program while doing the same for 13 years through guidance counseling services. Victoria has written several articles throughout her time in Highland Park documenting her many SEL experiences with educators and counselors. She has provided workshops to parents and staff, and served as a mentor to other teachers and counselors. She is currently a co-developer, a primary instructor, and the program coordinator for the Social-Emotional and Character Development Online Certificate Courses/Programs for Direct Instruction; this program is part of the Academy for Social-Emotional Learning in Schools in partnership with Rutgers and Saint Elizabeth Universities.

Maurice J. Elias, Ph.D., is the director of clinical training in the Department of Psychology, Rutgers University; academic director of Rutgers' Civic Engagement and Service Education Partnerships Program; coordinator of Rutgers' Internship Program in Applied, School, and Community Psychology; past president of the international Society for Community Research and Action/Division of Community Psychology of APA; director of Rutgers' Social-Emotional Learning Lab; and founding member of the leadership team for the Collaborative for Academic, Social, and Emotional Learning. He has been elected as a fellow in five divisions of the American Psychological Association and the National Association of School Psychologists. Dr. Elias lectures nationally and internationally, has been featured on numerous television and radio programs. His books include Research Press's Social Decision Making/Social Problem Solving curricula for elementary and middle school students, Emotionally Intelligent Parenting, Bullying, Peer Harassment, and Victimization in the Schools, The Educator's Guide to Emotional Intelligence and Academic Achievement, Bullying, Victimization, and Peer Harassment. He writes a blog on social-emotional and character development for the George Lucas Educational Foundation.

Research Press / January 2021

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THE APPALACHIAN TRAIL

PHILIP D'ANIERI

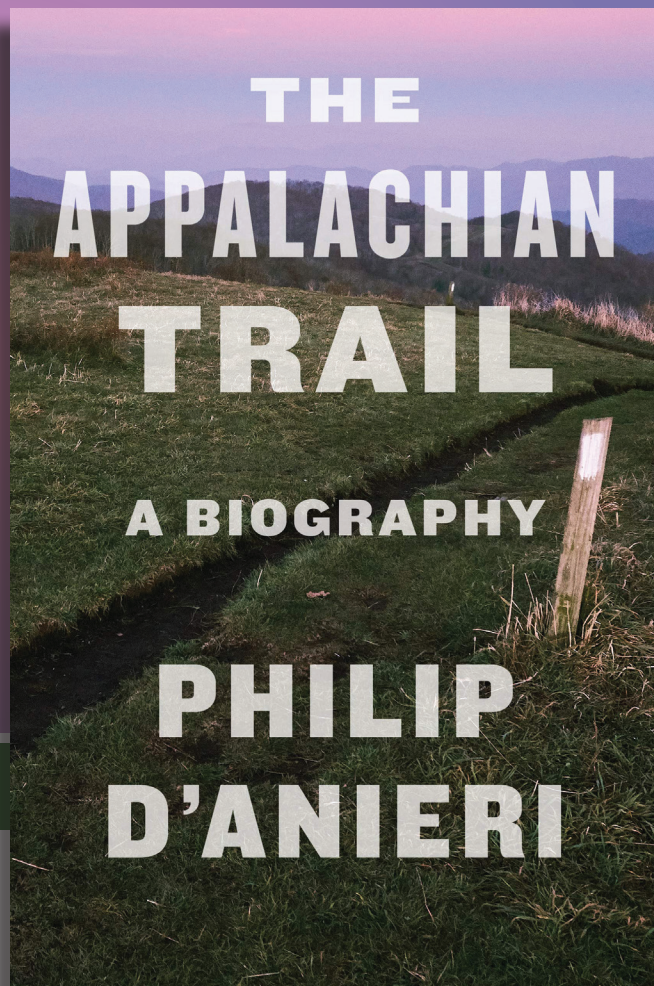
The Appalachian Trail is America's most beloved trek, with millions of hikers setting foot on it every year. Yet few are aware of the fascinating backstory of the odd-balls and obsessives who helped bring it to life over the past century.

The conception and building of the Appalachian Trail is a story of unforgettable characters who explored it, defined it, and captured national attention by hiking it. From Grandma Gatewood—a mother of twelve who thru-hiked in canvas sneakers and a drawstring duffel—to Bill Bryson, author of the best-selling *A Walk in the Woods*, the AT has seized the American imagination like no other hiking path. The 2,000-mile-long hike from Georgia to Maine is not just a trail through the woods, but a set of ideas about nature etched in the forest floor. This character-driven biography of the trail is a must-read not just for ambitious hikers, but for anyone who wonders about our relationship with the great outdoors and dreams of getting away from urban life for a pilgrimage in the wild.

PHILLIP D'ANIERI teaches courses on the built environment at the University of Michigan. He worked in public radio journalism and state government before earning a PhD in urban and regional planning at Michigan. He lives in Ann Arbor.

Houghton Mifflin / June 2020

Translation Rights Available





The Wisdom of Our Hands

DOUG STOWE

"For decades now, Doug Stowe has been one of the most humane voices in education. He insists we heed those quiet moments when intelligence shines forth in practical activities. He shows that they hold clues to our nature that normally lie beneath the notice of our obsessive schooling and credentialing, but are indispensable to a good life." -Matthew B. Crawford, author of Shop Class as Soulcraft

Many of us live in a world of constant abstraction, immersed in our heads and our screens. But there is a deeper wisdom to be found in working with our hands in the real world. In ***The Wisdom of Our Hands***, craftsman and educator Doug Stowe shows how working with our hands, either professionally or as a hobby, is essential for a full education and a full life.

Based on his 45 years as a woodworker and 25 years as a teacher of handcrafts, Stowe argues that human beings have a natural need to express themselves creatively through tangible work. The use of one's hands and whole body to make physical things and reshape our surroundings promotes both physical and mental health and fosters a sense of mastery in both young and adult students.

A life of craftsmanship offers the opportunity and obligation to define one's own values. Drawing on his experiences living and working in Eureka Springs, Arkansas, a town dedicated to handcrafts and arts, Stowe demonstrates how craft work can create community, forge deeper social bounds, and foster a saner attitude about the value of human labor and material goods.

Written for everyone who wants to reconnect with the deep experience of the human body at work, ***The Wisdom of Our Hands*** is a quietly radical call to spiritual (and physical) action.

Doug Stowe began his career as a woodworker in 1976, making custom furniture and small boxes. He lives on a wooded hillside at the edge of Eureka Springs, Arkansas and specializes in the use of Arkansas hardwoods. He is the author of 13 books and over 80 articles on woodworking. In 2001, Stowe began a woodworking program at the Clear Spring School, designed to integrate woodworking activities to stimulate and reinforce academic curriculum, restoring the rationale for the use of crafts in general education and demonstrating its effectiveness. In 2009 he was named an "Arkansas Living Treasure" by the Arkansas Department of Heritage and Arkansas Arts Council for his contributions to traditional crafts and craft education. Stowe also teaches at the Eureka Springs School of the Arts and the Marc Adams School of Woodworking and at woodworking clubs throughout the United States.

Linden Publishing / February 2022

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Unraveling Bias

How Prejudice Has Shaped Children for Generations and Why It's Time to Break the Cycle



CHRISTIA SPEARS BROWN, PhD

Foreword by Soraya Chemaly
award-winning author of *Rage Becomes Her*

Unraveling Bias:

Christia Spears Brown

We need only scan the latest news headlines to see how bias and prejudice harm adults and children alike--every single day. Police shootings that give rise to the Black Lives Matter revolution . . . rampant sexual harassment of women and the subsequent #MeToo movement . . . extreme violence toward trans men and women.

It would be easy to fix these problems if the examples stopped with a few racist or sexist individuals, but there are also biases embedded in our government policies, media, and institutions.

As a developmental psychologist and international expert on stereotypes and discrimination in children, Dr. Christia Spears Brown knows that biases and prejudice don't just develop as people become adults (or CEOs or politicians). They begin when children are young, slowly growing and exposed to prejudice in their classrooms, after-school activities, and, yes, even in their homes, no matter how enlightened their parents may consider themselves to be. The only way to have a more just and equitable world--not to mention more broad-minded, empathetic children--is for parents to closely examine biases beginning in childhood and how they infiltrate our kids' lives.

In her new book *Unraveling Bias: How Prejudice Has Shaped Children for Generations and Why It's Time to Break the Cycle*, Dr. Brown will uncover what scientists have learned about how children are impacted by biases, and how we adults can help protect them from those biases. Part science, part history, part current events, and part call to arms, *Unraveling Bias* provides readers with the answers to vital questions:

- How do biased policies, schools, and media harm our children?
- Where does childhood prejudice come from, and how do these prejudices shape children's behavior, goals, relationships, and beliefs about themselves?
- What can we learn from modern-day science to help us protect our children from these biases?

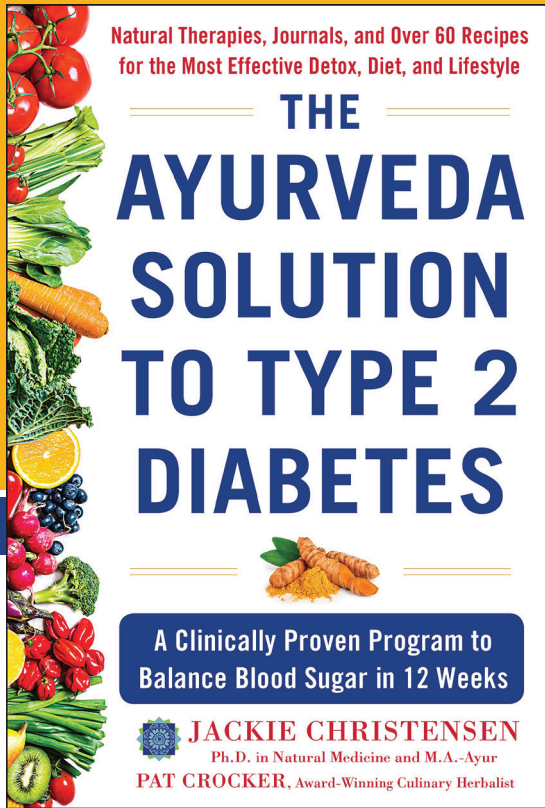
Few issues today are as critical as being aware of bias and prejudice all around us and making sure our kids don't succumb to them. To change lives and advance society, it's time to unravel our biases--starting with the future leaders of the world.

Christia Spears Brown, Ph.D., is a developmental psychologist and professor at the University of Kentucky. Her work on the impact of gender stereotypes on children and adolescents has been published widely in scientific journals and featured in numerous newspapers, magazines, local radio shows, NPR, and the CBS Evening News. She blogs regularly for *Psychology Today* in her column "Beyond Pink and Blue."

BenBella Books / November 2021

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THE AYURVEDA SOLUTION TO TYPE 2 DIABETES

JACKIE CHRISTENSEN, Ph.D

Dr Christensen has developed the perfect guidebook to help people navigate and understand the implications of Type 2 Diabetes from the Ayurvedic perspective with 48 delicious recipes. The Ayurveda Solution for Type 2 Diabetes will be the first book to:

- Trace the roots of Type 2 Diabetes through the Ayurvedic perspective
- Bring to life natural therapies that originated in Ayurveda,

but are clinically proven and used in Western medicine

- Provide recent clinical research to support the most effective use of the diet, lifestyle, and herbal therapies
- Allow readers to discover their true nature and apply a constitution-specific program
- Provide a 12-week program to balance blood sugar, including an 8-week elimination diet, a one-week detox, and a 3-week reintroduction of foods
- Incorporate an exercise journal, relaxation journal, food and blood-sugar journal to increase compliance
- Include delicious, easy-to-prepare recipes for each constitution

Modern medicine emphasizes the structure of the body; Ayurveda, on the other hand, focuses on the energies behind that structure--the doshas. Each chapter is full of extraordinary facts, clinical research, useful tips, and instructions for therapeutic self-application. Each therapy includes a brief yet compelling overview of how Ayurveda made these astonishing discoveries thousands of years

Ayurveda is supported through evidence-based scientific methods for the treatment of Type 2 Diabetes and has shown to get highly significant results. It is essential to integrate Ayurveda and modern medicine in treatment of Type 2 Diabetes, and The Ayurveda Solution for Type 2 Diabetes can help.

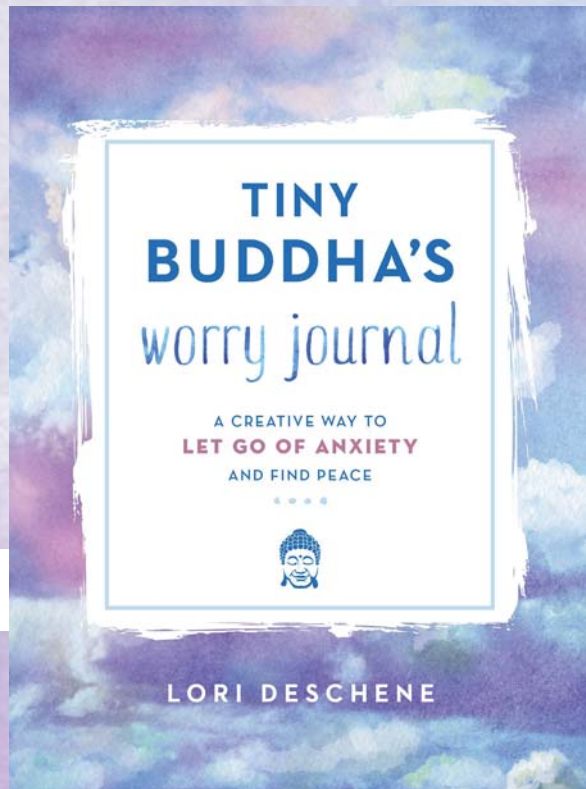
Jackie Christensen Ph.D graduated from the Global College of Natural Medicine with a Master of Science in Holistic Health, and went on to earn a Ph.D. in Natural Medicine from the Kingdom College of Natural Health. She served as a faculty member for the Global College of Natural Medicine, Om Institute of Wellness, and Vancouver Island College of Natural Wellness from 2005-2012, where she trained students to become nutritional consultants, herbalists, and holistic health practitioners. Jackie currently has a private practice in Santa Cruz, CA and serves as a faculty member for the Northern Star Academy of Holistic Studies and Kingdom College of Natural Health.

Pat Crocker is a culinary herbalist and professional home economist. She is an award-winning author of several cookbooks.

Humanix Books / June 2021

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TINY BUDDHA'S worry journal

LORI DESCHENE

A beautifully designed, inviting interactive journal to help you destress, reduce anxiety, and find peace from the founder of the popular online community Tiny Buddha, and author of *Tiny Buddha's 365 Tiny Love Challenges* and *Tiny Buddha's Gratitude Journal*.

Filled with prompts, quotes, questions for reflection, and coloring and doodle pages, *Tiny Buddha's Worry Journal* can help you feel calmer and cultivate a more mindful, peaceful spirit every day. In addition to prompts, the journal features three recurring sections:

"Let It Go"—identify what is currently creating anxiety in your life and suggestions for working through it;

"Plan Ahead"—help to navigate particular situations and devise a plan to approach them in productive ways;

"Color and Draw Yourself Calm"—fifteen coloring pages and fifteen doodle pages carefully designed to inspire you to use your own creativity to soothe worries and focus on the moment.

Don't let anxiety control you. *Tiny Buddha's Worry Journal* lets you carve a little time for yourself every day, and gives you tools to help you improve your mood, focus on the present moment, and kindle your unique creativity.

Lori is the author of *Tiny Buddha: Simple Wisdom for Life's Hard Questions*, *Tiny Buddha's Guide to Loving Yourself*, *Tiny Buddha's 365 Tiny Love Challenges*, *Tiny Buddha's Gratitude Journal*, and *Tiny Buddha's Worry Journal*. Formerly a contributor for nationally distributed girls' magazines, Lori dreams of one day writing and illustrating her own picture books. But first she's devoting her energy to the newly launched *Tiny Buddha Productions* and working on her first feature film. Who knows—that one-woman show may eventually see the light of day.



Harper One / June 2018

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"Finally, a sourcebook covering the class that no school offers:
what it takes to grow up safely in today's world."
—Cara Natterson, MD, *New York Times* best-selling author of
The Care and Keeping of You series

WHAT THEY DON'T TEACH TEENS

Life Safety Skills for Teens
and the Adults Who Care for Them



JONATHAN CRISTALL, ESQ.
Los Angeles prosecutor, youth safety advocate, father

WHAT THEY DON'T TEACH TEENS

JONATHAN CRISTALL, ESQ.

The 21st-century guidebook of life safety skills for teens, their parents, and other caregivers, covering physical safety, sexual consent, social media, your rights with the police, situational awareness, dating violence, smartphones, and more.

Gold Winner, IBPA Ben Franklin Award for Best Parenting & Family Book of 2020

Silver Winner, Foreword INDIE Award, Family & Relationships

Young people coming of age today face new risks, expectations, and laws that didn't exist when their parents were young. *What They Don't Teach Teens* provides teens, tweens, and young adults with up-to-date, realistic strategies to protect themselves against the pitfalls of modern adolescence.

Author Jonathan Cristall, once a troubled teen himself and now a veteran prosecutor for the City of Los Angeles and a sexual violence prevention instructor, works extensively with teenagers and their families to teach physical, digital, emotional, and legal safety skills. Drawing on Cristall's hands-on experience, *What They Don't Teach Teens* gives parents and other caregivers techniques for talking to their children about these urgent issues.

What They Don't Teach Teens gives sound advice on police interactions and personal safety (your constitutional rights, what to do/not do when stopped by the police while driving, situational awareness, street robberies, gun violence); sexual violence and misconduct (sexual consent, sexual harassment prevention, dating violence, sextortion); and staying safer online (digital footprint and citizenship, cyberbullying, underage sexting, online porn).

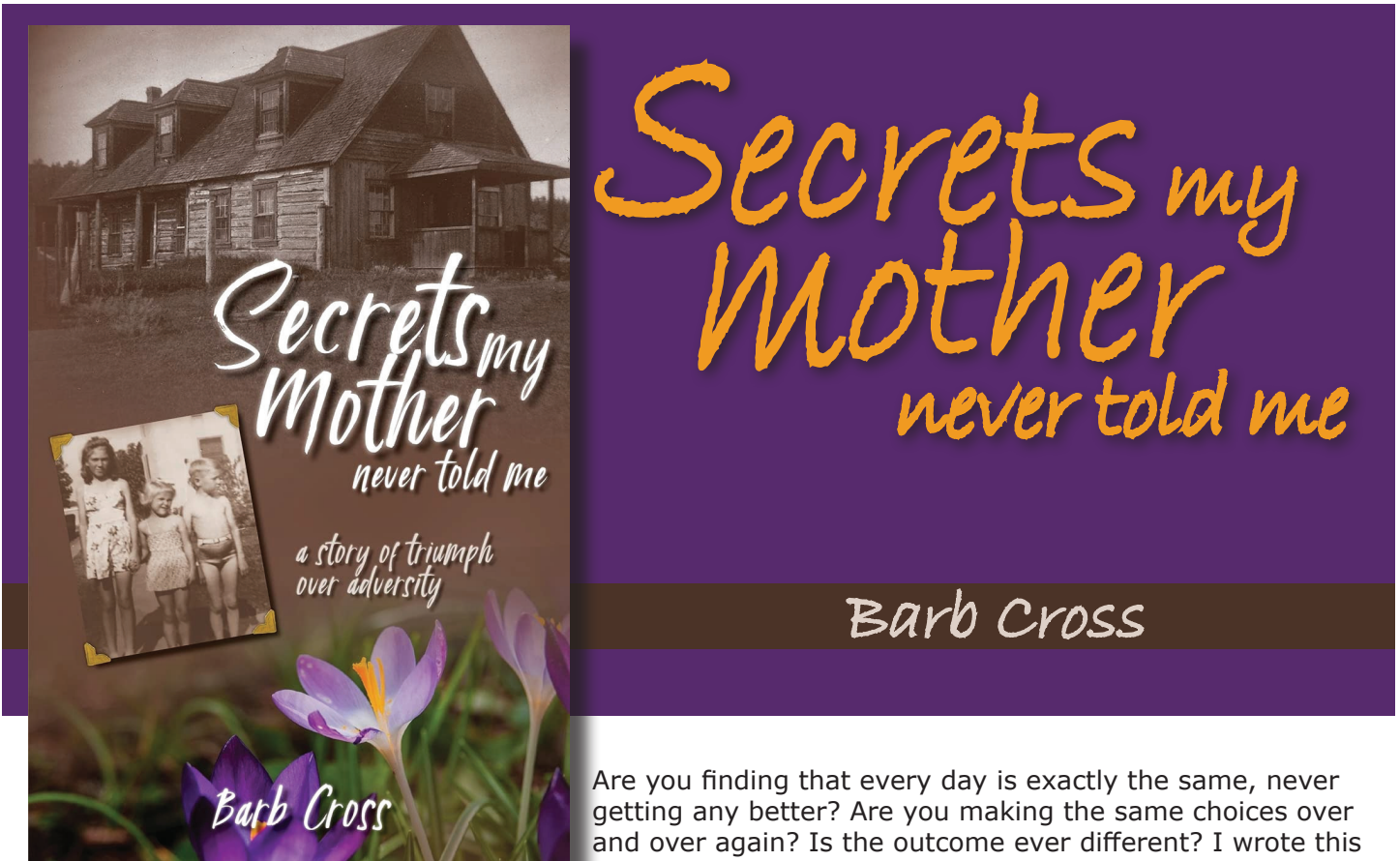
A must-read for all families, *What They Don't Teach Teens* is filled with practical guidance, thoughtful insight, and simple-to-use tips and tactics that will empower young people to make good choices now and into the future.

Jonathan Cristall, Esq., spent his own teen years taking unnecessary risks and getting into avoidable trouble. Now a veteran prosecutor for the City of Los Angeles, he went from disregarding laws to enforcing them. Cristall is a certified sexual violence prevention instructor. He frequently speaks to young people and their families about the topics in this book. *What They Don't Teach Teens* is his first book. Cristall lives in Los Angeles with his wife and three adolescent sons.

Quill Driver Books / October 2020

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Secrets my MOTHER never told me

Barb Cross

Are you finding that every day is exactly the same, never getting any better? Are you making the same choices over and over again? Is the outcome ever different? I wrote this book in my mind a million times before I committed it to paper.

I wrote this to help you find a way forward, out of the repetition that's holding you back.

Stories can help guide us through life's many confusions. True stories can help us to realize that someone has done this successfully before; that we are not alone. The story of Loraine begins shortly after World War II, yet it continues to resonate in the face of today's challenges. Through her story, I hope to empower a new generation to seize their own potential rather than see themselves as a product of their limitations; as victims of circumstance.

Through courage and commitment, you can be the beacon the world needs to shine brightly in a period of continuous change. You can challenge yourself to be the best version of you and inspire others to embrace their true potential. You can be an example of a life well lived rather than a bystander waiting for the next disaster.

This story will provide the inspiration to realize you can succeed and feel accomplishment in your efforts. Please, join me on this journey.

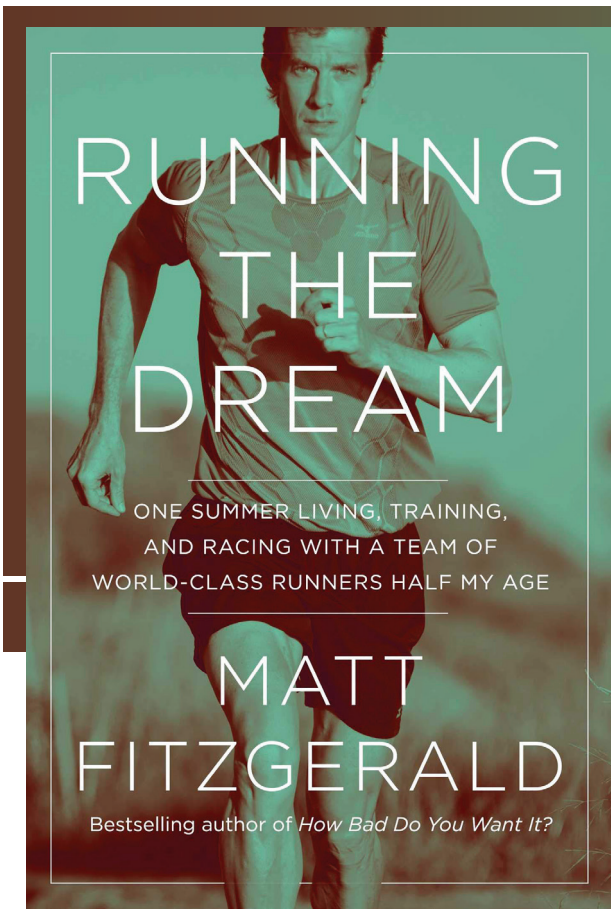
Barb Cross has spent her life holding on to stories she has been fortunate enough to receive. Now she shares these stories, hoping to inspire those who have also struggled. She was born and raised on a ranch near Williams Lake, BC, and now makes her home, with her husband David, in Red Deer, Alberta. She is mother to three children and grandmother to one. For ten years, she's dedicated her volunteer time raising awareness and funds for human organ donation. *Secrets My Mother Never Told Me* is her first book..



May 2021

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RUNNING THE DREAM

MATT FITZGERALD

Praise for Matt Fitzgerald:

"Anyone, whether pro or everyday exercisers, can use these tactics to push further" -Men's Journal

"Fitzgerald is going to go down as one of the most competent and prolific authors of books for serious runners covering just

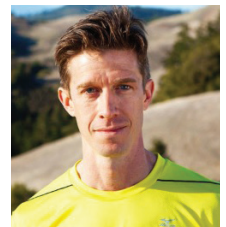
about every legitimate aspect of the all-important runner's lifestyle." -Letsrun.com

"A book that every endurance athlete should own...A page-turning read both for the narrative content and hard information...For all athletes drawn to pushing up against the red line to see what they've got." -LAVA magazine

Matt Fitzgerald has already made a name for himself in the endurance sport community with books like 80/20 Running, How Bad Do You Want It? and Iron War. He is an accomplished amateur runner, but if he follows the training, nutrition and lifestyle of an elite runner, just how fast could he go? He is approaching his mid-forties, so the time to do this is now. He at last has the financial means to do nothing but train. He accepts the goodwill of a friend who will let him crash at his apartment in the running mecca of Flagstaff, Arizona, and convinces the coach of Northern Arizona Elite, one of the country's premier professional running teams, to let him train with a roster of national champions and Olympic hopefuls for an entire summer leading in to the Chicago Marathon.

The results were astounding...Filled with a vibrant cast of characters, rigorous and gut-wrenching training, Matt's knowledgeable yet self-deprecating voice allows us to vicariously live out our own fantasies of having the opportunity to go all the way. Yet for the runners Matt trains with, it's no mere fantasy, but a calling and their individual stories enrich this inspiring narrative. Running the Dream is a chance for us all to experience a bit of this rarified and wild world, and to take away pieces of this amazing journey to try to achieve our own potential.

Matt Fitzgerald is an acclaimed endurance sports and nutrition writer and a certified sports nutritionist. He is the bestselling author of more than a dozen books on running and fitness, including 80/20 Running, How Bad Do You Want It, Racing Weight, and Iron War, which was longlisted for the William Hill Sports Book of the Year and Diet Cults, also available from Pegasus Books. He is a columnist on Competitor.com and Active.com, and has contributed to Bicycling, Men's Health, Triathlete, Men's Journal, Outside, Runner's World, Shape, and Women's Health. He lives in San Diego, California.



Pegasus Books / May 2020

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MATT FITZGERALD



THE RUNNING BUM

What I Learned one Summer Living, Training & Racing
With a Team of World Class Runners Half My Age

THE RUNNING BUM

What I Learned one Summer Living, Training & Racing
With a Team of World Class Runners Half My Age

MATT FITZGERALD

Running is, after all, a sport, and regardless of natural ability, men and women who develop a passion for it want to find out how much faster they can get.

Unable to come up with a reason why acclaimed endurance sports author Matt Fitzgerald should not chase the dream, he persuaded the coach of Northern Arizona Elite to accept him as a fully participating member of his roster of national champions and Olympic hopefuls for an entire summer leading up to the 2017 Chicago Marathon. Matt finished the race 144 overall and third in his age category with a new lifetime best.

But the true richness of Matt's Running Bum experience was in the journey itself. Matt formed close bonds with his elite teammates, all of whom were remarkable individuals. Matt Llano was the first openly gay professional runner in the United States. Rochelle Kanuho endured a traumatic childhood, briefly homeless as a teenager before bootstrapping her way to her current life situation. Futsum Zeinaselassie escaped to America from his war-torn homeland of Eritrea at age 13, speaking almost no English. Kellyn Taylor was training to become a professional firefighter at the same time she pursued her dream of making it to the Olympics while raising a daughter.

In the company of those extraordinary people, Matt experienced a lifetime of unforgettable moments in three short months as The Running Bum chronicles Matt's transformative journey as "fake professional runner." The book reads like a novel, featuring a strong sense of place, a vibrant cast of characters and a simple linear quest.

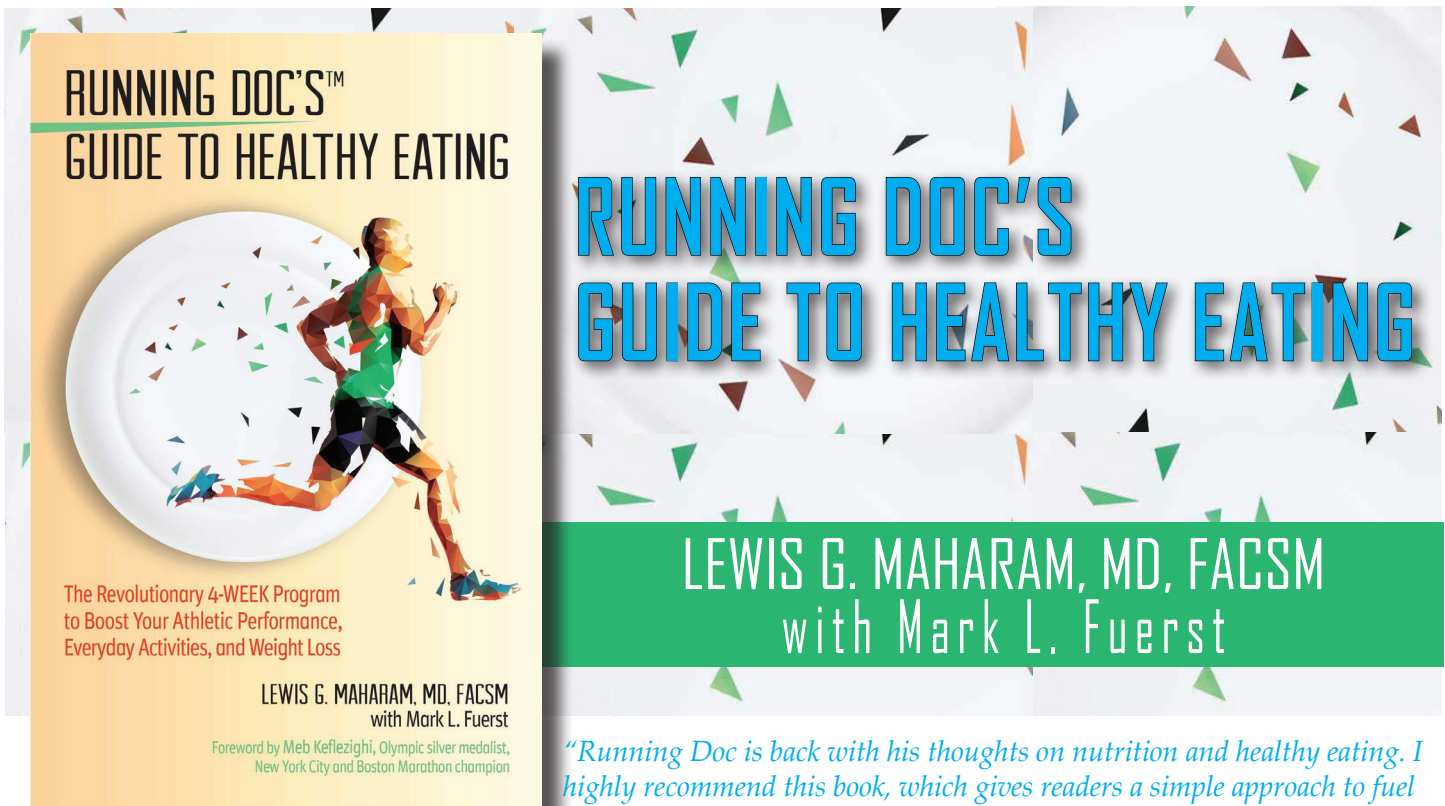
Matt Fitzgerald is an acclaimed endurance sports and nutrition writer and a certified sports nutritionist. He is the bestselling author of more than a dozen books on running and fitness, including 80/20 Running, Brain Training for Runners, Racing Weight, and Iron War, which was long-listed for the 2012 William Hill Sports Book of the Year. He is a columnist on Competitor.com and Active.com, and has contributed to Bicycling, Men's Health, Triathlete, Men's Journal, Outside, Runner's World, Shape, and Women's Health. He lives in San Diego, California.



Pegasus Spring 2020

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—Steve Van Camp, MD, cardiologist, past president of the American College of Sports Medicine

“With this book, [The Running Doc] talks to you in a simple, easy to understand manner so you can eat healthy and perform better.” —Rod Dixon, four-time Olympian, Olympic medalist; two-time World Cross-Country medalist; New York City Marathon champion

In ***Running Doc’s Guide to Healthy Eating***, readers will discover Dr. Lewis G. Maharam’s Fueling Plates Program. Developed in 2012, it has helped countless sofa spuds who just want to get off the couch and lose weight, marathoners competing for a place at the Olympic trials, and everyone in between, including recreational athletes who play tennis, soccer, basketball and other running sports. The Fueling Plates Program is designed to boost the performance of athletes, but can also improve the health of the average person, athletic or not.

Every day at Maharam’s busy New York City practice, in addition to treating sports injuries, he offers his patients nutritional advice. They ask him: “When should I eat before the marathon?” “Do I really need to drink eight glasses of water a day?” “What about sports drinks?” “Should I use Gingko?” “Glucosamine?” The questions come because the bulk of the sports-nutrition books make fueling your body sound like a scientific experiment. The Running Doc’s Guide to Healthy Eating explains why it’s time to ditch the difficult-to-use food pyramid put out by the USDA in favor of a hands-on experience of your actual plate – what Maharam calls Fueling Plates. It shows, step by step, how readers can apply the program to feel and perform better and have more energy. Those who are already exercising will get faster by eating to fuel their body more efficiently. Even everyday activities become easier with the Fueling Plates Program. Readers who are willing to take advantage of all that’s in the book, from what to eat to reduce muscle soreness after exercising to how much to drink to be hydrated, will transform their lives.

Dr. Lewis G. Maharam is the world’s premier running physician. He is medical director of Competitor Group’s Rock ‘n’ Roll Marathon series throughout the country and The Leukemia & Lymphoma Society’s Team in Training program. He also serves as Chairman of the Board of Governors, International Marathon Medical Directors Association.

Mark L. Fuerst is an award-winning health and medical writer and the co-author of eleven books, including The Harvard Medical School Guide to Tai Chi, A Baby At Last!, and three editions of The Couple’s Guide to Fertility.

Health Communications, Inc. / April 2020

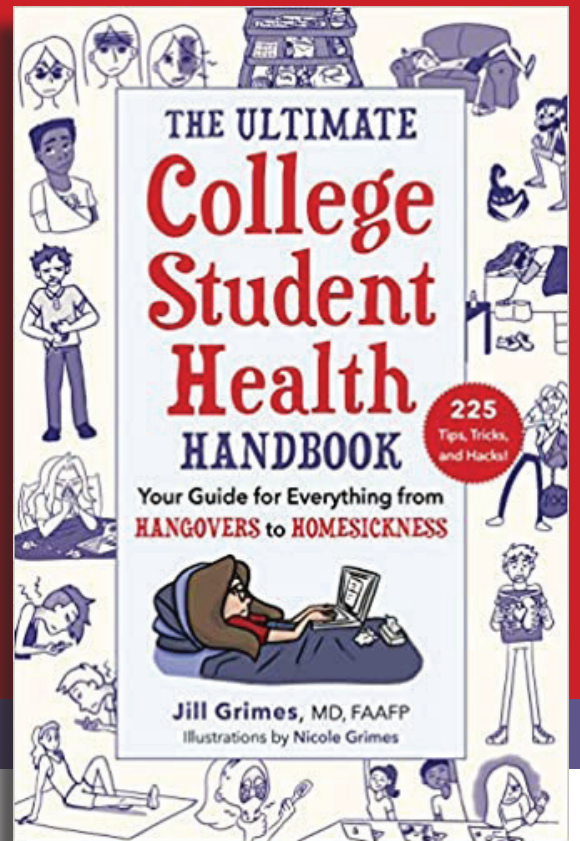
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THE ULTIMATE College Student Health HANDBOOK

Jill Grimes, M.D. FAAFP

Gold Medal Winner of the 2020 Literary Titan Award!



The COVID pandemic has focused our attention on health like never before. Soon millions of students will begin or continue their college careers and be responsible for their own health and wellness. They will be dealing with anxiety, homesickness, hangovers and injuries. As a physician in the University Health Services at the University of Texas and mother of two college students, Grimes began writing helpful tips and creating first aid kits for common college ailments which steadily evolved into **THE ULTIMATE COLLEGE STUDENT HEALTH HANDBOOK**.

Not intended to replace your next doctor appointment, the book is armed with quality information to help students know when to seek medical help. It explains how to describe their condition, what questions to ask, and what dorm-friendly or off campus living tips might help before they are seen. Organized literally from head to toe, the book goes far beyond "Dr. Google" to provide the knowledge of evidence-based medicine every college student should know. It helps them plan for a worst-case scenario if they don't seek help; realize what you can do now to prevent seeing a doctor; understand the diagnostic and treatment options.

College students facing their first illness, accident, or anxiety away from home often flip-flop between wanting to handle it themselves and wishing their parents could swoop in and fix everything. Advice from peers and "Dr. Google" can be questionable. The Ultimate College Student Health Handbook provides accurate, trustworthy, evidence-based medical information (served with a dose of humor) to reduce anxiety and stress and help set appropriate expectations for more than fifty common issues.

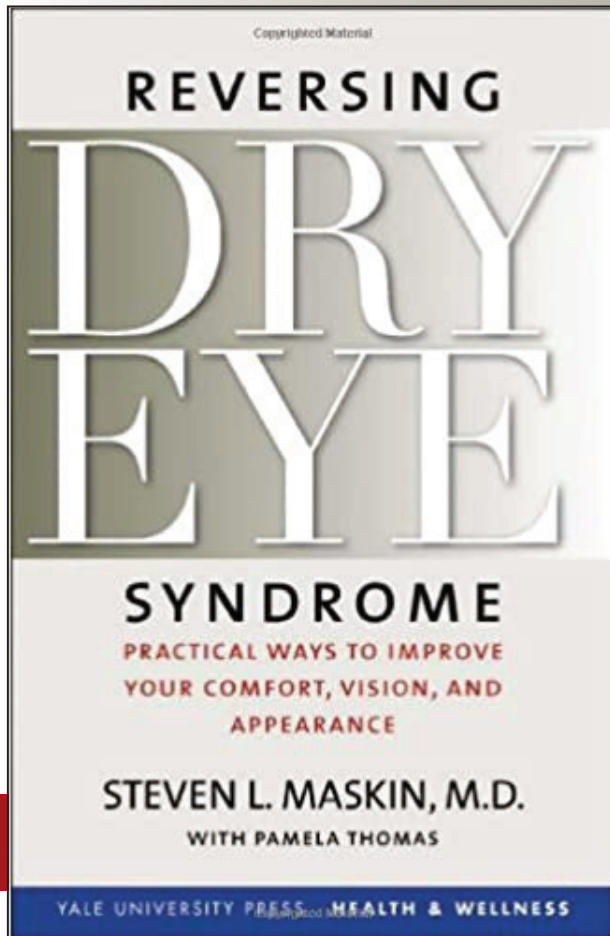
The topics of tattoos, smoking, vaping, pot, piercings, and prescription drugs will also be tackled throughout the pages of this handbook, ensuring you, your roommates, and your friends have a healthy semester.

Jill Grimes MD FAAFP is a nationally recognized medical media expert, award-winning author and proud mom of two awesome collegiate daughters. After twenty years of private practice, Dr. Grimes now works at the University of Texas at Austin. She speaks at American Academy of Family Physicians, Pri-Med, and Harvard Medical School Conferences.

Skyhorse Publishing / 2020

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REVERSING DRY EYE SYNDROME

Second Edition

STEVEN L. MASKIN, M.D.
WITH PAMELA THOMAS

**The first book on dry eye syndrome for patients and their families
looking for the best current information and practical advice**

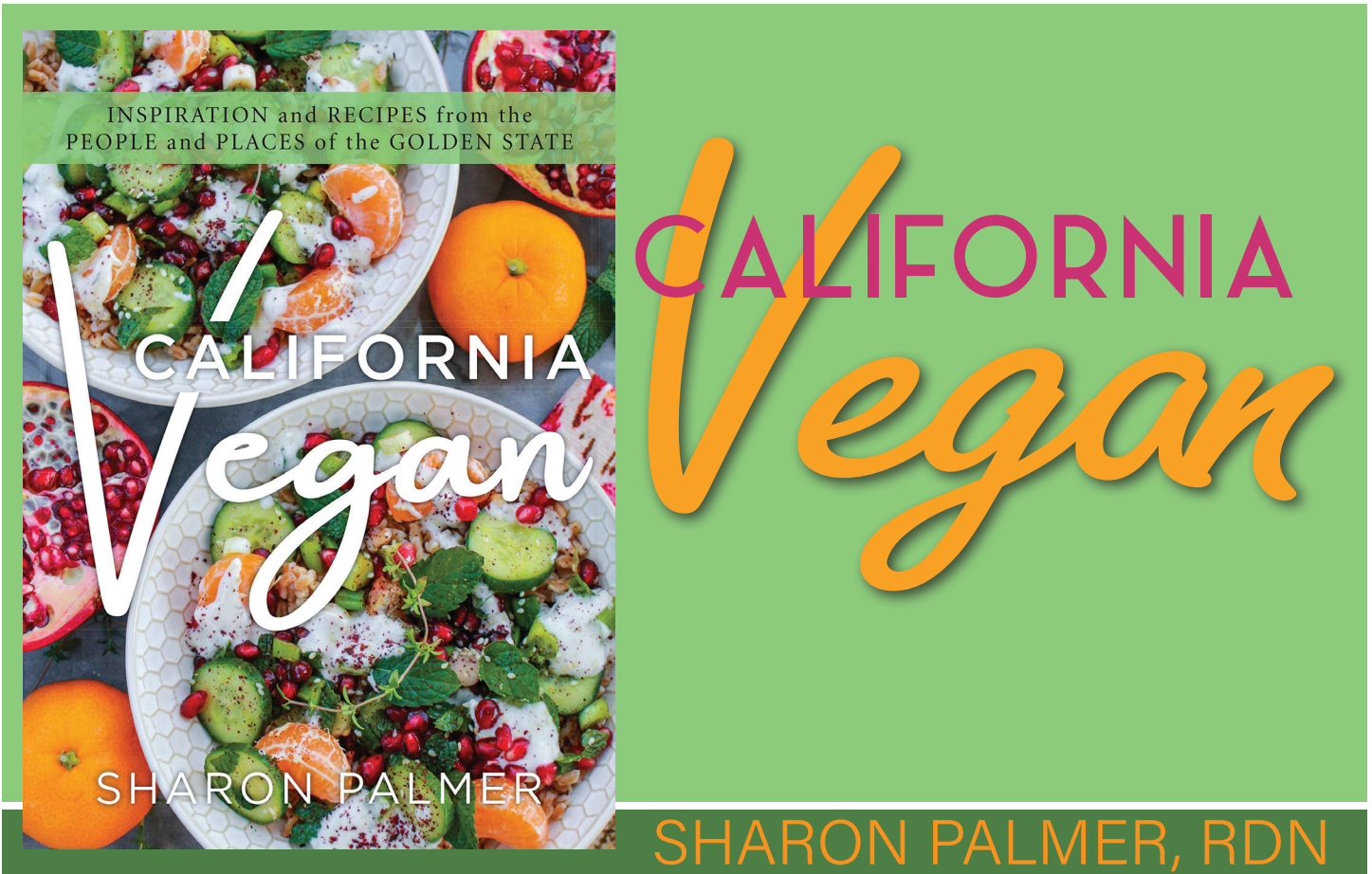
This clear, accessible book combines detailed medical information with expert treatment advice for the estimated twenty million Americans who suffer from dry eye syndrome. Dr. Steven L. Maskin, an ophthalmologist who has been caring for dry eye patients for more than fifteen years, explains exactly what the syndrome is, why it occurs, and how it can best be managed and treated. He dispels the misunderstandings that surround dry eye syndrome and presents an easy-to-understand guide that may be read cover-to-cover or dipped into for specific topics of interest. Dr. Maskin begins with an overview of dry eye syndrome, then explains the myriad ways it can develop (allergies, aging, contact-lens use, LASIK surgery, diabetes, and various other diseases). He discusses how it can be successfully diagnosed and treated, offers guidelines for choosing a doctor and appropriate medications, and describes useful home remedies. In a concise final chapter, the doctor provides welcome answers to frequently asked questions. For patients who want to understand their disease and to participate actively in its management, this book is an essential reference.

Steven L. Maskin, M.D., is director, Cornea and Eye Surface Center, Tampa, FL. Pamela Thomas is a freelance writer and editor in New York City.

Yale University Press / Spring 2021

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Plant-powered dietician Sharon Palmer tells the diverse story of California veganism with recipes showcasing local produce and features celebrating the legacy and future of plant-based pioneers in the state. California is where vegan culture all began, and where farm, food, and technology innovators continue breaking new ground. From Alice Waters pioneering California cuisine at Chez Panisse since 1971 to Silicon Valley startups revolutionizing the way America eats meat, the Golden State starts the veggie trends the rest of the country follows.

This cookbook stars more than 80 plant-based recipes, illustrated with original photography and featuring sidebars for cultural context to inform and welcome Californians into veganism and vegans into California.

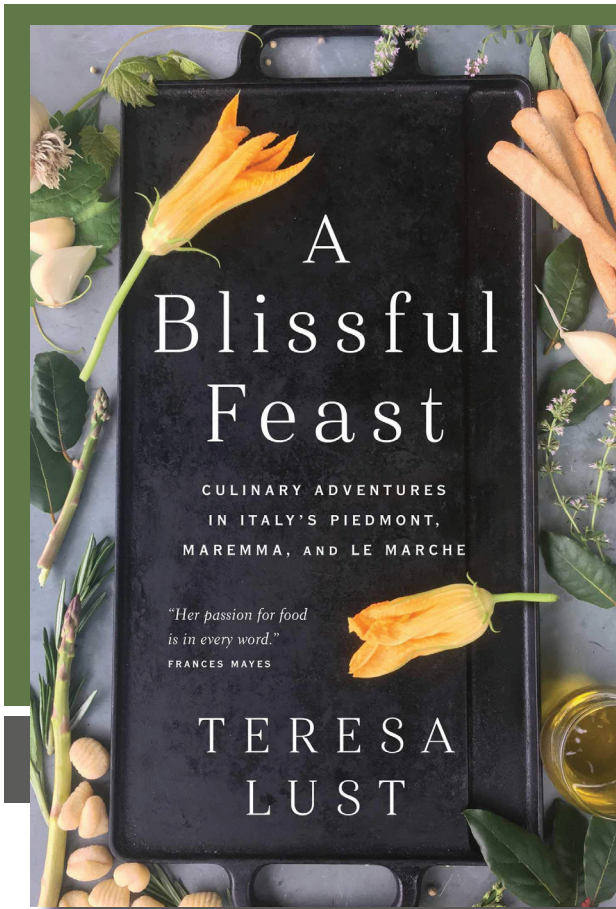
Sharon Palmer, RDN, is a registered dietitian nutritionist, editor of the award-winning health newsletter Environmental Nutrition, and a nationally recognized nutrition expert who has personally impacted thousands of people's lives through her writing and clinical work. She lives outside of Los Angeles with her husband and two sons.



Globe Pequot / March 2021

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A Blissful Feast

TERESA LUST

A delicious journey through Italy and a celebration of the relationship between family and food.

Moving from the Italian Piedmont to the Maremma and then to Le Marche, chef Teresa Lust interweaves portraits of the people who served as her culinary guides with cultural and natural history in this charming exploration of authentic Italian cuisine.

We learn how to prepare bagna cauda—a robust dipping sauce of anchovies, garlic, and olive oil—with Lust’s relatives outside Torino. We learn about making hand-stretched grissini, Italy’s iconic breadstick, the secrets of whipping up zabaione, a classic dessert of ethereal foam made with egg yolks, sugar, and marsala. Then there is acquacotta, a rustic soup that nourished generations of the area’s shepherds and cowhands. In the town of Camerano, an eighty-year-old woman reveals the art of hand-rolling pasta with a three-foot rolling pin.

Underpinning Lust’s travels is our journey from chef to cook, mirroring the fact that Italians have been masters of home cooking for generations, so they are an obvious source of inspiration. Today, more and more people are rediscovering the pleasures of cooking at home, and Lust’s account—and wonderful recipes—will help readers bring an Italian sensibility to their home tables.

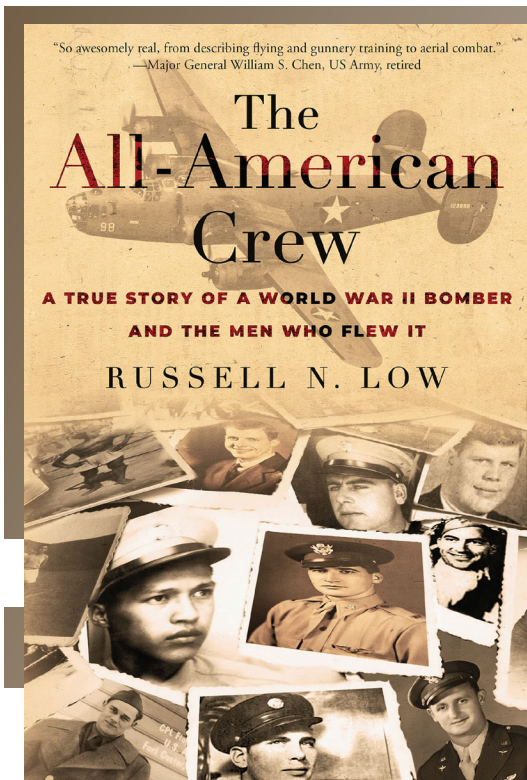
Teresa Lust is the author of *Pass the Polenta: and Other Writings from the Kitchen*. She is a graduate of Washington State University and holds a master’s degree from Dartmouth College. Lust currently teaches Italian for the Rassias Center for World Languages at Dartmouth and teaches cooking classes. She lives in New Hampshire.



Pegasus Books / 2020

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The All-American Crew

RUSSELL N. LOW

"Low is a talented storyteller who has woven engaging family tales into a greater American story of ten men from different lives and backgrounds who went to war and bonded into a tight crew, symbolic of an America that is uniquely able to forge strength from diversity." -Ted Gong, Executive Director and Founder, 1882 Foundation

On January 23, 1943, a B-24 Liberator bomber and its crew of ten men disappeared without a trace in New Guinea. Their families never knew what happened to them. Now, 80 years later, their long-forgotten letters and dusty photographs finally tell their story in *The All-American Crew*.

Stanley Low did not want to be a hero and would not have welcomed the description. A Chinese American kid from Salem, Oregon, who wasn't yet old enough to vote or drink beer, Stan joined the army because there was a war on and it was his duty. As Stan trains to become a bomber nose gunner and heads into combat, he experiences loneliness, racism, his first beer, his first romance, and the horrors of war. He also forms a tight bond with his crewmates, who come from every American ethnicity and walk of life, including Irish American pilot Scott Regan and Jewish American bombardier Jerome Lesser. The ten men of Stan's bomber crew—rich and poor, from old American families and recent immigrants—form an all-American crew whose dedication to the country and their team elevates them above their individual differences.

As the war heats up, Stan, his crewmates, and many other hastily trained bomber crews fly off dirt runways in the South Pacific, thousands of miles from the nearest allied base, fighting the forces of the Japanese Empire. The loss of life mounts at an alarming rate as many crews fail to return from missions. Those who survive quickly learn to fight. Now battle-hardened veterans, Stan and his crew fly toward their final rendezvous with destiny, willing to sacrifice everything for their country and each other.

Celebrating American diversity and ideals of honor, bravery, and freedom, *The All-American Crew* is a magnificent true story of men at war.

Russell N. Low is the nephew of Stanley Low and a California-born fourth-generation Chinese American physician. Low is the author of *Three Coins*, which tells the story of his great-grandmother Ah Ying, who was enslaved as a child and trafficked to California, where she escaped from slavery with the help of her future husband, Hung Lai Wah, a worker on the transcontinental railroad. The story of Ah Ying, Hung Lai Wah, and their descendants has been featured on the History Channel, BBC Radio, National Public Radio, and the Voice of America, and is included in the California State Railroad Museum and the Smithsonian Museum of American History. Low lives in La Jolla, California.

Craven Street Books / February 2022

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OWN

Facing Your Past

YOUR

To Dominate Your Future

SH!T

TIM RICHARDSON

OWN YOUR SH!T

TIM RICHARDSON

"Authentic. Honest. Transparent... It has been a powerful transformation for Tim, and it can be for anyone that embraces his Own Your Sh!t rules and applies them to the four key areas of their lives."

– Doug Anthony, Tim Hortons Franchisee and former VP for Western Canada.

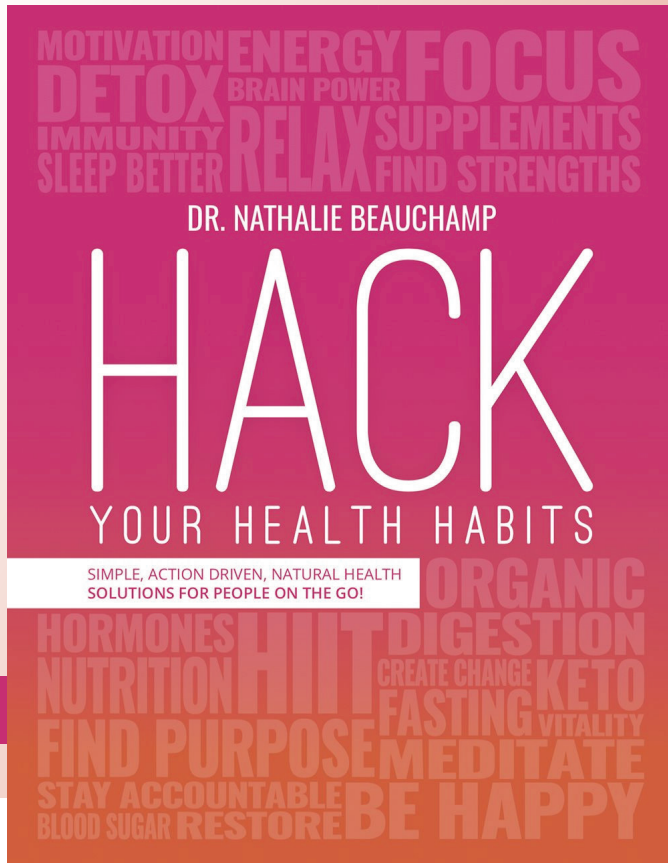
"It is rare to find people who have the courage to face events that have defined their lives and gain knowledge from them. To put those experiences in writing and share them with the world, as Tim has done, is an amazing accomplishment. His raw honesty about his own events and the ability to share them so that others may learn and improve their lives is a gift to be valued."

- Larry Lovis, author of Mapping Your Retirement Road: A No-Nonsense Guide to a Financially Better Life.

From the hand-me-downs of small town poverty to designer Italian suits, Tim Richardson looked like he had achieved the rags to riches dream—at least on the outside. But when a wake-up call from his beloved wife forced him to re-examine his life, Tim knew it was time for him to finally own his sh!t. Within these raw and vulnerable pages, Tim shares with you the story of the personal journey he made to shed seventy pounds, drop his self-destructive habits, and save his marriage and family. By remembering the morals his parents and grandfather instilled in him and pulling from the wisdom of his mentors, Tim created 15 Rules for owning your sh!t that reflect his four foundations of living a truly successful life: 1. Health/Wellness 2. Relationships 3. Money/Career 4. Spirituality. By the end of **Own Your Sh!t**, you'll understand how your past shaped who you are today, what matters most to you, and how to change the parts of your life that need their own wake-up call (or kick in the ass). If this regular guy who came up through the school of hard knocks can do it, so can you. Get ready to **Own Your Sh!t**

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HACK

YOUR HEALTH HABITS

DR. NATHALIE BEAUCHAMP

"Hack Your Health Habits is a chock full of useful tips and information for all of us trying to live a more balanced life. Definitely a must-read for anyone looking to get healthy, naturally, inside and out." -Adria Vasil, best-selling author of the Ecoholic book series

Imagine a time not too far from now...

where you feel great and have more energy than ever before. Where you are in control of your health and your life. Where people around you tell you how great and happy you look. In the new age of information, it can be hard to stay up to date, let alone implement the lifestyle changes necessary to live well. Wouldn't it be nice for someone to put it all together for you and give you a prescription for wellness, AND even the steps to implement it?

Hack Your Health Habits will help you:

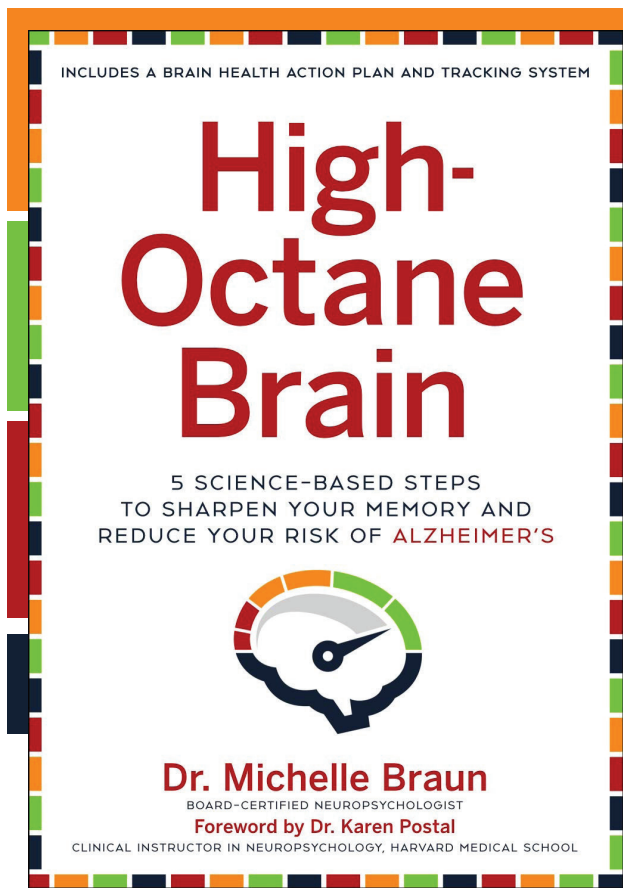
- Simplify confusing health information, and deciphering what is real and what is hype.
- Save tons of time by cutting to the chase and providing actionable health solutions.
- Learn how to think critically and personalize your health decisions.
- Stay current with the latest advancements in natural health.
- Spark your motivation and keep you accountable.

Dr. Nathalie is a no nonsense, get-it-done kind of doctor who has created a step-by-step formula to help individuals hack their health habits and have them on their A-game, no matter what age. Through her years of experience, she has curated 12 major pillars of physical and mental health that will help people live to their full potential.

Rebel Press

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High- Octane Brain

Dr. Michelle Braun

From a board-certified neuropsychologist and a national leader in the field of brain health, a science-backed program to prevent Alzheimer's that offers five strategies to avert cognitive decline.

American adults fear Alzheimer's more than any other disease (including cancer), and because many people do not realize there is no direct genetic cause for 95 percent of Alzheimer's cases, they do not take the necessary steps to change lifestyle factors shown to significantly protect against the disease. In her debut book, Harvard- and Yale-trained board-certified neuropsychologist Dr. Michelle Braun inspires readers to make lasting improvements by helping them understand the truth about brain health and providing guidance through the maze of conflicting media advice. Braun interviews eight leading brain health experts, combining their insights with cutting-edge research to offer proven strategies to implement the five features of the High-Octane Brain: improved nutrition, regular exercise, sufficient sleep, reduced stress, and increased engagement. Then readers can evaluate where they stand on the High-Octane Brain spectrum with a memory and brain health assessment quiz, and develop a personalized program for optimal brain health. Dr. Braun offers a tracking system to provide a visual depiction of your progress. Packed with valuable tips that you can implement immediately to minimize common "brain blips," memory exercises to boost your memory within minutes, and personal accounts from nine High-Octane Brain role models ages 44 to 103, this groundbreaking book will finally put the future of your brain in your control.

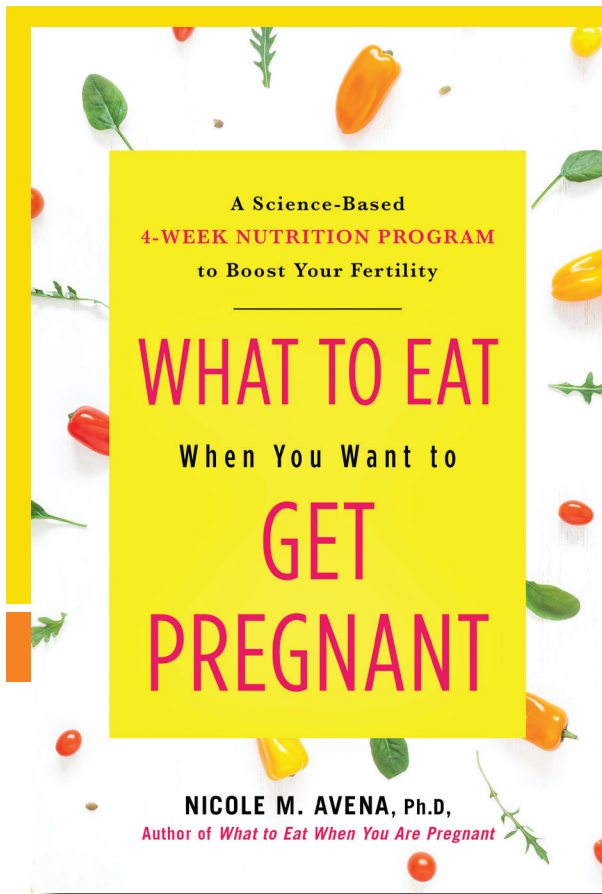
Dr. Michelle Braun is a Harvard- and Yale-trained, board-certified neuropsychologist and a national leader in the field of brain health and cognitive functioning. She is a former instructor of psychiatry at Harvard Medical School and Assistant Director of Inpatient Mental Health at the Boston Veterans' Administration Hospital. She was the featured presenter in a live PBS Next Avenue television program on brain health, and has been interviewed as a brain health expert on Fox Morning News, CBS, and iHeart Radio. Her work has been featured in national media outlets such as Family Circle, Medical Daily, and HealthNewsDigest.com. Dr. Braun has a popular column on brain health in Psychology Today and has been an invited speaker for the Alzheimer's Association for the past 14 years. She lives and works in Wisconsin.



Sterling / September 2020

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WHAT TO EAT

When You Want to

GET PREGNANT

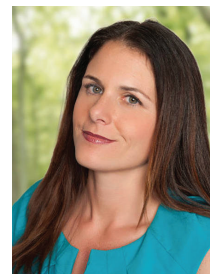
NICOLE AVENA, PhD

Psychologist, nutrition expert and author Nicole Avena, PhD has conducted research on appetite and brain development for over 15 years, and in her new book, **WHAT TO EAT WHEN YOU WANT TO GET PREGNANT**, she shares her revolutionary new research on how nutrition impacts pregnancy and the ability to conceive. Her findings include these facts:

- The popular plant-based diets so many of us follow may actually include certain chemicals that can disrupt estrogen levels and interfere with fertility.
- Research suggests that prenatal environment can have a long-term effect on the health outcome of the baby, and there are many ways to help “prepare the womb” even before getting pregnant.
- Men’s nutrition is just as critical during this time as women’s, and there are ways men can boost their nutrition levels to enhance fertility
- ... and much, much more.

In addition to explaining to readers how they can use nutrition to optimize their reproductive health and create the best possible environment for their baby-to-be -- in a simple 4-week program-- Dr. Avena provides 40 easy and delicious recipes, 25 foods to eat and to avoid, and lifestyle tips to help apply the nutrition science to real life.

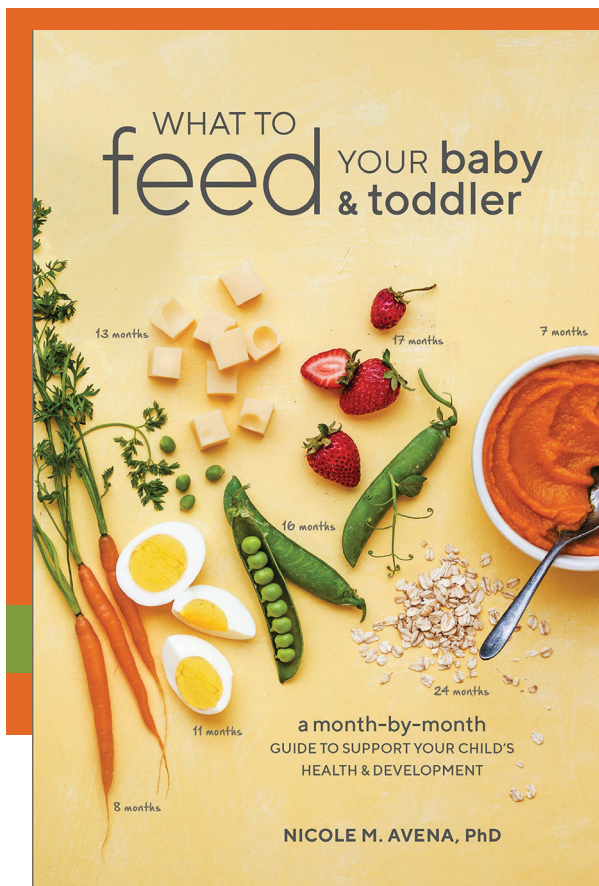
Nicole Avena is a highly respected doctor and researcher as well as assistant professor of neuroscience at Mt. Sinai School of Medicine and visiting professor of health psychology at Princeton. She is also a much in-demand speaker at conferences here and around the world. Her TED-ED talk, “How Sugar Affects Your Brain,” received 8+ million views and praise from educators and public health groups. Dr. Avena is also a familiar face on national TV and has appeared frequently on Dr. Oz as a nutrition expert, as well as on The Doctors, CNN, Good Day NY and many others. Her work has been featured on the cover of Time, Scientific American, The NY Times, US News & World Report, and more. Her earlier book, *What to Eat When You’re Pregnant*, has sold over 40,000 copies.



Kensington Books

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WHAT TO feed YOUR baby & toddler

NICOLE M. AVENA, PhD

"Specific nutritional information and straightforward, fun-to-eat recipes make this a great primer for new parents."
-Library Journal

An easy-to-follow manual for feeding babies exactly what they need to hit physical and intellectual milestones from 6 to 24 months, with 60 simple and delicious recipes. The month-by-month format offers a clear understanding of what foods to incorporate and avoid in a baby's diet.

World-renowned research neuroscientist, nutrition expert, and author of *What to Eat When You're Pregnant* Dr. Nicole M. Avena presents an essential guide for new parents on feeding babies during their critical first two years. Answering common questions about picky eaters, food allergies, diversifying baby's appetite, eating out or on the go, feeding baby at daycare or when with another caregiver, and food safety, this comprehensive guide offers easy monthly meal plans and baby-friendly, nutrient-rich recipes designed to support your baby's developmental milestones.

NICOLE M. AVENA, PhD, is the mother of two daughters; a research neuroscientist at Mount Sinai School of Medicine in New York City; an expert in the fields of nutrition, diet, and addiction; and the author of *What to Eat When You're Pregnant* and coauthor of *Why Diets Fail*. She received a PhD in neuroscience and psychology from Princeton University, followed by a post-doctoral fellowship in molecular biology at The Rockefeller University in New York City. Her research has been featured in *Shape*, *Men's Health*, *Glamour*, *Details*, *Women's Health*, *Prevention*, *National Geographic*, *Time Magazine for Kids*, and many others and she regularly appears on television, including **The Dr. Oz Show**, **The Doctors**, **the Hallmark Channel**, and **Good Day NY**. She makes public speaking appearances throughout the US, Europe, and Asia. Dr. Avena has written extensively on topics related to food, addiction, obesity, and eating disorders, and writes the Food Junkie blog for *Psychology Today* and also blogs for *Huffington Post*.



Ten Speed Press

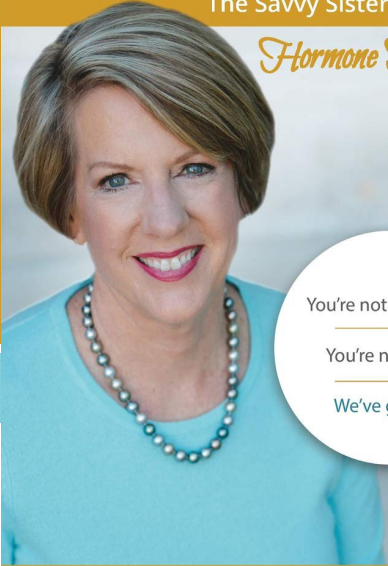
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PERIMEN[♀]PAUSE

The Savvy Sister's Guide To

Hormone Harmony



You're not too young.

You're not alone.

We've got this!

DR. ANNA GARRETT

PERIMEN[♀]PAUSE

The Savvy Sister's Guide To
Hormone Harmony

DR. ANNA GARRETT

"At last...this is the "perimenopause manual" we have all longed for! Dr. Anna explains it all in a way that feels neither demeaning nor overly scientific. She provides solutions, suggestions and actual steps to take to regain control of our moods, our bodies, our lives. From lifestyle tweaks to supplement suggestions, every page brings awareness and hope. ...Thank you, Dr. Anna!" -Sheree Clark Midlife Courage Coach

"Perimenopause? What?! I'm way too young!" If you're suddenly struggling with weight gain, insomnia, irregular bleeding or flooding, mood swings, and relationship challenges, perimenopause may be knocking at your door. And there's more! Burning tongue, itchy skin, electric shock feelings? Yes, these can be part of perimenopause too.

Women are inundated with information on how to have healthy, happy pregnancies, but we get left out on the opposite end of the reproductive spectrum. That stops now! In this entertaining, information-packed, empowering book, Dr. Anna Garrett shares everything you need to know about your body and how to care for it to create hormone harmony.

Here are just a few of the things you'll learn:

- Perimenopause can start as young as 35
- Why perimenopause is very different from menopause
- How you CAN balance your hormones and find symptom relief
- Why you're not going crazy
- Tips for creating a healthcare team that gets you the care you deserve

Dr. Anna offers realistic, holistic solutions for diet challenges, sleep, stress reduction, supplements and more in her savvy sister's guide. Perimenopause is a revolutionary book focused on giving you the tools to navigate this transition with grace and ease so you can rock your mojo through midlife and beyond!

Dr. Anna Garrett has been a clinical pharmacist for over 20 years and has worked in a variety of practice settings. She offers a variety of services including hormone balancing, weight loss and health coaching designed to help women in perimenopause and menopause escape from hormone hell and feel amazing in their bodies through midlife and beyond. She is passionate about helping women get their hormones balanced as well as teaching women how to advocate for themselves in the healthcare system. Dr. Anna received her Bachelor of Science and Doctor of Pharmacy degrees from UNC-Chapel Hill and is a Board Certified Pharmacotherapy Specialist.

Lachesis Press

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LINDA YARON WESTON

MINDFULNESS FOR YOUNG ADULTS

Tools to Thrive in School and Life

MINDFULNESS FOR YOUNG ADULTS

LINDA YARON WESTON

Mindfulness for Young Adults: Tools to Thrive in School and Life is an interactive experience designed to enhance mindful awareness and to aid in teaching and learning the principles and practice of mindfulness.

Blending theory, research, and practice to offer a comprehensive program for young adults to build well-being tools, each of the book's five modules includes engaging information, strategies, meditations, and activities designed to deepen understanding and application of mindfulness. It includes practical techniques to cope with emotions, work with thoughts, navigate stress, build resilience, make aligned choices, and be more present in life and relationships. In addition to the reflection and meditation activities found at the end of each module, the text also features a "resources" section complete with a mock exam, tips for course design, and resources for further study.

Designed for both students and instructors, this workbook can be used independently or in the classroom as either a textbook to an introductory mindfulness course or as a supplement for teaching well-being practices in any discipline.

Linda Yaron Weston teaches at the University of Southern California. Blending her expertise in mindfulness and education, she developed their introductory mindfulness course. She is a National Board Certified Teacher with a dual M.Ed.

Routledge / December 2020

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Texts From Mittens

A Cat Who Has an Unlimited Data Plan...
and Isn't Afraid to Use it

Texts From Mittens

A Cat Who Has an Unlimited Data Plan...
and Isn't Afraid to Use it

Angie Bailey

Angie Bailey

"Each installment of Texts From Mittens is like a little gift to brighten your day!" -Kate Benjamin, Hauspanther founder and co-author of Catification with Jackson Galaxy

"Texts From Mittens makes me wish my cat had thumbs! This is a hilarious book; Angie Bailey has done it again!" -Jeremy Greenberg, Author of Sorry I Barfed on Your Bed

"We all knew that cats were hilarious, but Ms. Bailey's sardonic cat quips really take their mannerisms, attitude and occasional apathy to another level." -Susan Michals, Curator of Cat Art Show Los Angeles

Texts from Mittens is a series of text message conversations between a snappy, self-absorbed housecat named Mittens and his long-suffering human, a single woman who works away from home during the day. Mittens relentlessly hassles his human all day long, while only taking breaks to watch Judge Judy, hang with his best friend Stumpy, complain about the antics of Drunk Patty the neighbor, ask Grandma for money to buy useless items from QVC, and harass the "filthy beast" dog, Phil.

Come home! There's an emergency!
What?? Are you OK?
My dish is half empty!
I'll be home soon.
You wish starvation upon me!
Stop being dramatic.
Am weak. Caan hasrdly tyype.

Are you going to wear those black pants on your bed?
Yes. I have a date.
They're comfortable.
Mittens, get off my pants!
FYI: Poly-blend makes your butt look big

Angie Bailey is an award-winning writer and blogger, humorist, and professional member of the Cat Writers' Association. Her primary blog, Catladyland, has won many awards, and her humor writing is featured nearly daily on Catster.com, one of the most popular cat sites on the Web. She loves to photograph her cats in silly poses and sleeps with one eye open. And yes, she has three cats.

Hanover Square / August 2021

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The Healing Otherness Handbook

Overcome the Trauma
of Identity-Based Bullying
and Find Power in Your Difference

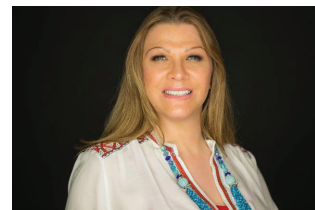
STACEE REICHERZER, PhD

Were you the victim of childhood bullying based on your identity? Do you carry those scars into adulthood in the form of anxiety, depression, post-traumatic stress disorder (PTSD), dysfunctional relationships, substance abuse, or suicidal thoughts? If so, you're not alone. Our cultural and political climate has reopened old wounds for many people who have felt "othered" at different points in their life, starting with childhood bullying. This breakthrough book will guide you as you learn to identify your deeply rooted fears, and help you heal the invisible wounds of identity-based childhood rejection, bullying, and belittling.

In *The Healing Otherness Handbook*, Stacey Reicherzer—nationally known transgender psychotherapist and expert on trauma, otherness, and self-sabotage—shares her own personal story of childhood bullying, and how it inspired her to help others heal from the same wounds. Drawing from mindfulness-based cognitive-behavioral therapy (CBT), Reicherzer will help you gain a better understanding of how past trauma has limited your life, and show you the keys to freeing yourself from self-defeating, destructive beliefs.

If you're ready to heal from the past, find power in your difference, and live an authentic life full of confidence—this handbook will help guide you, step by step.

Stacey Reicherzer, PhD, is a Chicago, IL, transgender counselor, educator, and public speaker [for the stories of the bullied, forgotten, and oppressed.] The San Antonio, TX, native serves as clinical faculty of counseling at Southern New Hampshire University, where she received the distinguished faculty award in 2018. She travels the globe to teach and engage audiences around diverse topics of otherness, self-sabotage, and imposter phenomenon. Dr. Reicherzer lives in Chicago, IL



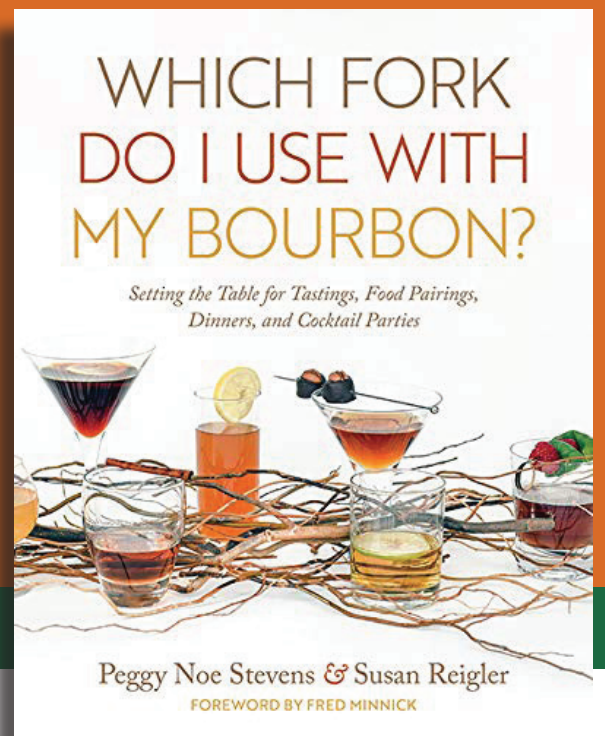
New Harbinger Publications

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WHICH FORK DO I USE WITH MY BOURBON?

Peggy Noe & Susan Reigler



"[A]n elegant book...helps us dream of party days ahead."
-Booze Dancing

"The book is as beautifully presented as the authors intend your bourbon tastings and parties to be."
-Travel Distilled

A good bottle of bourbon should be enjoyed in good company. During their travels in bourbon country and beyond to conduct tastings and seminars, entertainment experts Peggy Noe Stevens and Susan Reigler often heard the question, "How do I do this in my home?" This book is their definitive answer. *Which Fork Do I Use with My Bourbon?* offers a step-by-step guide to hosting a successful bourbon-tasting party—complete with recipes, photos, and tips for beginners and experienced aficionados alike.

From decorations to glassware, this one-stop resource will guide readers from the day they mail invitations to the moment they welcome guests through the door. Alongside their favorite snack, entrée, dessert, and cocktail recipes, Stevens and Reigler offer expert tricks of the trade on how to set up a bar, arrange tables, and pair recipes with specific bourbons. Once readers are ready, Stevens and Reigler move on to advanced pairings for the bourbon foodie and present two innovative examples of tasting parties—a bourbon cocktail soiree and, of course, the traditional Kentucky Derby party. Inspired by the hosting traditions of five Kentucky distilleries, this book will introduce casual fans to bourbon-tasting methods and expand the expertise of long-time bourbon enthusiasts.



Peggy Noe Stevens is president of Peggy Noe Stevens & Associates, founder of the Bourbon Women Association, and the first female master bourbon taster in the world. A lifestyle expert, she is also a professional speaker. As an inductee to both the Bourbon and Whiskey Halls of Fame, she has planned hundreds of experiences and events globally over the last thirty years, often working with distilleries and master distillers.

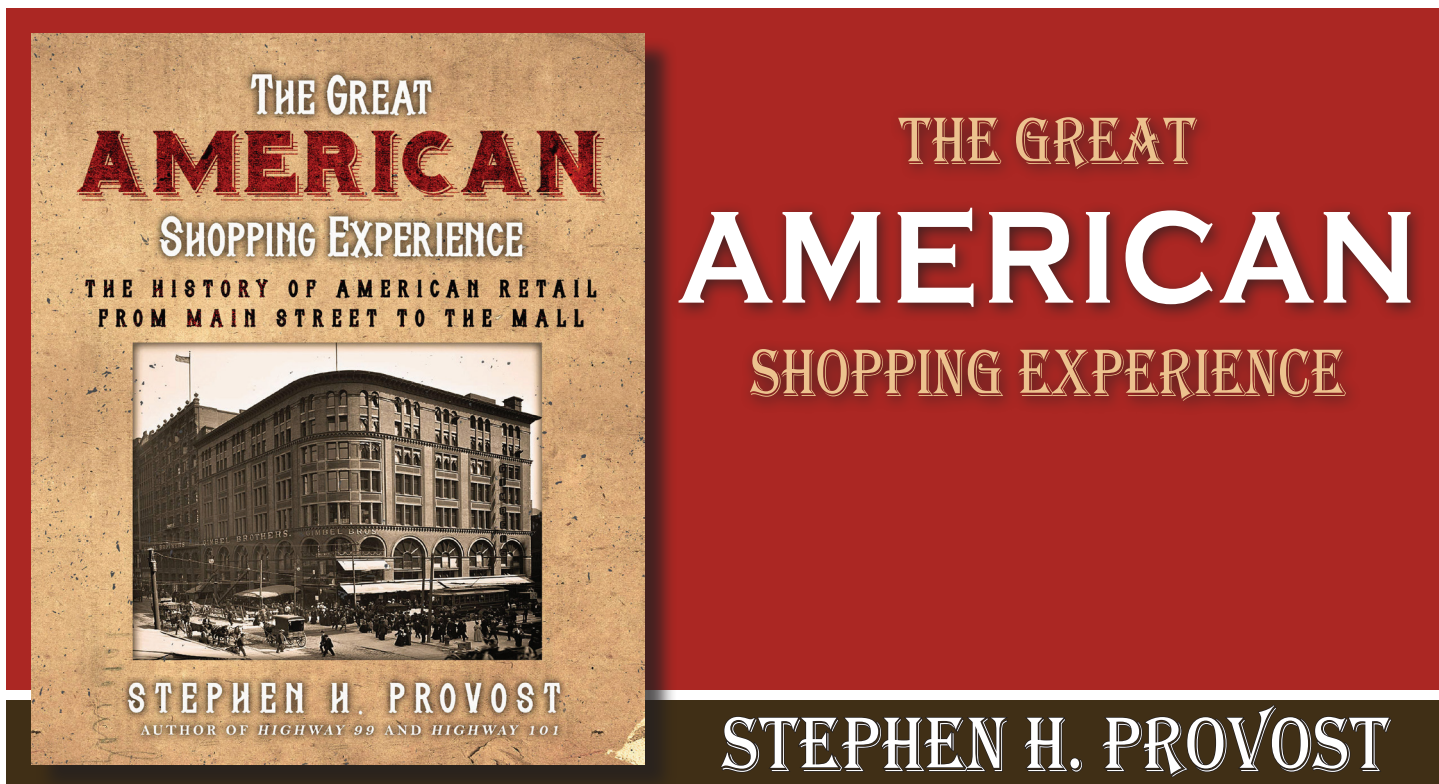
Susan Reigler is a former restaurant critic for the Louisville Courier-Journal and a current correspondent for *Bourbon+* and *American Whiskey* magazines. She has also authored or coauthored six books on bourbon, including *Kentucky Bourbon Country: The Essential Travel Guide* and *The Kentucky Bourbon Cocktail Book*. In 2019, she was inducted into the Order of the Writ.



University Press of Kentucky / April 2020

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A fun, nostalgic look at the great American stores of yesteryear and their rise and fall.

The wealthy and leisured lady of the 1920s shopped in a palatial downtown department store with a restaurant, beauty parlor, movie theater, and live orchestra—the harried suburban mom of today rushes her purchases through the self-checkout at the big box store. ***The Great American Shopping Experience*** explains how this transformation happened in a fascinating and entertaining history of the growth and decline of America’s massive retail empires.

From the humble 19th century dry goods store to the majestic department stores of the early 20th century to the shopping malls and outlet stores of today, ***The Great American Shopping Experience*** tells the romantic story of Americans’ relentless pursuit of the better bargain, surveying the changing fashions, social ideals, and marketing innovations that created shopping as we know it.

The Great American Shopping Experience also takes a nostalgic look back at the stores we loved, from the small regional stores that were gobbled up to the big chains that still survive today. If you’ve ever wondered what happened to your favorite store, ***The Great American Shopping Experience*** has the answers.

A popular history that is both fun and compelling, ***The Great American Shopping Experience*** tells an epic story of capitalism’s powers of creative destruction, the repeated transformation of American society, fortunes made and unmade—and the great times and amazing deals we had along the way.

Stephen H. Provost is an author and journalist who has worked as an editor, columnist, and reporter at multiple newspapers. His previous books include *Fresno Growing Up: A City Comes of Age 1945–1985*; *Highway 99: The History of California’s Main Street*; *Highway 101: The History of El Camino Real*; and the fantasy novels *Memortality* and *Paralucidity*. He resides in Martinsville, VA.

Craven Street Books / November 2021

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The Helper's Journey

Dale G. Larson

Dale G. Larson

The Helper's Journey

*Empathy,
Compassion,
and the Challenge
of Caring*

Second Edition

The power of empathy and compassion is revolutionizing our approach to person-centered counseling and caregiving. The new edition of *The Helper's Journey* builds on themes of altruism and purpose in life, which were presented in Larson's bestselling first edition. Drawing from the field of positive psychology, it explores the brighter side of human nature and helping. Real-world caregiver experience in hospice and palliative care, oncology, and counseling bring to light fresh perspectives. New research on empathy, altruism, resilience, the helping relationship, and empathetic counseling skills are illuminated through clinical vignettes and verbatim helper disclosures. This book charts a clear path to clinical effectiveness and personal growth for providers of compassionate, person-centered care.

Dale G. Larson, PhD is a Professor of Counseling Psychology at Santa Clara University, where he directs the graduate Health Psychology Program. A national leader in end-of-life research, theory, and training, he co-directed a national mental health skills training program for hospice workers and was Senior Editor and a contributing author for *Finding Our Way: Living with Dying in America*, a national newspaper series which reached seven million Americans. Dale Larson is a Fulbright Scholar, a Fellow in the American Psychological Association, a clinician, and publishes widely on grief and grief counseling, end-of-life issues, self-concealment, professional stress and stress management, and counselling skills. In 2016 Dr. Larson was honored with the Death Educator Award by the Association for Death Education and Counseling.

Research Press / January 2020

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HOLLOWED OUT



A **WARNING** About America's
Next Generation

JEREMY S. ADAMS

HOLLOWED OUT

JEREMY S. ADAMS

America's teachers know something has gone terribly wrong. It's an open secret that civic and social decline has left our young people hollowed out—their reason undeveloped, their values uninformed, and their humanity diminished.

Digital hermits, students have little interest in marriage and family. They sometimes sneer at patriotism, often sympathize with riots and vandalism, and frequently despise the heroes who build the free, fair, and prosperous society they seek to dismantle. Often friendless and depressed, they eat alone, study alone, and even 'socialize' alone.

These problems have festered for years, but lockdowns and social distancing have magnified them, and educators are watching a generation slip from their grasp.

In *Hollowed Out*, Jeremy S. Adams, one of America's best high school teachers, reveals why America's students have rejected the wisdom, culture, and institutions of Western civilization. But though the cult of radical individualism has usurped personal responsibility, he insists there is still hope that parents, teachers, and other leaders can revive the souls of America's hollowed-out generation.

Jeremy S. Adams, a high school and college political science teacher, was named California Teacher of the Year in 2014. His writing on politics and education has been featured in the *Los Angeles Times*, the *Washington Post*, C-SPAN, the *Huffington Post*, the *Seattle Times*, the *Sacramento Bee*, and *The Educator's Room*. A graduate of Washington & Lee University and the author of three previous books, Adams is married to his high school sweetheart, Jennifer, and is the father of three children.



Regnery Publishing / August 2021

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CREATE CONNECTIONS

Rhonda Williams, EdD

Sameen DeBard & Joseph Wehrman, PhD

Create Connections: How to Facilitate Small Groups

offers fun and insightful techniques and resources for developing the necessary skills to facilitate groups. While small-group work is the most time-efficient and functional way of developing non-cognitive competencies, direct instruction in teaching facilitation skills for those leading these groups is also necessary. Intention, purpose, thought, structure, and lesson planning are essential components to initiate a meaningful group experience.

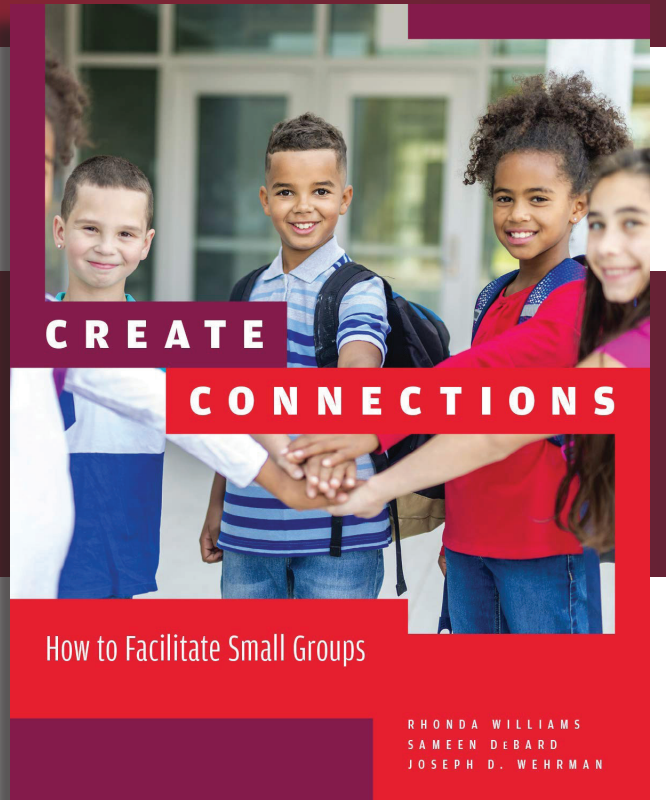
The focus of this book is to guide the facilitator on how to lead engaging activities that will be applicable in everyday life for the participants. **Create Connections** is designed to help school counselors, therapists and psychologists explore, in detail: group facilitator skills; member dynamics; and thought-provoking initiatives within the included lesson plans. People commonly assume that creating, developing and implementing a group is an easy task of simply convening a collection of like-minded individuals together. Rather than haphazard group development, we suggest a structured, intentional and purposeful group selection and process. This book is designed to help make the group-development process both enjoyable and productive. The more one front-loads the planning process, the easier it will be to create connections in your group.

Rhonda Williams, EdD is a professor in the Counseling and Human Services Department at the University of Colorado, where she serves as the School Counseling Program Coordinator. She has served as President-Elect and President in both Colorado and Kansas School Counselor Associations, and is currently the Executive Director of the Colorado School Counselor Association. At the national level, Williams has served as ASCA Ethics chair, and Ethics Co-Chair for 7 years. Rhonda has received the Colorado Middle School Counselor of the Year award, and the American School Counselor Association Middle School Counselor of the year and most recently the ASCA Counselor Educator of the Year. She was recently awarded the inaugural Rhonda Williams Lifetime Achievement Award from the Colorado School Counselor Association. Dr. Williams continues to pursue her interest and research in experiential education, bullying behavior and adolescent and gender issues. She was the co-coordinator for the First Lady's Reach Higher Convening at the University of Colorado, Colorado Springs in the summer of 2016. **Sameen Noorulamin DeBard** has provided training for teachers and school counselors throughout the United States on effective facilitation skills for small groups and advisory programs. DeBard is an adjunct faculty member at the University of Colorado, Colorado Springs and a group facilitation trainer/consultant. **Joseph Wehrman, PhD**, currently serves as the Department Chair for Counseling and Human Services at the University of Colorado, Colorado Springs. He is an Associate Professor for the Counseling and Human Services program at the University of Colorado. He is a former faculty member of The Citadel in Charleston, SC, a former coordinator of the counseling and leadership program with the United States Air Force Academy, and a former coordinator of the Clinical Mental Health track. He has expertise and a long history of service in the areas of early childhood, child development, and counseling children and families.

Research Press / September 2019

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GREAT *Pajama* JOBS

Your Complete Guide to Working from Home



KERRY HANNON

WILEY

GREAT *Pajama* JOBS

KERRY HANNON

Find out how to secure and thrive in a work-from-home or remote-access job. Get out of your work clothes and into pajamas for good!

Did you fall in love with working from home during the months of coronavirus restrictions? Is working in your pajamas appealing? Do you want to earn some income on the side?

In 2020, the workplace has been transformed and working from home has exploded. It may, in fact, be the new reality of working for many of us, some fulltime, some as a hybrid work scenario.

With some information and expert guidance, you can transform your workday, take control of your time, and explore exciting new opportunities. *Great Pajama Jobs: Your Complete Guide to Working from Home* is your playbook.

Until recently, you may have gone to an office that was uninspiring or chaotic, or spent a large part of your busy day responding to emails and working on computer-tasks that could easily be accomplished from home. You may have spent hours commuting each day.

Then too, you may be a military spouse in search of an ideal remote job to take with you to a new base, or you may need to manage your personal health issues or caregiving duties. Or you may simply want to inch a little closer to a more favorable work-life balance. The truth is you may need the autonomy and flexibility of working remotely for a myriad of reasons.

Great Pajama Jobs is your ultimate guide to finding a job where you can work remotely and advance your career while working in pajamas (or certainly something more comfortable than traditional work garb).

Kerry Hannon is a nationally recognized expert and strategist on career transitions, personal finance and retirement. She is a frequent TV and radio commentator and a sought-after keynote speaker at conferences across the country. She has spent more than two decades covering all aspects of careers, business and personal finance as a columnist, editor, and writer for the nation's leading media companies, including *The New York Times*, *Forbes*, *Money*, *U.S. News & World Report*, and *USA Today*. She has appeared as a career and financial expert on *The Dr. Phil Show*, ABC, CBS, CNBC, NBC Nightly News, NPR, and PBS.

Wiley / August 2020

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TEETERING

KEN REES

"Teetering gives a voice to some of the most underserved and misunderstood Americans today."
—FROM THE FOREWORD BY ROBERT L. JOHNSON, FOUNDER OF B.E.T.

TEETERING

Why So Many Live On A Financial Tightrope And What To Do About It



Economic instability and accelerating change are here to stay. To complicate that new reality, according to a study published in the Quarterly Journal of Economics, we are now living in a time in of the largest discrepancy between the top 1% and the rest of the population since the Gilded Age. TEETERING explains how to deal with unexpected debt and job and career adjustments experienced by the growing population of Tightropers, who are navigating their uncertain times. Tightropers consist of: millennials who are paying off student debt while overwhelmed by the cost of housing; mid-lifers, who are supporting aging family members, dealing with medical challenges, and financing their children's education in a shaky career economy; and entrepreneurs who are using their savings to cash in on their dreams.

Tightropers themselves are creative, responsible and resourceful heroes. TEETERING goes beyond the "unbanked" world and champions the need for a new generation of financial services based on technology innovation, Silicon Valley investment, and a reorientation of traditional financial institutions.

With its blend of grassroots insight from Tightropers themselves, compelling new research, and analysis that frequently challenges common assumptions, TEETERING adds an important perspective on increasing financial pressures that stress people at every level: millennials, hard-working middle class families, entrepreneurs, workers in the gig economy, and mid-lifers trying to fulfill the responsibilities of unexpected care-giving situations. All of whom live rich lives balancing family, community, and in many cases multiple jobs. They need fast-paced solutions to match the world in which they succeed.

KEN REES is widely profiled and quoted in national media including The Corner Office column of the NY Times, and business media such as CNBC. He is a high-profile influencer in the financial-technology community. He is founder, CEO and Chairman of the Board of Elevate, a financial-technology company he took public in 2017. Elevate is a leading provider of online credit in the US and UK and has originated over 7 billion in credit to over 2 million non-prime consumers. More recently Mr. Rees founded Covered, a company dedicated to using newly available data sources to replace traditional financial services.

Radius Diversion / March 2021

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We Need to Talk: A Memoir About Wealth

JENNIFER RISHER

We Need to Talk: A Memoir About Wealth

JENNIFER RISHER



"In an era of income inequality, her book, which offers discussion questions about money and wealth throughout, offers a starting point for an uncomfortable subject of increasing importance to everyone...candid and topical." -Kirkus Reviews

An enlightening, deeply personal story written with introspection and grace, We Need to Talk explores how financial success impacts friendships, children, charity, and family. You need to read this book.

-Scott Cook, co-founder of Intuit and member of the Giving Pledge

Too often we either envy or disparage the wealthy. Rarely do we think about them as 'just like us.' But in this heartfelt memoir, Risher walks us through both the advantages and the challenges that wealth cultivates. Ultimately, as she says, 'We are all ninety-nine percent the same.' In a particularly divided country, it is helpful to be reminded of the fact that most of our needs and aspirations—for security, for health, for connection, and for love—are the same regardless of our bank account. -Madeline Levine, PhD, author of *The Price of Privilege*, *Teach Your Children Well*, and *Ready or Not*.



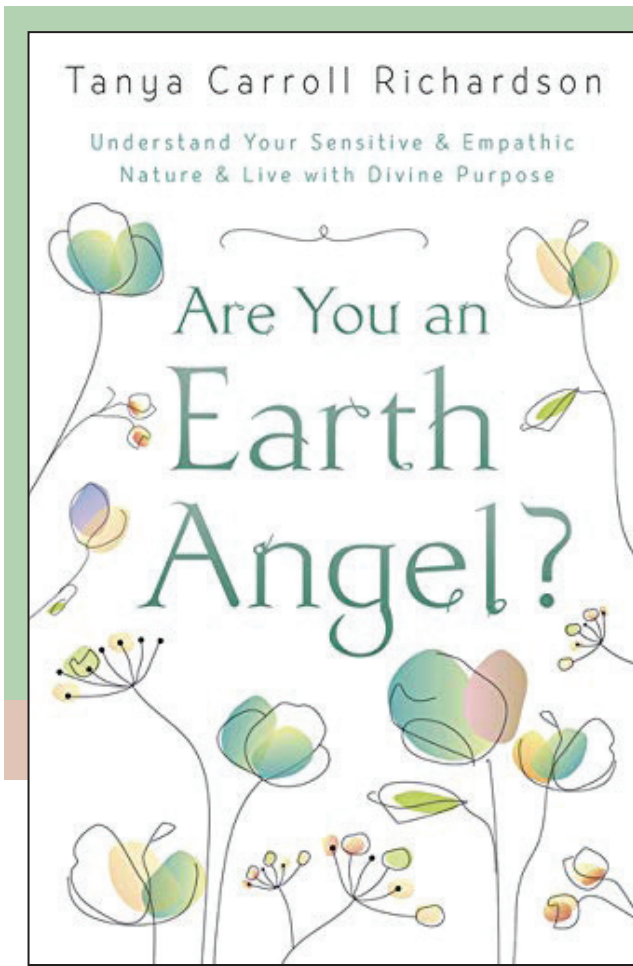
When Jennifer Risher joined Microsoft in 1991, she met her husband, and with him became an extra-lucky beneficiary of the dot-com boom. By their early thirties, they had tens of millions of dollars. Today, there are millions of people like her. Jennifer's thought-provoking, personal story includes the voices of others in her demographic and explores the hidden impact of wealth on identity, relationships, and sense of place in the world. At a time when income inequality is a huge problem, our country's economic system is broken, and money is still a taboo subject even among those closest to us, this engaging, introspective memoir is essential reading: a catalyst for conversation that demystifies wealth and inspires us to connect.

Jennifer Risher was born in Seattle, Washington, grew up in Oregon, and graduated from Connecticut College. She joined Microsoft in 1991 where she worked as a recruiter and then as a product manager. She and her husband, David, have two daughters and live in San Francisco, where David is CEO of Worldreader, a nonprofit he cofounded with a mission to create a world where everyone is a reader. *We Need to Talk* is Jennifer's first book.

Xeno Books / September 2020

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Are You an Earth Angel?

Tanya Carroll Richardson

**Understand, Honor & Protect
Your Sensitivity & Destiny**

Discover what it means to be a compassionate earth angel—a highly sensitive and empathic person who loves to give to others. This timely book teaches you to celebrate and maximize your sensitivity to be of greater service to the world. Explore the characteristics earth angels share, their biggest strengths and challenges, and self-care guidelines to follow.

Professional intuitive and bestselling author Tanya Carroll Richardson offers practical, grounded ways to align with your earth angel destiny and live with more purpose. Through enlightening quizzes, hands-on exercises, engaging stories, and intuitive practices, Tanya helps you master your abilities and create better emotional and energetic boundaries. This unique book also addresses earth angel burnout and provides antidotes so you can enjoy a balanced, magical life.

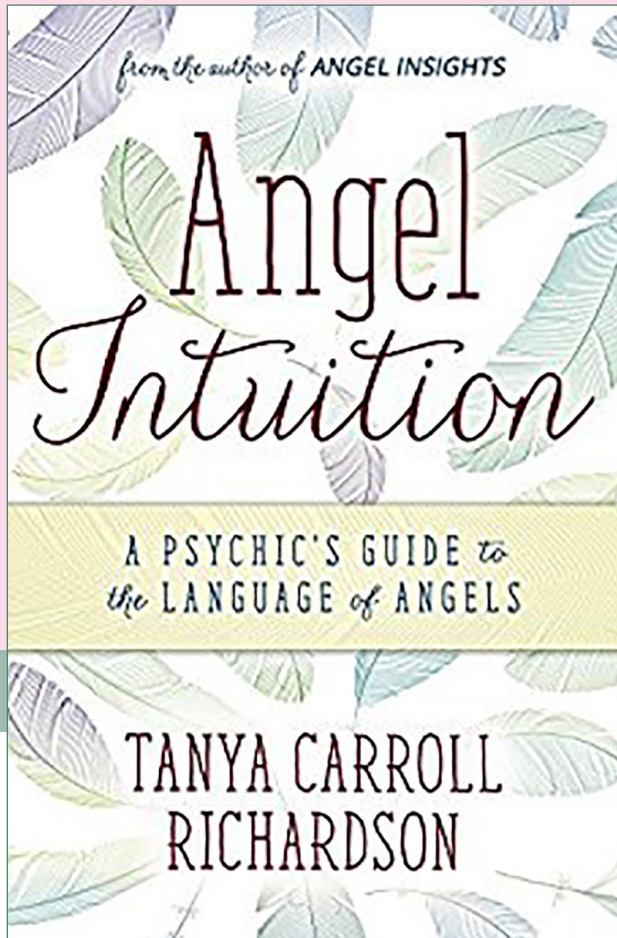
Tanya Carroll Richardson is a self-improvement/spiritual author, professional intuitive, and regular contributor to MindBodyGreen.com. Her books include Self-Care for Empaths, Are You an Earth Angel?, Angel Intuition, Angel Insights, Forever in My Heart: A Grief Journal, Heaven on Earth, and Zen Teen. Tanya is also the author of the page-a-day calendar A Year of Self-Love.



Llewellyn Publications / June 2020

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Angel *Intuition*

TANYA CARROLL RICHARDSON

Have you ever wondered what it's like to be a psychic, or how psychics use their intuition? Get a look into the life of a professional psychic with Tanya Carroll Richardson's new book *Angel Intuition*. An intuitive who works with clients all over the world, Tanya teaches you all about your sixth sense, provides you with tips and insider knowledge, and guides you on improving your own intuition with tons of fun exercises.

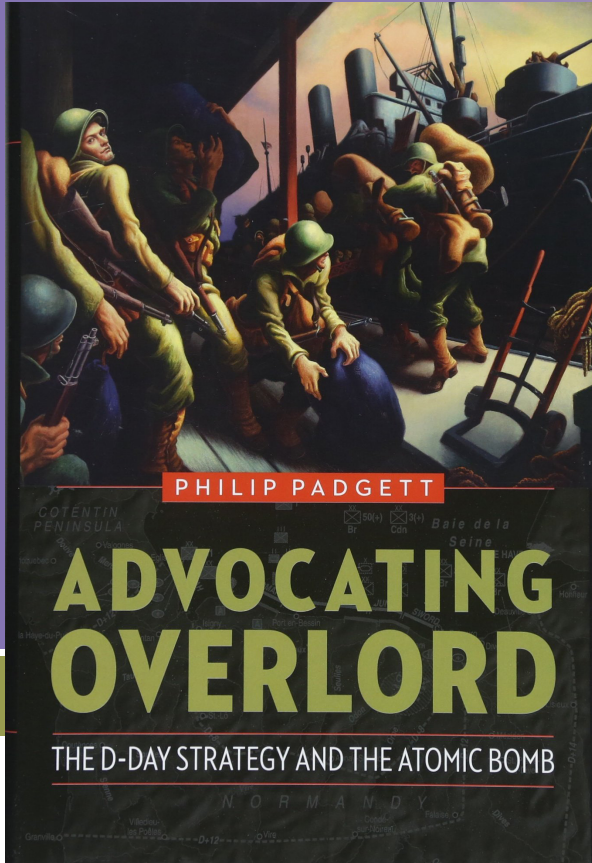
Tanya is an angel expert and picks up where she left off in her first Amazon-bestselling angel book, *Angel Insights*, offering even more information about angels as well as spirit animals, ascended masters like Buddha and Mother Mary, archangels, and the soul's own higher self.

Learn how psychics receive information via the four clairs (clairaudience or hearing intuitive guidance, clairvoyance or seeing intuitive guidance, claircognizance or knowing intuitive guidance, and clairsentience or feeling intuitive guidance). Read about the intuition spectrum and take a quiz to learn where you fall on it. Learn about sensitivity and take a quiz to help you get more in touch with and understand your sensitivity. Discover the 12 most common ways that angels send you guidance (besides the four clairs, this includes synchronicities, angel numbers, dreams, oracle cards, music, angel nudges, wise words from people in your life, and more). Learn the 25 Golden Rules of Intuition—or what to emphasize and what to watch out for.

Tanya is a regular contributor to popular wellness site MindBodyGreen.com, and her writing style is insightful, down-to-earth loving, and encouraging. You might be reading a book by a professional psychic, but it will feel like a chat with an old friend—an old friend who has a lot to teach you about your helpers in the Spirit world and how to improve your intuition to live at your highest potential.

Llewellyn Publications / December 2018 Translation Rights Available

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ADVOCATING OVERLORD

PHILIP PADGETT

"Advocating Overlord is a welcome reminder of what can be accomplished when allied nations' military and political leaders overcome national biases and rival-

ries to recognize common interests."-Francis P. Sempa, New York Journal of Books

"Well there it is. It won't work, but you must bloody well make it," said the chief of Britain's military leaders, when he gave orders to begin planning for what became known as Operation Overlord. While many view D-Day as one of the most successful operations of World War II, most aren't aware of the intensive year of planning and political tension between the Allies that preceded the amphibious military landing on June 6, 1944. This intriguing history reveals how President Franklin D. Roosevelt, while on a fishing trip in the middle of World War II, altered his attitude toward Winston Churchill and became an advocate for Operation Overlord.

Philip Padgett challenges the known narrative of this watershed moment in history and illuminates the diplomatic link between Normandy and the atomic bomb. He shows how the Allies came to agree on a liberation strategy that began with D-Day—and the difficult forging of British and American scientific cooperation that produced the atomic bomb. At its core this story is about how a new generation of leaders found the courage to step beyond national biases in a truly allied endeavor to carry out one of history's most successful military operations.

Philip Padgett spent forty years working in national security and preparedness analysis in the military, government, and the private sector. As deputy intelligence adviser at the U.S. Arms Control and Disarmament Agency, he supported negotiations for five international treaties and agreements. On contract, he has led integrated analyses for studies of the East-West military balance, nuclear doctrine and deterrence, NATO command and control, and arms control compliance monitoring. In his retirement Padgett joined the Federal Emergency Management Agency's Reserve Corps and assisted in national emergencies such as Superstorm Sandy.

Potomac Books / May 2018

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"GRAB THIS BOOK AND DEVOUR IT. IT JUST MIGHT BE THE CATALYST THAT CHANGES YOUR LIFE." - HERSCHELL GORDON LEWIS

HOW TO WRITE & SELL SIMPLE INFORMATION FOR FUN AND PROFIT

YOUR GUIDE TO WRITING AND PUBLISHING BOOKS,
E-BOOKS, ARTICLES, SPECIAL REPORTS, AUDIO
PROGRAMS, DVDS AND
OTHER HOW-TO CONTENT



Robert W. Bly
WITH FRED GLEECK

HOW TO WRITE & SELL SIMPLE INFORMATION FOR FUN AND PROFIT

Robert W. Bly

"A full picture of today's evolved info-publishing opportunities . . . jammed with valuable insights. Not to mention, Bob gives rock-solid instructions on how to make it all happen. Great stuff!"

-John Forde, six-figure copywriter and founding editor, copywritersroundtable.com

Packed with income-generating ideas about creating a variety of saleable written works, this guide includes information for researching and writing effective, instructional materials and calling upon a variety of publishing channels, including magazines, traditional book publishers, self-publishing, and the Internet. The mechanics behind becoming a successful writer and information packager are presented in this resource that explores how to write and sell simple information in multiple formats, allowing writers to turn specialized knowledge into money-making books and products.

Robert W. Bly is the author of more than 70 books, including *The Complete Idiot's Guide to Direct Marketing* and *The Copywriter's Handbook*. His articles have appeared in numerous publications, including *Amtrak Express*, *Cosmopolitan*, *Bits & Pieces for Salespeople*, *DM News*, and *Writer's Digest*. He lives in Dumont, New Jersey.

Quill Driver Books

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Skillstreaming in the Elementary School

Ellen McGinnis

Skillstreaming in the Elementary School

Student Workbook

Ellen McGinnis

Skillstreaming in the Elementary School: Student Workbook helps children move from classroom modeling to real world mastery of the 60 pro-social skills introduced in the instructional curriculum Skillstreaming the Elementary School Child. Thirty new activities help students learn to generalize and refine social-emotional skills such as making friends, dealing with their feelings, alternatives to aggression and coping with stress. These activities assist students in not only learning the Skillstreaming process, but key social nuances that will help them be more successful in their skill use.

Ellen McGinnis, PhD, holds degrees in elementary education, special education, and school administration. She has taught elementary and secondary students in the public schools and has served as special education consultant in both public and hospital schools, school principal, special education director, executive director of student support services, and a program consultant at the state level. The author of numerous articles on identifying and teaching youth with emotional/behavioral disorders, she collaborated with Dr. Arnold P. Goldstein on early Skillstreaming books and is author of the most recently released editions of Skillstreaming in Early Childhood, Skillstreaming the Elementary School Child, and Skillstreaming the Adolescent. She is also co-author with Rich Simpson, PhD, of Skillstreaming Children and Youth with High-Functioning Autism and Social Skills Success for Students With Asperger Syndrome and High-Functioning Autism.

Research Press / January 2020

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Skillstreaming the Adolescent

Ellen McGinnis

Skillstreaming the Adolescent

Student Workbook

Ellen McGinnis

Skillstreaming the Adolescent helps reinforce the 50 social-emotional skills learned in the Skillstreaming the Adolescent curriculum. Students learn through discussion, exploration and practice of essential life skills. Thirty new activities help students learn to start conversations, ask for help, deal with their feelings, find alternatives to aggression, manage stress and develop planning skills. The Student Workbook jumpstarts student learning, structures the Skillstreaming teaching process for both new and experienced group leaders, and is an excellent tool for promoting parental involvement.

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Skillstreaming

in Early Childhood

Ellen McGinnis
Shawnda K. Goerish

Skillstreaming in Early Childhood

Lesson Plans and Activities

Ellen McGinnis • Shawnda K. Goerish

Skillstreaming in Early Childhood Lesson Plans and Activities is an engaging skill-building component designed to supplement the curriculum of the highly interactive Skillstreaming in Early Childhood program. Lesson Plans and Activities provides a comprehensive resource that instructors and school counselors can use to help children move successfully from skill introduction to confident mastery in real life social situations. Students can learn important strategies, such as how to set goals, solve problems, develop impulse control, cooperate, anticipate consequences and think aloud. Age appropriate and fun exercises help children refine skills and successfully apply them in complex, human interactions, both in and out of the classroom. This manual features more than 350 easy-to-use lesson plans and related activities. In addition, there are over 160 printable exercises available for download.

Ellen McGinnis, PhD, holds degrees in elementary education, special education, and school administration. She has taught elementary and secondary students in the public schools and has served as special education consultant in both public and hospital schools, school principal, special education director, executive director of student support services, and a program consultant at the state level. The author of numerous articles on identifying and teaching youth with emotional/behavioral disorders, she collaborated with Dr. Arnold P. Goldstein on early Skillstreaming books and is author of the most recently released editions of Skillstreaming in Early Childhood, Skillstreaming the Elementary School Child, and Skillstreaming the Adolescent. She is also co-author with Rich Simpson, PhD, of Skillstreaming Children and Youth with High-Functioning Autism and Social Skills Success for Students With Asperger Syndrome and High-Functioning Autism.

Shawnda K. Goerish attended the University of Northern Iowa, graduating with a Special Education degree in Mental Disabilities K-12 and Behavior Disorders K-6. She began her teaching career in Saint Paul, Minnesota where she taught young students with severe emotional and behavior disorders. Shawnda moved to Des Moines, Iowa and began teaching at Orchard Place, a residential treatment school. She worked with young students for five years. For the past 14 years she has worked as a special education support teacher, where she supports teachers with instructional and behavior strategies. Shawnda has provided numerous trainings and workshops for educators on Skillstreaming, social skills instruction, de-escalation strategies, avoiding power struggles, classroom management, and positive behavior interventions and supports.

Research Press / June 2019

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BE A STARTUP SUPERSTAR



STEVEN MARK KAHAN

If you're like so many recent college graduates, your current career bears little resemblance to what you imagined for yourself while still in school. You feel stuck. Stuck in an unfulfilling job, where the prospects of advancement and earning an excellent income seem light-years away. You have the education, the business acumen, and the ambition to succeed, but things are at a standstill.

Do you ever ask yourself: Why is it that all of the massive success stories appear to come from the tech world? You're not alone. Author Steven Mark Kahan was in your situation and found a way to build a great career and achieve immense financial and personal success. Steve will be the first to admit that he knew nothing about tech when he started his journey through the world of tech startups. But his willingness to take risks and jump on opportunities more than made up for his lack of technology skills and experience. In *Be a Startup Superstar*, Steve shows you where to find the best opportunities, how to take advantage of them, and how to choose a startup with the best chance for success.

Divided into two parts, this real-world guide enables you to find exceptional opportunities, seize them when the moment is right, and ignite your career in tech. Acknowledging that many startups fail, Part One focuses on how to mitigate the risks and provides you with the Five Key Traits to look for when selecting a tech startup before applying for a job. Part Two shares the Seven Keys to the C-Suite, the traits they don't teach you in college or on the job. These leadership attributes and an entrepreneurial mindset will separate you from the crowd and accelerate your career.

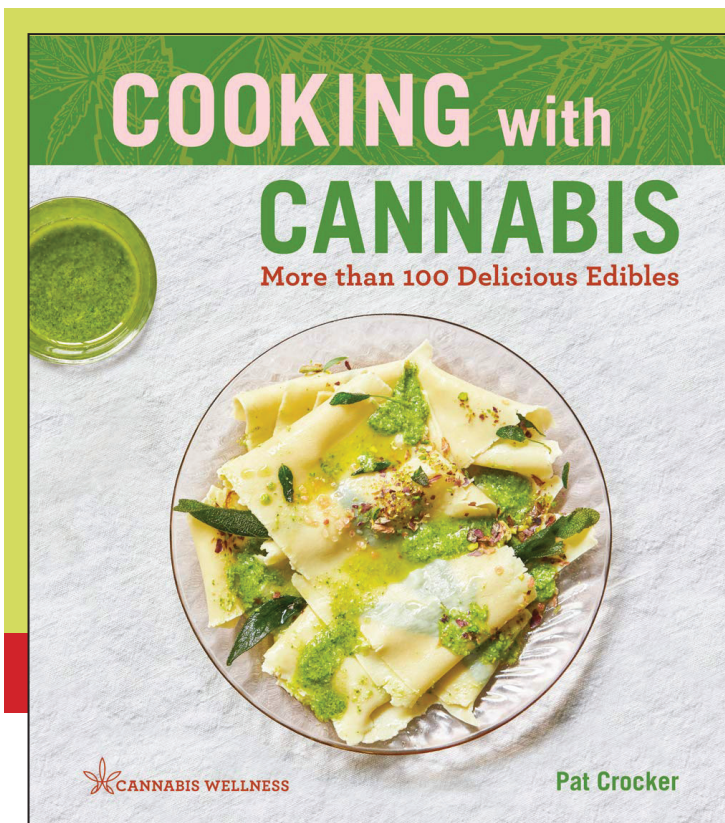
Be a Startup Superstar will help you make better decisions, get better outcomes, and raise your potential to the next level of success. There has never been a better time to stop climbing corporate ladders and start riding the tech startup rocket—straight to the top!

STEVEN MARK KAHAN is the CMO of Thycotic, an IT security company based in Washington, DC. An award-winning cybersecurity marketer and startup entrepreneur, Steve has successfully helped to grow seven startup companies from early-stage development to going public or being sold, resulting in more than \$3 billion in shareholder value. He is known for his ability to plan and execute marketing strategies that accelerate a company's revenue, grow its market share, and consistently deliver superior returns for its shareholders.

Wiley / November 2019

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COOKING with CANNABIS

Pat Crocker

Food to make you feel good! In 100+ recipes, Pat Crocker demonstrates how easy, safe, and delicious it is to cook with canna-

bis—especially with the help of her unique, foolproof dosing chart.

This cookbook makes it easy to master the art of cooking and baking with cannabis! More than 100 recipes feature a spectrum of single-serve dishes, from healthy to decadent, all of which include raw or decarboxylated cannabis (a heating process that converts THCA into psychoactive THC). Plenty of practical information covers key issues such as extracting the maximum benefit from cannabis, dosing, and infusing with cannabis, as well as tips for first-time users who wish to safely make delicious cannabis edibles. Every serving delivers 5mg THC, just the right amount to experience both the recreational and gustatory pleasures of cannabis. There are so many delicious choices for every meal—Canna-Pancakes or a Mini Quiche with Arugula & Smoked Salmon for breakfast, for example, or a Black Bean Burger or Asparagus-Stuffed Mushrooms for later in the day. You'll also find innovative riffs on popular snacks, like hummus and tostadas, along with a stellar list of desserts, including Grilled Bananas with Canna-Honey, Savory Pears, and Chocolate Truffles.

Teacher, photographer, and author of 22 cookbooks, Pat Crocker is first and foremost a culinary herbalist with more than 1.25 million books in print. She was honored twice by the International Herb Association's Professional Award for outstanding contributions to the Herb Industry, and also received the 2009 Gertrude H. Foster award from the Herb Society of America for Excellence in Herbal Literature. Her books, *The Juicing Bible* and *The Vegan Cook's Bible*, have won "Best in the World" awards from the International Gourmand Culinary Guild. Crocker has been growing, photographing, teaching, and writing about herbs, herb gardens, food, and healthy diets for more than two decades. She is the author of *The Herbalist's Kitchen*. She lives in Neustadt, Ontario, Canada.



Sterling / June 2020

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THE PROFESSIONAL YOGA TEACHER'S HANDBOOK

The Ultimate Guide for Current
and Aspiring Instructors



SET YOUR INTENTION, DEVELOP YOUR VOICE,
AND BUILD YOUR CAREER

SAGE ROUNTREE

Coauthor of *Teaching Yoga Beyond the Poses*

THE PROFESSIONAL YOGA TEACHER'S HANDBOOK

SAGE ROUNTREE

The ultimate guide to the yoga profession—at every stage of your teaching career

Yoga has helped you, and now you want to share what you've learned. Maybe you've just graduated from yoga teacher training, and you're wondering how to take your next steps. Or perhaps you've been teaching for a while, but you feel unsure about how to get a studio job, develop a workshop, establish clear boundaries with your students, or level up in your career.

Wherever you are, *The Professional Yoga Teacher's Handbook* will help you choose a wise path toward where you want to be. Sage Rountree mines her decades of experience as a yoga teacher, teacher trainer, and studio owner to offer guidance at every turn:

- Land your first job, and smartly manage your schedule, money, and energy
- Prepare outside the classroom to ensure that each class is a good one
- Keep pace with changing Yoga Alliance standards and the expanding world of online teaching
- React in real time to students' needs (and gently teach studio etiquette)
- Figure out whether you want to become a full-time teacher, own a studio, take private clients, lead yoga teacher trainings—or all of the above.

Throughout, thoughtful prompts encourage you to articulate your principles, vision, and plans. Instead of telling you *what* to teach, this book will guide you to your own answers—first and foremost, by asking: How can my teaching be of greatest service to my students?

Sage Rountree, PhD, E-RYT 500, is the co-owner of the three-studio Carolina Yoga Company and the author of eight other books, most recently coauthoring *Teaching Yoga Beyond the Poses*. Her teacher trainings draw students from around the world. She lives in Carrboro, North Carolina.



The Experiment / Fall 2020

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Between GRIT and GRACE

Sasha Shillcutt, MD

Women need to know it's okay to be kind and assertive.

Between Grit and Grace will show you that success comes when you are comfortable living in the space between grit and grace—grit meaning being resilient and taking charge of your life (socially-acceptable masculine attributes), and grace meaning showing others mercy (socially-acceptable feminine trait).

Author Sasha Shillcutt, MD, a nationally lauded, award-winning physician and speaker, will explain how to give yourself permission to disappoint nice people (and know that you are still a nice person anyway). You'll learn how to stop apologizing for showing your strength and grit, and embrace your grace, too. This is where personal peace lives.

Dr. Shillcutt, taught herself how to be a gritty, grace-filled leader and live authentically. Now, she wants to help other women be brave enough to do the same. Her passion is empowering and encouraging women to be brave enough in their professional and personal lives. She believes women cannot be too brave, too kind, too strong, too smart, too funny, too beautiful, or too authentic.

Using real-life stories—ranging from women in law and medicine to women in education—the book explains how women can be feminine and formidable. Leadership and lipstick are not mutually exclusive. You'll realize you can be bossy and caring, fearless and vulnerable, relentless and forgiving, smart and humble—and make it to the top. Across the space of ten chapters, you'll learn how to navigate the forces that have shaped the modern workplace while doing so with grit and grace. When a woman lives authentically—she succeeds.

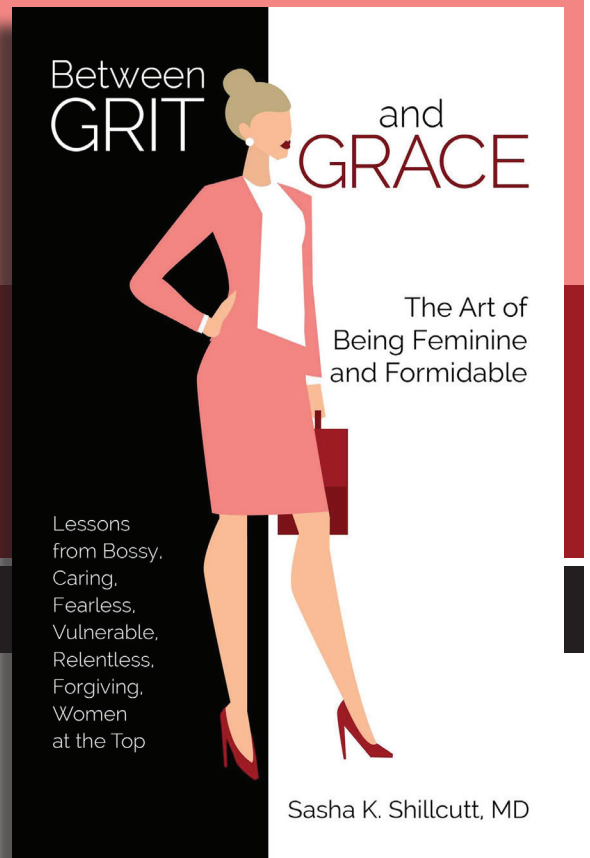


Sasha Shillcutt, MD, is a wife, mother, award-winning physician, clinical scientist, national educator, writer, and speaker. A board-certified cardiac anesthesiologist and tenured associate professor, she received a bachelors' degree in biology from William Jewell College, and her MD degree from the University of Nebraska Medical Center. After finishing a residency in anesthesiology during which she served as chief resident, she completed an executive fellowship in perioperative echocardiography at the University of Utah Medical Center. She has published close to 30 peer-reviewed scientific articles in professional journals including the prestigious *New England Journal of Medicine* and the *Journal of the American Medical Association* and contributed chapters to four books. In 2016, Sasha was awarded the national American Medical Association's Women Physician's Inspiring Physician Award by her peers.

Health Communications, Inc. / February 2020

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the
POWER of
POSITIVE
AGING

DAVID ALAN LEREAH, PHD

"David Lereah's book The Power of Positive Aging provides a no-nonsense, fact-based approach to tackling the challenges of aging with grace and dignity. A cancer survivor himself, his reflections enhance the reader's understanding of how growing old comes with 'inconveniences.' This informative how-to guide provides instructions and solutions for his vision of aging positively while at the same time fostering an age-friendly society that will benefit anyone who reads it." -Angela G. Gentile, MSW, RSW

Discover the extraordinary power of Positive Aging to prepare you for the greatest challenge of your life—growing old.

Americans now live longer than ever—a full 30 years longer than they did in the early 20th century. Our forever-young culture and personal expectations have not yet adapted to that change. These extra years can be a burden or an adventure, depending on your mental attitude. You can't fight the inevitable changes to your aging body, but author David Lereah says these changes are at worst inconveniences that won't prevent living a fulfilling life.

The Power of Positive Aging offers a practical training guide to successfully cope with the physical and mental decline that accompanies aging. Based on life lessons learned during Lereah's successful battle against cancer, The Power of Positive Aging gives readers an easy-to-follow program of mental and spiritual exercises teaching mindfulness and acceptance, plus strategies for pursuing a balanced life and seeking and accepting social support.

The Power of Positive Aging shows how simple lifestyle modifications will transform your everyday life, helping you to live more joyously for the rest of your years. Growing older can be the best part of living when you embrace the power of positive aging.

David Lereah is an economist, cancer survivor, motivational speaker, and founder of the nonprofit organization United We Age. He previously was the chief economist for the National Association of Realtors and the Mortgage Bankers Association. He is the author of four books, the most recent being All Real Estate Is Local. Lereah's economic commentary has regularly appeared in the Wall Street Journal, the New York Times, and Businessweek, and on CNN, CNBC, and other media. Lereah began his career on the faculties of the University of Virginia and Rutgers University. He earned his PhD in Economics from the University of Virginia. Lereah lives in Port St. Lucie, Florida.

Quill Driver Books / 2020

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"An essential resource ... adeptly shows how aging does not have to be the negative experience we've been taught it is."
—Lawrence R. Samuel, author of *Aging in America* and *Boomers 3.0*

the
POWER of
POSITIVE
AGING

SUCCESSFULLY COPING
WITH THE INCONVENIENCES
OF AGING

DAVID ALAN LEREAH, PHD

Aging Happy

How to
Knock Out
the Nonsense and Live the
Best Years
of Your Life

Raeleen Mautner, PhD

Aging Happy

Raeleen Mautner, PhD

As you grow older, the power to be happy is under your control.

The true story of the second half of life is having more, not less—more control over your life, more independence, more fun, more emotional connection, more real contentment, more happiness. **Aging Happy** teaches practical skills to manage your health, your finances, your personal relationships, and your attitude to make your coming years your happiest years.

Combining the wisdom of ancient Stoic philosophers with the latest research on human happiness, psychologist Raeleen Mautner presents an action plan for taking control of your own well-being and developing the mental flexibility to bounce back from life's inevitable disappointments with a can-do attitude.

Raeleen Mautner holds a research psychology Ph.D. (education & cognition) and in addition to specializing in body image, and general self-help behavioral strategies, also conducts cross-cultural lifestyle comparisons (US-Italy) in order to share some of the Italian "Old World" traditions with her readers, that may help enrich their lives. **AGING HAPPY** is for every woman over 40 who wants to bring out their innate beauty and change how they feel about themselves..



Quill Driver Books / November 2019

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THE DEAD STAGE

DAN WEATHERER

"The Dead Stage - the period of time between completing the working draft of a stage play and placing it with an interested party." - Dan Weatherer

Dan Weatherer, an author turned playwright, learned quickly that there are practices playwrights can implement to dramatically increase the appeal of their work.

Inside, you'll find advice that will enable you to better tailor your work to the needs of the theatre industry, without having to compromise on style, content or subject matter. Dan discusses his early mistakes, and presents the advice of notable theatre professionals including the award-winning playwright, Deborah McAndrew, noted actor Matthew Spence, and London Horror Festival producer, Kate Danbury (along with many, many more!).

You'll also be able to read several of Dan's completed stage plays, which are presented in a preferred industry format, and often contain side-notes detailing the success (and failures) of said pieces.

From budgets to set design, run-time to cast size, if you ever felt the desire to write for the stage, following the advice presented in this book will help improve your chances of pairing your script with an interested party, hopefully making The Dead Stage pass almost unnoticed.

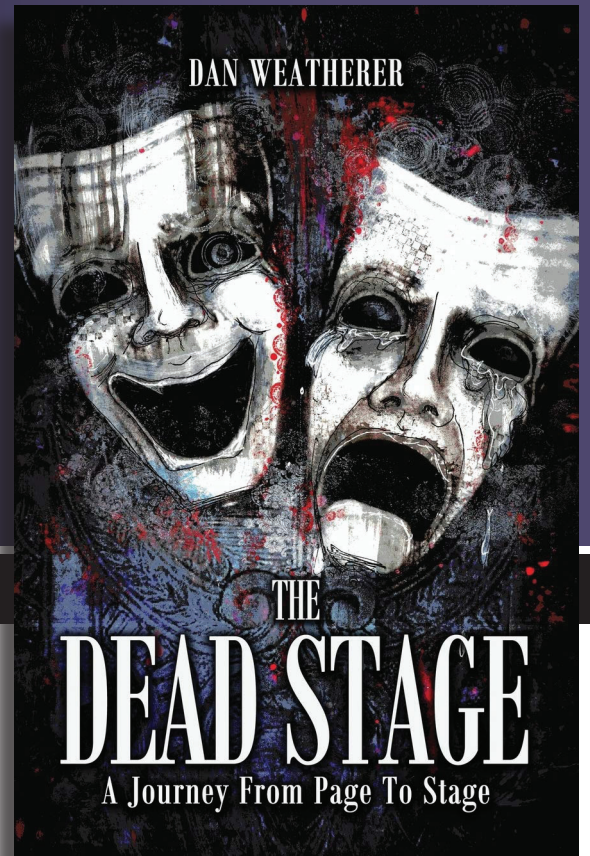


One of Dan Weatherer's first short story collections, *The Soul That Screamed*, was the winner of the Predators & Editors Readers' Poll 'Best Anthology in 2013. A further two collections *Only the Good Burn Bright* and *Neverlight* quickly followed. His first non-fiction book titled 'What Dwells Within', detailing the life's work of paranormal investigator Jayne Harris was released in 2015. Also in 2015, Dan was shortlisted for the prestigious position of Staffordshire Poet Laureate 2016-2018. In early 2017, *Neverlight* was shortlisted for the first annual Arnold Bennett Literary Prize. His fourth collection *Just Eventide*, was released in August of that year. 2017 also saw the release of Dan's historical novella, 'Crippen'. An accomplished playwright, Dan has been the winner of the Soundwork UK play competition, a finalist in the Blackshaw Showcase Award, and a two-time finalist of the Congleton Players One Act Festival. In 2019, Dan was nominated for a local Heroes award for his continued promotion of literacy and mental health issues in the city of Stoke on Trent. 2019 also saw the release of his non-fiction title *Sounds of a Madman*, where Dan discusses the issues surrounding living with Depression and Anxiety. *The Necessary Evils* was published late October, followed by Dan's debut novel, *The Tainted Isle*. Dan lives in Staffordshire with his wife Jenni and is a proud full-time dad to his daughter Bethany, and his son Nathan.

Crystal Lake Publishing

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Joy Fixes for Weary Parents

101 Quick, Research-Based Ideas
for Overcoming Stress and
Building a Life You Love

Erin Leyba, PhD

Joy Fixes for Weary Parents

Erin Leyba, PhD

"Joy Fixes for Weary Parents is the guide we have all been hoping for. Filled with practical ideas and research-based tips, this book will breathe new life into your parenting. Leyba is a sage

whose words, wisdom, and honesty are sure to fill your days with more joy and less stress."

-Mandy Arioto, president and CEO of Mothers of Preschoolers International and author of Starry-Eyed: Seeing Grace in the Unfolding Constellation of Life and Motherhood

"A couples counselor's advice on keeping romance, humor, love, and laughter alive! What family doesn't need that?"

-Emma Seppälä, PhD, Yale University Center for Emotional Intelligence, author of The Happiness Track

Modern parenting presents fresh challenges, including unrelenting time pressures, lack of support systems, and work demands, that often leave parents drained and worn-out. Erin Leyba, the mother of three young children, has been counseling parents on these issues for almost twenty years. She has developed techniques that help parents not only cope but also feel joy — in their parenting and in their relationships with their partners.

Leyba draws from the latest research about child development, attachment, successful marriages, and mindfulness to create effective, doable solutions for balancing, simplifying, and communicating. She presents powerful tools that parents can use right away to de-stress, stay energized, and create more warmth and passion with loved ones. Whether new, veteran, overwhelmed, exhausted, or just interested in doing better than they are, parents will find proven help here.

Erin Leyba, PhD, an individual and marriage counselor, specializes in helping parents of young children. In addition to her popular blogs, she speaks often to parenting and child-care groups. Leyba lives in the Chicago area.



Pegasus Books / 2020

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Everything you ever wanted to know about funeral etiquette but were afraid to ask

When is attending a funeral or memorial service “a must,” and when is it optional? Can a eulogy be funny? Can I scatter my brother’s ashes in the backyard? Should I place a death notice or an obituary? What’s the difference?

These are all questions that Florence Isaacs has been asked as a blogger for Legacy.com, a role that earned her the nickname of the “Dear Abby of Death.”

In ***Do I Have to Wear Black to a Funeral?***, she answers urgent questions about grief, funerals, different religious ceremonies, and more, offering practical guidelines for modern situations—and, yes, what to wear. Isaacs’ honest, often entertaining, responses provide no-nonsense information to millennials, while also helping older generations navigate new waters, like how to send condolences through social media. She offers fresh insights, plus an etiquette map of the right things to do and say, in her familiar, sensitive, and sincere style.

Florence Isaacs is the “Dear Abby of Death” and a freelance writer and author or coauthor of seven books, including the bestselling *Just a Note to Say...Perfect Words for Every Occasion*. For many years, she wrote two blogs every month for Legacy.com, the world’s largest commercial provider of online obituaries and memorials. She has contributed articles on health and relationships to a number of magazines and is a past president of The American Society of Journalists and Authors. She lives in New York City.



Countryman Press / January 2020

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PASS THE *POLENTA*
and other writings from the kitchen



"How appropriately named is Teresa Lust – her passion for food is in every word of her evocative *Pass the Polenta*. I'd like to be at the table when her platters come around."

–Frances Mayes, Author of the *New York Times* bestseller *Under the Tuscan Sun*

TERESA LUST

PASS THE *POLENTA*

TERESA LUST

"Food is not merely about calories and minimum daily requirements and metabolic pathways. At its very heart, food is about people."
-from *Pass the Polenta*

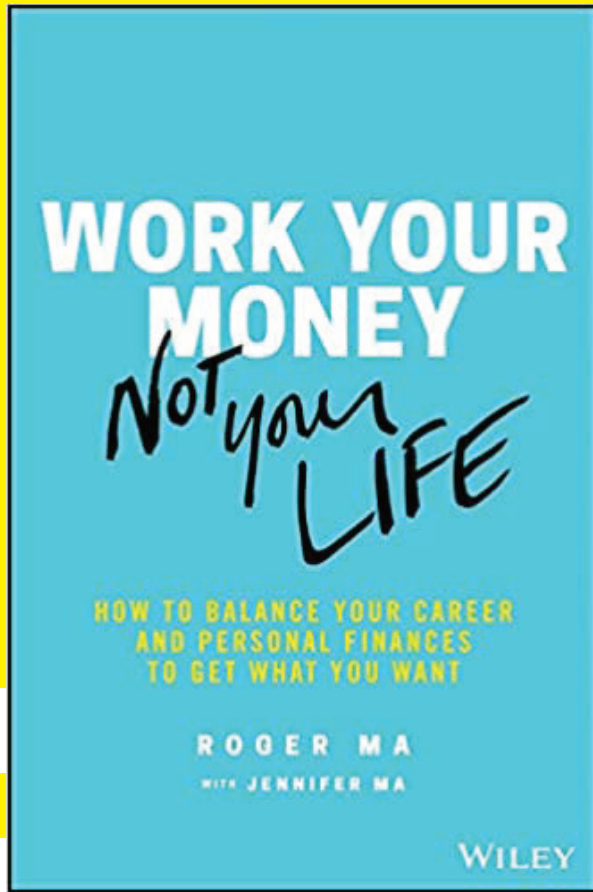
Likewise, people are at the heart of this warm, personal collection of food- and family-inspired essays by former professional chef and food historian Teresa Lust. An Italian immigrant grandmother who plucked chickens in the backyard; an introverted mushroom forager who collected chanterelles in the woods; a German auntie who learned to knead bread in a wooden bucket; an unassuming wine shop owner who, after closing, offers a bottle of Châteauneuf-du-Pape and a delightfully unpretentious way to value a wine--all are key ingredients in the zesty culinary heritage that Teresa Lust lovingly serves up. Like the creamy, sweet polenta that wooed her father into her mother's robust Italian family, this book is filled with a myriad of rich flavors, history, kitchen tips, and recipes. Lessons in life learned at the stoves of the many seasoned cooks in Lust's world, these wonderful true stories are an expression of art and love, family and self, soil and the seasons.

Teresa Lust is the author of *Pass the Polenta: and Other Writings from the Kitchen*, a culinary memoir drawn from family stories and her experiences cooking in farm-to-table restaurants along the West Coast and in New England. She holds a Master of Arts degree in Liberal Studies from Dartmouth College, with a concentration in creative writing. She went on to study the Italian language at Dartmouth and at private schools in Italy for many years. Teresa currently teaches Italian for the Rassias Center for World Languages at Dartmouth and gives cooking classes. She lives in New Hampshire with her husband and two children, their two chocolate labs, and a backyard flock of chickens. When Teresa's not in the kitchen, at her writing desk, or in the classroom, you can find her outside in the garden, or in the woods—on foot, on her bike, or on cross-country skis..



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WORK YOUR MONEY

NOT your LIFE

BY ROGER MA

Money affects every other part of our live and efficient money management can empower readers to find a meaningful career and create a satisfying personal life. WORK YOUR MONEY NOT YOUR LIFE provides readers with actionable advice on how people can find the right career path and determine their desired lifestyle while learning the financial strategies they need to make their path a reality. The book draws on Roger Ma's personal and professional experiences as well as case studies, interviews and research reports in order to address the intersection of money, work and happiness. Exercises are included to further illustrate and simplify key financial and work concepts.

Work, money and happiness connect when we learn financial flexibility as a framework for understanding how much money it takes to undergo certain personal and professional risks. Because our jobs affect all other aspects of our lives, WORK YOUR MONEY NOT YOUR LIFE walks readers through finding work they like, are good at, and fits their lifestyle with a 3month, 6month and one-year plan to transition jobs if necessary.

Readers learn concrete strategies to monitor financial health and grow and protect their money. Finally, readers are taught how to stay balanced and happily focused throughout the process.

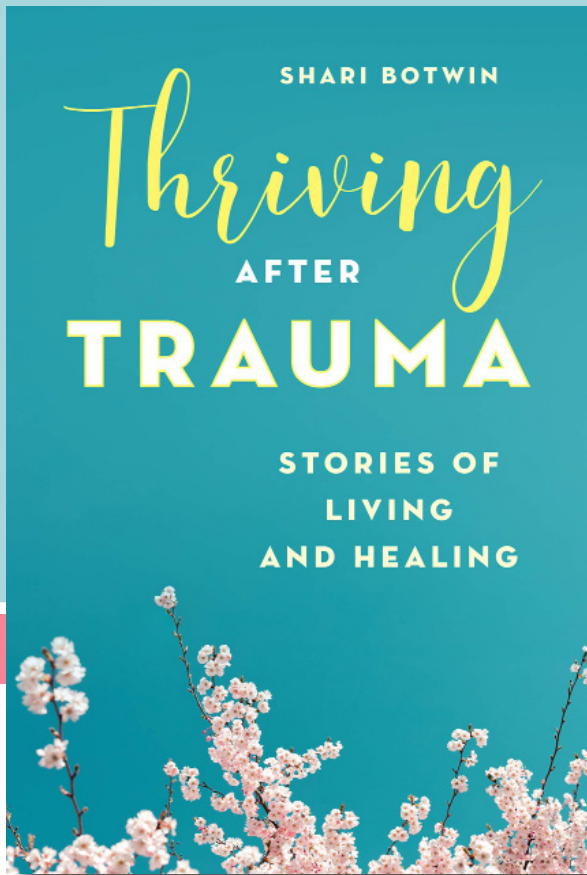
ROGER MA is an investment banker, former contributor to The Street, award-winning Certified Financial Planner and founder of Lifelaidout, Forbes Contributor, and Publisher Strategist at Google. He balances his role at Google with a successful entrepreneurial career that cuts across financial planning, real estate and publishing. He has been quoted in 75 print and online articles, including CNBC, CNN Money, Market Watch and Business Insider.



Wiley / Spring 2020

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Thriving AFTER TRAUMA

SHARI BOTWIN, LCSW

"Sharing her gift of translating the language and culture of psychological trauma to plain English, Botwin, a survivor herself, blends her personal anguish with the painful experience of others she counseled through the years. At its finest points this book not only informs but opens the soul."

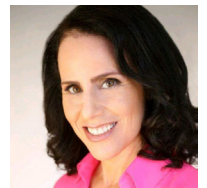
-Bob Stewart, Freelance Journalist, New York Daily News, Philadelphia Inquirer, Daily Beast

Every year millions of men and women develop addictions, eating disorders, depression, and related illnesses due to trauma. Trauma victims are more likely to suffer from drug or alcohol abuse, to smoke, or to engage in other self-destructive practices in an effort to avoid emotions they cannot handle and cope the hopelessness, despair, and painful feelings often associated with traumatic experiences. But it doesn't have to be this way.

A change is finally happening. Society is talking about sexual assault and abuse, about PTSD and associated disorders. And as people begin to acknowledge the traumas they've endured, they seek assistance for overcoming their experiences so they may live full lives free from shame, guilt, and despair.

Thriving After Trauma discusses the many ways trauma victims have overcome the consequences of a wide-array of circumstances, including physical or sexual abuse, war-related injury, and loss due to tragedy, illness, and natural disasters. Real stories illustrate the many types of trauma people experience and the actions they took to help them survive, grieve, and move on. Letting go of the shame, guilt, anger, and fear associated with trauma is crucial to reclaiming a full life, and Shari Botwin provides insight into strategies such as journaling, bodywork, mindfulness, and using healing relationships, such as group therapy, to aid recovery. Any reader who has experienced trauma or knows someone who has will find comfort and hope in these pages, and a path forward to a full life

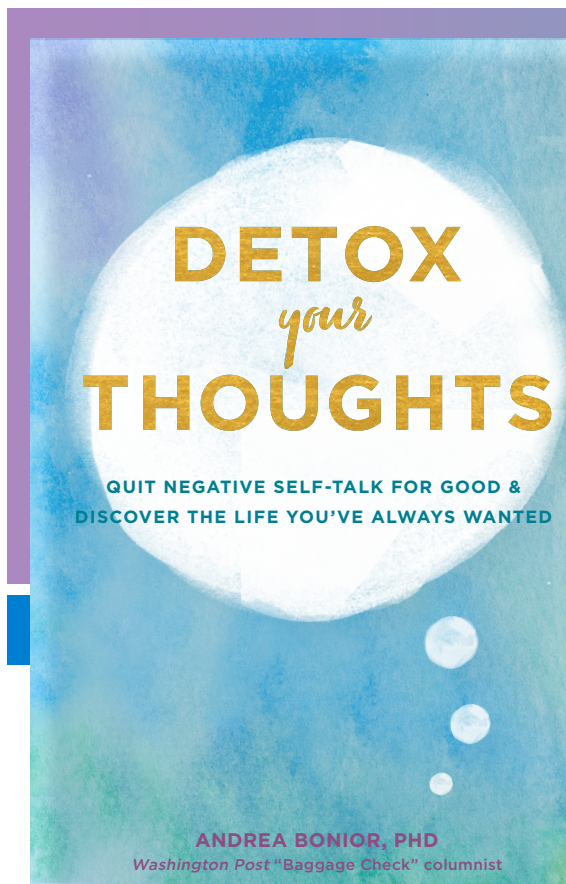
Shari Botwin, LCSW, has been counseling survivors of all types of trauma in her Cherry Hill, New Jersey private practice for over twenty-two years. Shari has conducted Keynote presentations for Universities and professional conferences throughout the country. She has given expert testimony on breaking stories related to trauma on a variety of international media outlets; including ABC News, CBS News, CBC News and Radio Europe. Shari has also published feature articles in several online trade magazines including Thrive Global, Huffington Post, The Associated Press, The Toronto Star and the Philadelphia Inquirer. Shari is a freelance writer for The Authority Magazine.



Rowman & Littlefield / November 2019

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DETOX *your* THOUGHTS

ANDREA BONIOR, PHD

What do you do when you're stressed or anxious and even mindfulness and meditation don't help?

What if you know your dysfunctional thoughts aren't healthy or even valid, but you can't stop thinking them anyway?

How can you let go of a negative inner voice so ingrained in you that it feels like it IS you – and you're sure you'll never get rid of it?

We've all struggled with these issues at one time or another. They zap our joy, poison our peace of mind and wreak havoc on our relationships. But while most of us can recognize that these inner voices are doing us harm, the far harder part is to stop listening to them. How do you get this negative self-talk to quit, for good?

For many years, experts have advised us to try everything from reassuring ourselves, distracting ourselves or seeking pleasure in the form of "self-care." But an increasing amount of psychological research indicates that these techniques are all futile in the long run. Otherwise, why are we seeing epidemic rates of depression and anxiety disorders in the US that only continue to rise?

To the rescue comes **DETOX YOUR THOUGHTS**, by popular psychologist and BuzzFeed and Washington Post contributor Andrea Bonior, PhD. In her new book she identifies 14 mental traps that keep us locked in negative thinking but – most importantly – she illuminates a surprising path to get free of these harmful thoughts: It's all about taking away their ability to stick.

Andrea Bonior is a licensed clinical psychologist, media commentator, and author who specializes in the treatment of anxiety and relationship issues. She has served on the staff of four university counseling centers and has studied problems such as eating disorders, women's issues, alcohol abuse, depression, athletic performance anxiety, life transitions, and grief and loss. She has taught Abnormal Psychology for more than ten years at Georgetown and is the author of the Publisher's Weekly Best-Seller **PSYCHOLOGY: ESSENTIAL THINKERS, CLASSIC THEORIES, AND HOW THEY INFORM YOUR WORLD** and **THE FRIENDSHIP FIX**. Dr. Bonior is also a media commentator about the psychological and sociological aspects of pop culture and current events, and appears frequently in print, and in broadcast media. She is the voice behind the mental health advice column "Baggage Check" in the Washington Post Express, writes Psychology Today's "Friendship 2.0" blog and speaks nationwide to audiences about motivation, relationships, and emotional health.



Chronicle Books / Spring 2020

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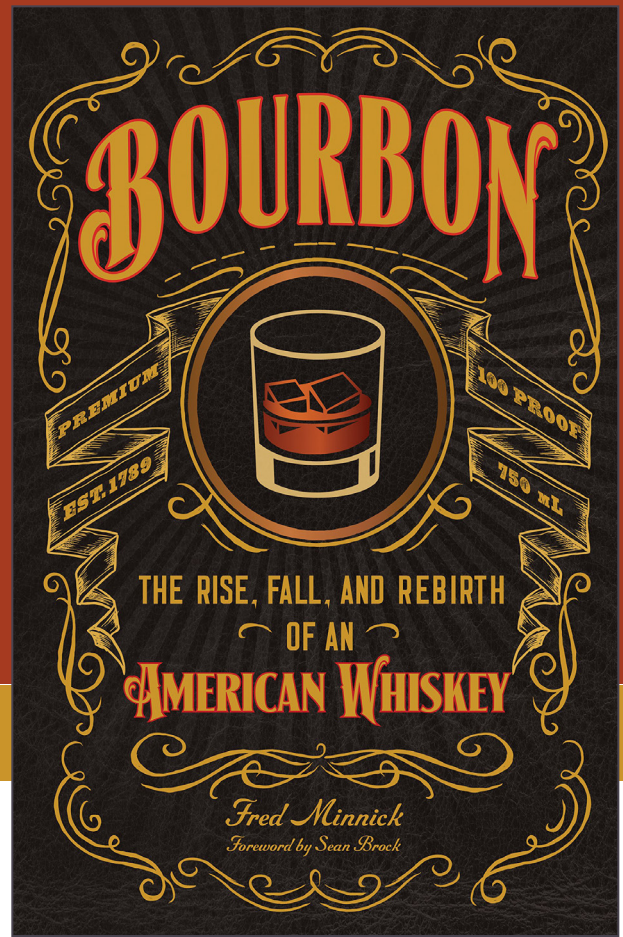
BOURBON

THE RISE, FALL, AND REBIRTH
OF AN

AMERICAN WHISKEY

FRED MINNICK

**Once and for all, America learns the likely
inventor of its beloved bourbon.**



Bourbon is not just alcohol -- this amber-colored drink is deeply ingrained in American culture and tangled in American history. From the early days of raw corn liquor to the myriad distilleries that have proliferated around the country today, bourbon has come to symbolize America. In *Bourbon: The Rise, Fall, and Rebirth of an American Whiskey*, award-winning whiskey author Fred Minnick traces bourbon's entire history, from the 1700s with Irish, Scottish, and French settlers setting up stills and making distilled spirits in the New World through today's booming resurgence. He also lays out in expert detail the critical role this spirit has played throughout the cultural and even political history of the nation -- from Congress passing whiskey-protection laws to consumers standing in long lines just for a glimpse of a rare bottle of Pappy Van Winkle -- complemented by more than 100 illustrations and photos. And most importantly, Minnick explores the mystery of who most likely created the sweet corn liquor we now know as bourbon. He studies the men who've been championed as its inventors over time -- from Daniel Boone's cousin to Baptist minister Elijah Craig -- and, based on new research and never-before-seen documentation, answers the question of who deserves the credit.

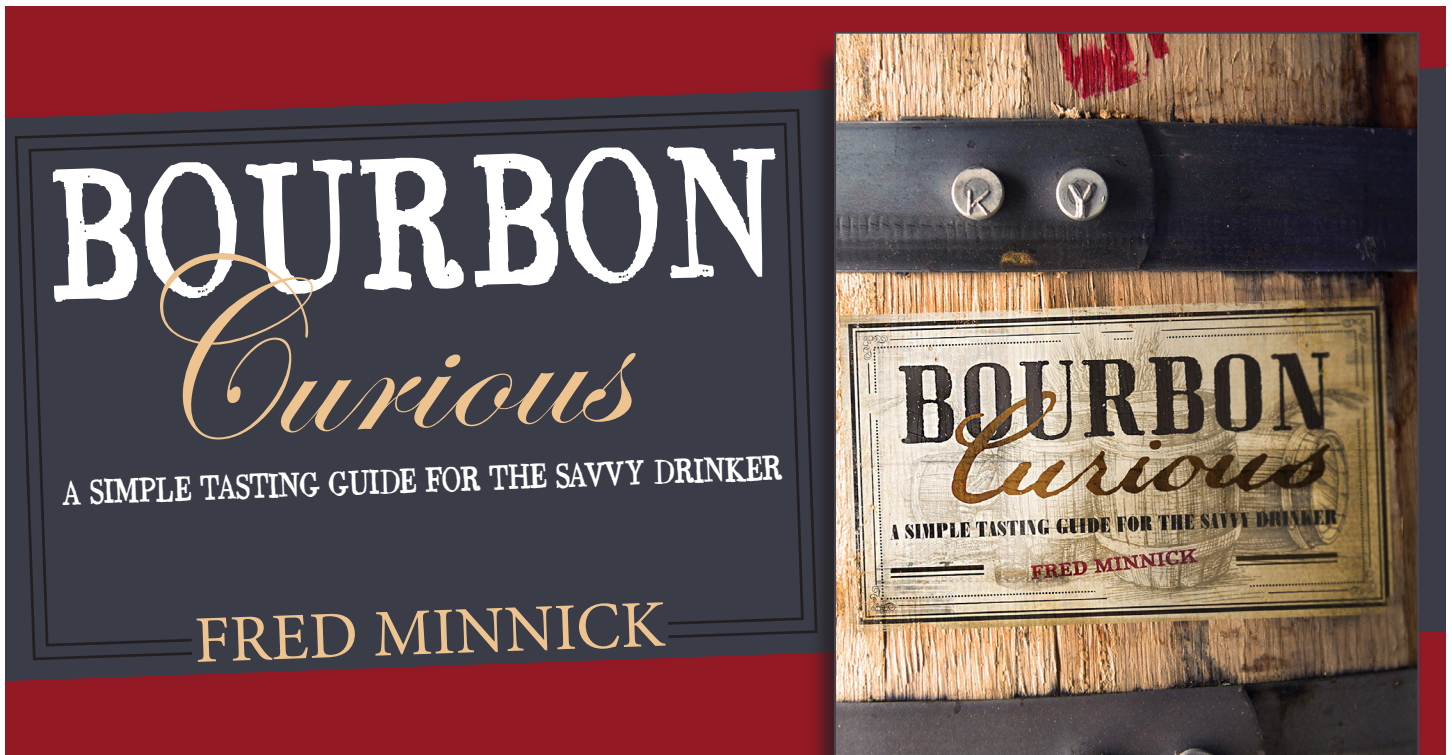


Fred Minnick is an award-winning author and spirits expert. His previous titles *Whiskey Women*, *Bourbon Curious*, and *Bourbon: The Rise, Fall, and Rebirth of an American Spirit* paved the way for the artisanal whiskey resurgence, and he is a frequent beverage contributor for major publications, including the *Huffington Post* and *Parade*. Fred is the Bourbon Authority for the Kentucky Derby Museum and speaks regularly at nationwide cocktail conferences. He lives in Louisville, Kentucky.

Voyageur Press

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Finalist, Spirited Awards

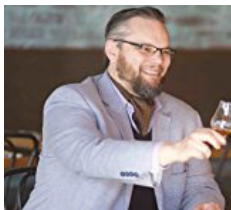
*2015, Men's Journal:
Best New Book for Whiskey Lovers*

In *Bourbon Curious: A Simple Tasting Guide for the Savvy Drinker*, award-winning whiskey writer and Wall Street Journal best-selling author Fred Minnick creates an easy-to-read interactive tasting journey that helps you select barrel-aged bourbons based on your flavor preferences. Using the same tasting principles he offers in his Kentucky Derby Museum classes and as a judge at the San Francisco World Spirits Competition, Minnick cuts to the chase, dismissing brand marketing and judging only the flavor of the bourbon.

Bourbon Curious groups bourbon into four main flavor profiles--grain, nutmeg, caramel, and cinnamon. While many bourbons boast all four flavor notes, one delicious sensation typically overpowers the rest. This book reveals more than fifty bourbon brands' predominate tastes and suggests cocktail recipes to complement them. In addition, Minnick spends some time busting bourbon's myths, unraveling its mysteries, and exploring distiller secrets, disclosing the recipes you won't find on a bottle's label.

As bourbon becomes more ingrained in the culinary world, foodies and drink enthusiasts alike are looking for a basic understanding of America's spirit. *Bourbon Curious* will help curious minds take their first step in learning about this highly celebrated spirit.

Like good-tasting bourbon, *Bourbon Curious* is approachable to all!

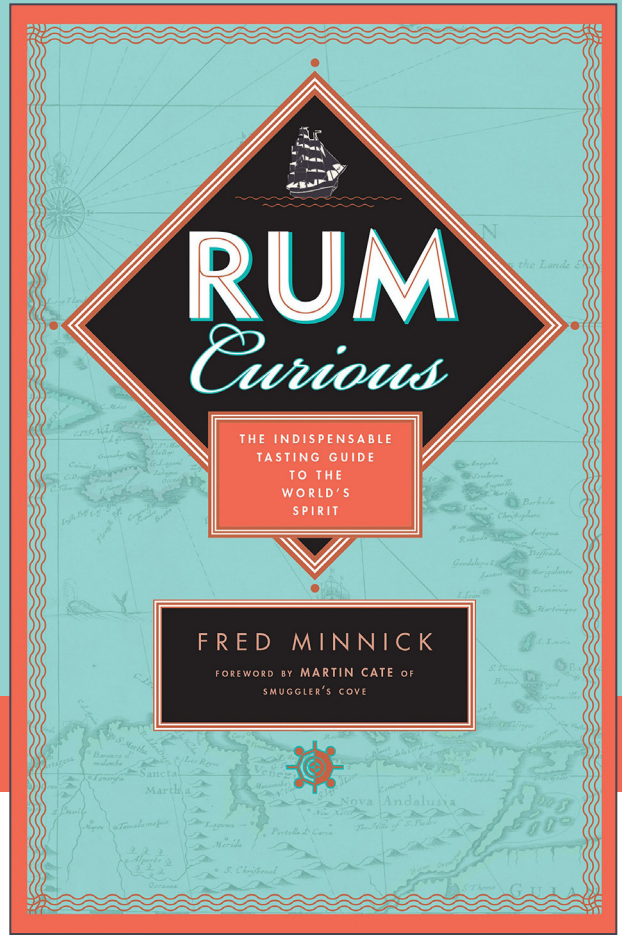
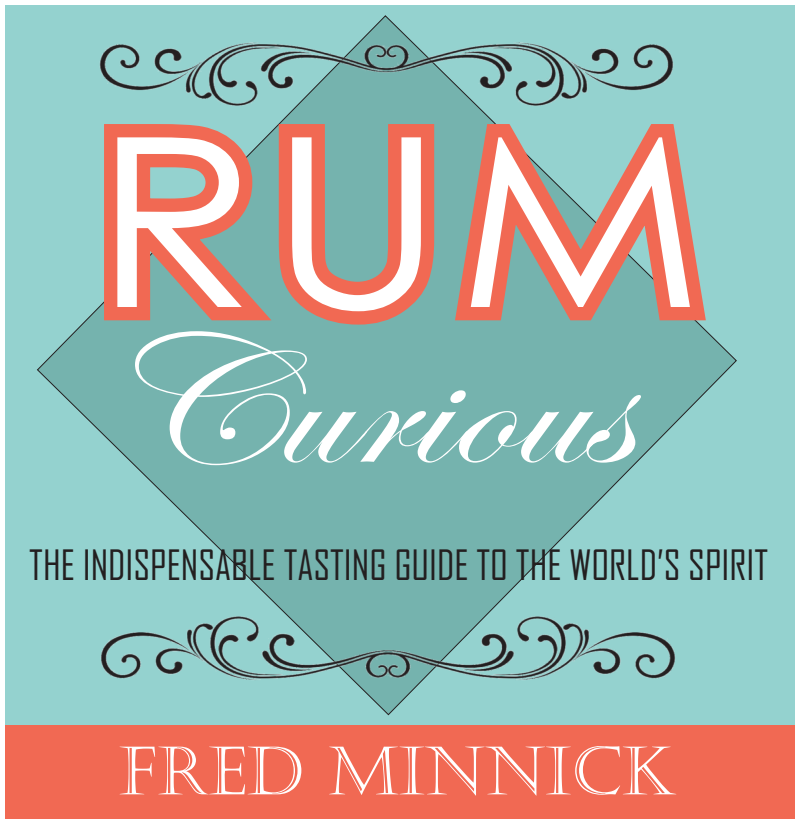


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One of the Best Drinks Books, Summer of 2017, Punch.com

Best Spirits Book of 2017, Atlanta Journal-Constitution

Rum Curious takes the you on a tour of the world of rum by teaching you how to taste and appreciate all of its glorious variety.

Once the drink of sailors and swashbuckling pirates, rum is the most versatile--and the most varied--spirit in the world. It is consumed neat as a sipping drink, on the rocks, and in a dizzying variety of cocktails, like the mai tai, mojito, and pina colada.

In *Rum Curious*, author Fred Minnick first takes you on a whirlwind tour of the world of rum, describing its many styles; explaining the great variety of fermenting, distilling and maturing processes; and highlighting distillers and distilleries. Minnick explains the finer point of how to properly taste rum -- how to reveal the experience offered by brands ranging from the familiar to the unusual and obscure.

The book's final section is a highly curated collection of recipes for classic and innovative rum cocktails from around the world. *Rum Curious* is the one book the reader will need to understand and appreciate rum in all its glorious variety.



Fred Minnick is an award-winning author and spirits expert. His previous titles *Whiskey Women*, *Bourbon Curious*, and *Bourbon: The Rise, Fall, and Rebirth of an American Spirit* paved the way for the artisanal whiskey resurgence, and he is a frequent beverage contributor for major publications, including the *Huffington Post* and *Parade*. Fred is the Bourbon Authority for the Kentucky Derby Museum and speaks regularly at nationwide cocktail conferences. He lives in Louisville, Kentucky.

Voyageur Press

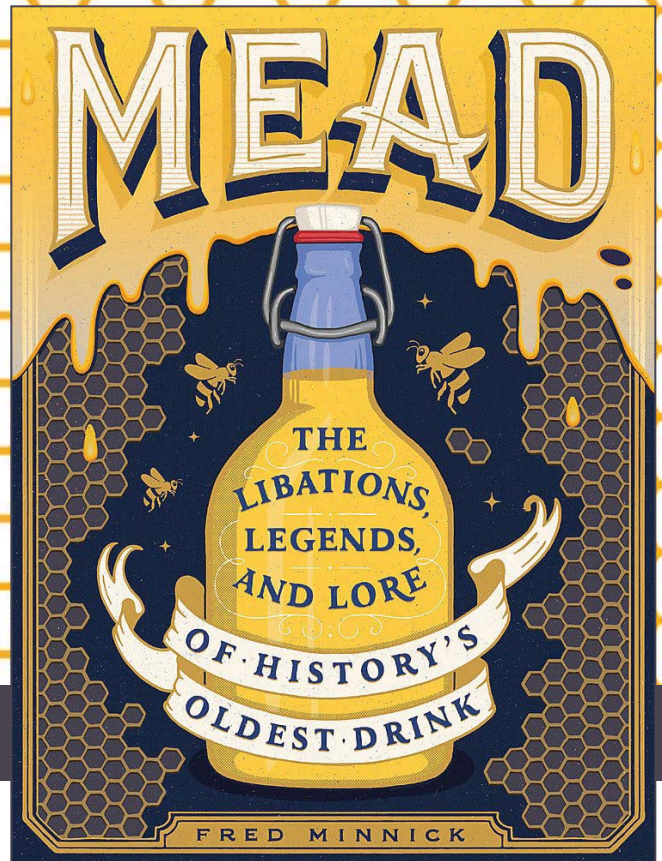
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MEAD

THE LIBATIONS, LEGENDS
AND LORE OF HISTORY'S
OLDEST DRINK

FRED MINNICK



With fantastical narratives, home-brewing instructions, and original craft cocktail recipes, Mead is the ultimate exploration of the resurgent alcoholic beverage that is nearly as old as time itself.

Beloved by figures as diverse as Queen Elizabeth and Thor, the Vikings and the Greek gods, mead is one of history's most storied beverages. But this mixture of fermented honey isn't just a relic of bygone eras -- it's experiencing a cultural renaissance, taking pride of place in trendy cocktail bars and craft breweries across the country. Equal parts quirky historical narrative, DIY manual, and cocktail guide, Mead is a spirited look at the drink that's been with us even longer than wine.

Mead gives readers a fascinating introduction to the rich story of this beloved beverage -- from its humble beginnings to its newfound popularity, along with its vital importance in seven historic kingdoms: Greece, Rome, the Vikings, Poland, Ethiopia, England, and Russia. Pairing a quirky, historical narrative with real practical advice, beverage expert Fred Minnick guides readers through making 25 different types of mead, as well as more than 50 cocktails, with recipes from some of the country's most sought-after mixologists.



Fred Minnick is an award-winning author and spirits expert. His previous titles *Whiskey Women*, *Bourbon Curious*, and *Bourbon: The Rise, Fall, and Rebirth of an American Spirit* paved the way for the artisanal whiskey resurgence, and he is a frequent beverage contributor for major publications, including the *Huffington Post* and *Parade*. Fred is the Bourbon Authority for the Kentucky Derby Museum and speaks regularly at nationwide cocktail conferences. He lives in Louisville, Kentucky.

Running Press / June 2018

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DRINK LIKE GREEK GODS, VIKINGS AND QUEENS: *Making and Mixing Mead*

By Fred Minnick,
Wall Street Journal-bestselling author and award-winning drinks author

Mead, the world's oldest alcoholic beverage.

Mead is consumed in *Beowulf* and many medieval-themed television characters drink it by the cup and sometimes the barrel. Mead's contemporary popularity is attributed to the HBO hit fantasy series *Game of Thrones*, set in a medieval-like timeframe, with Tyrion Lannister guzzling the drink in nearly every scene.

And as it happens, *Game of Thrones'* plot centers on seven kingdoms -- just as mead has been greatly influenced over the centuries by seven territories and peoples, including Greece, Rome, the Vikings, Poland, Ethiopia, England and Russia.

Mead is one of the fastest-growing alcoholic beverages in the United States, with mead-focused bars and meaderies opening throughout the country. In fact, the American Mead Makers Association reports mead sales increased 30% to 42% every year since *Game of Thrones* hit the screens. Furthermore, at-home and professional bartenders are brewing mead and mixing it with whiskey, rum, gin and vodka, making now the perfect time to capitalize on this incredibly versatile drink.

With rich history and easy-to-make recipes, *Drink Like Greek Gods, Vikings and Queens: Making and Mixing Mead* follows the formula of the drinks category's all-time bestsellers, using history to enhance drinking experiences - a history that is so surreal it almost feels like fiction. The British accepted mead as rent payments. Queen Elizabeth 1's mead consumption was so vast that brewers were commissioned to make it for her. It was valued as medicine, intoxication, and for religious use. Many Biblical scholars believe Jesus Christ drank mead..

Mead means fermented honey, but some mead makers add syrups, fruits, hops and even distilled spirits, giving the category more diversity than craft beer and the mixing flexibility of liqueurs. One could put a gallon of honey in a paint bucket, leave outside during the rain, wait for natural fermentation and call it mead.

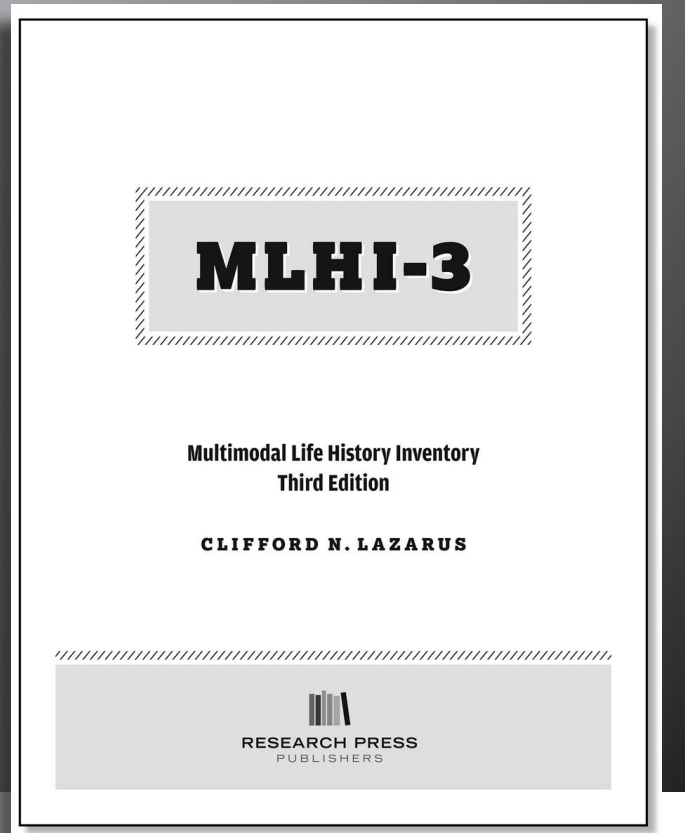
The fact is, homebrewers make mead around the world, but this book focuses specifically on the techniques and recipes from the alcohol's most renowned kingdoms. For example, in a country not known for its alcohol-making prowess, Ethiopia brews honey and flavors it with *gesho* twigs, an aromatic hop leaf that's widely available in U.S. specialty grocery stores. Ethiopia's so-called *Tej* mead presents bitter and grapefruit notes, while Polish meads pack more honey than most and yields a heavy sweetness -- almost like eating a spoonful of honey.

The book offers more than 70 cocktail recipes using mead from the author and renowned bartenders. The recipes include the simple and multi-level step recipes, such as the two below.

Multimodal Life History Inventory

Third Edition

CLIFFORD N. LAZARUS



This thoroughly revised comprehensive assessment instrument used to evaluate mental health allows clients to provide their therapists with a rich sense of who they are and what difficulties they're having. MLHI-3 updates the best-selling second edition, a vital resource for mental health professionals. In addition to its core modality analysis that has been its backbone since the first edition, it now addresses the evolving lifestyle changes and cultural awareness of those changes. This 24-page questionnaire has been expanded from five intake sections to twelve. After years of field-testing, this current edition has been expanded and refined to assess biopsychosocial aspects of people's functioning and difficulties that are relevant in the current atmosphere.

Clifford N. Lazarus, PhD, is a licensed psychologist and Clinical Director of The Lazarus Institute. In addition to his general psychotherapy practice, Dr. Lazarus specializes in health and neuropsychology. He received his B.A., M.S., and Ph.D. in psychology from Rutgers University. An internationally respected lecturer, Dr. Lazarus consults widely on matters of health psychology, evidence-based psychological treatment, and integrating medical and psychological treatments.



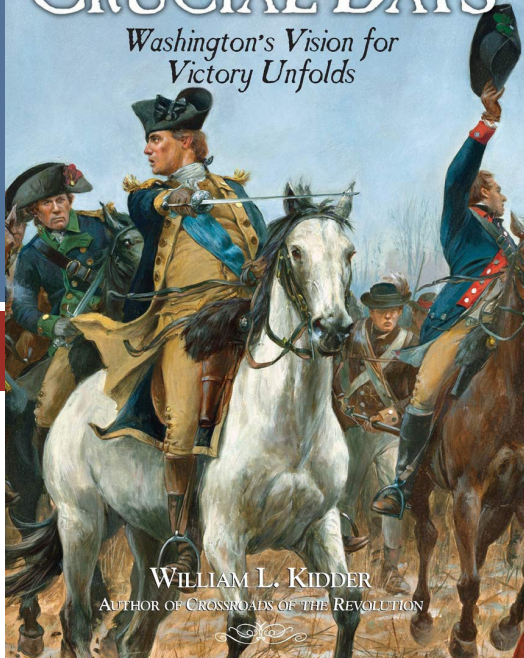
Research Press / March 2019

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TEN CRUCIAL DAYS

*Washington's Vision for
Victory Unfolds*



TEN CRUCIAL DAYS

WILLIAM L. KIDDER

On December 25, 1776 the American Revolution seemed all but defeated just six months after the Declaration of Independence had been adopted. General George Washington's army had suffered a series of defeats in New York, retreated under British pressure across New Jersey, and then crossed the Delaware River to temporary sanctuary in Pennsylvania. This left the British army in a string of winter cantonments across the middle of New Jersey, the New Jersey state government in total disarray, and the Continental Congress fleeing Philadelphia, fearfully perceived to be the next British target. Loyalists in New Jersey felt empowered and Patriots felt abandoned. Washington needed not only a battlefield victory, but also to reestablish Patriot control in New Jersey.

and the Continental Congress fleeing Philadelphia, fearfully perceived to be the next British target. Loyalists in New Jersey felt empowered and Patriots felt abandoned. Washington needed not only a battlefield victory, but also to reestablish Patriot control in New Jersey.

The story of these ten crucial days is one that displays Washington's military and interpersonal abilities along with his personal determination and bravery to keep the Revolution alive through restoring the psychological confidence of the Patriots, while reducing that of his British political and military opponents. Throughout these ten days, Washington's efforts faced constantly changing situations, requiring modifications or completely new plans that fortunately often benefitted from elements of luck, such as the weather or British decisions, which he could not control.

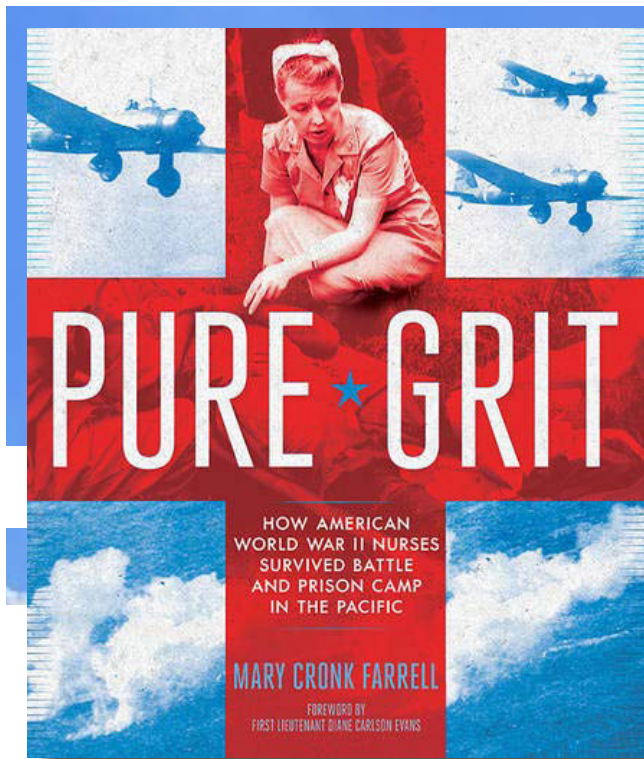
Join the winter patriots who marched with Washington, fought, and died in frigid temperatures during those "times that tried men's souls". Through meticulous primary source research and masterful storytelling, author William L. Kidder corrects the record and presents what we now know about how Washington exploited his enemy's hubris by leading his upstart army in daring maneuvers that humiliated His Majesty's forces in just ten short days that changed the course of history.

William "Larry" Kidder was born in California and raised in California, Indiana, New York, and New Jersey. He received his bachelor's and master's degrees from Allegheny College. A US Navy veteran, with service in Vietnam, he considers teaching to be both his vocation and avocation, continuing in retirement after having taught for forty years in public and private schools. For thirty years, Larry has been a volunteer historian, interpreter, and draft horse teamster for Howell Living History Farm. He is active in central New Jersey historical societies and is an avid member of the Association for Living History, Farm, and Agricultural Museums, the Washington's Crossing Roundtable of the American Revolution, the New Jersey Living History Advisory Council, and the Advisory Council for Crossroads of the American Revolution.

Knox Press / January 2019

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PURE GRIT

MARY CRONK FARRELL

"Details of many nurses' individual trials combine to form a memorable portrayal of their shared experience, one which will emotionally impact readers." -Booklist, starred review

"Primary source materials, especially the movingly matter-of-fact recollections of several of the nurses and personal snapshots, bring the story to life." -Kirkus Reviews

"Farrell doesn't spare her young readers any grim details . . . She includes the challenges these women faced and the joy they felt on returning home. As awful as history can be, now might be the right time to introduce the next generation to this important period." -The Washington Post

"In addition to photographs and helpful maps, the page layouts include facsimiles of the nurses' letters and diaries. Young readers who enjoyed Tanya Lee Stone's Almost Astronauts: 13 Women Who Dared to Dream will also appreciate this story of courageous women whose story was nearly forgotten." -School Library Journal

In the early 1940s, young women enlisted for peacetime duty as U.S. Army nurses. But when the Japanese attack on Pearl Harbor in 1941 blasted the United States into World War II, 101 American Army and Navy nurses serving in the Philippines were suddenly treating wounded and dying soldiers while bombs exploded all around them. The women served in jerry-rigged jungle hospitals on the Bataan Peninsula and in underground tunnels on Corregidor Island. Later, when most of them were captured by the Japanese as prisoners of war, they suffered disease and near-starvation for three years. *Pure Grit* is a story of sisterhood and suffering, of tragedy and betrayal, of death and life. The women cared for one another, maintained discipline, and honored their vocation to nurse anyone in need—all 101 coming home alive.

The book is illustrated with archival photographs and includes an index, glossary, and timeline.

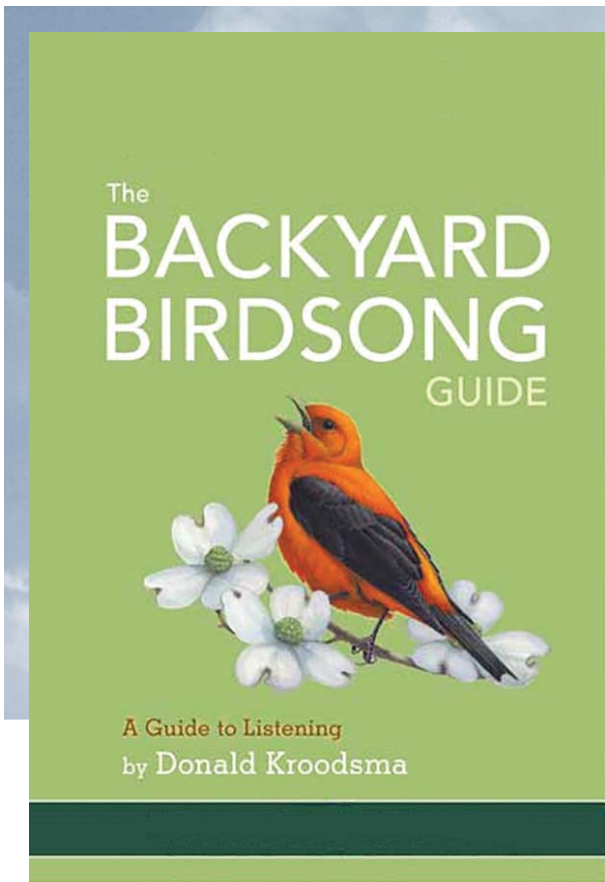
Mary Cronk Farrell is a former award-winning journalist and author of fiction and nonfiction books for children. She writes with passion about little-known people of history who face great adversity with courage. Her book *Pure Grit: How American World War II Nurses Survived Battle and Prison Camp in the Pacific* has been named a Notable Social Studies Trade Book for Young People, Jefferson Cup Honor Book, Washington State Book Award Finalist, Booklist Editor's Choice, to the Amelia Bloomer Project List and awarded a EUREKA! Children's Book Award for Excellence in Nonfiction. She lives in Washington State.



Abrams

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The BACKYARD BIRDSONG GUIDE

DONALD KROODSMA

"There is no better guide to the fascinating world of birdsong than Don Kroodsma, who in this handy book shows that even in the average backyard there is drama, mystery, and excitement, all bound up in

the song of a bird." -Scott Weidensaul, author of *Living on the Wind* and *Of a Feather*

"Don Kroodsma's passion for birdsong is infectious, and this guide will have any birder (including me) listening to birds with new insight and appreciation after reading it."

- David Allen Sibley, author and illustrator of *The Sibley Guide to Birds*

Building on the tremendous success of *Bird Songs* (250,000 copies sold), *The Backyard Birdsong Guides* are regional, interactive handbooks of birds and their songs for beginning bird-watchers. With a touch-button electronic module housing common vocalizations of 75 species from across Eastern and Central North America, this volume offers a truly sensory way to identify and get to know local birds. Crisply detailed and scientifically accurate illustrations accompany each entry, and up-to-date range maps from the Cornell Lab of Ornithology provide clear geographical reference points. Complete with an introduction to birdsong that will inspire readers to look out their kitchen windows and venture out in the field, this unique book provides an exciting entryway into the subtle art of birding.

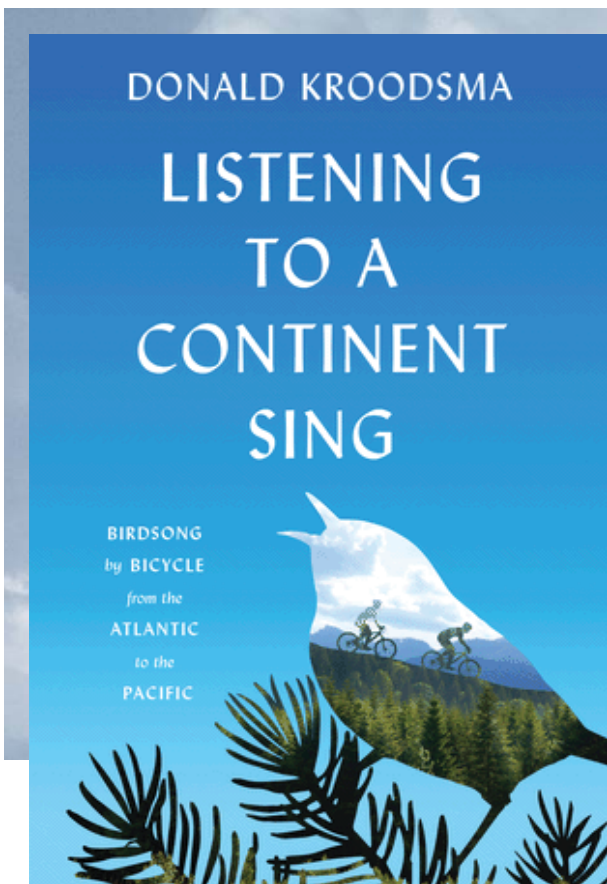
A retired biology professor at the University of Massachusetts, Donald Kroodsma's work on bird song is legendary. His book *The Singing Life of Birds* won the 2006 John Burroughs Medal Award and the American Birding Association's Robert Ridgway Distinguished Service Award for excellence in publications pertaining to field ornithology. In 2003 the American Ornithologists' Union called him the "reigning authority on the biology of avian vocal behavior." Kroodsma received his Ph.D. at Oregon State University and has traveled all over North and South America researching bird song.



Cornell Lab Publishing Group / April 2016

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LISTENING TO A CONTINENT SING

DONALD KROODSMA

"Listening to a Continent Sing...is both an inspiration and a bundle of gifts waiting to be unwrapped."
-Wall Street Journal

Join birdsong expert Donald Kroodsma on a ten-week, ten-state bicycle journey as he travels with his son from the Atlantic to the Pacific, lingering and listening to our continent sing as no one has before. On remote country roads, over terrain vast and spectacular, from dawn to dusk and sometimes through the night, you will gain a deep appreciation for the natural symphony of birdsong many of us take for granted. Come along and marvel at how expressive these creatures are as Kroodsma leads you west across nearly five thousand miles—at a leisurely pace that enables a deep listen.

Listening to a Continent Sing is also a guided tour through the history of a young nation and the geology of an ancient landscape, and an invitation to set aside the bustle of everyday life to follow one's dreams. It is a celebration of flowers and trees, rocks and rivers, mountains and prairies, clouds and sky, headwinds and calm, and of local voices and the people you will meet along the way. It is also the story of a father and son deepening their bond as they travel the slow road together from coast to coast.

Beautifully illustrated throughout with drawings of birds and scenes and featuring QR codes that link to audio birdsong, this poignant and insightful book takes you on a travel adventure unlike any other—accompanied on every leg of your journey by birdsong.

A retired biology professor at the University of Massachusetts, Donald Kroodsma's work on bird song is legendary. His book *The Singing Life of Birds* won the 2006 John Burroughs Medal Award and the American Birding Association's Robert Ridgway Distinguished Service Award for excellence in publications pertaining to field ornithology. In 2003 the American Ornithologists' Union called him the "reigning authority on the biology of avian vocal behavior." Kroodsma received his Ph.D. at Oregon State University and has traveled all over North and South America researching bird song.

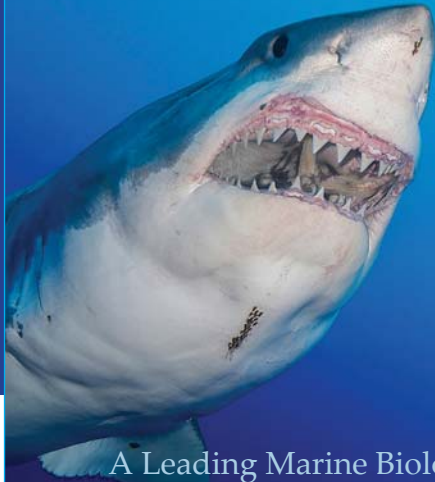


Princeton University Press / May 2016

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The Secret Life of Sharks



A Leading Marine Biologist
Reveals the Mysteries of Shark Behavior

A. PETER KLIMLEY

The Secret Life of Sharks

A. PETER KLIMLEY

Marine biologist Pete Klimley swims with the sharks. He was one of the first scientists to free-dive among sharks, and he has spent nearly thirty years studying shark behavior, sometimes swimming in schools of several hundred sharks. From his firsthand observations he has learned that sharks are not the vicious man-eaters that we imagine, but fascinating animals with complex behaviors.

Most people who think of sharks at all think immediately of great white sharks. But there are more than four hundred species of shark. Dr. Klimley has studied several species, most notably the great white and the hammerhead. (He describes the great white as the athlete among sharks, and the hammerhead as the Ph.D. of the shark world.) In *The Secret Life of Sharks* Dr. Klimley reveals the significant discoveries he made about hammerhead navigation and great white eating habits. By studying hammerheads gathered around underwater seamounts, Dr. Klimley learned that hammerheads rely on sophisticated tracking of ocean-floor magnetism to navigate. His long-term study of great white sharks off the California coast demonstrated that these huge sharks prefer to eat seals and sea lions because of the energy contained in their fatty bodies. They are selective eaters, not the man-eaters we expect, and they sometimes go weeks between meals. But Dr. Klimley did observe a ritualized behavior that great whites practice in order to avoid deadly disputes over prey that one shark has captured and another wants.

Although we have learned a great deal about shark behavior, says Dr. Klimley, there is much that we do not know. Unfortunately we are destroying these magnificent creatures of the deep through overfishing and degradation of the oceans. Already some populations of sharks have declined steeply.

Vividly written by one of the foremost authorities on sharks, *The Secret Life of Sharks* is a fascinating account of some of the world's most magnificent animals.

A. Peter Klimley, Ph.D. is Adjunct Professor & Director of Biotelemetry Laboratory Department of Wildlife, Fish, & Conservation Biology at UC Davis. He has been studying sharks for decades, and his experiences with a variety of species, including the much-feared great white shark, have shed light on natural behaviors rarely witnessed by others. Known as Dr. Hammerhead for his groundbreaking work on hammerhead sharks in the Gulf of California, Klimley refutes claims that sharks are "mindless killing machines." They are very complex, even social animals.

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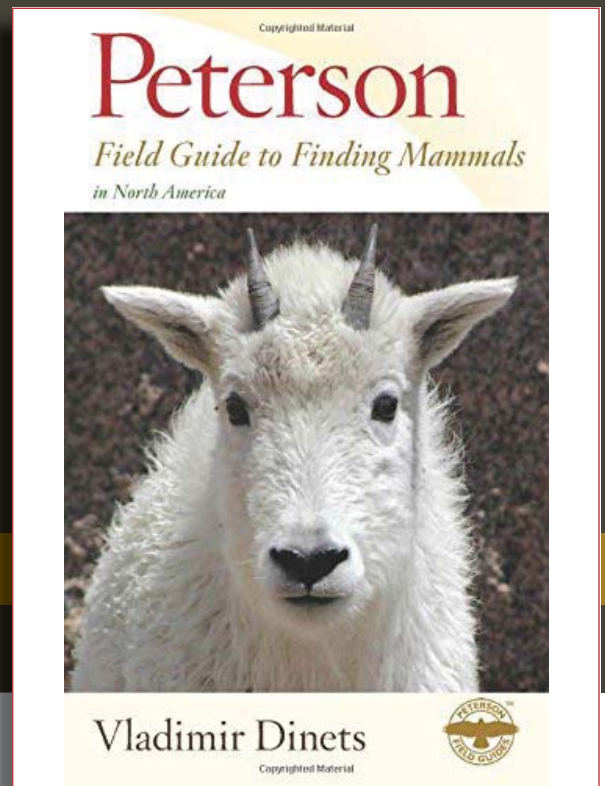
Sponsored by the National Wildlife Federation and the Roger Tory Peterson Institute

Peterson

Field Guide to Finding Mammals

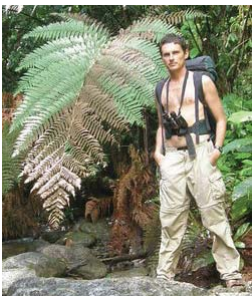
in North America

Vladimir Dinets



To see a fog shrew, should you go to Muir Woods National Monument? If you're planning to visit Yellowstone National Park, what animals can you expect to see? When should a photographer visit to get a shot of a gray fox?

A mammal finder's guide (rather than an identification guide), this book tells you how to look, where to go, and what you are likely to find there. Two main sections provide a choice of looking up information by place or by species: The first includes regions of North America, highlighting the best places to look for mammals. The species-finding guide has accounts of more than four hundred species of mammals, including detailed directions to specific parks, refuges, and other locations; the best times of day (or night) to look; and much more information specific to each mammal.

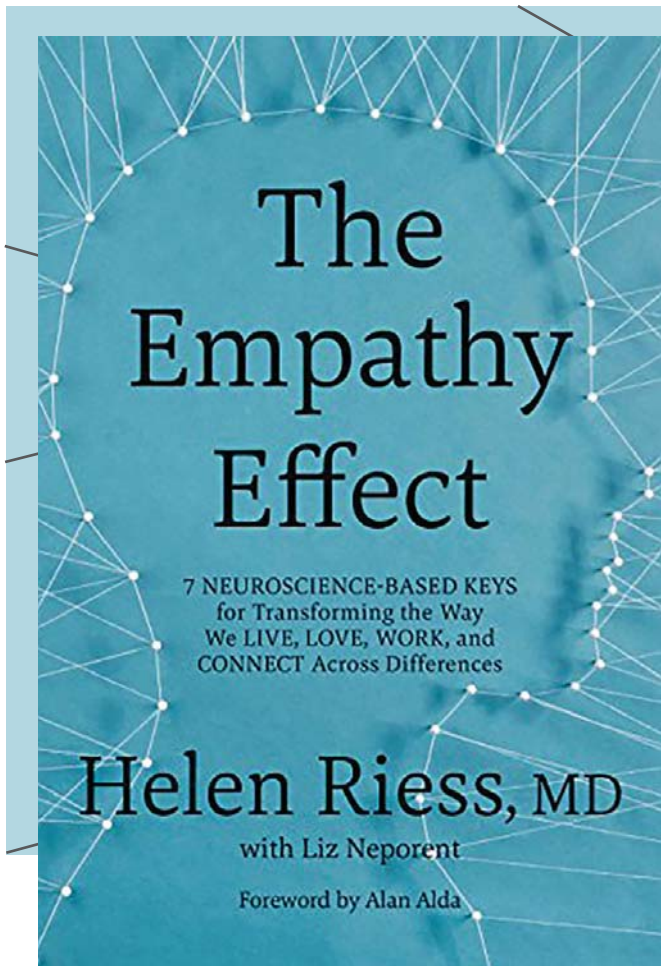


Vladimir Dinets grew up in Russia, moved to the US in the late 90's, and received a PhD in Zoology from the University of Miami for his research on songs and dances of crocodiles and alligators. He studies complex animal behavior and the natural history of rare, little-known animals traveling in more than a hundred countries for research. His books about nature and his travel diaries have been popular in Russia for over twenty years. *Dragon Songs*, his first popular book in English, came out in 2014 and got a Gold Star from Publishers Weekly, as well as excellent reviews.

Houghton Mifflin / May 2015

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The Empathy Effect

Helen Riess, MD
with Liz Liz Neporent

“tribe.” As Dr. Helen Riess of Harvard Medical School has learned, our capacity for empathy is not just an innate trait—it is also a skill that we can learn and expand. With *The Empathy Effect*, the leading researcher presents a groundbreaking teaching book to help us learn essential skills for transforming the way we relate to others in any situation.

“Nourishing empathy lets us help not just ourselves,” says Dr. Riess, “but also everyone we interact with, whether for a moment or a lifetime.” Drawing from her empathy training curricula now used internationally in health care, business, and education, she takes us step by step through her EMPATHY program. Here you’ll learn to enhance empathic behavior in yourself and others; recognize and reverse dehumanization and scapegoating tactics; practice empathy at work, home, and in everyday settings; discover ways to build empathy in groups and leadership positions; and much more.

Dr. Riess champions the idea that empathy can dramatically change lives for the better. Best of all, she insists it can be taught and learned, and that it’s crucial not just for doctors but for all of us.

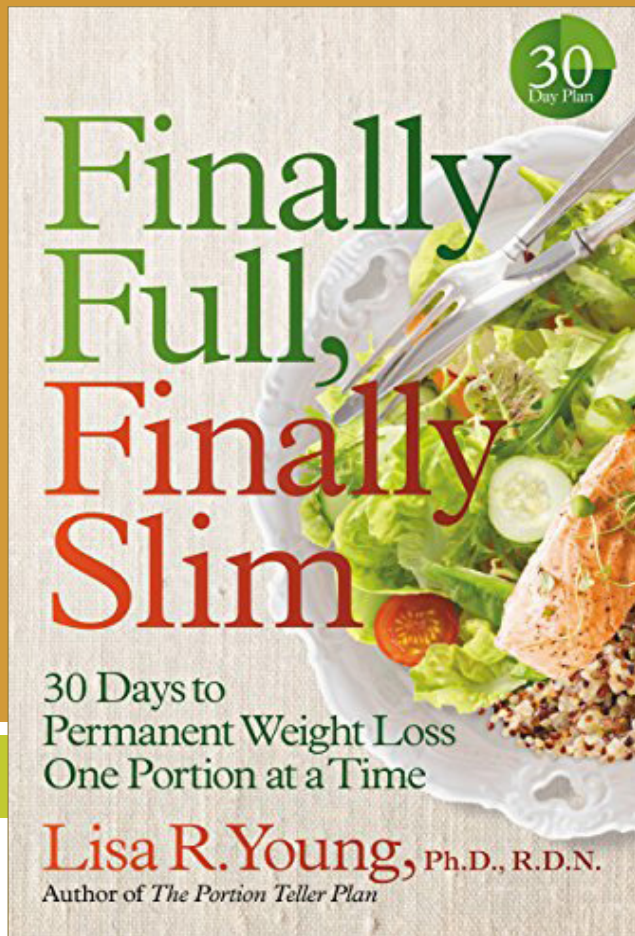
Dr. Helen Riess serves as Director of the Empathy and Relational Science Program in the Dept. of Psychiatry at Massachusetts General Hospital, where she has devoted her career to researching and teaching the art and science of patient-doctor relationships. Her research team conducted the first randomized controlled trial of her Empathy Training approach, which proved that empathy can be taught and learned. Her work has been featured in *The NY Times*, *US News & World Report*, the *Washington Post*, *Huffington Post*, *WRUR*, *JAMA*, *The Harvard Review of Psychiatry*, and elsewhere. Her popular TEDx talk, “The Power of Empathy,” has been shared by nearly 200,000 viewers across all social media platforms.



Sounds True Publishing / November 2018

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Finally Full, Finally Slim

Lisa R. Young, Ph.D., R.D.N.

Nutrition and portion-size expert Lisa R. Young shows readers how to use portion control to eat what they want while losing excess weight.

Researchers have spent the past few decades looking for the culprit to our ever-growing bodies, blaming everything from high-fructose corn syrup to too many simple carbs to restaurant dining. The “average American” is now 15 pounds heavier than the “average American” was 20 years ago. While we get fatter we remain confused about what we can or cannot eat, when, and whether we can ever eat a chocolate bar again--when the solution is so simple: Eat whatever food you want, in reasonable portions, and you will lose your excess weight and keep it off for good.

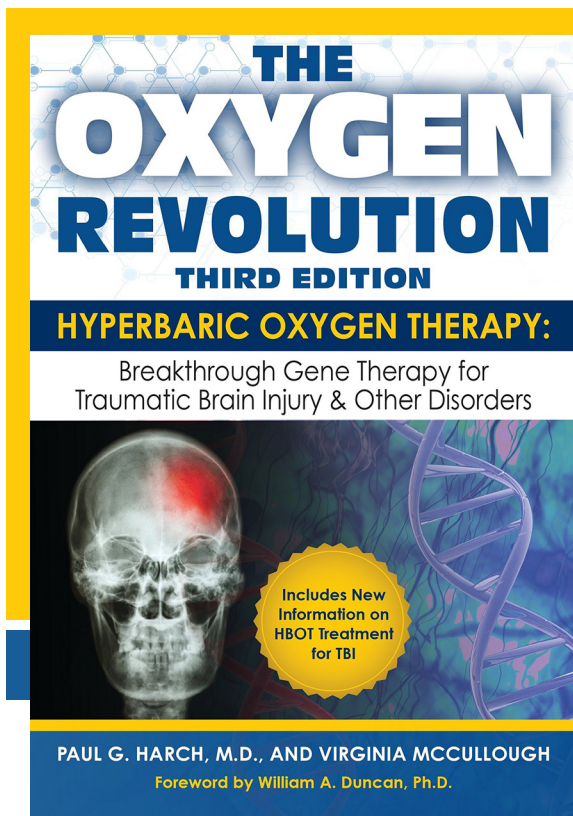
You can lose weight without spending hundreds (or even thousands) of dollars to join a weight-loss group, eliminating entire categories of food, or living on chicken breasts and steamed broccoli. You can continue to eat the foods you love AND slim down once you learn how to “right-size” your portions. You can teach your eyes to snap a “selfie” of the food on your plate and automatically know if your portions are the right sizes. Based on cutting-edge research, **FINALLY FULL, FINALLY SLIM** teaches you how you can easily slash an average 527 calories a day, without hunger or frustration. This step-by-step guide shows how--by making one small modification a day for 30 days--you can transform your urges, your thinking and your behavior toward food, leading you to permanent weight-loss success.

Dr. Lisa Young is an internationally recognized nutritionist and portion control expert. She is an adjunct professor of nutrition at New York University, author, international lecturer, and a media consultant. As a registered dietitian nutritionist in private practice, Young counsels adults and children on a wide variety of nutrition and health issues. Dr. Young received her doctorate and master’s degrees in nutrition from New York University and her bachelor’s degree in economics and health care administration from the Wharton School of the University of Pennsylvania. She lives in New York City.

Hachette / January 2019

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THE OXYGEN REVOLUTION

PAUL G. HARCH, M.D.

NEW EDITION INCLUDES NEW RESEARCH ON HBOT AS A GENE THERAPY TO TREAT TRAUMATIC BRAIN INJURY AND OTHER DISORDERS.

Hyperbaric oxygen therapy (HBOT) is based on a simple idea—that oxygen can be used therapeutically for a wide range of conditions where tissues have been damaged by oxygen deprivation.

Inspiring and informative, *The Oxygen Revolution*, Third Edition is the comprehensive, definitive guide to the miracle of hyperbaric oxygen therapy. HBOT directly affects the body at the genetic level, affecting over 8,000 individual genes—those responsible for healing, growth, and anti-inflammation.

Dr. Paul G. Harch's research and clinical practice has shown that this noninvasive and painless treatment can help those suffering from brain injury or such diseases as:

- Stroke
- Autism and other learning disabilities
- Cerebral palsy and other birth injuries
- Alzheimer's, Parkinson's, multiple sclerosis, and other degenerative neurological diseases
- Emergency situations requiring resuscitation, such as cardiac arrest, carbon monoxide poisoning, or near drowning

For those affected by these seemingly "hopeless" diseases, there is finally hope in a proven solution: HBOT.

Paul G. Harch, M.D. is a hyperbaric medicine, diving, and emergency medicine physician and Diplomate of the American Board of Hyperbaric Medicine. The first President of the International Hyperbaric Medical Association and a semi-finalist for the National Institutes of Health Director's Pioneer Award, he has seen the positive effects of HBOT firsthand through the treatment of family members with stroke, dementia, and learning disability. A graduate of Johns Hopkins University School of Medicine and Director of the Louisiana State University School of Medicine's Hyperbaric Medicine Department, Dr. Harch currently divides his time between international consulting, lecturing, and his practice and research in the New Orleans area.



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THE
CRAFT
OF
SCENE WRITING

BEAT BY BEAT TO A BETTER SCRIPT

Jim Mercurio

THE
CRAFT
OF
SCENE WRITING

Jim Mercurio

A professional screenwriter's master class in writing the most critical and challenging script element--the individual scene. No one comes out of a movie talking about structure. What audiences love and remember about a movie are great scenes. Marlon Brando in the back seat in *On the Waterfront* giving his "I could'a been a contender" speech. Meg Ryan's fake orgasm in *Katz's Deli* in *When Harry Met Sally* with the climactic punch line: "I'll have what she's having." In *Super Bad*, Jonah Hill professing "I love you" to his friend Michael Cera by touching his nose with a "boop." Great scenes will elevate your script from ho-hum to extraordinary--and from the slush pile to sellable.

In *The Craft of Scene Writing*, master screenwriter and writing teacher Jim Mercurio analyzes and systematizes the beats, conflicts, character moments, action, dialogue, and structure that create powerful scenes. Citing examples from scripts old and new, *The Craft of Scene Writing* breaks down how great scenes reveal character, advance the story, and emotionally connect with audiences, plus demonstrates how to use these techniques in your own scripts.

This incredibly detailed exploration of screenwriting technique will help beginning writers to write great scripts and experienced writers to gain a more complete mastery of their craft.

Jim Mercurio is a writer, author, screenwriter and filmmaker. He has directed or produced five feature films and has helped countless writers as a teacher, story analyst and script doctor. Jim is a former development executive, and has sold or written as work-for-hire several screenplays. He wrote and directed the bonus material for the film *Making Hard Scrambled Movies*--a two-hour seminar on making indie films--which *The Washington Post* called "a must for would-be filmmakers." *Creative Screenwriting* magazine ranked him as one of the top screenplay consultants in the country.

Linden Publishing / February 2019

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≡ NO-NONSENSE, NO-FRILLS, AND NO-BS GUIDE ≡

WRITING FLASH

HOW TO CRAFT & PUBLISH FLASH FICTION
FOR A BOOMING MARKET



FRED D. WHITE

WRITING FLASH

FRED D. WHITE

Writing Flash is a fast and informative guide to developing your writing skills in one of fiction's most challenging genres. Flash fiction- the art of the ultra short story - is a challenging skill-building exercise for any writer. Learning how to compress a story to its most essential elements will help make your writing vigorous, evocative, and full of emotion.

Learn how traditional storytelling works in flash fiction, how to create character profiles and describe settings, how to experiment with metafiction along with some thoughts on hybridity. Discover definitions of humour and how to write effective satire.

Ready to market your work? White explains how to build readership, use social media to fine-tune your flash fiction, maintain a submissions record, and prepare a volume or chapbook of your own flash fiction. Each discussion includes exercises in a section called **Time to Pick Up Your Pen**.

Writing Flash presents a complete guide to the writing techniques and creative possibilities of writing flash fiction, plus tips on publishing and marketing your own flash fiction focused on helping you build your writing career. White also shows how the writing techniques of flash fiction are invaluable tools for any kind of writing, including writing novels and longer short fiction. *Writing Flash* won't just help you become a better flash fiction writer, this book will help you become a better writer, period.

Fred D. White has taught courses in writing and literature in Minnesota and since 1980 at Santa Clara University in Northern California, where he is now Professor of English, emeritus. In 1996 White received the Louis and Dorina Brutocao Award for Teaching Excellence. He has published several books on writing as well as dozens of stories essays, poems and plays. He lives with his wife in Rancho Cordoba, CA

Quill Driver Books / June 2018

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From the beginning of her modeling career in 1944 as Norma Jeane Mortensen to her death as the voluptuous Hollywood icon in 1962, Marilyn Monroe posed for thousands of modeling and publicity photos, scores of which have long been forgotten or abandoned in neglected studio archives. This book collects 100 of the rarest of the rare, seldom previously seen images of her brief modeling career, early days on the 20th Century Fox lot, then in candid between scene takes and traveling as a public figure as the wife of Arthur Miller and Joe DiMaggio. For the Monroe fans who think that they have seen it all, this book will provide a new lens on a beloved American icon.

The Hollywood Photo Archive is not only a wonderful collection of cinematic history, it captures the collective memories of Hollywood. The gunmen, the gallants, the ghosts and the stars of the big screen are represented in an impressive archive of more than 180,000 pieces.

The collection has been assembled over forty years by Director Colin Slater. In Slater's early days, as he began to learn his craft, it was the great Directors, Wilder, Lean and Welles, who advised him to study and learn from the film stills. Slater went on to own an important public relations agency, The Adventurers, in association with the legendary Journalist and Film Executive, Fred Hift. Together with 500 stringers the company worked on almost every motion picture produced and released in the UK, gathering stills from the stars and press collateral from the studios. Added with Hift's lifetime of files the Hollywood Archive was born. The outstanding archive provides a treasure trove of prints for film buffs; delve in and discover wonderful film stills, celebrity portraits and heroic stage performances.

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Judy Garland



COLIN SLATER AND THE HOLLYWOOD PHOTO ARCHIVE

Judy Garland

COLIN SLATER

AND THE HOLLYWOOD PHOTO ARCHIVE

Before the Wizard of Oz made her a star, the studios gave her a regimen of uppers by day and downers by night as well as orders about who to date and lunch with. Controlling her life, Judy transcended studio management and gave a brilliant performance of Dorothy even though she was just 17 at the time, beating out Shirley Temple for the part. At the time, Shirley Temple was even more well known than international star Charlie Chapman.

Judy Garland was a Star who lived a tragic life and her life story captivated fans, who delighted in the fact that they could live the tragedy vicariously.

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Lucille Ball

COLIN SLATER
AND THE HOLLYWOOD PHOTO ARCHIVE

Before she played the buffoon as I love Lucy on everyone's TV set, Lucille Ball acted in over 100 feature films. As she turned to television, when many actors of the '50's would not, she introduced viewers to single episode series, joining in her on camera romps. At the same time she created her TV show, she was inventing modern TV. She introduced the three camera shoot, where the cameraman and the stage manager essentially became directors. And she invested in Star Trek, where three cameras tracking across side by side sets make this budget compliant for the networks.

The Hollywood Photo Archive is not only a wonderful collection of cinematic history, it captures the collective memories of Hollywood. The gunmen, the gallants, the ghosts and the stars of the big screen are represented in an impressive archive of more than 180,000 pieces.

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CONTENT AND INBOUND MARKETING SUCCESS



BUILD YOUR BRAND, INFLUENCE YOUR INDUSTRY,
AND GENERATE QUALIFIED LEADS

PAUL M. KAPLAN

CONTENT AND INBOUND MARKETING SUCCESS

PAUL M. KAPLAN

What's the connection between thought leadership and increased sales? ...Consistent strategy.

Thought leadership and content marketing can be powerful tools for your business but to use them to their fullest potential, you need to have a plan. *Content and Inbound Marketing Success* covers every aspect of content marketing: researching customer needs, identifying your company's area of expertise, generating thought leadership articles and other content, communicating content through email, social media, web marketing and traditional media: evaluating response: generating sales leads and measuring results. More important, *Content and Inbound Marketing Success* shows how to coordinate these strategic elements to an overall plan. Interviews with business leaders and case studies show how content marketing concepts work in the real world.

The idea book for marketers, advertising professionals, entrepreneurs and anyone who works with content – whether in B2B or B2C business, for profit or nonprofit – *Content and Inbound Marketing Success* is a practical, step-by-step guide to achieving our content marketing goals.

Fred Kaplan has working in marketing for over fifteen years, focusing on content marketing and thought leadership, digital media, and project strategy for industry-leading companies, including Barnes & Noble, Inc. American Express, Broadridge Financial Solutions, and McGraw-Hill. Kaplan earned a BA from Yale College and an MBA from Yale School of Management. He is he author of three previous books.

Quill Driver Books / October 2019

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PLAY, LEARN, AND ENJOY!

A Self-Regulation Curriculum For Children

Elena Savina, Lindsay Anmuth, Kelly Atwood,
Whitney Giesing, Virginia Larsen

"...a fun set of activities designed to enhance social-emotional and executive functioning in elementary school children. The use of themes to tie all the elements together is very creative and will be very engaging for children." -Daniel C. Miller, PhD, Director, School of Neuropsychology Post-Graduate Program, KIDS, Inc.

"...embeds numerous skills in each lesson and provides a variety of activities to keep children interested during the session. ...a ground-breaking tool for children to improve their emotional-regulation skills." -Erin C. Stone, BCBA-D, LBA, Autism and Behavior Services Coordinator

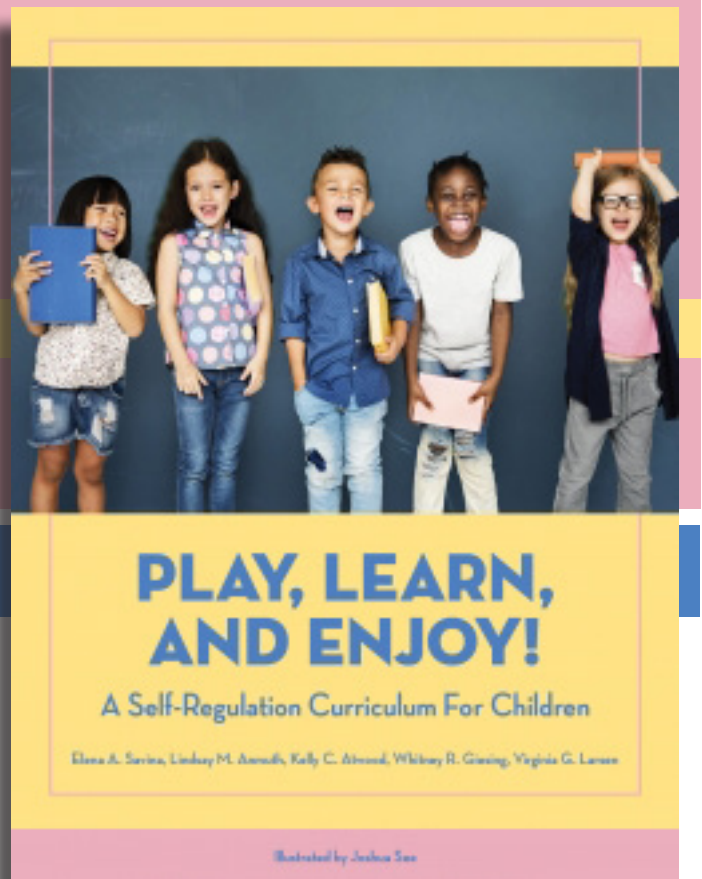
For teachers, counselors and school psychologists, Play, Learn, and Enjoy! is a social-emotional learning curriculum for elementary school children that bridges self-regulation skills with social-emotional competencies. It covers a broad range of self-regulation and social skills including executive functioning (attention, working memory, and inhibition), strategic skills (time-management and planning), self-awareness, emotional regulation, decision-making, communication, and collaboration with others. The curriculum is designed in a thematic, game-like format where children, together with story characters, go on imaginary trips into the wilderness. For example, they travel to mountains, a desert, a rainforest, and the Arctic. They take a riverboat trip, go ocean sailing and snorkeling. The curriculum consists of self-regulation games, social stories, collaborative problem-solving and planning activities, movement games, and mindfulness. It includes audio tracks and reproducible worksheets. This curriculum can be implemented in group counseling, after-school programs, and summer camps.

Elena Savina received a Ph.D. in Developmental and Educational Psychology from Moscow State Pedagogical University, Russia, and a Ph.D. in School Psychology from the University of Central Arkansas. Presently, she is an associate professor at the Department of Graduate Psychology at James Madison University. Lindsay M. Anmuth received her Psy.D. in Combined-Integrated Clinical and School Psychology from James Madison University and M.A. in Clinical Mental Health Counseling from Rowan University. Kelly Atwood received a Psy.D. in Combined Integrated Clinical and School Psychology from James Madison University in Harrisonburg, Virginia. Presently, she is completing a post-doctoral residency in health service psychology at James Madison University and Page Valley Memorial Hospital. Whitney Giesing received a Psy.D. in Combined Integrated Clinical and School Psychology from James Madison University. She recently completed her predoctoral internship at St. Elizabeth's Hospital in Washington, D.C. Virginia G. Larsen received a M.A. and C.A.G.S in School Psychology and a M.Ed. in Community Agency Counseling from George Mason University. She is nationally certified in School Psychology and School Neuropsychology.

Research Press

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REACH For The Kids

Five unique stories to help you
talk to children about mental illness

Andrew S. Hogan



REACH for the Kids is a series of five storybooks for children dealing with emotional disorders and mental illness. The vividly-illustrated stories deal with anxiety, ADD, ADHD, bipolar disorder, and depression. They use author Andrew S. Hogan's five REACH steps to beat emotional disorders: R-recognize the source of symptoms, E-emerge from isolation, A-authenticate self and disorder, C-control the disorder as you are able, and H-heighten your life! This item bundles five unique storybooks for children. Suitable for ages 5-10. Each book contains 40 pages and includes tips to adults of how to use the stories and illustrations when talking to children about emotional disorders and mental illness. The books are: Kailee Finds the Dragon, A Monkey on Ken's Back, Ami Is Not a Monster, Shawn's Jetpack, and Superhero Jo.



Andrew S. Hogan understands mental illness. He is doing internships as he finishes his Masters of Mental Health Counseling, and is a member of Chi Sigma Iota Counseling Academic and Professional Honor Society. Andy had published 18 books and has spoken to thousands in university, radio, and podcast settings throughout the US, China and Taiwan. At age 20, Andy was hospitalized twice for manic psychosis and has lived with chronic, type I bipolar disorder ever since. After successfully raising two children with diagnosed mental illness, Andy took the five steps from his best-selling, self-help book, *Beating Mental Illness*, and wrote a children's story for each step.

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BRAIDED IN FIRE

Black GIs and Tuscan Villagers
on the Gothic Line 1944



SOLACE WALES

BRAIDED IN FIRE

Black GIs and Tuscan Villagers
on the Gothic Line 1944

SOLACE WALES

Cultures and relationships are intertwined to become ***BRAIDED IN FIRE*** in Sommocolonia, a medieval Tuscan village in the Apennines directly on the highly fortified Third Reich's 'Gothic Line' stretching across northern Italy.

Only at Sommocolonia did attacking German troops break through that formidable line, with dire consequences to the inhabitants and their defenders, a handful of black GIs, who were outnumbered three to one by the Axis troops. In the desperate fight, Lt. John Fox sacrificed himself with supreme heroism. (He was posthumously awarded the Medal of Honor 52 years later.) Although the military action, (and tragic inaction of certain senior white officers), is described in detail, ***BRAIDED IN FIRE*** is not just military history, but tells of the human toll of war: the drama, the folly, the heartache – all present in grand measure for two peoples marginalized over the years for reasons of race and economic circumstances.

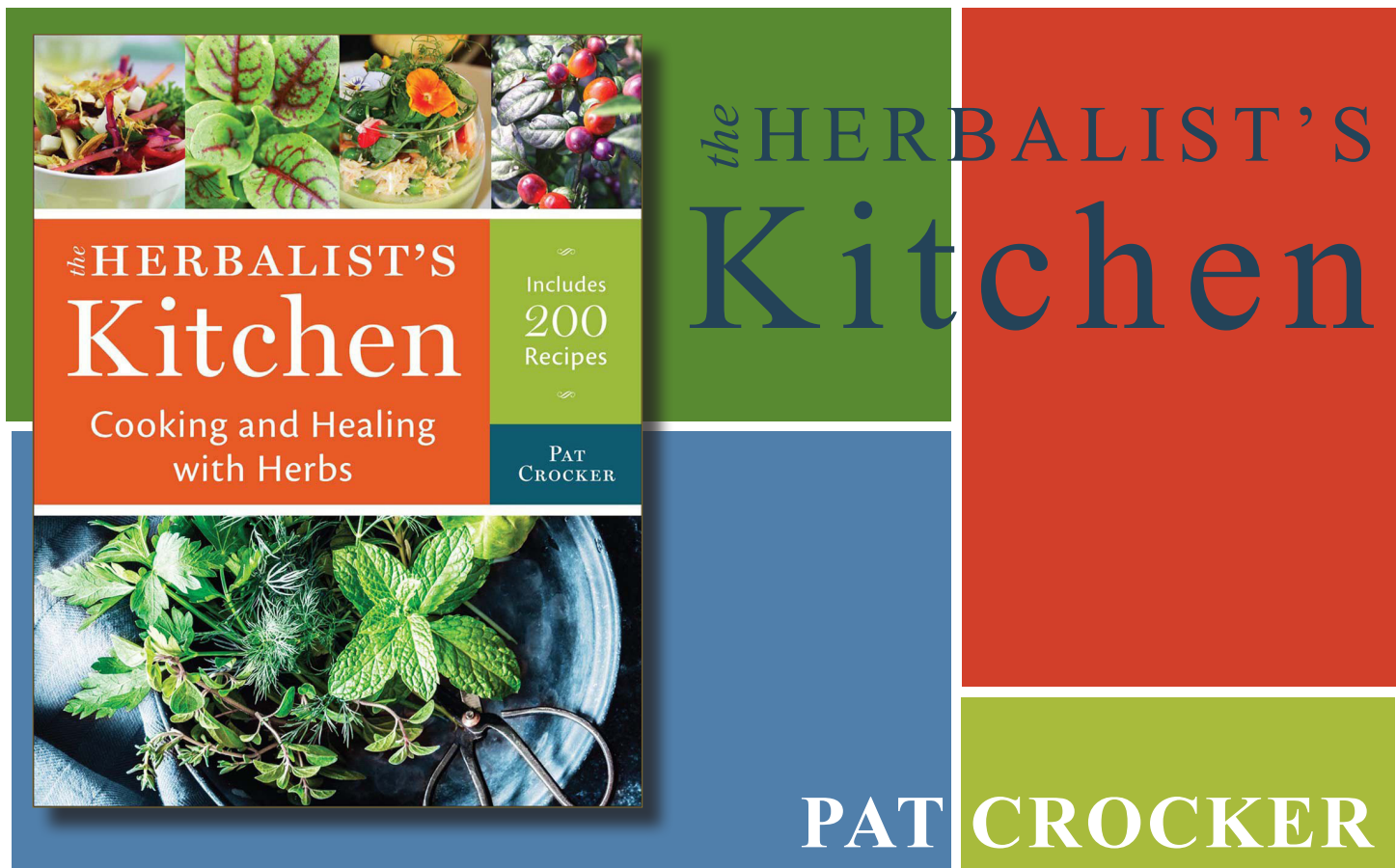
BRAIDED IN FIRE is a celebration of human dignity in desperate circumstances. This book is painted in a narrative befitting the beauty and rich hues of the Tuscan hills and its people, juxtaposed by the toils of a segregated America in black versus white, even while in Army green. Together these two worlds are ***BRAIDED IN FIRE*** with all of the passion, heartbreak, and violence of war, ultimately providing the reader with a redemptive peace, and cultural harmony.

Solace Wales is the former director of the International Child Art Center in San Francisco, Ms. Wales, and her artist husband have lived part of the year in Sommocolonia since the early 1970s. She has interviewed both the villagers in Italy and surviving Buffalo Soldier African-American veterans and their families across the United States. In 1997, she was invited by the White House to attend the long overdue ceremony where President Clinton recognized African Americans serving in WWII, including ***BRAIDED IN FIRE***'s protagonist, Lt. John Fox.

Knox Press/June 2020

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This is your ultimate herb cookbook . . . and more! Along with 200 recipes, this comprehensive guide profiles 40 herbs with culinary, medicinal, and beauty-enhancing benefits.

First and foremost, *The Herbalist's Kitchen* is a cookbook, with 200 fresh and delicious, health-supportive recipes including an Asiago, Apple, and Sage Tart Tatin; Rosemary-Roasted Vegetable Spaghetti; Thyme and Pear Cake; Lemon Glazed Scallops with Citrus Salsa; and Elderberry Chicken Tagine. But it goes beyond food, with information and preparations for 40 herbs—from angelica, bergamot, calendula, and chamomile to lavender, tarragon, thyme, and turmeric—that work not just in the kitchen, but also as tinctures, infusions, and essential oils.

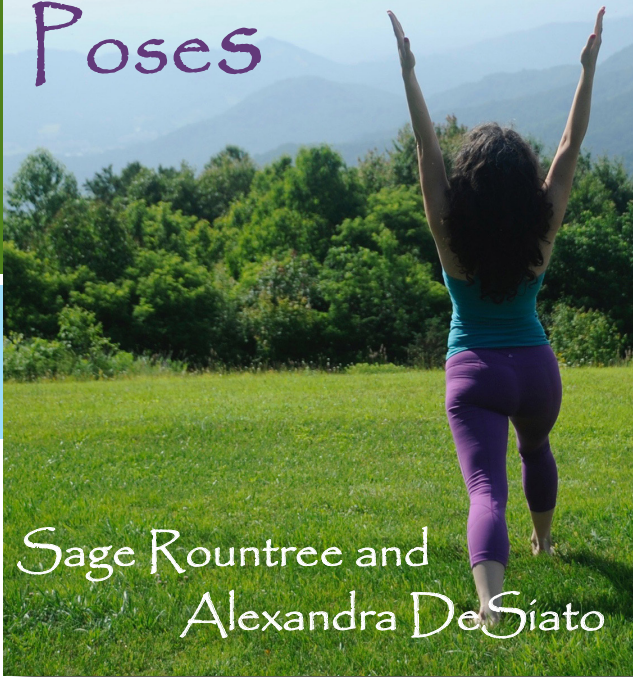
Author of 18 cookbooks, Pat Crocker is a culinary herbalist with more than 1.25 million books in print. She was honored twice by the International Herb Association's Professional Award, and also received the 2009 Gertrude H. Foster award from the Herb Society of America for Excellence in Herbal Literature. Her books, *The Juicing Bible* and *The Vegan Cook's Bible* (both published by Robert Rose) have won "Best in the World" awards from the International Gourmand Culinary Guild. The past president of both the Ontario Herbalists' Association and Home Economics Associations, Pat actively participates in the Herb Society of America, the International Herb Association, the International Association of Culinary Professionals, Cuisine Canada, and the Culinary Historians of Canada. She lives in Neustadt, Ontario, Canada.

Sterling Epicure / June 2018

Translation Rights Available

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Teaching Yoga Beyond the Poses



Sage Rountree and
Alexandra DeSiato

Teaching Yoga Beyond the Poses

Sage Rountree and
Alexandra DeSiato

New yoga teachers are often taught the poses but not themes or phrases that will make students come back and seasoned instructors often want a fresh approach or new theme to explore. Experienced yoga instructors Sage Rountree and Alexandra DeSiato give yoga teachers tools to find a genuine voice and tap into innate wisdom; offer ready-made, detailed themes to use in and provide guidance and useful, flexible templates for building a toolkit of

authentic themes for future use. The workbook begins with a section on voice, authenticity, emulation, phrasing, practice, repetition, and finding inspiration. While offering guidance for new or experienced teachers so that they feel confident speaking from a place of authority and offering their students memorable themes, the authors explore what it means to be authentic and how teachers can approach authenticity without feeling overly exposed or turning their yoga classes into a therapy session. The second section of the book contains 54 complete themes in template form, so instructors can easily use them in a class. These themes are broken down in chapters such as: yoga philosophy, seasonal themes, meditations, quotes, and spiritual ideas and stories from other traditions that translate well to yoga. Each theme is explored in a way that allows teachers to add their own voice, take, and spin. The final section of the book includes gentle advice and prompts with 54 blank templates, so instructors can create their own themes. With a unique angle and a practical feel, this workbook will appeal to yoga teachers, teacher trainers, and at-home practitioners who are moving to the next level.

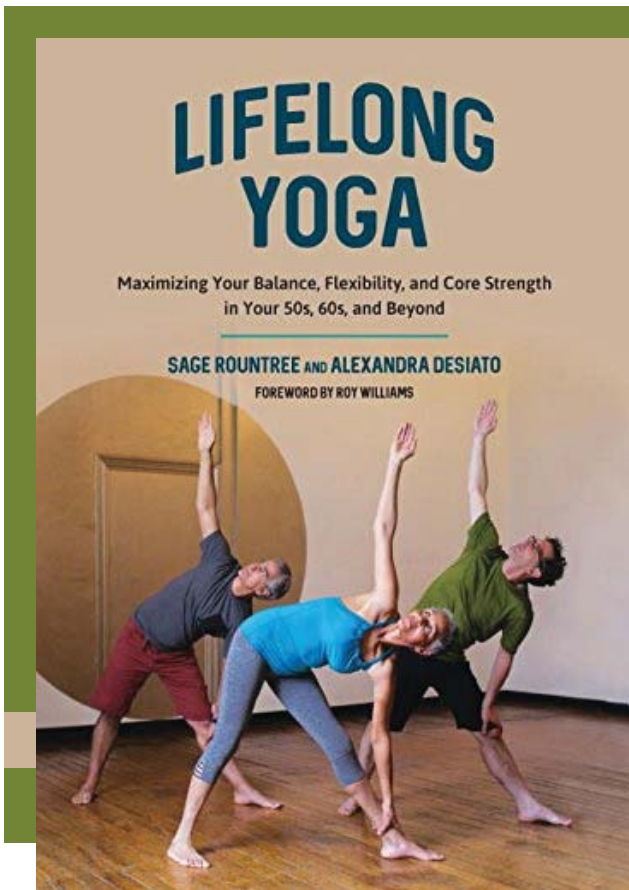
SAGE ROUNTREE, PhD, is a teacher trainer at the highest level and director of the yoga teacher trainings at the Carolina Yoga Company, which she co-owns. Rountree is the author of *The Athlete's Guide to Yoga*, *Racing Wisely* and *Everyday Yoga* among others and, with Alexandra DeSiato, *Lifelong Yoga*. Her writing has appeared in and she has been cited many periodicals, including *Runner's World*, *Yoga Journal*, *ESPN*, *Vogue* and *Men's Fitness*. She presents internationally on yoga, meditation, and athletics at venues including the U.S. Olympic Training Center and the Pentagon.

ALEXANDRA DESIATO, MA, holds the highest accreditation of yoga teaching and is the coauthor of *Lifelong Yoga*. She is an expert in yoga for healthy aging and yoga for prenatal and postnatal women. DeSiato holds a Master's in English literature from Appalachian State University, and in addition to teaching yoga classes has taught writing and literature at the college level for over 15 years..

Atlantic Books / Fall 2020

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LIFELONG YOGA

Maximizing Your Balance, Flexibility, and Core Strength in Your 50s, 60s, and Beyond

SAGE ROUNTREE & ALEXANDRA DESIATO

Yoga offers vital tools for healthy aging: strength, flexibility, balance, and peace of mind. In this one-of-a-kind book, Sage Rountree and Alexandra DeSiato describe the poses and routines that can help keep people of any age fit and injury free. In addition to demonstrating simple ways to maintain and even increase our ability to be active into our 50s, 60s, and beyond, the authors—both yoga teachers with decades of experience—offer poses and routines aimed toward specific goals, such as improving balance, maintaining strength and flexibility, and recovering properly between workouts. Each fully illustrated sequence is introduced with a brief overview of its benefits, along with modifications and options suited to individual requirements. Rountree and DeSiato also offer sequences that help support specific activities such as running, swimming, or golf, as well as yard work, travel, and caring for grandchildren. An essential and easy-to-follow guide, *Lifelong Yoga* offers key practices for maintaining and improving physical and mental well-being throughout a lifetime.

Sage Rountree is an internationally recognized authority in yoga for athletes and an endurance sports coach specializing in athletic recovery. Sage is the author of six books, including *The Athlete's Guide to Yoga*, *Racing Wisely*, and *Everyday Yoga*. Her seventh book, *Lifelong Yoga*, cowritten with Alexandra DeSiato, will be published summer 2017. Sage's classes, training plans, videos, books, and articles make yoga and healthy living accessible to everyone.

Alexandra DeSiato thinks of yoga as a tool for pregnancy, aging, and injury. Her most common in-class cue is "just squirm around on your mat," which follows from her belief that the best yoga practice is the one that comes from deep self-listening. You can find tips and sequences—and a fresh approach to yoga for healthy aging—at *Lifelong Yoga*, the blog she co-writes with Sage Rountree.



North Atlantic Books / August 2017

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A Harvard Medical School Guide

Trusted advice for a healthier life

The
**Harvard Medical
School Guide to
Yoga**

8 Weeks to Strength, Awareness & Flexibility

**Marlynn Wei, MD, JD, Alumni Clinical Fellow of Psychiatry, HMS,
and James E. Groves, MD, Associate Clinical Professor of Psychiatry, HMS**



The
**Harvard
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8 Weeks to Strength, Awareness & Flexibility

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James E. Groves, MD, Associate Clinical Professor of Psychiatry, HMS

Da Capo / Perseus

According to a recent National Institute of Health study, yoga is a leading form of complementary health care. The Harvard Medical School Guide to Yoga— is a comprehensive guide to understanding an integrated approach to yoga. While there are many yoga books available on the market, most are based on an individual yogi's expertise. Our book relies on modern medical science to illustrate the benefits of yoga. It provides an indispensable, simplified 8-week yoga program that integrates the physical postures of yoga with self-reflection, yoga breathing, teachings, and meditation—an approach that is far more effective and comprehensive than just learning the postures alone.

What makes our program unique?

The Western approach to teaching yoga emphasizes the physical postures and positions. But there is far more to yoga than that. In fact, true yoga includes eight "limbs." These include two categories of ethical principles for how to be true to oneself and to others, breathing exercises, poses, and four levels of concentration and meditation. Scientific research and clinical experience have shown that an integrated approach that includes multiple yoga limbs does far more to improve physical and mental health than merely doing yoga exercises.

Our streamlined 8-week program features user-friendly, step-by-step exercises that are easy to learn and practice at home with minimal equipment. It also highlights major yoga themes that tie in many aspects of the classical 8-limbed practice such as breath control (pranayama), postures (asanas), guided meditation, and self-reflective writing exercises based on fundamental yoga principles such as self-compassion and kindness.

Marlynn Wei, MD, JD, and James E. Groves, MD, have a combined experience of over 30 years of yoga practice and 45 years of using yoga to treat patients with anxiety, depression, and addiction. Together they bring in-depth scientific research about the benefits of yoga for body and mind to readers in their simplified 8-week integrated yoga program. Medical School, HHP reaches millions of consumers each year, and will actively help promote *The HMS Guide to Yoga*

Da Capo / Perseus // Spring 2017

Translation Rights Available

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80/20 RUNNING

Matt Fitzgerald



This revolutionary training method has been embraced by elite runners—with extraordinary results—and now you can do it, too.

Respected running and fitness expert Matt Fitzgerald explains how the 80/20 running program—in which you do 80 percent of runs at a lower intensity and just 20 percent at a higher intensity—is the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, 80/20 Running is a hands-on guide for runners of all levels with training programs for 5K, 10K, half-marathon, and marathon distances.

In 80/20 Running, you'll discover how to transform your workouts to avoid burnout.

- Runs will become more pleasant and less draining
- You'll carry less fatigue from one run to the next
- Your performance will improve in the few high-intensity runs
- Your fitness levels will reach new heights

80/20 Running promotes a message that all runners—as well as cyclists, triathletes, and even weight-loss seekers—can embrace: Get better results by making the majority of your workouts easier.

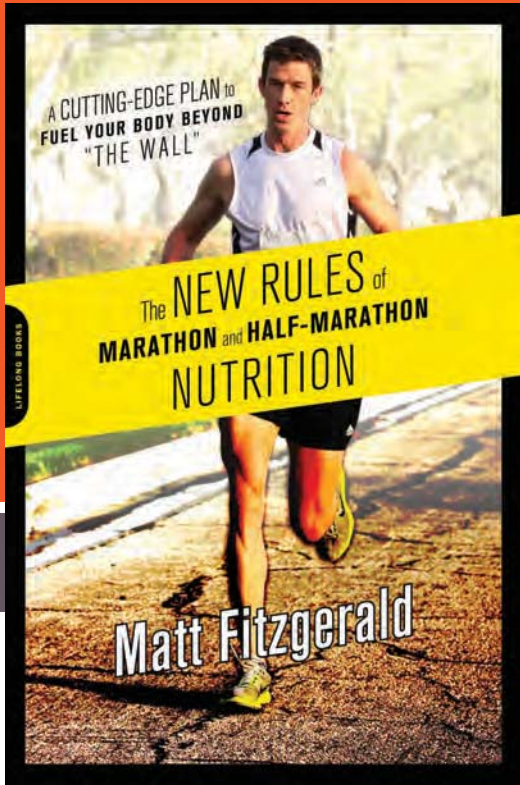


Matt Fitzgerald has authored or coauthored 17 books on topics related to running, triathlon, fitness, and nutrition, including *The Runner's Body* and *Brain Training for Runners*. He has written for *Bicycling*, *Men's Fitness*, *Men's Health*, *Men's Journal*, *Outside*, *Runner's World*, *Shape*, and *Women's Running*, among other major national publications and his byline appears regularly in *Competitor*, *Inside Triathlon*, and *Triathlete* and on *competitor.com*, *triathlete.com*, and *active.com* (where he is a featured running and triathlon expert). A certified sports nutritionist, he has served as a consultant to a number of sports nutrition companies, including Energy First, Next Proteins, and PacificHealth Labs. As a coach, he designs running and triathlon training plans that are sold through *trainingpeaks.com* and consults for PEAR Sports—maker of a new training device for runners—as a training intelligence specialist. Fitzgerald continues to run competitively.

Penguin / Fall 2014

Translation Rights Available

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The **NEW RULES** of **MARATHON** and **HALF-MARATHON** **NUTRITION**

A CUTTING-EDGE PLAN to
FUEL YOUR BODY BEYOND
"THE WALL"

Matt Fitzgerald

Every year, roughly 2 million people participate in marathons and half marathons in the United States, and, no matter what level they are, every one of these runners has likely hit "The Wall," running out of muscle fuel in the final miles and slowing down precipitously. This setback and other common running disappointments are nutritional (or metabolic) in nature. In *The New Rules*, renowned fitness journalist and training coach Matt Fitzgerald cuts through the myths, distilling the most up-to-date science to help runners overcome the universally experienced nutritional barriers that prevent success in the marathon and half marathon.

From basic tenets of training to nutrition guidelines, *The New Rules* is the first resource for runners to fully integrate nutrition with training for a complete and systematic prerace plan. Fitzgerald's powerful and easy-to-use tools will enable runners of all levels to attain their ideal racing weight, calculate their precise daily energy needs, and formulate a custom nutrition plan.

Matt Fitzgerald is an endurance sports writer, coach, and nutritionist. His work appears regularly in publications such as *Competitor*, *Men's Journal*, and *Triathlete*. His many books include the bestsellers *Iron War* and *Racing Weight*.

An International Society of Sports Nutrition-certified sports nutritionist, Matt has aided in the formulation and marketing of several popular sports nutrition products, including Accelerade sports drink and 2nd Surge energy gel. Matt also serves as a training intelligence specialist for PEAR Sports, an audio-based biofeedback training system for runners and other endurance athletes.



Matt has been a competitive runner since age 12 and also dabbles in triathlons.

Perseus / February 2013

Translation Rights Available

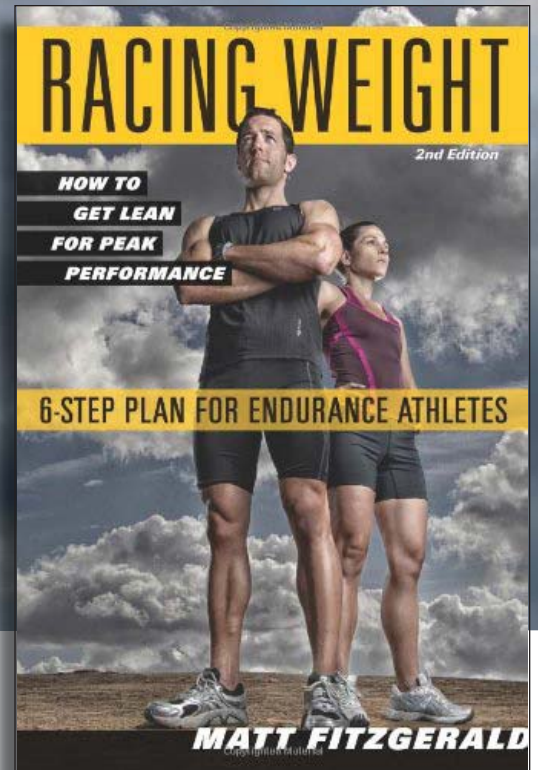
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RACING WEIGHT

MATT FITZGERALD

"Sports nutritionist Matt Fitzgerald lets us in on his no-diet secrets that can help endurance athletes get leaner, stronger, and faster." -Men's Fitness



Racing Weight is a proven weight-management program designed specifically for endurance athletes. Revealing new research and drawing from the best practices of elite athletes, coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists, triathletes, and runners lose weight without harming their training.

This comprehensive and science-based program shows athletes the best ways to lose weight and avoid the common lifestyle and training hang-ups that keep new PRs out of reach. The updated Racing Weight program helps athletes:

- Improve diet quality
- Manage appetite
- Balance energy sources
- Easily monitor weight and performance
- Time nutrition throughout the day
- Train to get—and stay—lean

Racing Weight offers practical tools to make weight management easy. Fitzgerald's no-nonsense Diet Quality Score improves diet without counting calories. Racing Weight superfoods are diet foods high in the nutrients athletes need for training. Supplemental strength training workouts can accelerate changes in body composition. Daily food diaries from 18 pro athletes reveal how the elites maintain an athletic diet while managing appetite.

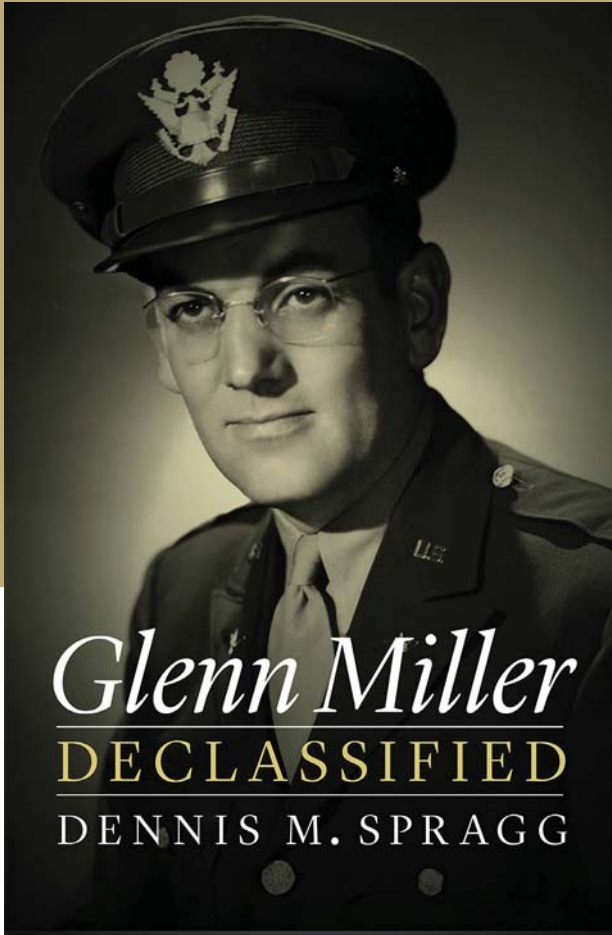
Athletes know that every extra pound wastes energy and hurts performance. With Racing Weight, cyclists, triathletes, and runners have a simple program and practical tools to hit their target numbers on both the race course and the scale.



Matt Fitzgerald is an award-winning endurance sports journalist and bestselling author of more than 20 books on running, triathlon, fitness, nutrition, and weight loss, including *Brain Training for Runners* and *Racing Weight*. His byline appears regularly in national publications including *Men's Journal*, *Outside*, and *Women's Running*. An experienced running and triathlon coach and certified sports nutritionist, Matt serves as a Training Intelligence Specialist for PEAR Sports and as a featured coach on active.com.

VeloPress / UK and Translation Rights Available

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Glenn Miller

DECLASSIFIED

DENNIS M. SPRAGG

Glenn Miller
DECLASSIFIED
DENNIS M. SPRAGG

"... a remarkable feat of historical investigation, technical analysis, and cultural retrospective. ... provides the most compelling argument yet of what happened to one of America's most influential musical figures."

-Col. Matthew M. Hurley, U.S. Air Force (Ret.), and former USAF and division chief, ISR Doctrine and Policy

"With great dedication Dennis Spragg has extensively researched the stories that have long circulated

about the disappearance of our father's plane during World War II. Finally, there is resolution to this long-standing mystery."-Jonnie Miller Hoffman, daughter and surviving heir of Glenn Miller

On December 15, 1944, Maj. Alton Glenn Miller, commanding officer of the Army Air Force Band (Special), boarded a plane in England bound for France with Lt. Col. Norman Francis Baessell. Somewhere over the English Channel the plane vanished. No trace of the aircraft or its occupants was ever found. To this day Miller, Baessell, and the pilot, John Robert Stuart Morgan, are classified as missing in action.

Weaving together cultural and military history, Glenn Miller Declassified tells the story of the musical legend Miller and his military career as commanding officer of the Army Air Force Band during World War II. After a brief assignment to the Army Specialist Corps, Miller was assigned to the Army Air Forces Training Command and soon thereafter to Supreme Headquarters, Allied Expeditionary Force, in the UK. Later that year Miller and his band were to be transferred to Paris to expand the Allied Expeditionary Forces Programme, but Miller never made it.

Miller's disappearance resulted in numerous conspiracy theories, especially since much of the information surrounding his military service had been classified, restricted, or, in some cases, lost. Dennis M. Spragg has gained unprecedented access to the Miller family archives as well as military and government documents to lay such theories to rest and to demonstrate the lasting legacy and importance of Miller's life, career, and service to his country.

Dennis M. Spragg is the senior consultant of the Glenn Miller Archive and the American Music Research Center at the University of Colorado-Boulder. A veteran broadcasting and media research professional, he is an internationally known expert on Glenn Miller who has been featured in the PBS television series History Detectives and a BBC Radio production.

Potomac Books / 2017

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FIVE FOR FREEDOM



THE AFRICAN AMERICAN SOLDIERS
IN JOHN BROWN'S ARMY

EUGENE L. MEYER



FIVE FOR FREEDOM

EUGENE L MEYERS

Late on the evening of October 16, 1859, John Brown and his band of 18 raiders descended on Harpers Ferry at the confluence of the Potomac and Shenandoah Rivers. In an ill-fated attempt to incite a slave insur-

rection, they seized the federal arsenal, took hostages and retreated to a fire engine house where they barricaded themselves until a contingent of US Marines battered their way in on October 18. The raiders were routed, and several were captured. Soon after, they were tried, convicted and hanged.

Among Brown's raiders were five African Americans whose lives and deaths have long been overshadowed by their martyred leader and, even today, are little remembered. Two—John Copeland and Shields Green—were executed. Two others—Dangerfield Newby and Lewis Leary—died at the scene. Of the five, only Osborne Perry Anderson escaped and lived to publish the lone insider account of the event that, most historians agree, was a catalyst to the Civil War.

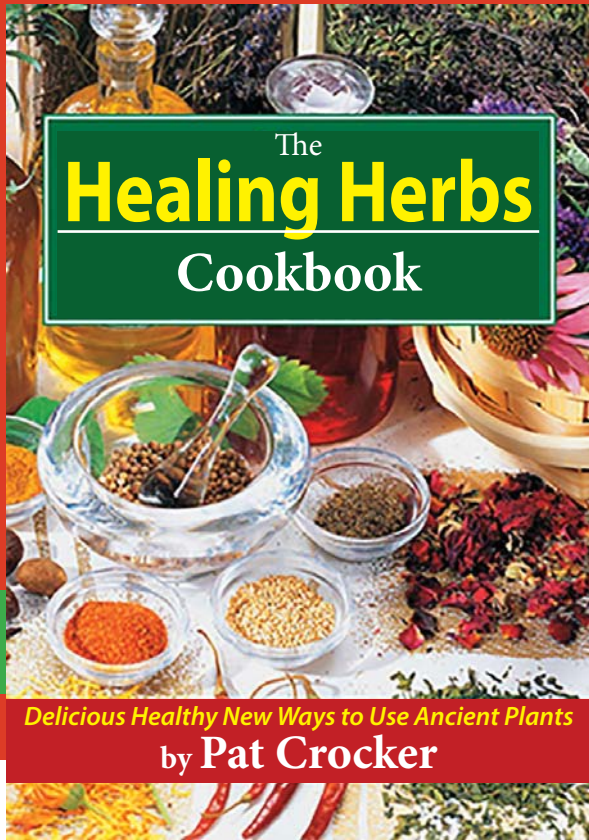
Five for Freedom is the story of these five brave men, the circumstances in which they were born and how they came together at this time and place. Their lives and deaths affected future generations, not just of their descendants, but of us all.

Eugene L. Meyer is a former longtime Washington Post reporter and editor who has also written for the New York Times, U.S. News & World Report, and many other national and regional publications. He is a contributing editor to Bethesda Magazine and edits the quarterly B'nai B'rith Magazine.



Chicago Review Press / June 2018

Uk and Translation Rights Available



The Healing Herbs Cookbook

Delicious Healthy New Ways to Use Ancient Plants

Pat Crocker

Pat Crocker is perhaps the best example of the “culinary herbalist,” a term she coined to describe someone with vast herbal knowledge and, specifically, one who grows and uses herbs extensively in cooking.

The author of several best-selling cookbooks, including *The Healing Herbs Cookbook*, Pat was twice honored with the International Herb Association’s Professional Award for contributions to the herb industry. She was also the winner some years ago of an award given by the Herb Society of America for Excellence in Herbal Literature. So there is no question she is the ideal author for *HEALING HERBS: Delicious & Healthy New Ways to Use Ancient Plants*

Her lavish, visually stunning new book, brimming with delicious recipes and 800 four-color photographs, is actually three books in one:

- As a cookbook, it provides new ways to use herbs in 200+ easy, everyday recipes and features new techniques that will appeal to new as well as long-time foodies. But the recipes are not limited to edibles – KITCHEN HERBAL will also feature spa recipes for skin and hand creams, and much more.
- As a modern herbal, it contains 42 fascinating profiles of culinary herbs.
- As a reference guide, it will become the go-to book for gardeners and cooks alike.

Pat Crocker is an author of 18 books, a photographer and cooking teacher. Her *Juicing Bible* (Robert Rose, 2 editions) has sold 800,000+ copies. Her *Smoothies Bible* has sold 250,000+ copies, in English and in multiple foreign languages. She lectures extensively at food, garden and herb festivals throughout Canada and the US, and she is a media-savvy professional with hundreds of TV, radio and print interviews and live demos to her credit.



Sterling / Spring '18

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A Cannabis Grower's Visual Guide to
Easy Diagnosis and Organic Remedies

What's Wrong with My Marijuana Plant?

DAVID DEARDORFF AND
KATHRYN WADSWORTH

What's Wrong with My Marijuana Plant?

What's Wrong with My Marijuana Plant? is the first problem-solving book for marijuana growers with an effective and easy-to-use visual diagnostic system pioneered by Deardorff and Wadsworth for identifying pest, disease, and environmental problems by symptom. What are those rusty spots on your leaves? What bug is eating your buds? Why

are your sativa sprouts covered in fuzz? Find out fast AND learn how to fix it! This book contains all-organic solutions (vitaly important to protect your health, the health of your plants, and the environment) plus best growing practices to avoid problems before they start. Written in easily understandable, non-technical language and heavily illustrated with precise photography to allow rapid and accurate diagnosis, this is an essential resource for beginning and experienced growers alike.

What's Wrong with My Vegetable Garden

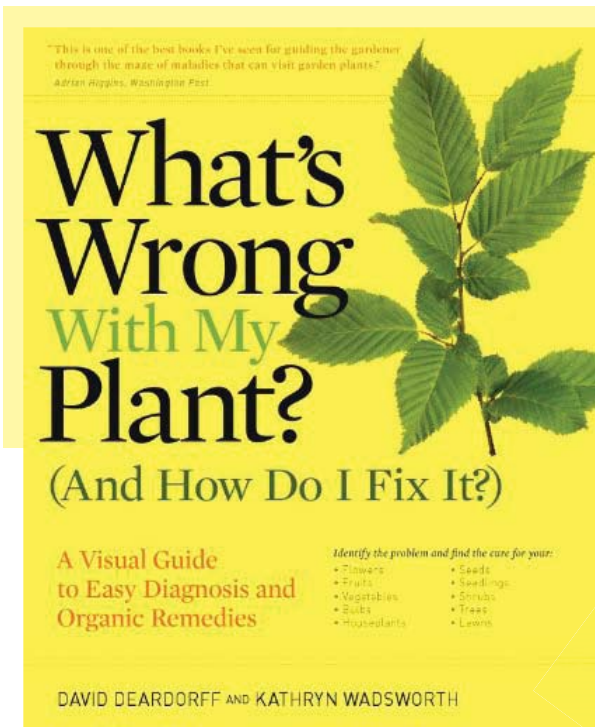
We seek the satisfaction of nurturing amazing plants that become our platter of gourmet vegetables. We crave that moment when the flavor of a freshly picked tomato explodes in our mouths. Above all, by growing our own food, we know it is safe, clean, and chemical-free. The authors offer detailed plant portraits of popular vegetables complete with growth habit, growing season, planting techniques and temperature, soil, light, and water requirements. Rounded out with problem identification and organic solutions to these common problems, *What's Wrong With My Vegetable Garden?* will quickly become one of your most essential garden tools.

"If you want a healthy, productive, and healthful vegetable garden largely free of pests and disease, *What's Wrong With My Vegetable Garden* belongs in your garden library."
—Edward C. Smith, bestselling author of *The Vegetable Gardener's Bible*

What's Wrong With My Vegetable Garden?

100% Organic Solutions
for All Your Vegetables,
from Artichokes to Zucchini

DAVID DEARDORFF & KATHRYN WADSWORTH, authors of *What's Wrong With My Plant?*



What's Wrong with My Plant?

What's Wrong With My Plant? (And How Do I Fix It?) provides an easy system for visually diagnosing any garden plant problem and matching it to the right cure. By offering 100% organic solutions to over 400 plant maladies, this book is the go to source whenever your plants are a little under the weather.

Part 1 presents easily understood, illustrated flow charts—organized by the plant part on which the symptoms appear—that enable you to accurately diagnose what is ailing your plant. Part 2 tells you how to fix the problem; whatever the cause—growing conditions, pests, or disease—you'll find a safe, organic solution. Part 3 is a photo gallery of common problems; compare your plant to a photograph in order to verify the malady you're dealing with.

Whether your garden consists of herbs on a sunny windowsill, a vegetable plot, an elaborate mixed border, or a container on a patio, *What's Wrong With My Plant?* will be an indispensable resource. You don't even need to know the plant's name. If you can see it, you can fix it. Curing a sick plant just doesn't get any easier.

Author, naturalist, and teacher Kathryn Wadsworth explores the outdoors, whether in the garden or the wild, and shares it with others through writing and photography. In addition to her writing projects, she currently teaches writing and publishing at Peninsula College in Port Townsend, WA. She has specialized in nature and science communications, and has written articles and technical papers on plant life around the world. She has also produced and directed documentary films on topics ranging from the California gray whale to the impact of mining on the Navajo Nation. She has led and coordinated eco-tours around the world, and managed gardens in the arid southwest, tropical Hawaii and the Pacific Northwest.



Author, artist, photographer and lecturer, Dr. David Deardorff holds a PhD in Botany from the University of Washington. He has been on the faculty of the University of Hawaii in Plant Pathology, and Washington State University in Water Resources, where he taught the Master Gardener program. He also co-founded Plants of the Southwest in Santa Fe, NM, one of the first native plant nurseries in the U.S. He has directed major plant research projects, plant tissue culture programs, grown all kinds of plants in his own backyard, and worked at retail garden centers. He has over thirty years of experience as a plantsman.

Ten Speed Press

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Searching for Augusta

The Forgotten Angel of Bastogne



MARTIN KING

Searching for Augusta

The Forgotten Angel of Bastogne

MARTIN KING

In December 1944, Augusta Chiwy, a Belgian Congolese nurse, was visiting her family in Belgium. This is her story.

A story about the only African woman who volunteered to save American lives in World War II. It is unprecedented and has never been revealed until now. Untold millions who saw and read *Band of Brothers* can now know the whole story of what really occurred to other American soldiers and civilians in Bastogne during that arduous Winter of 1944/45. This is the other side of war, where duty was assumed and not appointed.

Tom Brokaw called the World War II generation the "greatest generation." Recent books and films have caused an almost insatiable thirst for deeper World War II knowledge and eye witness accounts. Living in a fragmented, conflicted society, people need heroes. Heroes that unite people in the common goal of respect for all humanity regardless of gender or ethnic origin. We need reminding that conflict can produce other heroes with other motivations. Not the transient idols of entertainment, nor the disappointing icons of the sports world, but genuine heroes that sacrifice their comfort, security, and personal safety to a purpose far greater than their own lives—freedom and world peace.

This is a love story about three people - a doctor, a nurse and the historian who uncovered their encounter. ***Searching For Augusta*** is not a typical love story. There are no dinners by candlelight. No dancing till dawn. No hours of conversation over glasses of fine wine. No flowers. No favorite song. There was simply no time for that...

Martin King is a British Military Historian, Author, and Lecturer. Widely regarded as a leading authority on European Military History, General Graham Hollands referred to him as the "Greatest living expert on the Battle of the Bulge". His campaigning work for World War Two veterans recently came to the attention of leading military personnel at the Pentagon who invited him to present his latest work 'The Tigers of Bastogne'. In 2015 his documentary feature 'Searching for Augusta' received the Emmy Award for Best Historical Documentary. He lives in Belgium near Antwerp where he spends his time writing, lecturing, working with veteran organizations and visiting European battlefields.

Lyons Press

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The Emotionally Intelligent Manager

HOW TO DEVELOP AND USE THE FOUR KEY EMOTIONAL SKILLS OF LEADERSHIP

"David and Peter take the 'mystery' out of Emotional Intelligence and allow the business person to find and practice ways of becoming a better and more effective leader using the knowledge and practice of emotions..." -Janet Matts, Leadership Practice Director, Johnson & Johnson.

"...a marvelous work helping to legitimize emotions in the workplace." -Richard E. Boyatzis, professor, Department of Organizational Behavior, Case Western Reserve University, and coauthor, Primal Leadership: Realizing the Power of Emotional Intelligence

We have long been taught that emotions should be felt and expressed in carefully controlled ways, and only in certain environments and certain times. This is especially true when at work, particularly when managing others. It is considered terribly unprofessional to express emotion while on the job, and many of us believe that our biggest mistakes and regrets are due to our reactions at those times when our emotions get the better of us.

David R. Caruso and Peter Salovey believe that this view of emotion is not correct. The emotion centers of the brain, they argue, are not relegated to a secondary place in our thinking and reasoning, but instead are an integral part of what it means to think, reason, and to be intelligent. In *The Emotionally Intelligent Manager*, they show that emotion is not just important, but absolutely necessary for us to make good decisions, take action to solve problems, cope with change, and succeed. The authors detail a practical four-part hierarchy of emotional skills: identifying emotions, using emotions to facilitate thinking, understanding emotions, and managing emotions—and show how we can measure, learn, and develop each skill and employ them in an integrated way to solve our most difficult work-related problems.



Peter Salovey is an American social psychologist and current President of Yale University. He previously served as Yale's Provost, Dean of Yale Graduate School of Arts and Sciences, and Dean of Yale College. Salovey is one of the early pioneers and leading researchers in emotional intelligence.

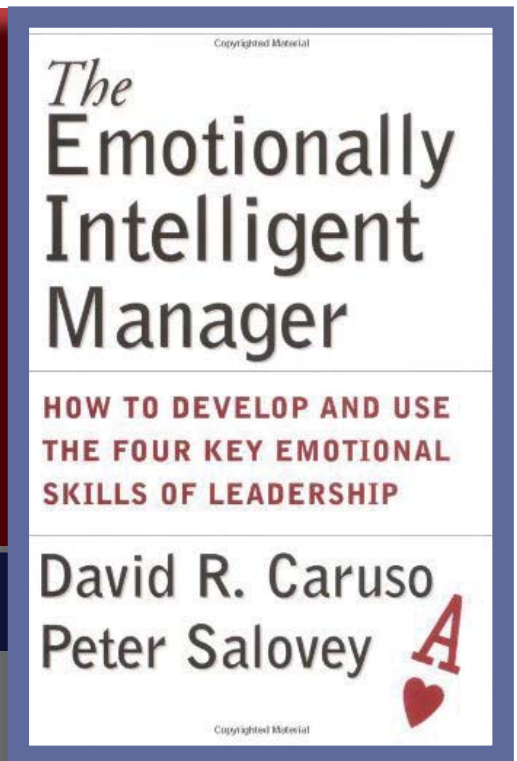
David Caruso, Ph.D., is a management psychologist who develops and conducts emotional intelligence training around the world. He is the special assistant to the dean of Yale College. David received a Ph.D. in psychology from Case Western Reserve University and was a National Institute of Child Health and Human Development predoctoral fellow. He was then awarded a National Institute of Mental Health fellowship and spent two years as a postdoctoral fellow in developmental psychology at Yale University.



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FINDING VOICE

Treating Selective Mutism and Social Anxiety

Robert L. Schum

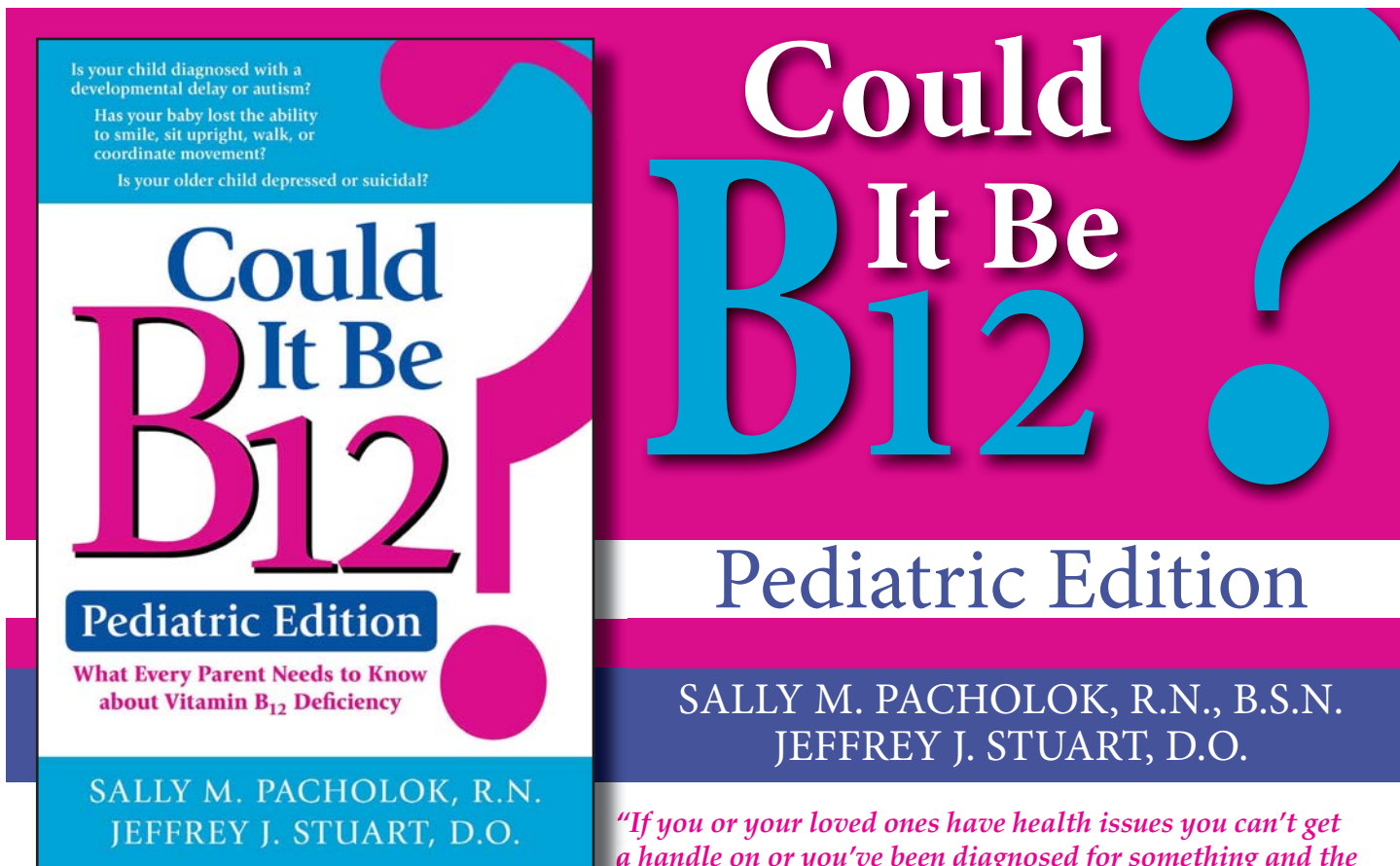
The goal of this book is to provide well-practiced procedures that are accessible to families, teachers and therapists, who have had limited experience with selective mutism. The major part of this book is focused on intervention techniques, providing suggestions and guidance on action items available to the important people in these children's lives. It is based on a foundation of evidence and knowledge about communication, behavior change, and anxiety disorders.

This book is not a manual for treatment of selective mutism in a rote manner. Some psychological and communication disorders might be treated with a manualized procedure, but this is not one of those disorders. The behavioral variations and rate of progress varies widely among children with selective mutism. Case examples and anecdotes abound in this book. They are chosen to show the variety of ways children express selective mutism. These variations limit a manualized response. Rather than serving a menu to the reader, this book teaches how to create different menus, based on the tastes of the children and their parents. Because there is limited research in the treatment of selective mutism, we must rely on an analytical approach to clinical experience, examining what seems to work and why it works.

Robert Schum, Ph.D., clinical psychologist, is professor of pediatrics at the Medical College of Wisconsin and was previously the director of the Wendell Johnson Speech and Hearing Clinic at the University of Iowa. Dr. Schum served as chief of the Section of Psychology at Children's Hospital of Wisconsin in Milwaukee. He is a member of the American Psychological Association as well as the American Speech-Language-Hearing Association.

Dr. Schum has presented more than 100 workshops and is the author of many articles and chapters, including "Clinical Perspectives on the Treatment of Selective Mutism" which was published in the Journal of Speech-Language Pathology and Applied Behavioral Analysis (2006). The focus of Dr. Schum's clinical services, teaching and research is the assessment and treatment of children who have communication disorders. He is active in providing psychotherapy to children who have selective mutism.

Research Press / Summer 2017 World English and Translation Rights Available



Could It Be B12?

Pediatric Edition

SALLY M. PACHOLOK, R.N., B.S.N.
JEFFREY J. STUART, D.O.

"If you or your loved ones have health issues you can't get a handle on or you've been diagnosed for something and the standard treatment doesn't seem to work, then I say definitely

pick this book up." -www.BunnyCates.com

" Could it be B12? has literally saved lives and is the only complete and authoritative guide to B12 deficiency and shows what you can do to protect yourself and your family from this crippling disorder." -Senior Beacon

Your child is unsocial, moody, and not hitting standard development milestones. Is it autism? A developmental disability? Or could it simply be a B12 deficiency? Millions of children are at risk of developing neurological disorders caused by B12 deficiency, yet it often goes misdiagnosed as autism, depression, and mental illness. B12 deficiency is treatable—but if you don't catch it in time, it can cause permanent nerve damage and disability.

Could It Be B12? Pediatric Edition is the only book for parents that offers a complete guide to detecting and preventing pediatric disorders caused by B12 deficiency. Written by Sally Pacholok and Dr. Jeffrey Stuart, authors of the acclaimed ***Could It Be B12?***, ***Could It Be B12? Pediatric Edition*** offers parents critical information about protecting children from B12 deficiency from early fetal development through adolescence.

Written in a style that makes complex medical information clear to general readers, ***Could It Be B12? Pediatric Edition*** presents strategies for healthy nutrition for mothers during pregnancy and breastfeeding, early intervention for infants and young children, and detecting subtle to severe symptoms of B12 deficiency in older children. It will help readers learn the warning signs of childhood B12 deficiency, prevent serious injury with timely intervention, and work with health care professionals to get effective treatment for their children. Thoroughly researched, clearly written, and backed with hard scientific data, medical journal citations, and numerous case studies, ***Could It Be B12? Pediatric Edition*** is a must-read for all parents and expectant parents.

Sally M. Pacholok, R.N., B.S.N, is an emergency room nurse with 27 years of experience and received her bachelor's degree in nursing from Wayne State University in Detroit, Mich. Jeffrey J. Stuart, D.O., is a board-certified emergency medicine physician who has practiced for over 20 years. Pacholok and Stuart are the authors of *Could It Be B12?*, described by one physician as "The definitive book on B12 deficiency, diagnosis, and treatment.



Quill Driver Books / December 2016

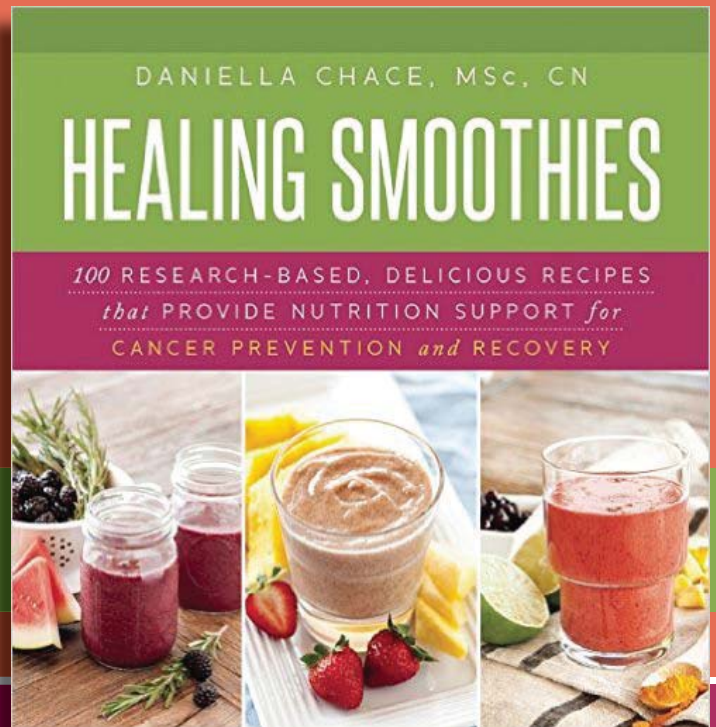
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HEALING SMOOTHIES

100 RESEARCH BASED, DELICIOUS RECIPES
that PROVIDE NUTRITION SUPPORT for
CANCER PREVENTION *and* RECOVERY

DANIELLA CHACE, MSc, CN



We live in an exciting time where it comes to cancer research. Today there is a wealth of new breast cancer research, providing many of the long-sought answers to our questions about what prevents, triggers, promotes, and heals breast cancer. These studies are being published from universities all around the world and provide direct evidence of toxin exposures and nutrient deficiencies that create the environment for breast cancer cell development. Fortunately, there has also been an accompanying surge in research identifying the nutrients that change the course of breast cancer, which can result in healthier, longer lives for women suffering from the disease.

Nutrients proven to provide direct protection and healing support for breast cancer patients are combined in the nourishing, delicious infusions found in this book, all of which can be incorporated into most cancer-treatment plans.

The recipes found in this book accommodate dietary restrictions. They are vegan, high-protein, gluten-free, low in fat and sugar, and devoid of common allergenic ingredients. Dairy and soy are eliminated not only because they are allergenic foods but also because they are triggers for certain types of breast cancer.



Daniella Chace, MSc, CN, is a clinical nutritionist, educator and author, whose 20+ nutrition books have sold a combined 660,000+ copies. She is an expert in nutrition therapy and breast cancer nutrition. Ms. Chace received both her bachelor's and master's degrees in nutrition from Bastyr University in Seattle, WA, and postgraduate training in environmental medicine at the Southwest College of Naturopathic Medicine and Health Sciences in Tempe, AZ. She is a certified nutritionist by the Washington State Department of Health.

She has appeared regularly as a nutrition expert on radio and television and is the host of NPR's Nutrition Minute, recorded locally and airing to up to 900 member stations around the country. She lives in Port Townsend, WA, where she sees clients in her private practice and develops recipes that support healing.

Ms. Chace's best-selling title Smoothies for Life! Yummy, Fun, and Nutritious! has sold over 350,000 copies.

HCI Publishing / Fall 2016

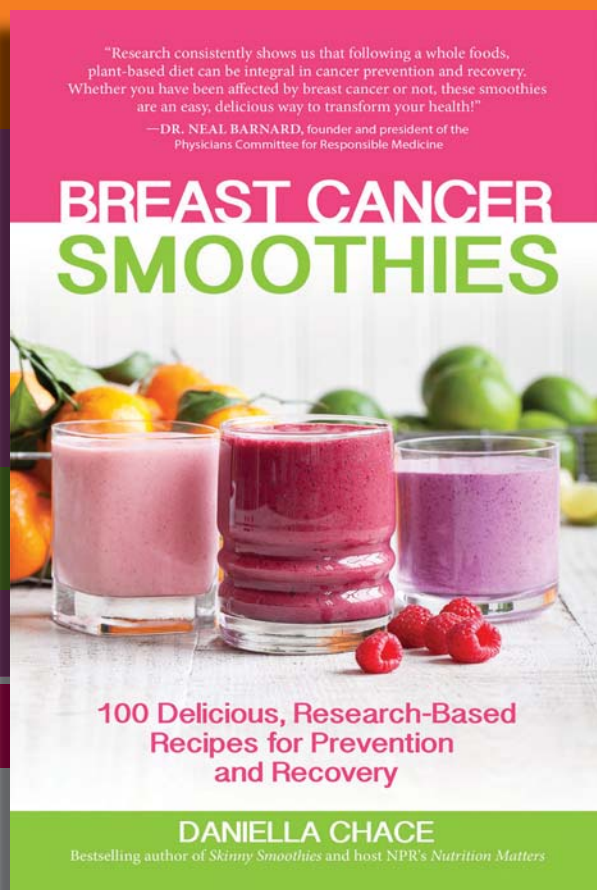
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BREAST CANCER SMOOTHIES

100 Delicious, Research-Based Recipes
for Prevention and Recovery

DANIELLA CHACE



In her delightful new book, Daniella Chace breaks down the complex topic of oncology nutrition and the specific dietary needs breast cancer creates, into simple recommendations for making delicious smoothies that support healing and a healthy lifestyle.

What makes 100 Breast Cancer Smoothies unique?

An extensive body of research, that provides many of our long-sought answers to the cause of breast cancer, has been translated into simple, healthy smoothie recipes! It's all about Daniella's nutrient-rich, whole-foods recipes created only from ingredients that provide a direct benefit to fighting breast cancer. Concentrated amounts of carotenoids, flavonoids, probiotics, protein and minerals, including bioactive compounds from herbs and citrus oils dramatically reduce the development and spread of breast cancer cells.

Color photos styled by the award-winning photographer Olivia Brent charm the pages with luscious smoothies images. Each recipe includes tips about the food nutrients that effect breast cancer in direct ways, including reducing cancer cell development, growth and spread. With just a few minutes each day, you can dramatically change the course of your life by working to prevent and heal breast cancer through fresh, appealing drinks.

Living well never tasted soooo good!



Daniella Chace is the host of NPR's Nutrition Minute, she is also an educator and clinical nutritionist. Daniella has written over twelve books that have sold close to one million copies, including the bestseller, Smoothies for Life!

HCI Publishing / September 2016

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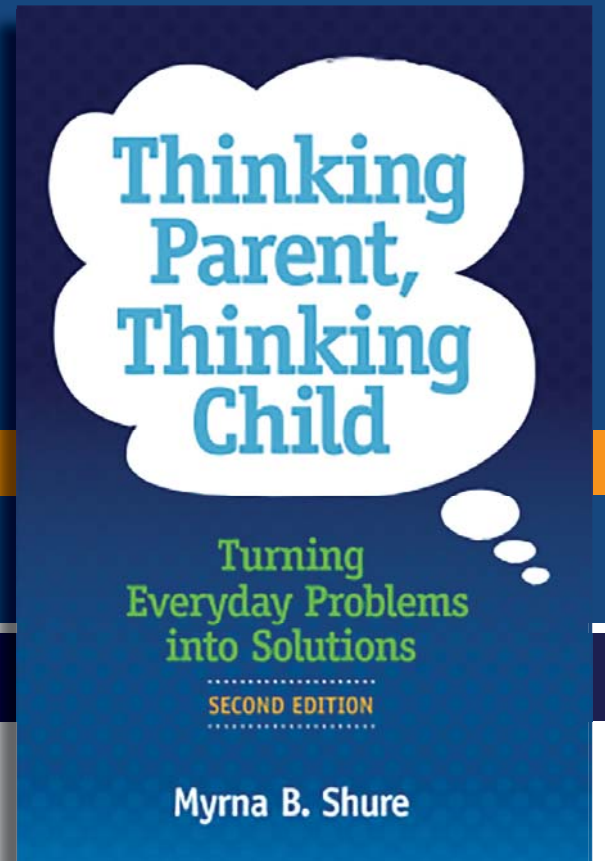
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Thinking Parent, Thinking Child

Turning Everyday Problems Into Solutions

SECOND EDITION

Myrna B. Shure



"Based on many years of research and development, the book carries on the tradition of Benjamin Spock as a resource for giving self-confidence to parents and support to their children." -James G. Kelly, PhD, Professor emeritus, psychology, University of Illinois at Chicago

If you want to prepare your child to become a happy, successful, functional adult, this book is a must." -Sam Goldstein, PhD, Coauthor, Raising Resilient Children

In this new edition, internationally acclaimed author Dr. Myrna B. Shure shows how to apply "I Can Problem Solve" techniques to the top concerns of parents and children from preschoolers through preteens. With updated research, three completely new chapters, and numerous new problem-solving scenarios, the book offers a sensible way for parents to help their children learn how to think, not what to think.

The important lessons presented in this book go far beyond how to manage or control specific problems. Instead, you'll be able to help your child find her own best solutions to problems -- ranging from getting her homework done to test anxiety to teasing to being teased to peer pressure.

Thinking Parent, Thinking Child gives you tools to help your kids become less aggressive, inhibited, and fearful, and more cooperative, empathic, and better able to handle life's frustrations and disappointments.



Myrna B. Shure, PhD, is professor emeritus in the Department of Psychology at Drexel University in Philadelphia. She is the creator of the I Can Problem Solve program—a school-based social and emotional learning/violence prevention program published by Research Press. The ICPS program has been recognized for research and service by numerous national organizations, including the Office of Juvenile Justice and Delinquency Prevention; the National Association of School Psychologists; the U. S. Department of Education; and the Collaborative for Academic, Social, and Emotional Learning. Dr. Shure received a Lifetime Achievement Award from the Society of Counseling Psychology of the American Psychological Association. Her books for parents, *Raising a Thinking Child* and *Raising a Thinking Preteen* are both Parent Choice Award winners.

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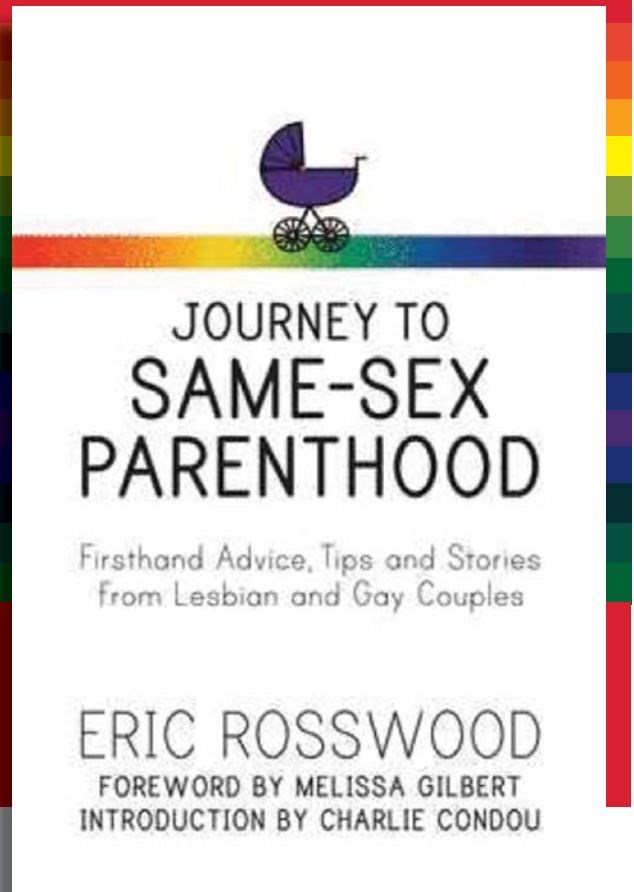
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JOURNEY TO SAME-SEX PARENTHOOD

Firsthand Advice, Tips and Stories
from Lesbian and Gay Couples

ERIC ROSSWOOD
FOREWORD BY MELISSA GILBERT
INTRODUCTION BY CHARLIE CONDOU



Same-sex couples are faced with many different options when choosing to have children today. In *Journey to Same-Sex Parenthood*, author, activist and father Eric Rosswood guides and helps prospective LGBT parents to explore these five popular options: Adoption, Foster Care, Assisted Reproduction, Surrogacy and Co-Parenting.

Each section includes a description of the specific family-building approach, followed by personal stories from same-sex couples and individuals who have chosen and gone through that particular journey. The appendix contains important legal issues to consider and questions to ask before deciding to move forward, along with a list of reasons why people may choose each of the five family-building paths and the challenges they may encounter.

Journey to Same-Sex Parenthood provides a unique combination of inspirational firsthand accounts combined with the critical information, tips and advice needed to help couples successfully navigate the complex road to parenthood.

Eric Rosswood is an LGBT activist and a former Chapter Leader for Marriage Equality USA as well as a previous member of SF GLADD's Leadership Council. He was also a Board Member for San Francisco Pride, whose annual event is the largest gathering of LGBT people and allies in the nation. Eric and his husband, Mat, adopted their son through open adoption. He is now a stay-at-home dad and writes for the award-winning news and opinion site, The New Civil Rights Movement, which focuses on progressive politics and global civil rights with an audience of over 21 million monthly.

Melissa Gilbert is an actress, television director, and 2016 Democratic candidate for Michigan's 8th congressional district. She began her career as a child actress in the late 1960s. From 1974 to 1984, she starred as Laura Ingalls Wilder on *Little House on the Prairie*. Gilbert also appeared in several popular television films, including *The Diary of Anne Frank* and *The Miracle Worker*. She served as the President of the Screen Actors Guild from 2001 to 2005.

Charlie Condou is an actor, writer, father and activist best known for playing midwife Marcus Dent in the long-running TV series, *Coronation Street*, the top soap in the UK. In October 2012, he was named by the British gay publication, *Attitude*, as the magazine's "Man of the Year." In 2014 Condou was nominated for the "Advocate for change" award at the GLAAD awards in Los Angeles.

EMPATHY AND SOCIAL COMPETENCE TRAINING

Edited by Mark Amendola and Robert Oliver



Edited by Mark Amendola and Robert Oliver, Anger Control Training along with the other Prepare Curriculum Implementation Guides are intended to further Dr. Arnold P. Goldstein's seminal work, *The Prepare Curriculum: Teaching Prosocial Competencies*. In conjunction with Dr. Goldstein's Prepare Curriculum, the guides describe and give direction to the continued expansion of Prepare methods, offering practitioners coherent, evidence-based approaches for enhancing the social, emotional, and decision-making abilities of adolescents and younger children.

Mental health professionals who work with children and adolescents in schools and other settings, parenting coordinators, school psychologists, social workers, special educators, school counselors, juvenile justice and community corrections professionals will all benefit from this addition to the Prepare Curriculum Guides.

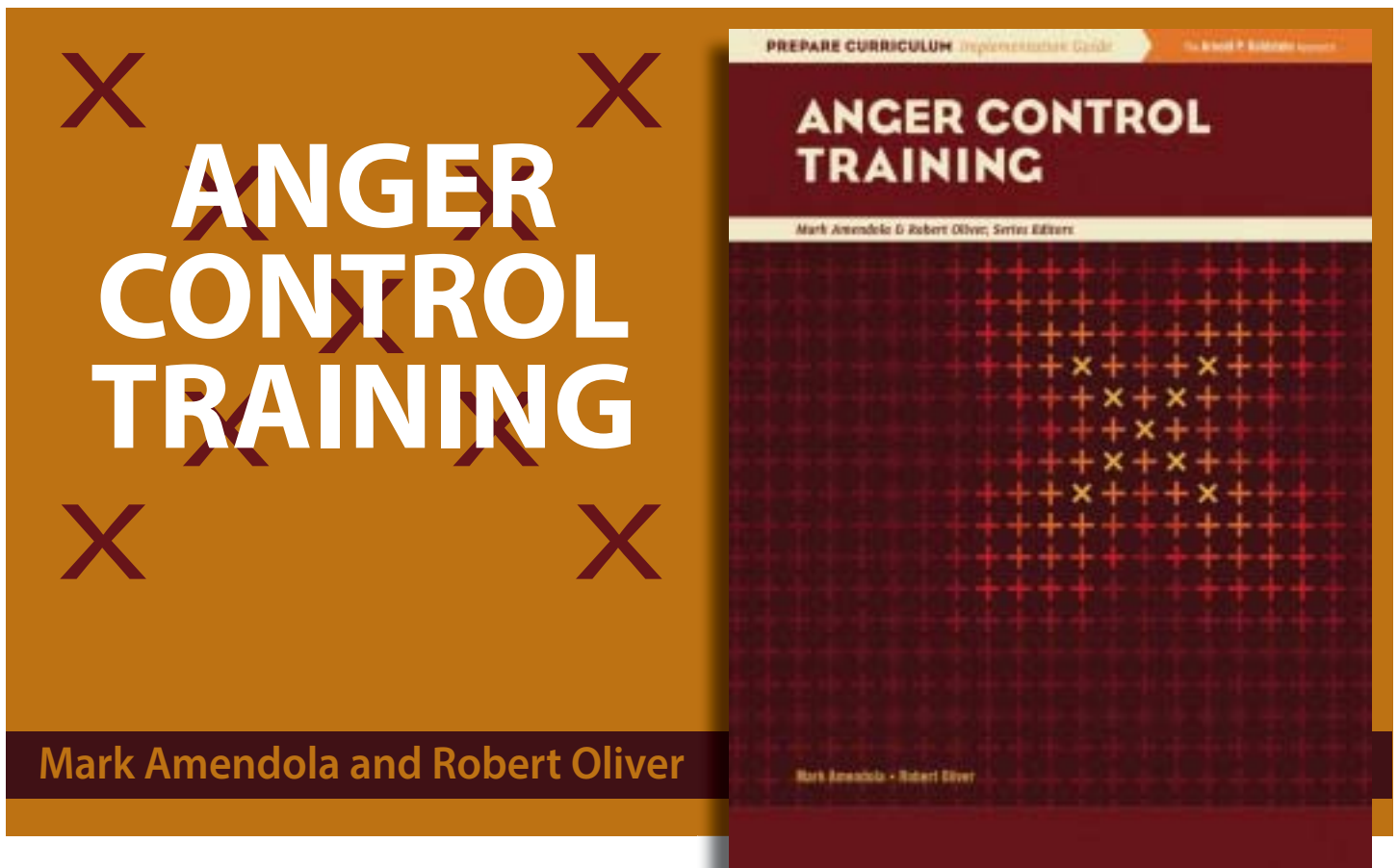
Mark Amendola, L.S.W., B.C.D. (Social Work, Case Western Reserve University, 1989), has had extensive experience in work with adolescent disorders since 1981. Beginning on the front lines as a child care worker in a residential setting, he has moved to various positions to include day treatment, partial hospitalization, and community-based programming. Currently he is the Executive Director of Perseus House, a non-profit, designed to provide preventative and intervention services to children ages birth 18. He also maintains a clinical practice that focuses on adolescent disorders and familial conflict. Mark serves in various community capacities in Pennsylvania and nationally, including previous board affiliation with Community House for Women, and with Children and Adults with Attention Deficit Disorder (CHADD). Mark's work has focused on the delivery of services to troubled and troubling young people and families in an effort to improve their quality of life.

Dr. Robert Oliver, Chief Educational Officer of Perseus House Charter School of Excellence, has served in varied capacities, especially those including educational, residential, and partial hospitalization services. He also was a foster parent for Erie County Office of Children and Youth for 15 years. Bob serves as a board member of the Boys & Girls Club and the Erie Earn-It Program of Juvenile Probation. He is also a member of the Children & Youth Advisory Board, Erie County.

Research Press / February 2015

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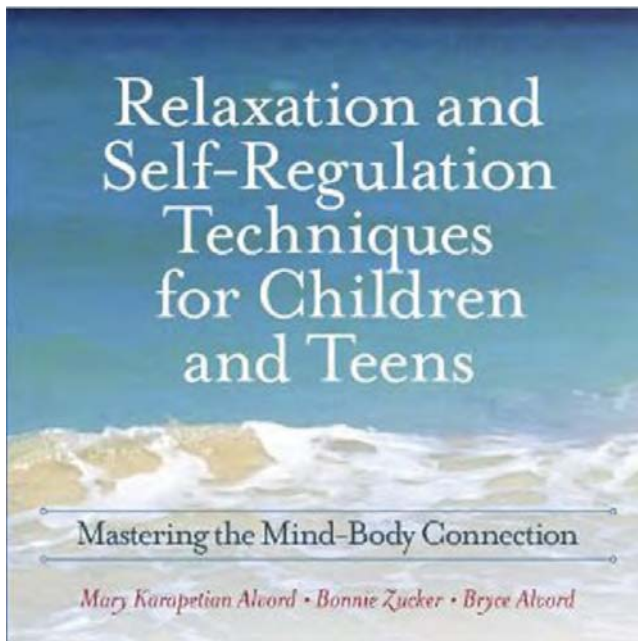
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Research Press / July 2014

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Relaxation and Self-Regulation Techniques for Children and Teens

Mastering the Mind-Body Connection

Mary Karapetian Alvord, Bonnie Zucker & Bryce Alvord

This relaxation audio CD offers children, adolescents, as well as adults a variety of techniques for creating inner calmness, mental clarity and beneficial physiological changes. Based on empirically-supported approaches to promote self-regulation, the CD includes tracks of varying lengths devoted to calm breathing techniques, visualization, progressive muscle relaxation, attentive breathing technique, mindfulness meditation and self-talk.

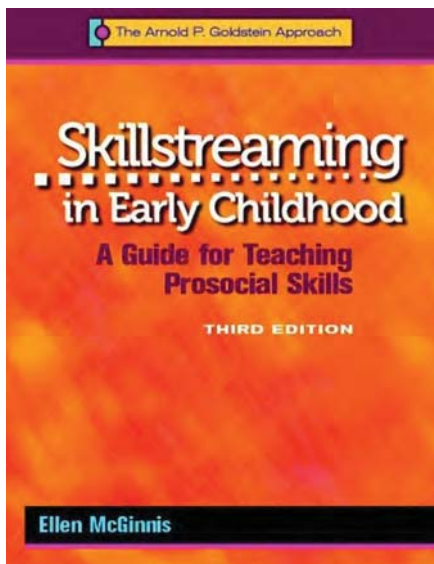
Mary Karapetian Alvord, Ph.D. is a psychologist and Director of Alvord, Baker & Associates, LLC, a multidisciplinary private practice in Rockville and Silver Spring, MD. With more than 30 years of clinical experience, she specializes in the treatment of children, adolescents and adults with anxiety disorders, and children and teens with ADHD and problems of emotional and behavioral regulation through individual and group therapy. Dr. Alvord's focus has been on promoting resilience and stress reduction using strength-based approaches. Dr. Alvord was named in 2009 as one of Washingtonian Magazine's top therapists in the categories of cognitive-behavioral therapy, troubled child, and group therapy. She currently serves as APA's Public Education Coordinator for the Maryland Psychological Association and frequently appears in the national media on topics ranging from stress, anxiety and social competence, to coping with adversity. Dr. Alvord was honored as the first recipient of the American Psychological Association's Presidential Innovative Practice Citation.

Dr. Bonnie Zucker is a licensed psychologist in private practice in Washington, DC and Rockville, Maryland. She received her doctoral degree from Illinois School of Professional Psychology in Chicago and her Masters degree in Applied Psychology from the University of Baltimore. In her practice, Dr. Zucker specializes in the treatment of anxiety disorders in children and adults and utilizes a cognitive-behavioral (CBT) approach. Additionally, she integrates family systems work and helps parents learn the most appropriate responses to their child's anxiety disorder. She conducts psychotherapy at the National Center for the Treatment of Phobias, Anxiety and Depression in Washington, DC and at Alvord, Baker, & Associates in Rockville, MD. Dr. Zucker regularly conducts trainings on CBT for anxiety for mental health professionals.

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Effective Intervention Programs
for Educators and Mental Health Professionals



Skillstreaming

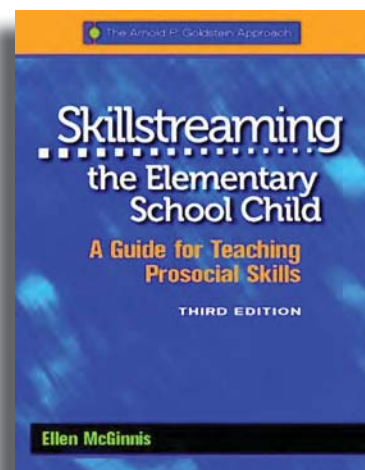
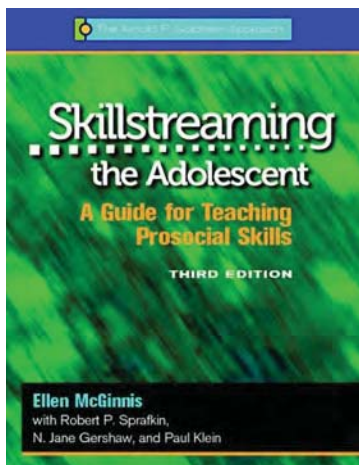
A Guide for Teaching Prosocial Skills

Third Edition

Ellen McGinnis

Skillstreaming in Early Childhood, *Skillstreaming the Elementary School Child* and *Skillstreaming the Adolescent* employ a four-part training approach—modeling, role-playing, performance feedback, and generalization—to teach essential prosocial skills to young people. These books provide a complete description of the Skillstreaming program, with instructions for teaching between 50 and 60 prosocial skills within each age group. There

are chapters on effective Skillstreaming arrangements, Skillstreaming teaching procedures, refining skill use, teaching for skill generalization, managing behavior problems, Skillstreaming in the school context, and more. Skill outlines are handy one-page summaries for each skill, including skill steps, guidelines for skill instruction, and suggested situations for modeling displays. Homework reports list skill steps and guide students in practicing the skills and evaluating skill use outside the Skillstreaming group.

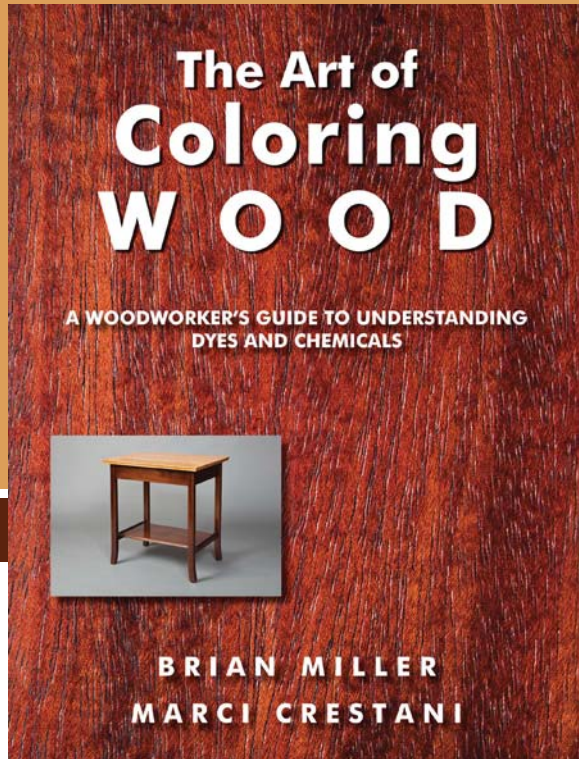


Ellen McGinnis earned her Ph.D. from the University of Iowa in 1986. She holds degrees in elementary education, special education, and school administration. She has taught elementary and secondary students in the public schools in Minnesota, Iowa, and Arizona. In addition, she has served as a special education consultant in both public and hospital schools and as assistant professor of special education at the University of Wisconsin Eau Claire. Dr. McGinnis also served with the Des Moines Public Schools as the principal of the education program at Orchard Place, a residential and day treatment facility for children and adolescents with emotional/behavioral disorders. She has been an executive director of student support services in both Iowa and Colorado and is currently a private consultant. The author of numerous articles on identifying and teaching youth with emotional/behavioral disorders, Dr. McGinnis collaborated with Dr. Arnold P. Goldstein on earlier Skillstreaming books and is also author of the newly-released third editions of *Skillstreaming the Elementary School Child* and *Skillstreaming in Early Childhood*.

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Effective Intervention Programs
for Educators and Mental Health Professionals



The Art of Coloring WOOD

BRIAN MILLER and MARCI CRESTANI

If you're a woodworker looking to take your skills to a higher level of craftsmanship, how about coloring your wood with chemicals and dyes instead of stains. Unlike stains that can trap light and obscure grain patterns, chemicals and dyes, when handled properly, are one of the best methods for enhancing a wood's color or accentuating the grain pattern. A classic technique that's been practiced for centuries, coloring wood is a

sure way to infuse a "wow" into your woodworking efforts.

With expert guidance by Brian Miller, a professor of Wood Technology, *The Art of Coloring Wood* removes the intimidation of working with chemicals and dyes and is the perfect entry point for anyone looking to move on from simple stains to learn the art of coloring wood for dramatic effect.

The Art of Coloring Wood focuses on the six most popular woods used by woodworkers and outlines the unique characteristics with regard to coloring each. *The Art of Coloring Wood* also covers the supplies needed and contains chapters on the different chemicals and dyes that will make your woodworking shine.

Miller provides a simple approach that makes the process easy to understand. Each chapter offers recipes, insights, and many "a-ha!" moments that make learning about chemicals and dyes both fascinating and within easy reach. With sidebars offering tips, mistakes, and countless nuggets of information, *The Art of Coloring* will have you understanding the methods and reasons for coloring your wood so you can finish your project with style and flair.

Brian Miller entered the finishing business in 1975 and eventually started his own contracting company specializing in wood finishing and custom painting. He became hooked on coloring wood and taught himself all about chemicals and dyes while spending countless hours experimenting with recipes. After a tour of the legendary Gamble House in Pasadena, Brian expanded into historical preservation work, restoring several Greene & Greene homes, including the interior and exterior of the famed Blacker House as well as Charles Greene's personal home and the woodwork on several homes of Frank Lloyd Wright. Since 2002, he has been an adjunct faculty member in the Woodworking Technology department at Cerritos College in Norwalk, CA, where he teaches a wood finishing course he designed. In 2016, Brian was honored for his historic wood preservation work by the California state legislature and the Pasadena Historical Society.

MARCI CRESTANI is a former lifestyle columnist for the Los Angeles Times and the Los Angeles Daily News. As a freelance journalist, she wrote for *Family Circle*, *Bride's*, and *Popular Woodworking*, among many others. She has served as executive editor of *FLOWERS&* - a magazine for the floral trade industry - and as an editor for numerous medical trade magazines.

Linden Publishing / October 2017

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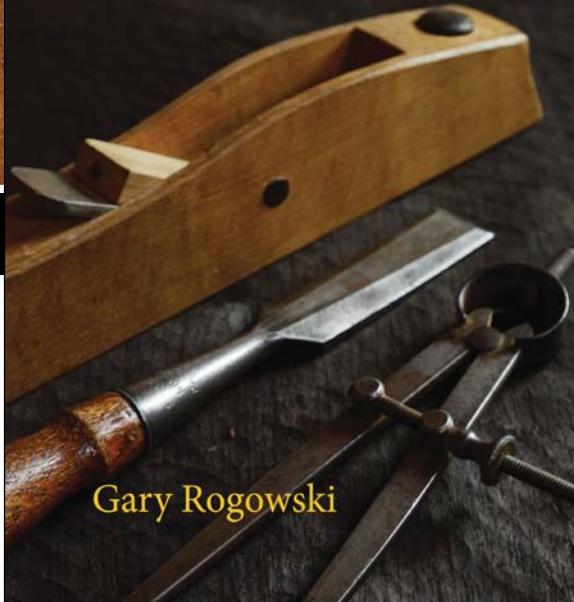
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"Gary Rogowski leads us gently but surely upon the path to a type of success we may not have previously considered. (Hint: it involves blisters)."

—NICK OFFERMAN,
woodworker and author of *Paddle Your Own Canoe*

HANDMADE

Creative Focus in the Age of Distraction



HANDMADE

Creative Focus in the Age of Distraction

Gary Rogowski

"A rich life's worth of journeys both at the workbench and upon the trail, Handmade can show us the way out of the woods, sure, but even better, it teaches us that maybe in the woods is the place to be." -Nick Offerman, woodworker and author of Paddle Your Own Canoe

In an era when there are countless competing claims on one's attention, how does one find the internal focus to be creative? For master furniture craftsman Gary Rogowski, the answer is in the act of creative work itself. The discipline of working with one's hands to create unnecessarily beautiful things shapes the builder into a more complete human being.

In the tradition of *Zen and the Art of Motorcycle Maintenance* and *Shop Class as Soulcraft*, Rogowski's **Handmade** is a profound meditation on the eternal value of manual work, creativity, human fallibility, and the stubborn pursuit of quality work. Rogowski tells his life story of how he became a craftsman and how years of persistent work have taught him patience, resilience, tolerance for failure, and a love of pursuing beauty and mastery for its own sake.

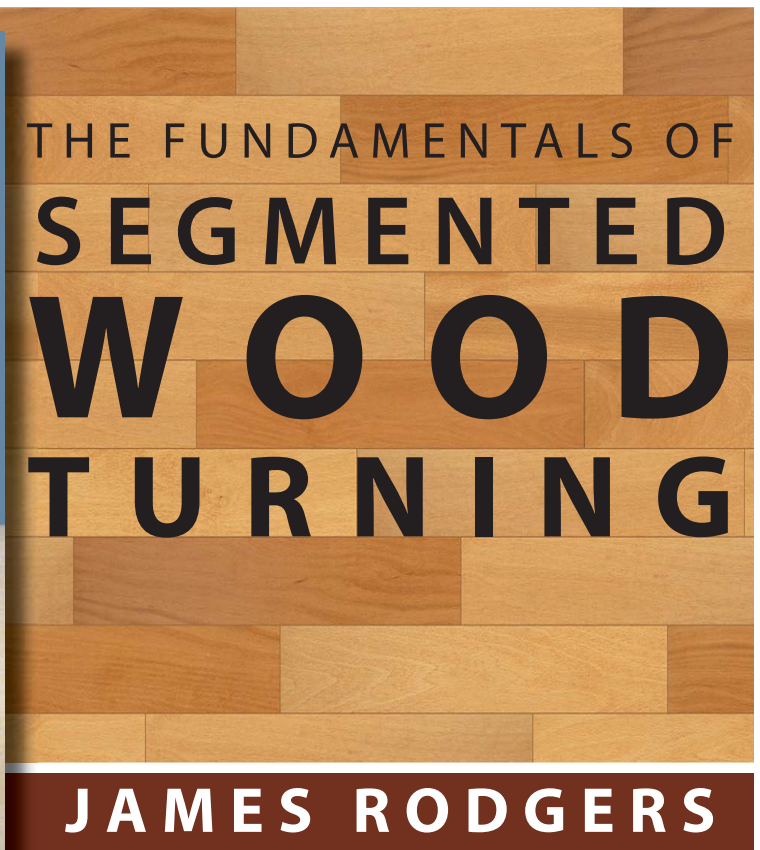
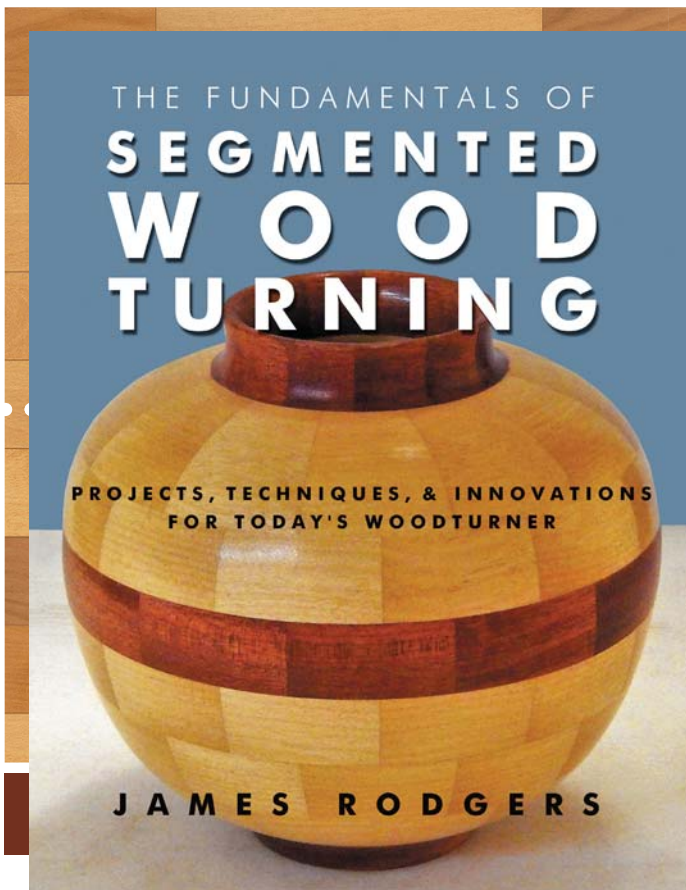
Part autobiography, part guide to creativity, and part guide to living, **Handmade** is a book for craftspeople, artists, and anyone who seeks clarity, purpose, and creativity in their work -- and it's the perfect antidote to a modern world that thinks human labor is obsolete.

Gary Rogowski is a furniture maker, designer, teacher and author. Since 1974 he has built public and private furniture commissions for clients and galleries nationwide. He is a former contributing editor to *Fine Woodworking Magazine* and has written hundred of articles and several books, including the bestselling *Complete Illustrated Guide to Joinery*. He is also a playwright, novelist, and essayist. Rogowski has taught and lectured throughout the United States and in the United Kingdom, Ireland, and Germany. In 2015, he gave the first-ever lecture in English at the Ecole Boulle in Paris. Rogowski is the founder and director of The Northwest Woodworking Studio: A School for Woodworkers, in Portland, Oregon. In 2015 he founded a nonprofit organization, Woodworking Ideas Northwest to mentor high school students at the bench.

Linden Publishing / December 2017

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In *The Fundamentals of Segmented Woodturning*, professional woodturner and woodturning instructor Jim Rodgers provides the most up-to-date guide for any woodturner trying his hand at segmented woodturning. With an emphasis on visual instruction, *The Fundamentals of Segmented Woodturning* offers the new segmenter with a simple, accessible introduction to the established practices while providing advanced segmenters with all the new techniques that have emerged due to the growing popularity of the craft.

Starting with the basics, *The Fundamentals of Segmented Woodturning* covers the essentials of tools, the steps of construction, and critical technique of accurate segment cutting before moving on to ring segmented, open segmented, and stave segmented turning. Also covered for today's segmented woodturners are simple design enhancements to dress up any project, a bowl-from-a-board project that utilizes lamination to create mind-blowing designs, and fun techniques for simple and fast segmented pens and vessels that utilize scrap wood and can be completed in a small amount of spare time.

Anyone interested in or currently engaged in the satisfying craft of segmented woodturning won't find a more current, complete, or accessible guide than *The Fundamentals of Segmented Woodturning*.

Jim Rodgers, a professional teacher and woodturner, has been teaching woodturning for almost two decades as director of the Diablo Woodturning Center in Pleasant Hill, CA. The author of two woodturning books and countless articles about woodturning, he is long-time member of the American Association of Woodturners and the past president of the Bay Area Woodturners Association and the Segmented Woodturners. His online classes in segmentation for Craftsby.com have more than 1,200 current students. He'll be appearing as a demonstrator and panelist at the 2016 Segmenting Symposium in Boston, MA.

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