

**callisto
publishing**

an imprint of Sourcebooks

**international
highlights**

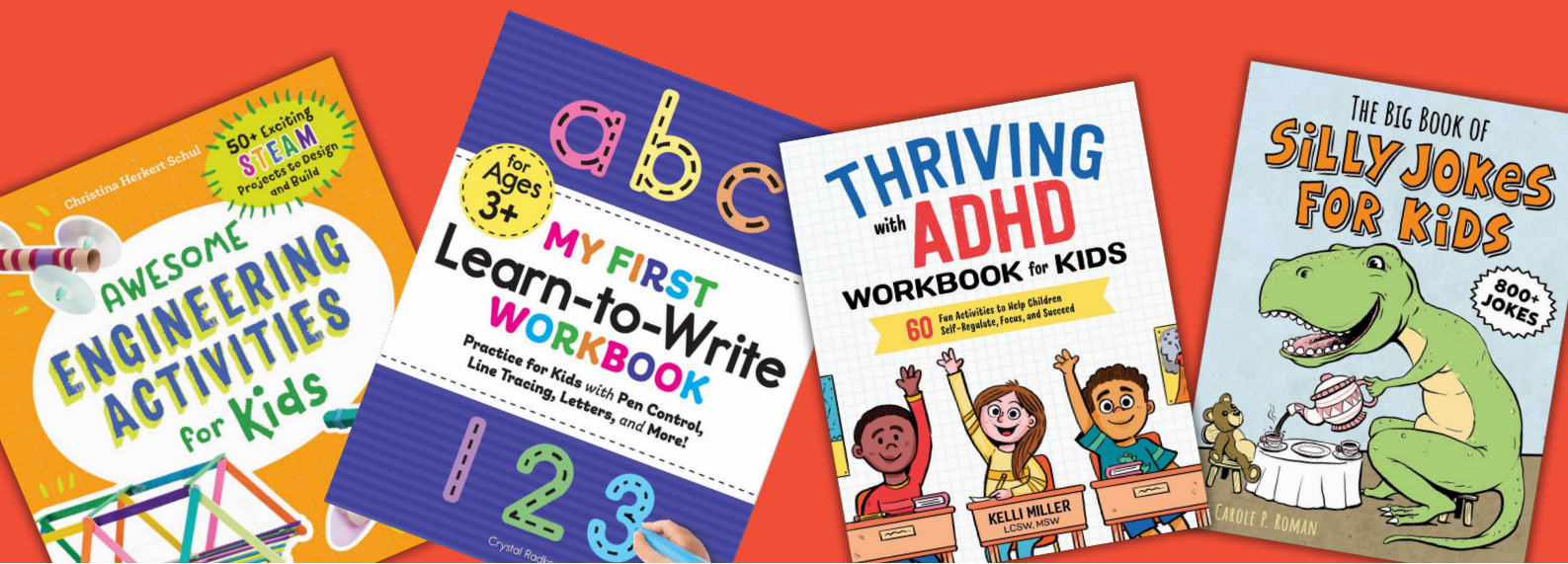


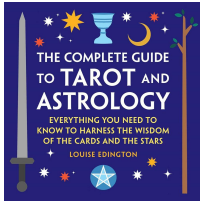
TABLE OF CONTENTS

ADULT

Body, Mind & Spirit	1
Cooking	5
Crafts & Hobbies	9
Family & Relationships	10
Psychology	37
Self-Help	40

CHILDREN'S

Activity Books	13
Juvenile Nonfiction	15
Biographies	17
Young Adult	44

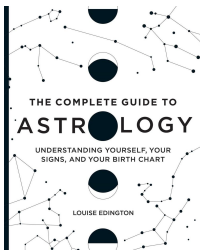


The Complete Guide to Tarot and Astrology : Everything You Need to Know to Harness the Wisdom of the Cards and the Stars

Louise Edington
9781638073413
Pub Date: 3/15/22
\$16.99 USD/\$22.99 CAD
208 pages / Full color photographs throughout
Trade Paperback
Body, Mind & Spirit / Astrology
8 in H | 8 in W | 0.6 in T | 1 lb Wt

Illuminate your purpose and your path through tarot and astrology.

Tarot and astrology can be effective tools when you need to work through complicated feelings and questions. This comprehensive guide examines how useful the two practices can be when combined, highlighting the insight they offer into relationships, personal decisions, and so much more.

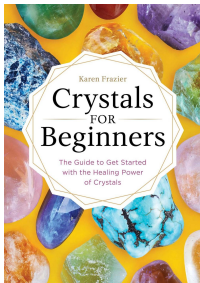


The Complete Guide to Astrology : Understanding Yourself, Your Signs, and Your Birth Chart

Louise Edington
9781646111664
Pub Date: 1/28/20
\$14.99 USD/\$19.99 CAD
164 pages / Full color photographs throughout
Trade Paperback
Body, Mind & Spirit / Astrology / Horoscopes
9.3 in H | 7.5 in W | 0.5 in T | 0.9 lb Wt

An essential guide to astrology for both beginner and advanced practitioners.

Astrology has been used for thousands of years to help predict events, understand the meaning of life, and teach people to communicate more effectively with others. Whether you are new to the field or have long been looking to astrology for answers, *The Complete Guide to Astrology* will help you unlock the wisdom of the stars.

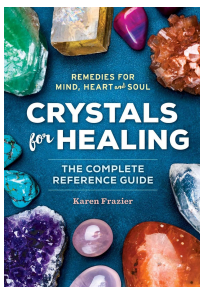


Crystals for Beginners : The Guide to Get Started with the Healing Power of Crystals

Karen Frazier
9781623159917
Pub Date: 10/17/17
\$14.99 USD/\$19.99 CAD
208 pages / Full color photographs throughout
Trade Paperback
Body, Mind & Spirit / Crystals
8.3 in H | 5.8 in W | 0.6 in T | 0.7 lb Wt

Find comfort, balance, and emotional healing with crystals.

Crystals for Beginners profiles over 50 of the most-loved crystals for comfort, balance, and emotional healing. Discover how crystals and healing stones can help you fight stress, cope with anxiety, and more as you explore the basics of crystal healing using this beginner's guide.

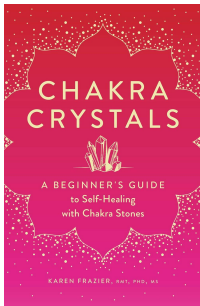


Crystals for Healing : The Complete Reference Guide With Over 200 Remedies for Mind, Heart & Soul

Karen Frazier
9781623156756
Pub Date: 11/18/15
\$16.99 USD/\$21.99 CAD
358 pages
Trade Paperback
Body, Mind & Spirit / Crystals
8.3 in H | 5.8 in W | 1 in T | 1.3 lb Wt

Unlock the healing power of crystals with detailed crystal profiles and more than 200 crystal healing remedies.

The resonating energies of crystals have long been believed to hold the secrets to healing, well-being, and success. With *Crystals for Healing*, beginners and seasoned healers can address more than 90 of the most common states people struggle with or aspire to achieve.

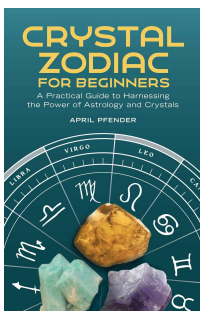


Chakra Crystals : A Beginner's Guide to Self-Healing with Chakra Stones

Karen Frazier
9781638070146
Pub Date: 11/2/21
\$16.99 USD/\$22.99 CAD
214 pages / Full color photographs throughout
Trade Paperback
Body, Mind & Spirit / Crystals
8 in H | 5.3 in W | 0.6 in T | 0.7 lb Wt

Heal and balance your chakras with the power of crystals.

Chakras are the energy centers of the body, affecting your physical, mental, and spiritual wellness. But when something in your life throws you off-center, your chakras need a little help to get the energy flowing again. *Chakra Crystals* shows you how. Explore how different stones resonate with your chakras, and how to use them with a range of meditations to heal yourself inside and out.

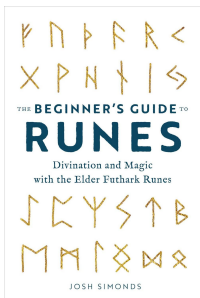


Crystal Zodiac for Beginners : A Practical Guide to Harnessing the Power of Astrology and Crystals

April Pfender
9781638784395
Pub Date: 4/19/22
\$12.99 USD/\$16.99 CAD
154 pages / Full color photographs throughout
Trade Paperback
Body, Mind & Spirit / Crystals
8.5 in H | 5.5 in W | 0.4 in T | 0.6 lb Wt

Harness astrology and crystal healing for clarity and power.

The position of the stars at the moment of your birth can tell you a lot about who you are—and working with the right crystals can help you turn those traits into your greatest strengths. This guide to crystals for beginners shows you how to combine the zodiac with powerful crystal energy to manifest your goals, inspire greater happiness, and be your most authentic self.

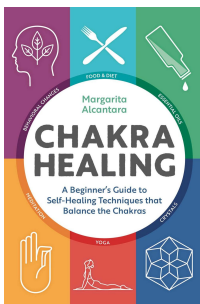


The Beginner's Guide to Runes : Divination and Magic with the Elder Futhark Runes

Josh Simonds
9781647399160
Pub Date: 4/28/20
\$12.99 USD/\$16.99 CAD
172 pages / Full color photographs throughout
Trade Paperback
Body, Mind & Spirit / Divination / Fortune Telling
9 in H | 6 in W | 0.5 in T | 0.7 lb Wt

From divination to magic—a beginner-friendly guide to runes.

Discover a simple way to unlock the ancient power of runes. Digging deep into both history and mythology, *The Beginner's Guide to Runes* serves as the perfect starting point for anyone interested in exploring these ancient and magical symbols.

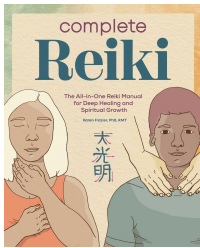


Chakra Healing : A Beginner's Guide to Self-Healing Techniques that Balance the Chakras

Margarita Alcantara
9781623158286
Pub Date: 2/14/17
\$15.99 USD/\$20.99 CAD
190 pages / Full color photographs throughout
Trade Paperback
Body, Mind & Spirit / Healing / Energy (Qigong, Reiki, Polarity)
8 in H | 5.3 in W | 0.5 in T | 0.6 lb Wt
Rights Sold: Slovak (Tatran Publishing House), Polish (Studio Astropsychologii)

The complete guide to balancing your chakras and healing your mind, body, and spirit.

Within all living beings are seven powerful centers of energy called chakras. Every chakra holds the potential for immense healing and restoration. *Chakra Healing: A Beginner's Guide* can show you how to harness that power with a wide range of simple exercises for beginners.

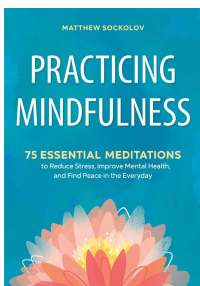


Complete Reiki : The All-in-One Reiki Manual for Deep Healing and Spiritual Growth

Karen Frazier
9781647398194
Pub Date: 10/13/20
\$17.99 USD/\$23.99 CAD
230 pages / Full color photographs throughout
Trade Paperback
Body, Mind & Spirit / Healing / Energy (Qigong, Reiki, Polarity)
9.3 in H | 7.5 in W | 0.6 in T | 1.2 lb Wt

The complete Reiki reference for a new generation of healers.

Reiki exists in abundance all around us, and everyone can benefit from its warm, loving energy for balance and healing. Learn how to harness this spiritual power with *Complete Reiki*, the all-in-one Reiki resource for deep healing and spiritual growth.

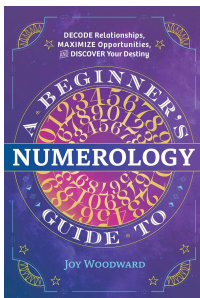


Practicing Mindfulness : 75 Essential Meditations to Reduce Stress, Improve Mental Health, and Find Peace in the Everyday

Matthew Sockolov
9781641521710
Pub Date: 9/11/18
\$16.99 USD/\$21.99 CAD
210 pages / Full color photographs throughout
Trade Paperback
Body, Mind & Spirit / Mindfulness & Meditation
8.3 in H | 5.8 in W | 0.6 in T | 0.8 lb Wt

Calm the mind and begin the path to finding peace with these simple mindfulness meditations.

Mindfulness is an evidence-based method for reducing stress and anxiety, enhancing resilience, and maintaining mental well-being. Even short meditations can turn a bad day around, ground us in the present moment, and help us approach life with gratitude and kindness.

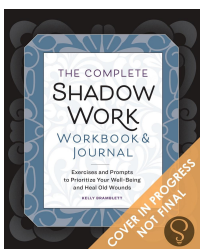


A Beginner's Guide to Numerology : Decode Relationships, Maximize Opportunities, and Discover Your Destiny

Joy Woodward
9781646110742
Pub Date: 12/24/19
\$16.99 USD/\$22.99 CAD
168 pages / Full color photographs throughout
Trade Paperback
Body, Mind & Spirit / Numerology
9 in H | 6 in W | 0.5 in T | 0.7 lb Wt

You've been surrounded by numbers since the day you were born—now use them to unlock your destiny.

You're surrounded by numbers from the day you're born. Every name, date, and numerical pattern in your life holds hidden meaning and spiritual significance. Numerology is a tool to help you understand these numbers—a way of learning about yourself and the important people in your life.

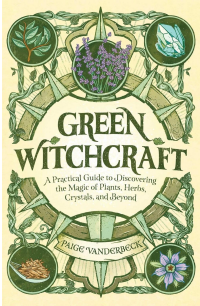


The Complete Shadow Work Workbook & Journal : Exercises and Prompts to Prioritize Your Well-Being and Heal Old Wounds

Kelly Bramblett
9798886509724
Pub Date: 1/16/24
\$15.99 USD/\$20.99 CAD
208 pages
Trade Paperback
Body, Mind & Spirit / Parapsychology
9.3 in H | 7.5 in W | 0.5 in T | 0.6 lb Wt

An in-depth shadow work workbook and journal to explore the hidden self and heal old wounds.

Your shadow mind is the unconscious part of yourself where fear, shame, and trauma live. Learning to accept and engage with the shadow mind is called shadow work—and it's the first step to releasing limiting beliefs that can hold you back. If you could use a boost of confidence or a fresh perspective, this workbook shows you how to navigate your shadow mind's emotional triggers and become your most authentic self.



Green Witchcraft : A Practical Guide to Discovering the Magic of Plants, Herbs, Crystals, and Beyond

Paige Vanderbeck
9781646115648
Pub Date: 2/25/20
\$14.99 USD/\$19.99 CAD
184 pages / Full color photographs throughout
Trade Paperback
Body, Mind & Spirit / Witchcraft
8.5 in H | 5.5 in W | 0.5 in T | 0.7 lb Wt
Rights Sold: Hungarian (Alexandra Könyvesház Kft)

Unearth the power of natural magic with this guide to green witchcraft.

Green witchcraft is a school of magic that relies on living in harmony with the earth and its many natural wonders—and this book is your guide. Open yourself up to green magic with clear instructions on building your own practice, and performing spells and rituals like cleansing with moonlight, using honeysuckle to attract wealth, and harnessing quartz to direct positive energy.

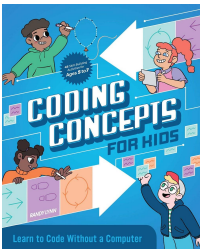


The Spell Book for New Witches : Essential Spells to Change Your Life

Ambrosia Hawthorn
9781646110643
Pub Date: 2/4/20
\$16.99 USD/\$22.99 CAD
244 pages / Full color photographs throughout
Trade Paperback
Body, Mind & Spirit / Witchcraft
8.3 in H | 5.8 in W | 0.7 in T | 0.9 lb Wt

Unlock your magic with simple spells for new witches.

There's magic in all of us, just waiting to be tapped. If you're ready to access and channel your power, this spell book will be your guide. Inside, you'll learn what it means to create and cast a spell, the central philosophies of witchcraft, and how spellwork can help you feel more powerful and connected to the world around you.

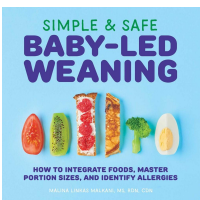


Coding Concepts for Kids : Learn to Code Without a Computer

Randy Lynn
9781647392352
Pub Date: 11/10/20
Ages 5 to 7
\$10.99 USD/\$14.99 CAD
86 pages / Full color photographs throughout
Trade Paperback
Computers / Software Development & Engineering
10 in H | 8 in W | 0.2 in T | 0.6 lb Wt

Coding for kids without a computer—an offline skill-building book for ages 5 to 7.

This book explains basic coding concepts to kids aged 5 to 7 through fun games and challenges that are both on and off the page, and without using a computer. Coding helps kids develop analytical thinking, problem-solving abilities, and beyond! In this exciting guide to coding for kids, your child will discover the core concepts of coding through colorful games and activities—without using a computer.

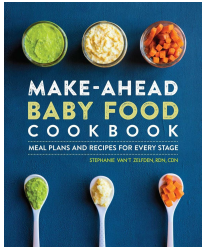


Simple & Safe Baby-Led Weaning : How to Integrate Foods, Master Portion Sizes, and Identify Allergies

Malina Malkani
9781646111947
Pub Date: 1/28/20
\$14.99 USD/\$19.99 CAD
144 pages / Full color photographs throughout
Trade Paperback
Cooking / Baby Food
8 in H | 8 in W | 0.4 in T | 0.7 lb Wt

Your safe and healthy guide to baby-led weaning for babies 6 to 12 months.

Start your little one on solid foods the healthy way. *Simple & Safe Baby-Led Weaning* empowers you to help your baby feed themselves while they develop motor skills and an adventurous palate. Learn when to begin baby-led weaning and what to expect along the way while also getting practical advice for creating balanced, whole-food meals that your baby can eat alongside the rest of the family.



Make-Ahead Baby Food Cookbook : Meal Plans and Recipes for Every Stage

Stephanie Van't Zelfden
9781646119097
Pub Date: 6/2/20
\$15.99 USD/\$20.99 CAD
184 pages / Full color photographs throughout
Trade Paperback
Cooking / Baby Food
9.3 in H | 7.5 in W | 0.5 in T | 1 lb Wt

The deliciously nutritious make-ahead baby food cookbook for a healthy start and beyond.

Healthy, homemade baby food is the best way to ensure your little one is getting all of the nourishment they need-but every parent knows the stress of cooking dinner when your mind is on changing diapers. The *Make-Ahead Baby Food Cookbook* helps you plan ahead, showing you how quick and easy it can be to cook yummy, wholesome baby food safely and conveniently at home.



Essential 3-Ingredient Cocktails : 75 Classic And Contemporary Drinks To Make At Home

Amy Traynor
9781646118595
Pub Date: 6/9/20
\$12.99 USD/\$16.99 CAD
160 pages / Full color photographs throughout
Trade Paperback
Cooking / Beverages / Alcoholic
7 in H | 5 in W | 0.4 in T | 0.4 lb Wt

3-ingredient cocktails to help you master the craft of home mixology.

Making a great homemade cocktail doesn't have to be as intimidating as it may sound. *Essential 3-Ingredient Cocktails* shows you how to make fantastic cocktails from the comfort of your home, without prior experience or lots of fancy equipment and ingredients.

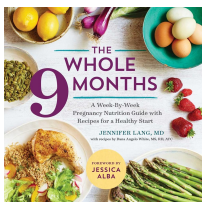


The Tea Recipe Book : 50 Hot and Iced Teas from Lattes to Bobas

Nicole Wilson
9781638783466
Pub Date: 5/17/22
\$15.99 USD/\$20.99 CAD
118 pages / Full color photographs throughout
Trade Paperback
Cooking / Beverages / Coffee & Tea
9.3 in H | 7.5 in W | 0.3 in T | 0.6 lb Wt

A cookbook for tea lovers who want to make their own specialty tea drinks like bobas, tea lattes, and iced teas.

Tea just might be the perfect beverage. There's always a type or blend to fit your mood, whether you want to curl up with a hot cup of Earl Grey or cool off with an Iced Peach White Tea. With this teas book in your collection, you can celebrate the diversity of flavors as you learn how to make an array of tea drinks and tea-infused snacks.

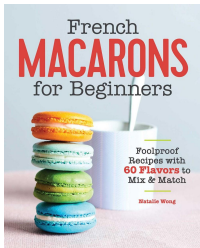


The Whole 9 Months : A Week-By-Week Pregnancy Nutrition Guide with Recipes for a Healthy Start

Dana Angelo White, Jennifer Lang, Jessica Alba
9781943451487
Pub Date: 9/20/16
\$15.99 USD/\$20.99 CAD
222 pages / Full color photographs throughout
Trade Paperback
Cooking / Courses & Dishes
8 in H | 8 in W | 0.6 in T | 1.1 lb Wt

What to eat—and what not to—when you're eating for two.

A straightforward and supportive week-by-week nutritional guide with recipes that provides exactly what consumers are asking for and not finding in the marketplace: simple, healthy recipes that cover a range of eating preferences and needs (vegan, vegetarian, gluten-free, low sugar (diabetic/GD); guidance on how nutritional needs change throughout pregnancy; meal planning recommendations; recipe photographs; and above all, solid medical advice and a supportive, upbeat tone to reassure moms during an anxious and exciting time.

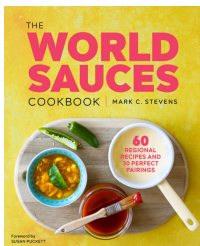


French Macarons for Beginners : Foolproof Recipes with 60 Flavors to Mix & Match

Natalie Wong
9781646111398
Pub Date: 12/10/19
\$15.99 USD/\$20.99 CAD
154 pages / Full color photographs throughout
Trade Paperback
Cooking / Courses & Dishes / Confectionery 9.3
in H | 7.5 in W | 0.4 in T | 0.8 lb Wt

A comprehensive beginner's guide to making macarons.

Learn how you can make the kinds of beautiful and delicious macarons you'd expect to find in a Parisian patisserie in the comfort of your own kitchen. *French Macarons for Beginners* provides foolproof instructions for mastering these notoriously finicky confections.

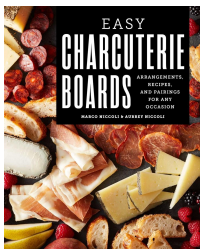


The World Sauces Cookbook : 60 Regional Recipes and 30 Perfect Pairings

Mark Stevens, Susan Puckett
9781641524780
Pub Date: 7/30/19
\$16.99 USD/\$22.99 CAD
238 pages / Full color photographs throughout
Trade Paperback
Cooking / Courses & Dishes / Sauces & Dressings
9.3 in H | 7.5 in W

A tasty world tour—with savory sauces!

Take your next entrée further than it's ever been before. *The World Sauces Cookbook* is here to help you top off your meals with 60 sumptuous sauces from all four corners of the globe—including Satay, Adobo, Creole Remoulade and Comeback Sauce, Baba Ghanoush, and Pesto Della Zia. In addition to helpful prep tips and storage instructions, each sauce recipe comes complete with a flavor profile, spiciness index, and basic serving suggestions.

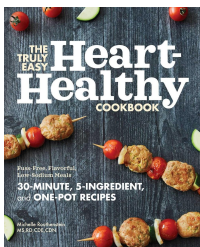


Easy Charcuterie Boards : Arrangements, Recipes, and Pairings for Any Occasion

Marco Niccoli, Aubrey Niccoli
9781646119622
Pub Date: 8/31/21
\$11.99 USD/\$15.99 CAD
116 pages / Full color photographs throughout
Trade Paperback
Cooking / Entertaining
9.3 in H | 7.5 in W | 0.3 in T | 0.6 lb Wt

Create beautiful charcuterie boards with these easy arrangements.

From sophisticated date-night dinners to show-stopping party spreads that will get guests talking, charcuterie boards offer the perfect opportunity to connect over delicious food. *Easy Charcuterie Boards* shows you how to pair cured meats with fresh cheeses and homemade accompaniments, then plate them in elegant arrangements fit for any occasion.

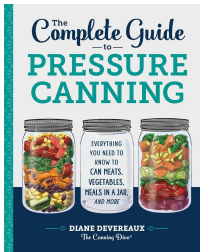


The Truly Easy Heart-Healthy Cookbook : Fuss-Free, Flavorful, Low-Sodium Meals

Michelle Routhenstein
9781647393151
Pub Date: 7/21/20
\$16.99 USD/\$22.99 CAD
216 pages / Full color photographs throughout
Trade Paperback
Cooking / Health & Healing / Heart
9.3 in H | 7.5 in W | 0.6 in T | 1.1 lb Wt

Show your heart some love with 125 easy, healthy recipes.

The most user-friendly easy heart healthy cookbook for those suffering from heart disease (and their caregivers), with delicious low-sodium and low-fat recipes that use only whole-food ingredients and are easy in a variety of ways—one-pot, 5-ingredient, and quick. Enjoy delicious foods while following a cardiac-conscious diet. *The Truly Easy Heart-Healthy Cookbook* features 125 heart-healthy recipes that are tasty, easy to make, and will help manage your blood pressure and cholesterol.



The Complete Guide to Pressure Canning : Everything You Need to Know to Can Meats, Vegetables, Meals in a Jar, and More

Diane Devereaux - The Canning Diva

9781641520904

Pub Date: 7/24/18

\$19.99 USD/\$25.99 CAD

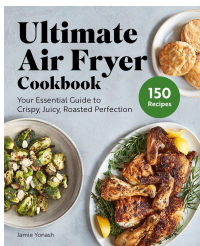
230 pages / Full color photographs throughout
Trade Paperback

Cooking / Methods / Canning & Preserving

10 in H | 8 in W | 0.6 in T | 1.4 lb Wt

The ultimate beginner's guide to canning and preserving at home—inspire a new, sustainable hobby with this unique holiday gift!

From soups and stews to broths and beans and entire meals in a jar, pressure canning is a time-honored craft that allows you to safely and affordably preserve the food your family loves to eat. Written by The Canning Diva® Diane Devereaux, *The Complete Guide to Pressure Canning* delivers



Ultimate Air Fryer Cookbook : Your Essential Guide to Crispy, Juicy, Roasted Perfection

Jamie Yonash

9781638786160

Pub Date: 12/7/21

\$29.99 USD/\$39.99 CAD

256 pages / Full color photographs throughout
Hardcover

Cooking / Methods / Frying

9.5 in H | 7.8 in W | 0.8 in T | 1.8 lb Wt

Unlock the power of your air fryer with this comprehensive collection of recipes.

Air frying makes it quick and easy to cook up delicious fried or roasted foods the whole family will love—with virtually no oil! From breakfast to dessert, the *Ultimate Air Fryer Cookbook* simplifies mealtime with 150 flavorful recipes designed just for the air fryer.



5-Ingredient Cooking for Two : 100+ Recipes Portioned for Pairs

Robin Donovan

9781646110988

Pub Date: 6/9/20

\$16.99 USD/\$22.99 CAD

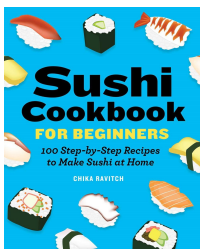
188 pages / Full color photographs throughout
Trade Paperback

Cooking / Methods / Quick & Easy

9.3 in H | 7.5 in W | 0.5 in T | 1 lb Wt

Simple and flavorful 5-ingredient meals—tailor-made for your table of two.

Small-batch cooking is a great way to save time and reduce waste—and with just a few ingredients, you can truly let the natural flavors of your dishes shine. This cookbook simplifies cooking for two, highlighting wholesome, healthy recipes requiring only five everyday ingredients.



Sushi Cookbook for Beginners : 100 Step-By-Step Recipes to Make Sushi at Home

Chika Ravitch

9781646118786

Pub Date: 7/28/20

\$13.99 USD/\$18.99 CAD

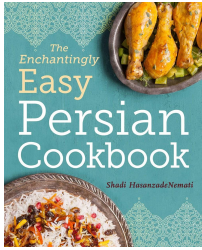
192 pages / Full color photographs throughout
Trade Paperback

Cooking / Regional & Ethnic / Japanese

9.3 in H | 7.5 in W | 0.5 in T | 1 lb Wt

Learn the intricate and delicious art of sushi with beginner-friendly recipes.

Sushi is a true culinary art form, filled with colors, textures, sauces, and infinite presentations. Behind every delicious dish is an innovative sushi chef who was once right where you are now. This beginner sushi recipe book and guide teaches you how to prepare 100 easy recipes that will help turn your kitchen into a sushi workshop.

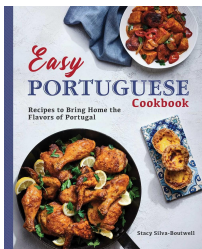


The Enchantingly Easy Persian Cookbook : 100 Simple Recipes for Beloved Persian Food Favorites

Shadi HasanzadeNemati
9781623157630,
Pub Date: 12/20/16
\$17.99 USD/\$23.99 CAD
234 pages / Full color photographs throughout
Trade Paperback
Cooking / Regional & Ethnic / Middle Eastern
9.3 in H | 7.5 in W | 0.6 in T | 1.2 lb Wt

From the kitchens of Persian families to your dining table, with The Enchantingly Easy Persian Cookbook you'll enjoy easy-to-follow recipes that achieve the vibrant flavors of authentic Persian cuisine.

Yogurt, eggplant, lamb kebabs, saffron rice—if you have ever dined in a Persian restaurant then you know how rich, tantalizing, and satisfying Persian cuisine is.

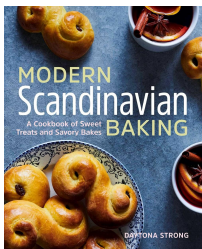


Easy Portuguese Cookbook : Recipes to Bring Home the Flavors of Portugal

Stacy Silva-Boutwell
9781646116447
Pub Date: 6/16/20
\$15.99 USD/\$20.99 CAD
148 pages / Full color illustrations throughout
Trade Paperback
Cooking / Regional & Ethnic / Portuguese
9.3 in H | 7.5 in W | 0.4 in T | 0.8 lb Wt

This welcoming and accessible Portuguese cookbook teaches readers how to make dishes they may have tried while traveling in Portugal or while eating out.

We'll make it easy for them with an introduction to common Portuguese ingredients, substitution suggestions for ingredients that might be hard to find, and practical wine pairings. It doesn't matter if you're a novice cook or a seasoned chef—you can recreate the mouthwatering flavors of Portugal in the comfort of your own kitchen.

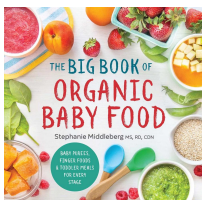


Modern Scandinavian Baking : A Cookbook of Sweet Treats and Savory Bakes

Daytona Strong
9781646116188
Pub Date: 4/14/20
\$12.99 USD/\$16.99 CAD
150 pages / Full color photographs throughout
Trade Paperback
Cooking / Regional & Ethnic / Scandinavian
9.3 in H | 7.5 in W | 0.4 in T | 0.8 lb Wt

A practical Scandinavian baking book with recipes for bakers of all levels, in a modern and value-priced package, celebrating the culture and sweet and savory treats of the region.

Now you can whip up a slice of Scandinavian hospitality in the comfort of your own kitchen! *Modern Scandinavian Baking* is a complete guide for bakers of all levels who want to create the sweet and savory treats of Denmark, Norway, and Sweden.

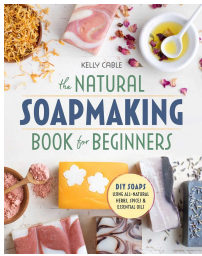


The Big Book of Organic Baby Food : Baby Purées, Finger Foods, and Toddler Meals For Every Stage

Stephanie Middleberg
9781943451524
Pub Date: 10/18/16
\$16.99 USD/\$21.99 CAD
296 pages / Full color photographs throughout
Trade Paperback
Cooking / Specific Ingredients / Natural Foods
Series: Organic Foods for Baby and Toddler
8 in H | 8 in W | 0.8 in T | 1.4 lb Wt

Help your baby eat right with 200 plus homemade purees, solid foods, and whole meals.

Keeping track of proper nutrition at each stage of your baby's development—let alone preparing wholesome foods to match—is overwhelming for any parent. *The Big Book of Organic Baby Food* is here to take the guesswork out of feeding. Give the gift of a healthy, homemade diet! This baby food book includes 200+ recipes for purees, solid foods, and whole meals that babies, toddlers, and parents will love.

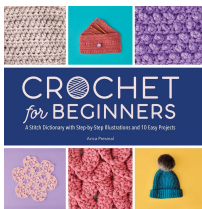


The Natural Soap Making Book for Beginners : Do-It-Yourself Soaps Using All-Natural Herbs, Spices, and Essential Oils

Kelly Cable
9781939754035
Pub Date: 8/8/17
\$14.99 USD/\$19.99 CAD
220 pages / Full color photographs throughout
Trade Paperback
Crafts & Hobbies / Candle Making
10 in H | 8 in W | 0.6 in T | 1.3 lb Wt

Unleash your creativity by making your own all-natural soap.

Making soap with all-natural ingredients lets you express your creative side while reducing chemicals in your cleansing routine, but where do you begin? This helpful resource for entry-level soap makers will demystify the process and show you how to bring nature and your own unique style into your everyday soaps.

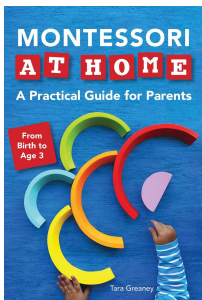


Crochet for Beginners : A Stitch Dictionary with Step-by-Step Illustrations and 10 Easy Projects

Arica Presinal
9781638079514
Pub Date: 5/31/22
\$15.99 USD/\$20.99 CAD
138 pages / Full color photographs throughout
Trade Paperback
Crafts & Hobbies / Needlework / Crocheting
8 in H | 8 in W | 0.4 in T | 0.7 lb Wt

This is the most user-friendly book of basic crochet stitches, with clear illustrations and beginner-friendly starter patterns.

Create your own colorful collection of critters with the magic of crochet! This how-to book features an array of simple crochet patterns for creating adorable snails, whales, rabbits, unicorns, and more. Each easy design is perfect for crochet beginners and more advanced amigurumi enthusiasts. Stitch, detail, and stuff each character to bring these huggable animals to life.

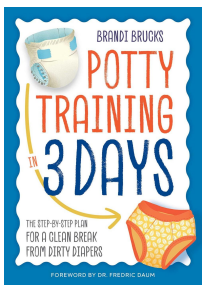


Montessori at Home : A Practical Guide for Parents

Tara Greaney
9781647399979
Pub Date: 3/9/21
\$12.99 USD/\$16.99 CAD
156 pages / Full color illustrations throughout
Trade Paperback
Education / Home Schooling
9 in H | 6 in W | 0.4 in T | 0.6 lb Wt

Use the Montessori Method at home to enhance your child's confidence and development—for ages 0-3.

This is a practical, inclusive guide to implementing the Montessori method at home for parents of newborns to three-year-olds, which combines pedagogy with user-friendly activities and tips. This guide shows parents how to apply the Montessori Method at home with easy-to-implement activities and tips designed to build a child's social, emotional, cognitive, and moral growth.

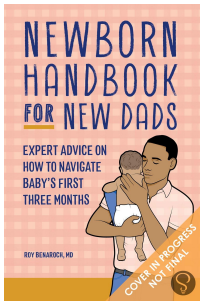


Potty Training in 3 Days : The Step-by-Step Plan for a Clean Break from Dirty Diapers

Brandi Brucks, Fredric Daum
9781623157906
Pub Date: 11/15/16
\$11.99 USD/\$15.99 CAD
106 pages / Full color photographs throughout
Trade Paperback
Family & Relationships / Activities
8.3 in H | 5.8 in W | 0.3 in T | 0.4 lb Wt

Help toddlers ages 1 to 3 go from dirty diapers to using the potty in just 3 days!

Make potty-training as simple as possible with a step-by-step plan that walks you and your little one through the entire process. Written by a potty-training consultant and behavior specialist, this potty-training book for toddlers covers everything you need to know—from prepping for the big 3 days to supporting and encouraging your child to help their new habits stick.

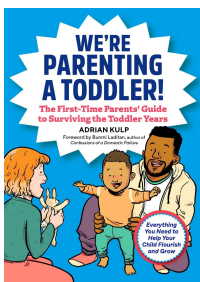


The Newborn Handbook for New Dads : A Simple Guide to the First Three Months of Fatherhood

Roy Benaroch
9798886508390
Pub Date: 4/2/24
\$16.99 USD
156 pages
Trade Paperback
Family & Relationships / Life Stages / Infants & Toddlers
9 in H | 6 in W | 0.4 in T | 0.3 lb Wt

A simple guide for new and expectant dads to navigate baby's first three months with confidence.

Congratulations on your new baby, dad! The next few months will come with a lot of joy, a lot of changes, and a lot to learn—and this book for first-time fathers is here to help. Written by a dad and pediatrician, it's filled with supportive and straightforward advice especially for dads.

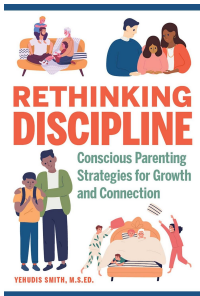


We're Parenting a Toddler! : The First-Time Parents' Guide to Surviving the Toddler Years

Adrian Kulp
9781641527958
Pub Date: 4/28/20
\$15.99 USD/\$20.99 CAD
198 pages / Full color photographs throughout
Trade Paperback
Family & Relationships / Life Stages / Infants & Toddlers
Series: First-Time Dads

A first-time parents handbook for the toddler years, providing strategies and emotional support to survive and thrive as your child grows.

The essential guide to parenting toddlers—strategies, humor, and support for new parents. Toddlers don't come with a manual, but here's the next best thing. *We're Parenting a Toddler!* is a comprehensive guide to parenting toddlers, with tons of practical strategies and sympathy for first-time parents.

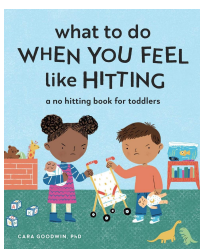


Rethinking Discipline : Conscious Parenting Strategies for Growth and Connection

Yehudis Smith
9781647392505
Pub Date: 9/15/20
\$15.99 USD/\$20.99 CAD
184 pages / Full color photographs throughout
Trade Paperback
Family & Relationships / Life Stages / Infants & Toddlers
8 in H | 5.3 in W | 0.5 in T | 0.6 lb Wt

This is the most practical guide on conscious parenting, which offers realistic, bite-sized solutions focused on conflict resolution (less on general communication) as well as tips on what to do when methods don't work as expected.

As parents, it can be challenging to relate to your child and embrace calm, especially in times of conflict. *Rethinking Discipline* helps you rethink your child's behaviors so you can focus on teaching valuable life skills while staying connected—even in the most difficult moments.

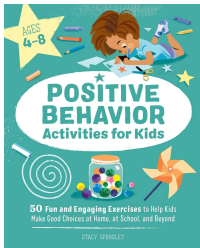


What to Do When You Feel Like Hitting : A No Hitting Book for Toddlers

Cara Goodwin, Katie Turner
9781648766541
Pub Date: 6/15/21
Ages 1 to 3
\$7.99 USD/\$10.99 CAD
48 pages / Full color photographs throughout
Trade Paperback
Family & Relationships / Parenting
9.3 in H | 7.5 in W | 0.3 in T | 0.3 lb Wt

Teach toddlers safe ways to express big feelings.

With engaging illustrations, relatable scenarios, and simple instructions, this light-hearted picture book helps toddlers stop hitting, let out their feelings in healthier ways, and try more appropriate behaviors with their hands. A concise guide for caregivers offers additional strategies and tips to help toddlers manage this impulsive behavior.



Positive Behavior Activities for Kids : 50 Fun and Engaging Exercises to Help Kids Make Good Choices at Home, at School, and Beyond

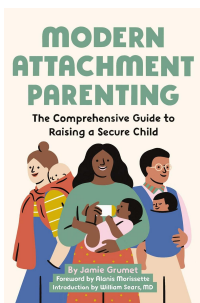
Stacy Spensley
9781648762031
Pub Date: 6/1/21

Ages 4 to 8
\$14.99 USD/\$19.99 CAD

132 pages / Full color photographs throughout
Trade Paperback
Family & Relationships / Parenting
9.3 in H | 7.5 in W | 0.4 in T | 0.7 lb Wt

This book provides kids ages 4-8 with 50 fun and engaging activities that teach and encourage positive behavior.

When children struggle with behavior, it's because they lack the tools to understand their strong feelings and react constructively. A positive approach to behavior books for kids, this activity book helps children build a stronger emotional vocabulary, improve their self-regulation, and develop empathy for others. They'll build up their cooperation skills through drawing and writing prompts,



Modern Attachment Parenting : The Comprehensive Guide to Raising a Secure Child

Jamie Grumet, Alanis Morissette, William Sears
9781646110360

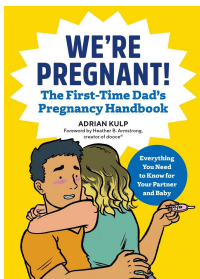
Pub Date: 12/17/19
\$14.99 USD/\$19.99 CAD

152 pages / Full color photographs throughout
Trade Paperback
Family & Relationships / Parenting
9 in H | 6 in W | 0.4 in T | 0.6 lb Wt

An updated guide to the renowned parenting philosophy.

Attachment parenting is the beloved, yet often misunderstood, philosophy of ensuring your children grow up with their needs completely fulfilled. *Modern Attachment Parenting* gives you all the information you need to choose your own AP adventure.

Modern Attachment Parenting doesn't overload you with parenting rules, but rather empowers you with information. It is an evolution of the science, free of any guilt, misgivings, or judgment on...



We're Pregnant! The First Time Dad's Pregnancy Handbook

Adrian Kulp
9781939754684

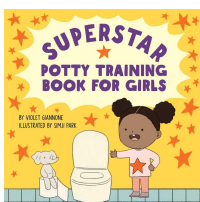
Pub Date: 4/24/18
\$13.99 USD/\$17.99 CAD

292 pages / Full color photographs throughout
Trade Paperback
Family & Relationships / Parenting / Fatherhood
Series: First-Time Dads

Territory:
7 in H | 5 in W | 1 in T | 0.8 lb Wt

Become an excellent first-time dad and an all-time great partner with this guide.

Being a great dad doesn't mean being perfect; it means participating in the experience with empathy and confidence. From the basics of pregnancy, to designing a birthing plan to tips on being helpful and supportive for your partner, *We're Pregnant!* provides all the need-to-know information on how to be a fully prepared parent.



Superstar Potty Training Book for Girls

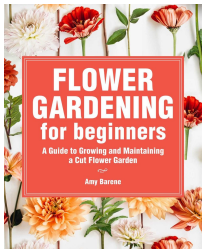
Violet Giannone
9781638783855

Pub Date: 6/7/22
\$7.99 USD/\$10.99 CAD

48 pages / Full color photographs throughout
Trade Paperback
Family & Relationships / Toilet Training
8 in H | 8 in W | 0.1 in T | 0.3 lb Wt

Help your toddler discover her potty power.

Is it time to say goodbye to diapers and start toilet training? Ease the transition with this supportive book designed to familiarize kids 1 to 3 with how girls use the potty and inspire them to become a potty superstar.

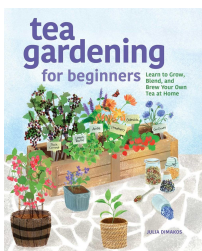


Flower Gardening for Beginners : A Guide to Growing and Maintaining a Cut-Flower Garden

Amy Barene
9781685391058
Pub Date: 7/26/22
\$15.99 USD/\$20.99 CAD
178 pages / Full color photographs throughout
Trade Paperback
Gardening / Flowers
9.3 in H | 7.5 in W | 0.5 in T | 0.9 lb Wt

A guide for beginners to flower gardening, with everything you need to know to get started with a cut flower garden and 35 flower profiles.

With the right guidance and a little practice, you can grow a cut-flower garden from seed and brighten every room in your home with fresh blooms! *Flower Gardening for Beginners* has all the information you'll need to plan, cultivate, tend, harvest, and arrange home-grown flowers—no experience required.

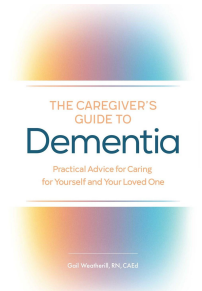


Tea Gardening for Beginners : Learn to Grow, Blend, and Brew Your Own Tea At Home

Julia Dimakos
9781638785736
Pub Date: 7/26/22
\$14.99 USD/\$19.99 CAD
136 pages / Full color photographs throughout
Trade Paperback
Gardening / Herbs
9.3 in H | 7.5 in W | 0.4 in T | 0.7 lb Wt

A practical beginner's guide to growing your own tea, from white, green, black, and oolong to herbal teas. This is a gardening book that's sure to be your cup of tea!

What's more satisfying than brewing the perfect cup of tea? Brewing it from tea you grew yourself! Create your own tea garden with help from this beginner's guide. It walks you through every step of the process, from planning your garden plot to preparing delicious tea blends.



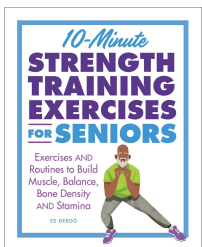
The Caregiver's Guide to Dementia : Practical Advice for Caring for Yourself and Your Loved One

Gail Weatherill
9781646113927
Pub Date: 1/21/20
\$14.99 USD/\$19.99 CAD
184 pages / Full color photographs throughout
Trade Paperback
Health & Fitness / Diseases & Conditions / Alzheimer's & Dementia
Series: Caregiver's Guides

Care for yourself, while caring for a loved one with dementia.

When caring for someone with dementia, your own mental stability can be the single most critical factor in your loved one's quality of life. *The Caregiver's Guide to Dementia* brings practical and comprehensive guidance to understanding the illness, caring for someone, and caring for yourself.

From understanding common behavioral and mood changes to making financial decisions, this book contains bulleted lists of actions you can take.

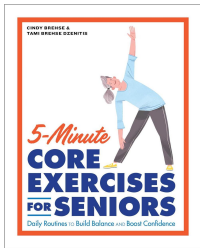


10-Minute Strength Training Exercises for Seniors : Exercises and Routines to Build Muscle, Balance, and Stamina

Ed Deboo
9798886507652
Pub Date: 3/12/24
\$14.99 USD
160 pages
Trade Paperback
Health & Fitness / Exercise / Strength Training
9.3 in H | 7.5 in W | 0.4 in T

Improve your ability to do everyday activities and your mental health with 10-minute strength training exercise routines for seniors.

Staying strong and flexible becomes even more important as we age. This guide to exercise for seniors makes it easy to stay in motion with short and simple exercises you can do anytime and anywhere. Featuring step-by-step instructions and helpful illustrations, you'll learn how to build muscle mass, improve bone density, and feel great in only 10 minutes!



5-Minute Core Exercises for Seniors : Daily Routines to Build Balance and Boost Confidence

Cindy Brehse, Tami Brehse Dzenitis
9781648766565
Pub Date: 5/4/21
\$12.99 USD/\$16.99 CAD
158 pages / Full color photographs throughout
Trade Paperback
Health & Fitness / Exercise / Stretching
9.3 in H | 7.5 in W | 0.4 in T | 0.8 lb Wt

Strengthen your core and boost your confidence with 5-minute exercise routines for seniors!

With 5-minute core routines that are designed for seniors, this is the most effective way for seniors to overcome a fear of falling and boost their everyday confidence.

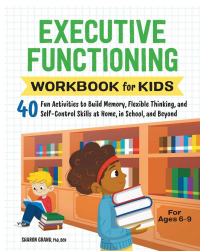


Nurture a Mindful Pregnancy : Simple Practices to Feel Calm, Present, and Connected to Your Baby

Josephine Atluri
9798886508987
Pub Date: 2/20/24
\$15.99 USD
176 pages
Paperback
Health & Fitness / Pregnancy & Childbirth
5.5 in | 8.5 in

Embrace mindfulness through every stage of your pregnancy

Pregnancy is an exciting time that comes with a lot of change and overwhelming feelings. This guided pregnancy journal can help you approach each day with grace and self-compassion by turning to mindfulness. Inside, you'll find more than 90 short and simple mindfulness practices you can use any time to feel more positive and prepared through the physical and emotional changes that come with pregnancy.

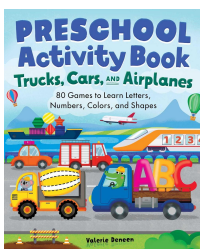


Executive Functioning Workbook for Kids : 40 Fun Activities to Build Memory, Flexible Thinking, and Self-Control Skills at Home, in School, and Beyond

Sharon Grand
9781638070863
Pub Date: 10/26/21
Ages 6 to 9
\$14.99 USD/\$19.99 CAD
122 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Activity Books
Series: Health and Wellness Workbooks for Kids

A workbook for kids 6 to 9 that builds and develops executive functioning skills through 40 interactive, age-appropriate write-in exercises.

Executive functioning is the name for the skills we use to pay attention, complete tasks, and remember important things. But that's a lot for a brain to do every day—especially for kids. The *Executive Functioning Workbook for Kids* helps them train their brain to improve their memory, flexible thinking, and self-control.

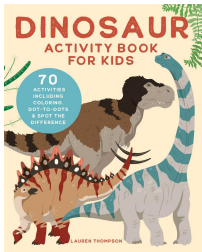


Preschool Activity Book Trucks, Cars, and Airplanes : 80 Games to Learn Letters, Numbers, Colors, and Shapes

Valerie Deneen
9781638073543
Pub Date: 4/6/21
Ages 3 to 5
\$7.99 USD/\$10.99 CAD
100 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Activity Books
Series: School skills activity books

Rev up the learning with car, truck, and plane activities for kids ages 3 to 5.

Discover new ways to learn and play with all kinds of exciting and amazing vehicles in this standout among preschool activity books. Whether it's finding digging sites for the excavator or spotting the differences between a pair of superfast jets, these activities help kids get excited about letters, shapes, and more. The only thing they need to get started is a box of crayons!



Dinosaur Activity Book for Kids : 70 Activities Including Coloring, Dot-to-Dots & Spot the Difference

Lauren Thompson
9781647398224
Pub Date: 12/8/20
Ages 4 to 8
\$9.99 USD/\$13.99 CAD
82 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Activity Books
10 in H | 8 in W | 0.2 in T | 0.5 lb Wt

This is the only dinosaur-themed coloring and activity book for kids ages 4-8 that combines high-quality, original coloring pages, dot-to-dots, mazes, word searches, and spot-the-difference activities for hours of dinosaur-related fun.

Calling all dino lovers! This big dinosaur coloring book is packed with 70 dino-themed coloring pages, dot-to-dots, mazes, word searches, and spot-the-difference puzzles you won't find in other children's dinosaur books.

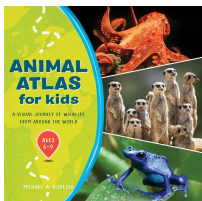


My First Day of Kindergarten Activity Book : 55 Games and Activities for What to Expect on Your Big Day

Sarah Chesworth
9798886509335
Pub Date: 5/21/24
Ages 4 to 6
\$9.99 USD/\$13.99 CAD
80 pages
Trade Paperback
Juvenile Nonfiction / Activity Books
11 in H | 8.5 in W | 0.2 in T | 0.3 lb Wt

Show kids ages 4 to 6 what their first day of kindergarten will look like-with fun and games!

Starting school is an exciting time, but it's also a big change for kids. This interactive, illustrated kindergarten book helps them feel prepared for their first day with games and activities that explain what to expect—and help them practice some kindergarten skills along the way.

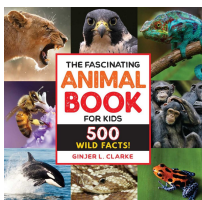


Animal Atlas for Kids : A Visual Journey of Wildlife from Around the World

Michael A. DiSpezio
9781648763526
Pub Date: 8/17/21
Ages 6 to 9
\$12.99 USD/\$16.99 CAD
116 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Animals
8 in H | 8 in W | 0.3 in T | 0.6 lb Wt

With photos of 225+ need-to-know animals spread across 8 clearly-mapped continents and oceans, this detailed yet kid-friendly reference book and animal atlas guides readers ages 6-9 on their very first journey through the world's most important habitats.

Spark children's curiosity and imagination with a whole world of amazing animals! This animal atlas introduces kids to more than 180 animals from all over the globe.



The Fascinating Animal Book for Kids : 500 Wild Facts!

Ginjer Clarke
9781638788287
Pub Date: 9/14/21
Ages 9 to 12
\$22.99 USD/\$30.99 CAD
210 pages / Full color photographs throughout
Hardcover
Juvenile Nonfiction / Animals / Baby Animals
Series: Fascinating Facts
8.3 in H | 8.3 in W | 0.9 in T | 1.4 lb Wt

From anglerfish to zebras, discover 500 awesome animal facts for kids ages 9 to 12.

From frogs to foxes, scorpions and sharks, *The Fascinating Animal Book for Kids* has it all! This animal encyclopedia includes 500 amazing facts about animals that offer hours of engaging learning every boy and girl will love. Alongside full-color pictures on every page, find weird and wonderful details about Magnificent Mammals, Creepy Crawlies, Amazing Amphibians, Feathered Friends, and more.

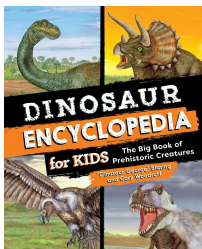


Birds for Kids : A Junior Scientist's Guide to Owls, Eagles, Penguins, and Other Bird Species

Melissa Mayntz
9798886509632, 9798886509632
Pub Date: 3/12/24
Ages 6 to 9
\$8.99 USD/\$11.99 CAD
80 pages
Trade Paperback
Juvenile Nonfiction / Animals / Birds
Series: Junior Scientists

Soar through the wonderful world of birds with the Junior Scientists series for kids ages 6 to 9.

From tiny hummingbirds to powerful eagles and everything in between—our planet is home to so many beautifully feathered friends! This big book of birds is packed with tons of cool facts and colorful photos that offer a fascinating peek into their lives. It's written especially for curious new readers, with engaging trivia and age-appropriate language.

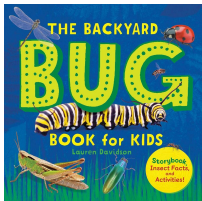


Dinosaur Encyclopedia for Kids : The Big Book of Prehistoric Creatures

"Dinosaur George" Blasing, Cary Woodruff
9781638786344
Pub Date: 1/4/22
Ages 6 to 9
\$22.99 USD/\$30.99 CAD
216 pages / Full color photographs throughout
Hardcover
Juvenile Nonfiction / Animals / Dinosaurs & Prehistoric Creatures
9.5 in H | 7.8 in W | 0.7 in T | 1.6 lb Wt

Dig up dino facts with this fun encyclopedia for kids ages 4 to 8.

Dinosaurs are some of the most amazing animals that ever walked the Earth! They could be as tall as a four-story building or as small as a chicken. Some had spectacular spikes or hardened scales, while others had fantastic frills or vibrant feathers. This book gives kids an exciting glimpse into the Age of Dinosaurs with awe-inspiring facts about how they lived, what they looked like, and more.



The Backyard Bug Book for Kids : Storybook, Insect Facts, and Activities

Lauren Davidson
9781641525251
Pub Date: 9/24/19
Ages 3 to 5
\$6.99 USD/\$9.99 CAD
48 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Animals / Insects, Spiders, Etc.
Series: Let's Learn About Bugs and Animals

Introduce kids ages 3 to 5 to the wonderful world of bugs with this fun and colorful photographic adventure.

Take your child on an educational adventure bursting full-color photographs of bugs and insects. The Backyard Bug Book for Kids has everything you'd want in bug books for kids: a story, pictures, and activities combined. Introduce your little one to the backyard bugs they're likely to see during their day.

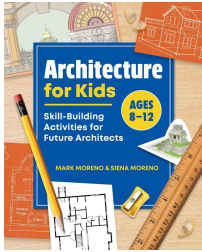


The Fascinating Bug Book for Kids : 500 Startling Facts!

Krystal Monique Toney
9781638780656
Pub Date: 1/18/22
Ages 8 to 12
\$15.99 USD/\$20.99 CAD
206 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Animals / Insects, Spiders, Etc.
Series: Fascinating Facts

500 incredible and true facts about bugs in an organized, easily digestible, and portable format that is fun to read for the whole family.

Have you ever wondered how many bugs there are on Earth? Or which ones can fly the highest? *The Fascinating Bug Book for Kids* is packed with 500 incredible facts about insects, arachnids, crustaceans and other creepy crawlies for hours of exploration. Find full-color pictures that uncover life as a bug, alongside trivia.



Architecture for Kids : Skill-Building Activities for Future Architects

Mark Moreno, Siena Moreno
9781648760020
Pub Date: 3/2/21
Ages 8 to 12
\$15.99 USD/\$20.99 CAD
122 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Architecture
Series: Portfolio Sketchbooks For Visual Careers

A hands-on introduction to drawing and architecture for kids 8 to 12.

This is a comprehensive, introductory look at architecture for kids ages 8-12 who are interested in architecture (or related disciplines such as construction and design) as an idealized career option. It will introduce readers to key terminology and skills involved in building design, and will include on-the-page activities and space to practice architecture-inspired drawing, as well as encouragement and instruction for off-the-page activities.



Awesome Art Activities for Kids : 20 STEAM Projects to Spark Creativity and Imagination

Lucy Song
9781638071297
Pub Date: 6/14/22
Ages 5 to 10
\$16.99 USD/\$22.99 CAD
126 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Art
Series: Awesome STEAM Activities for Kids
9 in H | 8.5 in W | 0.3 in T | 0.7 lb Wt

A new book in our Awesome STEAM Activities for Kids series focusing on 20 fun, creative, and inspiring art projects that incorporate elements of science, engineering, math, and technology for kids ages 5-10.

The world is full of art! From paintings in museums to beautiful buildings, we see art everywhere we go. Get kids excited about making art themselves with this book of projects that inspires them to think like an artist and shows them how much fun it is to create with their own hands.

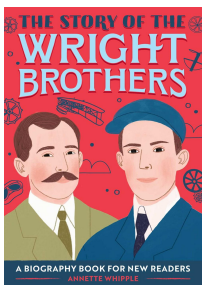


Fashion Design for Kids : Skill-Building Activities for Future Fashion Designers

Kerri Quigley
9781648760228
Pub Date: 3/9/21
Ages 8 to 12
\$15.99 USD/\$20.99 CAD
128 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Art / Fashion
10 in H | 8 in W | 0.3 in T | 0.8 lb Wt

Calling all future fashionistas! Fashion Design for Kids is here to teach you everything you need to know about the exciting world of fashion design.

This comprehensive, interactive book for children ages 8-12 provides an overview of fashion design as an exciting career option for fashion-minded kids of all genders. It introduces readers to the concepts and skills involved in fashion design through a variety of fun and educational on-the-page activities.

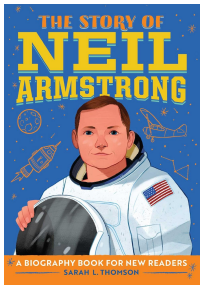


The Story of the Wright Brothers : A Biography Book for New Readers

Annette Whipple
9781647392390
Pub Date: 7/28/20
Ages 6 to 12
\$6.99 USD/\$9.99 CAD
66 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography
Series: The Story Of: A Biography Series for New Readers

Discover the lives of Wilbur and Orville Wright-a story for kids 6 to 12 about making ideas take flight.

The Wright brothers were the first people ever to build and fly an airplane, doing what many people at the time didn't think was possible. Before they made history with their airplane, Wilbur and Orville were curious kids who loved learning about the world around them and how it worked.

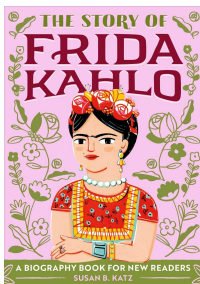


The Story of Neil Armstrong : A Biography Book for New Readers

Sarah L. Thomson
9781646115303
Pub Date: 8/4/20
Ages 6 to 8
\$6.99 USD/\$9.99 CAD
64 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography
Series: The Story Of: A Biography Series for New Readers

Help kids ages 6 to 9 discover the life of Neil Armstrong—a story about working hard and achieving the impossible.

Neil Armstrong became the first person ever to step foot on the moon. Before he flew space missions and made history with his moon landing, Neil was a curious kid who loved putting together model airplanes. He dreamed about pushing the boundaries of flight and studied hard in school to achieve his goals.

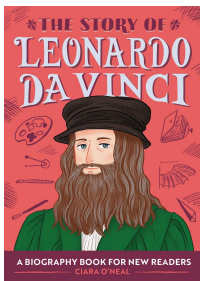


The Story of Frida Kahlo : A Biography Book for New Readers

Susan B. Katz
9781646111602
Pub Date: 3/3/20
Ages 6 to 9
\$6.99 USD/\$9.99 CAD
62 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography
Series: The Story Of: A Biography Series for New Readers

Discover the life of Frida Kahlo—a story about strength, creativity, and never giving up for kids ages 6 to 9.

Frida Kahlo is one of the most famous and celebrated artists who has ever lived. Before she made history with her beautiful paintings and brave spirit, she went through a life-changing accident that would have made many people want to give up. Instead, Frida fought to overcome her setbacks and follow her passions.

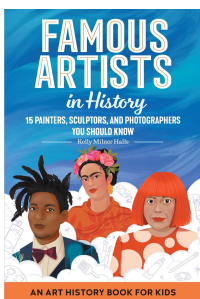


The Story of Leonardo da Vinci : A Biography Book for New Readers

Ciara O'Neal
9781647399412
Pub Date: 2/2/21
Ages 6 to 9
\$6.99 USD/\$9.99 CAD
66 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Art
Series: The Story Of: A Biography Series for New Readers

Discover the life of Leonardo da Vinci—a story about uncovering new things for kids ages 6 to 9.

Leonardo da Vinci was a famous artist and thinker. He created well-known paintings like the Mona Lisa and The Last Supper, and even had ideas for modern-day inventions like cars and contact lenses. Before he amazed the world with his creative mind, he was a bright kid who loved asking questions.

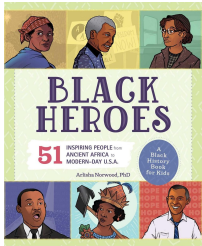


Famous Artists in History : An Art History Book for Kids

Kelly Milner Halls
9781638782193
Pub Date: 2/22/22
Ages 8 to 12
\$9.99 USD/\$13.99 CAD
112 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Art
Series: Biographies for Kids

Amazing stories of artists with a unique view of the world—for kids ages 8 to 12.

A diverse collection of 15 in-depth biographies of famous artists who have influenced the art world across a variety of mediums - including painting, sculpture, photography, and mixed media - progressing chronologically and including both historical and contemporary figures.

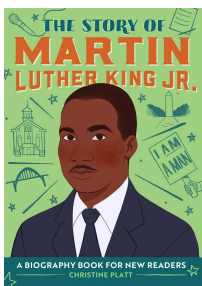


Black Heroes: A Black History Book for Kids : 51 Inspiring People from Ancient Africa to Modern-Day U.S.A.

Arlisha Norwood
9781641527040
Pub Date: 7/7/20
Ages 8 to 12
\$14.99 USD/\$19.99 CAD
212 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Cultural, Ethnic & Regional
Series: People and Events in History

The most robust, varied, and inspirational collection of Black history biographies for kids ages 8-12.

You're invited to meet ancient rulers, brilliant scientists, legendary musicians, and civil rights activists—all in the same book! *Black Heroes: A Black History Book for Kids* introduces you to 51 Black leaders and role models from both historical and modern times. This collection of Black history biographies for kids features inspirational stories of trailblazers from the United States, Egypt, Britain, and more.

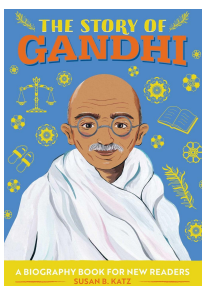


The Story of Martin Luther King Jr. : A Biography Book for New Readers

Christine Platt
9781641529549
Pub Date: 6/30/20
Ages 6 to 8
\$6.99 USD/\$9.99 CAD
68 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Cultural, Ethnic & Regional
Series: The Story Of: A Biography Series for New Readers

Discover the life of Martin Luther King Jr—a story for kids ages 6 to 9 about standing up for civil rights.

Martin Luther King Jr became one of the most important civil rights leaders in America by fighting for equality for black people. Before he made history with his powerful speeches and peaceful protests, Martin was a dedicated, smart kid who loved to learn. He challenged racism and overcame hardships to follow his passion and do the right thing.



The Story of Gandhi : A Biography Book for New Readers

Susan B. Katz
9781647399450
Pub Date: 12/22/20
Ages 6 to 9
\$6.99 USD/\$9.99 CAD
68 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Cultural, Ethnic & Regional
Series: The Story Of: A Biography Series for New Readers

Discover the life of Gandhi—a story for kids ages 6 to 9 about building bridges to peace.

Gandhi was one of the most important leaders in history. He used peaceful protests and other nonviolent methods to stand up for equal rights for all people. Before he showed the world that peaceful actions can create powerful change, he was a shy young boy who kept to himself. He studied hard in school, became a lawyer, and used his skills to help others.

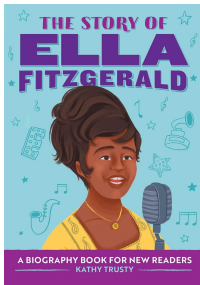


The Story of Selena Quintanilla : A Biography Book for Young Readers

Gloria Arjona
9781638782346
Pub Date: 6/28/22
Ages 6 to 9
\$6.99 USD/\$9.99 CAD
64 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Music
Series: The Story Of: A Biography Series for New Readers

Discover the life Selena Quintanilla—a story about breaking down barriers in music, for kids ages 6 to 9.

Selena Quintanilla was the queen of Tejano music. Before she became a star, Selena was a charismatic young girl who loved singing and performing. A narrative nonfiction chapter book about Selena, the Queen of Tejano music and of the most celebrated Mexican-American entertainers of the 20th century, that relays the story through the core curriculum standards of answering Who, What, When, Where, Why, and How.



The Story of Ella Fitzgerald : A Biography Book for New Readers

Kathy Trusty
9781648762970
Pub Date: 12/28/21
Ages 6 to 9
\$6.99 USD/\$9.99 CAD
64 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Music
Series: The Story Of: A Biography Series for New Readers

Discover the life of Ella Fitzgerald—a story about finding your voice, for kids ages 6 to 9.

Ella Fitzgerald was one of the greatest singers of all time. Before she found her voice and changed the world of jazz music, she was a playful girl who wanted to become a dancer. A narrative nonfiction chapter book about the life of Ella Fitzgerald, the first lady of song, specifically created for newly independent readers age 6 to 9 - that relays the historical information through the core curriculum standards of answering Who, What, When, Where, Why, and How.

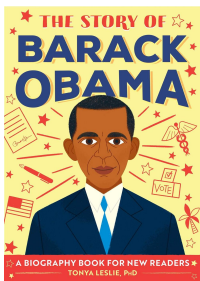


The Story of Harriet Tubman : A Biography Book for New Readers

Christine Platt
9781646111091
Pub Date: 4/7/20
Ages 6 to 9
\$6.99 USD/\$9.99 CAD
68 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Political
Series: The Story Of: A Biography Series for New Readers

Help kids ages 6 to 9 discover the life of Harriet Tubman—a story about courage, bravery, and freedom.

Harriet Tubman became a celebrated leader in the fight to free people from slavery. Before that, she was a determined young girl who believed that everyone deserved to be free. Harriet Tubman bravely used the Underground Railroad—a network of secret routes and safe houses—to free herself and many other enslaved people.

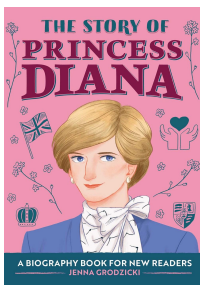


The Story of Barack Obama : A Biography Book for New Readers

Tonya Leslie
9781647391058
Pub Date: 7/28/20
Ages 6 to 8
\$6.99 USD/\$9.99 CAD
68 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Presidents & First Families (U.S.)
Series: The Story Of: A Biography Series for New Readers

Help kids ages 6 to 9 discover the life of Barack Obama—a story about hope, change, and breaking down barriers.

Barack Obama became the first African American president of the United States. Before he made history fighting for the environment, health care, and civil rights, he was a smart kid who knew he wanted to help others. He worked hard to become a lawyer, a senator, and then the president.

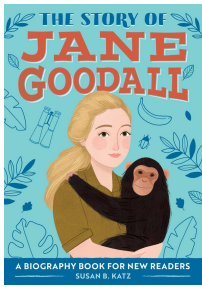


The Story of Princess Diana : A Biography Book for Young Readers

Jenna Grodzicki
9781648764431
Pub Date: 8/10/21
Ages 6 to 9
\$6.99 USD/\$9.99 CAD
66 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Royalty
Series: The Story Of: A Biography Series for New Readers

Discover the life of Princess Diana—a story about helping those in need for kids ages 6 to 9.

Princess Diana was known as the "People's Princess" because she loved to be kind and generous to others. This is a young chapter book biography about Princess Diana that is specifically created for newly independent readers ages 6 to 9, relaying information about the real-life princess, her charitable work, and the historical backdrop of her life through the core curriculum standards of answering Who, What, When, Where, Why, and How.

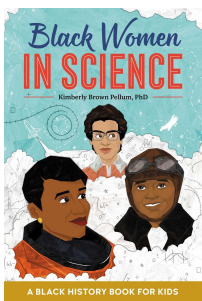


The Story of Jane Goodall : A Biography Book for New Readers

Susan, B. Katz
9781646118731
Pub Date: 5/19/20
Ages 6 to 8
\$6.99 USD/\$9.99 CAD
64 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Science & Technology
Series: The Story Of: A Biography Series for New Readers

Inspire kids ages 6 to 9 to love and protect animals, just like Jane Goodall.

Jane Goodall is a celebrated scientist for her studies of chimpanzees in the forests of Africa. This is the only young chapter book biography about Jane Goodall that is specifically created for readers ages 6-8 -newly independent readers in first and second grades - that relays the historical information through the core curriculum standards of answering Who, What, When, Where, Why, and How.

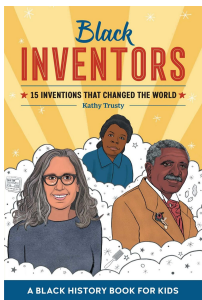


Black Women in Science : A Black History Book for Kids

Kimberly Brown Pellum
9781641527071
Pub Date: 10/8/19
Ages 9 to 12
\$9.99 USD/\$13.99 CAD
138 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Science & Technology
Series: Biographies for Kids

Learn about amazing Black women in science-15 fascinating biographies for kids 9 to 12.

Throughout history, Black women have blazed trails across the fields of science, technology, engineering, and mathematics. *Black Women in Science* brings something special to black history books for kids, celebrating incredible Black women in STEM who have used their brains, bravery, and ambition to beat the odds.

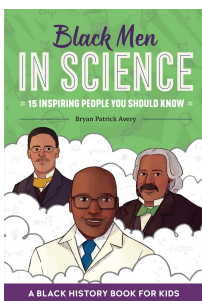


Black Inventors : 15 Inventions that Changed the World

Kathy Trusty
9781648768682
Pub Date: 6/29/21
Ages 8 to 12
\$9.99 USD/\$13.99 CAD
120 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography /Science & Technology
Series: Biographies for Kids

Discover 15 Black inventors and their inventions that changed the world in this collection of biographies for kids ages 8 to 12.

Throughout history, Black inventors have achieved some of the world's greatest advancements in science, technology, engineering, and math. This book highlights 15 men and women who made a big impact with their inventions—from Marie Van Brittan Brown, who created the first home security system, to Mark Dean, who invented the personal computer.

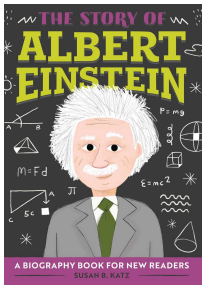


Black Men in Science : A Black History Book for Kids

Bryan Patrick Avery
9781638782155
Pub Date: 2/1/22
Ages 8 to 12
\$9.99 USD/\$13.99 CAD
112 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography /Science & Technology
Series: Biographies for Kids

Incredible stories of Black men who changed the course of science for kids ages 8 to 12.

All throughout history, Black men have made important contributions to scientific discovery. This collection of biographies for kids explores 15 of these intelligent men and the extraordinary scientific accomplishments they achieved—even when they faced huge challenges. You'll learn how they stood up against racism and inequality, and never stopped following their passions for science.

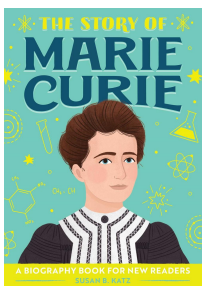


The Story of Albert Einstein : A Biography Book for New Readers

Susan B. Katz
9781646119714
Pub Date: 6/30/20
Ages 6 to 8
\$6.99 USD/\$9.99 CAD
70 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Science & Technology
Series: The Story Of: A Biography Series for New Readers

Help kids ages 6 to 9 discover the life of Albert Einstein—a story about unleashing your imagination and discovering big things!

Albert Einstein became one of the most important scientists in history for his discoveries about physics and how our universe works. Before everyone knew him as a genius, Albert was a curious kid who loved reading, learning, and experimenting with new ideas.

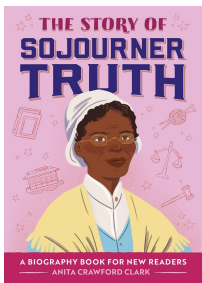


The Story of Marie Curie : A Biography Book for New Readers

Susan B. Katz
9781647391126
Pub Date: 8/18/20
Ages 6 to 9
\$6.99 USD/\$9.99 CAD
68 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Science & Technology
Series: The Story Of: A Biography Series for New Readers

Discover the life of Marie Curie—a story for kids 6 to 9 about discovering big things through hard work.

Marie Curie became one of the most celebrated scientists in history. Before she changed the world with her discoveries in physics and chemistry, Marie was an intelligent girl who studied hard to reach the top of her class. She overcame many challenges, including people who told her she couldn't be a scientist because she was a woman.

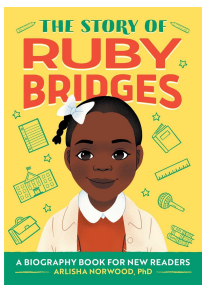


The Story of Sojourner Truth : A Biography Book for New Readers

Anita Crawford Clark
9798886509540
Pub Date: 1/16/24
Ages 6 to 9
\$15.99 USD
64 pages
Hardcover
Juvenile Nonfiction / Biography & Autobiography / Social Activists
Series: The Story Of: A Biography Series for New Readers

Discover the life of Sojourner Truth—a story about being bold and brave for kids ages 6 to 9.

Sojourner Truth, born Isabella Baumfree, was one of the most important leaders in the anti-slavery movement. Before she fought for freedom and changed American history, she was a young enslaved girl who wanted a better life for herself and for all Black people. She overcame many incredible challenges as she bravely stood up for equality and justice.

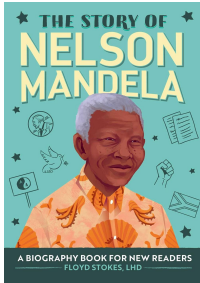


The Story of Ruby Bridges : A Biography Book for New Readers

Arlisha Norwood Alston
9781648765391
Pub Date: 7/20/21
Ages 6 to 9
\$6.99 USD/\$9.99 CAD
64 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Social Activists
Series: The Story Of: A Biography Series for New Readers

Discover the life of Ruby Bridges—a story about bravery and breaking down barriers for kids ages 6 to 9.

Ruby Bridges was the first Black student to attend an all-white public school in the southern United States. Before she helped desegregate schools and change the course of history, Ruby had a simple childhood. She was a happy girl who helped take care of her younger siblings and loved to play outside. Her life changed when she was chosen to attend William Frantz Elementary, where she became a civil rights leader at a very young age.

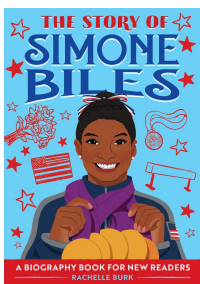


The Story of Nelson Mandela : A Biography Book for New Readers

Floyd Stokes
9781648766374
Pub Date: 5/4/21
Ages 6 to 9
\$6.99 USD/\$9.99 CAD
64 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Social Activists
Series: The Story Of: A Biography Series for New Readers

Discover the life of Nelson Mandela—a story about uniting a country for kids ages 6 to 9.

Nelson Mandela was the first Black president of South Africa, and he dedicated his life to fighting for equal rights for all South Africans. Before he became a symbol of peace and justice around the world, Nelson was a thoughtful kid who loved to play outside and learn new things. Throughout his life, he used his voice to fight against apartheid and didn't back down even after spending 27 years in prison. Explore how Nelson went from being a young boy to a civil rights hero.

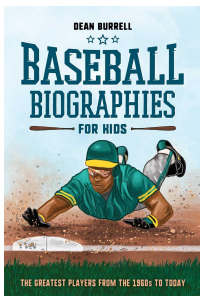


The Story of Simone Biles : A Biography Book for New Readers

Rachelle Burk
9781647397753
Pub Date: 9/29/20
Ages 6 to 9
\$6.99 USD/\$9.99 CAD
66 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Sports & Recreation
Series: The Story Of: A Biography Series for New Readers

Discover the life of Simone Biles—a story about going for the gold for kids ages 6 to 9.

Simone Biles has been called the greatest gymnast of all time, winning five Olympic and 25 World Champion medals by age 22. Before she wowed the world with her incredible gymnastics skills, Simone was an energetic young girl who dreamed of becoming a top gymnast. She trained for hours every day and made many sacrifices to pursue her goals.

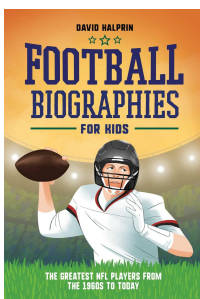


Baseball Biographies for Kids : The Greatest Players from the 1960s to Today

Dean Burrell
9781641529334
Pub Date: 1/28/20
Ages 9 to 12
\$12.99 USD/\$16.99 CAD
166 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Sports & Recreation
Series: Biographies of Today's Best Players

Get to know the game with inspiring baseball biographies for ages 8 to 12!

It's the bottom of the ninth, bases are loaded, and your team is down by three—who do you want coming up to bat? Discover the most talented players in every position on the field with *Baseball Biographies for Kids!* This lineup shows you what it takes to be a real MVP, with a run-down of stories, stats, and achievements of the best players in baseball, from the 1960s through today.

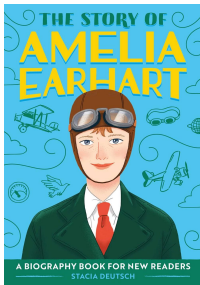


Football Biographies for Kids : The Greatest NFL Players from the 1960s to Today

David Halprin
9781685395605
Pub Date: 9/13/22
Ages 8 to 12
\$12.99 USD/\$16.99 CAD
156 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Sports & Recreation
Series: Sports Biographies for Kids

Touchdown! Inspiring football biographies for young NFL fans ages 8 to 12.

Do you know which legendary quarterback was drafted as an MLB catcher? Or which non-quarterback has thrown the most touchdowns? *Football Biographies for Kids* is filled with awesome stories and must-know NFL stats. A collection of 12 biographies of the NFL's greatest players for kids ages 8-12, covering the stories and accomplishments of all-star players across the most popular positions and including players from the 1960s to present day.

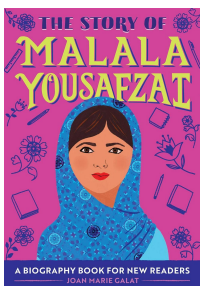


The Story of Amelia Earhart : A Biography Book for New Readers

Stacia Deutsch
9781647396787
Pub Date: 8/25/20
Ages 6 to 8
\$6.99 USD/\$9.99 CAD
64 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Women
Series: The Story Of: A Biography Series for New Readers

Help kids ages 6 to 9 discover the life of Amelia Earhart—a story about daring to be different.

Amelia Earhart became the first woman pilot to fly alone across the Atlantic Ocean in an airplane—and she broke many other flight records before her mysterious disappearance. Before she made history and changed the world for pilots everywhere, Amelia was an adventure-loving kid who wasn't afraid to be different.

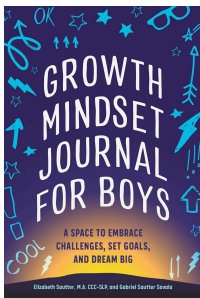


The Story of Malala Yousafzai : A Biography Book for New Readers

Joan Marie Galat
9781647396824
Pub Date: 9/1/20
Ages 6 to 8
\$6.99 USD/\$9.99 CAD
66 pages / Full color photographs
Trade Paperback
Juvenile Nonfiction / Biography & Autobiography / Women
Series: The Story Of: A Biography Series for New Readers

Help kids ages 6 to 9 discover the life of Malala Yousafzai—a story about standing up for education and equal rights!

Malala Yousafzai became a brave activist while she was still a young girl. Before she fearlessly fought for girls' right to education, she was a thoughtful kid who enjoyed school, sports, and daydreaming. Then Malala was told that girls would no longer be able to go to school. She didn't let that stop her, though!

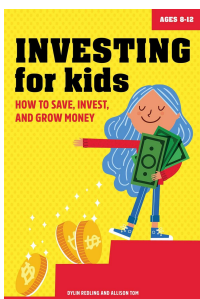


Growth Mindset Journal for Boys : A Space to Embrace Challenges, Set Goals, and Dream Big

Elizabeth Sautter, Gabriel Sautter Savala
9781648769894
Pub Date: 7/20/21
Ages 8 to 12
\$14.99 USD/\$19.99 CAD
160 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Boys & Men
9 in H | 6 in W | 0.4 in T | 0.7 lb Wt

This interactive journal helps boys (ages 8-12) develop growth mindset skills that help them process their feelings and emotions through the use of guided journaling prompts, space for creative expression, and opportunities for positive self-reflection.

A growth mindset is the belief that you can always grow and improve through practice and a positive outlook. This colorful boys' journal gives young boys the tools to develop a growth mindset for themselves!

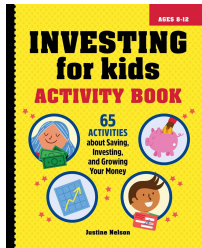


Investing for Kids : How to Save, Invest, and Grow Money

Dylín Redling, Allison Tom
9781647398767
Pub Date: 12/15/20
Ages 8 to 12
\$10.99 USD/\$14.99 CAD
142 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Business & Economics
9 in H | 6 in W | 0.4 in T | 0.6 lb Wt

Get kids excited about earning, saving, and investing money with this engaging guide for ages 8-12.

Did you know that the sooner you understand money, the sooner you can make more of it? It's true! *Investing for Kids* can help make you money savvy, showing you how to earn it, how to start a savings plan, and the best ways to invest and create a future with money in the bank.

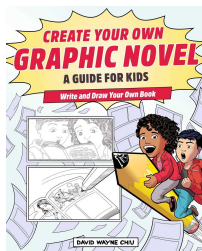


Investing for Kids Activity Book : 65 Activities about Saving, Investing, and Growing Your Money

Justine Nelson
9781685390884
Pub Date: 9/13/22
Ages 8 to 12
\$10.99 USD/\$14.99 CAD
96 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Business & Economics
9.3 in H | 7.5 in W | 0.3 in T | 0.5 lb Wt

Help your child become a financial whiz kid—for ages 8 to 12.

It's never too early to set children on the path to financial literacy. This activity book, a companion to *Investing for Kids*, teaches them how to become savvy with their finances. Through educational and engaging exercises, they'll learn how to track their spending, make good investments, and so much more.

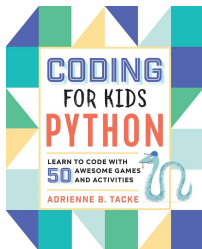


Create Your Own Graphic Novel: A Guide for Kids : Write and Draw Your Own Book

David Wayne Chiu
9781647399078
Pub Date: 9/8/20
Ages 8 to 12
\$9.99 USD/\$13.99 CAD
80 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Comics & Graphic Novels 10
in H | 8 in W | 0.2 in T | 0.5 lb Wt

Create a real comic with an illustrated guide and fill-in pages for kids ages 8 to 12.

This is the only guide to writing your own book that includes both instruction in the art of the graphic novel and genre-specific blank panels and templates for the reader to draw and fill-in. Swashbuckling adventure, mystery, fantasy, autobiography—if a child can dream of a story, they can tell it as a comic book. With this write your own book for kids, they will unlock their powers of verbal and visual storytelling to make their own graphic novel.



Coding for Kids: Python : Learn to Code with 50 Awesome Games and Activities

Adrienne B. Tacke
9781641521758
Pub Date: 3/19/19
Ages 10 to 18
\$19.99 USD/\$26.99 CAD
232 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Computers / Coding & Programming
9.3 in H | 7.5 in W | 0.6 in T | 1.2 lb Wt

Games and activities that teach kids ages 10+ to code with Python.

Learning to code isn't as hard as it sounds—you just have to get started! *Coding for Kids: Python* starts kids off right with 50 fun, interactive activities that teach them the basics of the Python programming language. From learning the essential building blocks of programming to creating their very own games, kids will progress through unique lessons packed with helpful examples—and a little silliness!

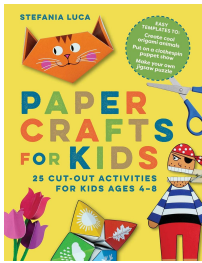


Little Helpers Toddler Cookbook : Healthy, Kid-Friendly Recipes to Cook Together

Heather Wish Staller
9781641524766
Pub Date: 6/25/19
Ages 1 to 4
\$14.99 USD/\$19.99 CAD
156 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Cooking & Food
Series: Little Helpers
Territory:
9.3 in H | 7.5 in W | 0.4 in T | 0.8 lb Wt

Invite your little one into the kitchen—a fun and tasty guide to cooking with kids ages 1 to 4!

Get your toddler comfortable in the kitchen with fun and simple recipes that they can help with. *Little Helpers Toddler Cookbook* is the perfect choice for parents who want to give adventurous young children an opportunity to learn cooking basics.

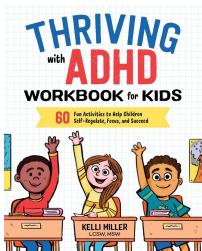


Paper Crafts for Kids : 25 Cut-Out Activities for Kids Ages 4-8

Stefania Luca
9781647391072
Pub Date: 6/30/20
Ages 4 to 8
\$10.99 USD/\$14.99 CAD
82 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Crafts & Hobbies
11 in H | 8.5 in W | 0.2 in T | 0.6 lb Wt

This is the only book that focuses exclusively on fun, unique, and age-appropriate paper crafts for kids age 4-8.

From an Origami Cat to a Whirling Windmill to Clothespin Pirate Puppets—there are tons of cool crafts that start with just scissors and a piece of paper. Bursting with a variety of colorful, ready-to-cut templates paired with easy-to-follow instructions, these paper crafts for kids ages 4-8 let you cut, fold, color, and get crafty anytime.

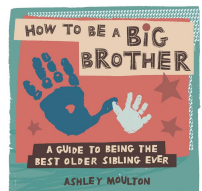


Thriving with ADHD Workbook for Kids : 60 Fun Activities to Help Children Self-Regulate, Focus, and Succeed

Kelli Miller
9781641520416
Pub Date: 6/26/18
Ages 7 to 12
\$12.99 USD/\$16.99 CAD
148 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Disabilities & Special Needs
Series: Health and Wellness Workbooks for Kids
Rights Sold: Japanese (Tokoyan)

Help your child understand and manage their ADHD with engaging workbook full of activities for kids ages 7 to 12.

With the right tools, kids can learn to think positively about their ADHD and see it as a special asset. Thriving with ADHD is filled with easy exercises to help your child with the many facets of ADHD, from self-control and organization to getting tasks done and making friends—so they can flourish at home, school, and beyond.

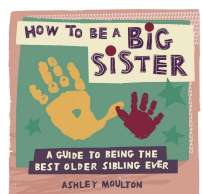


How to Be a Big Brother : A Guide to Being the Best Older Sibling Ever

Ashley Moulton
9781647391409
Pub Date: 6/16/20
Ages 5 to 7
\$7.99 USD/\$10.99 CAD
52 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Family / Siblings
8 in H | 8 in W | 0.3 in T | 0.3 lb Wt

Become a sibling superhero with this guide for big brothers ages 5 to 7.

Bringing a new family member home can be really exciting, but it can also be really confusing. These inspiring stories about other big brothers from all kinds of families will show you there's nothing to worry about—and that there are lots of ways you can help your soon-to-be new best friend for life!

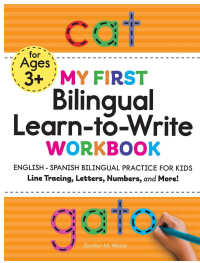


How to Be a Big Sister : A Guide to Being the Best Older Sibling Ever

Ashley Moulton
9781646119110
Pub Date: 6/16/20
Ages 5 to 7
\$7.99 USD/\$10.99 CAD
52 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Family / Siblings
8 in H | 8 in W | 0.1 in T | 0.3 lb Wt

Help future big sisters get ready for the baby!

This supportive guide encourages girls aged 5 to 7 to become confident big sisters. How To Be A Big Sister takes readers on a journey from getting ready for the baby, to welcoming the new sibling home and becoming their new best friend. With inspiring stories about different kinds of families, this guide will prepare future big sisters for every step of the way with thought exercises, fun activities, and helpful tips.



**My First Bilingual Learn-to-Write Workbook:
English-Spanish Bilingual Practice for Kids
: Line Tracing, Letters, Numbers, and More!**

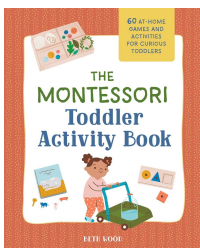
Jocelyn M. Wood
9781648763045
Pub Date: 6/29/21

Ages 3 to 5
\$9.99 USD/\$13.99 CAD
86 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Foreign Language Study / Spanish
Series: My First Preschool Skills Workbooks

Everything little learners ages 3 to 5 need to start writing-in English and Spanish.

Todo lo que los niños pequeños necesitan de 3 a 5 para empezar a escribir-en inglés y español!

When kids are first learning to write it's the perfect time to introduce them to a new language! This bilingual workbook makes it easy and fun for kids to practice core writing skills. Each page features words and directions in both English and Spanish, allowing kids to immerse themselves and build foundational language and writing abilities.



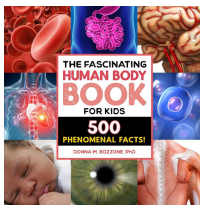
**The Montessori Toddler Activity Book : 60
At-Home Games and Activities for Curious
Toddlers**

Beth Wood
9781648769207
Pub Date: 6/8/21

Ages 1 to 3
\$11.99 USD/\$15.99 CAD
102 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Games & Activities
9.3 in H | 7.5 in W | 0.3 in T | 0.6 lb Wt

Help toddlers learn and develop with the Montessori method!

Some of children's most important social and emotional developments happen during their toddler years. Encourage learning and inspire discovery at home with this toddler activity book based on the Montessori method, a child-centered and scientifically based approach to engaging kids in their own development. From moving to music to creating a suncatcher and playing card games, this wide range of fun activities for toddlers will foster independence and build confidence.



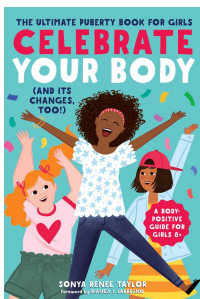
**The Fascinating Human Body Book for Kids
: 500 Phenomenal Facts!**

Donna M. Bozzone
9781685398125
Pub Date: 12/28/21

Ages 8 to 12
\$17.99 USD/\$23.99 CAD
224 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Health & Daily Living
Series: Fascinating Facts
8 in H | 8 in W | 0.6 in T | 1.1 lb Wt

Explore the human body from head to toe with fun facts for kids!

Human bodies come in many different shapes, sizes, and colors, but we're all put together the same way! *The Fascinating Human Body Book for Kids* shows kids how the body works with 500 anatomy facts that offer hours of fun and learning. This colorful book on the human body for kids is packed with weird and wonderful information about the five senses, the digestive system, and every organ.



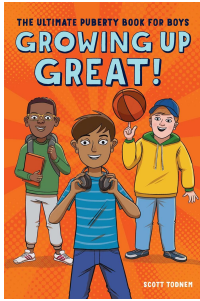
**Celebrate Your Body (and Its Changes, Too!)
: The Ultimate Puberty Book for Girls**

Sonya Renee Taylor, Bianca I. Laureano
9781641521666
Pub Date: 5/29/18

Ages 8 to 11
\$12.99 USD/\$16.99 CAD
174 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Health & Daily Living / Maturing
Series: Celebrate You

A body-positive guide to help girls ages 8 and up navigate the changes of puberty with confidence and empowerment.

Puberty can be a difficult time for a young girl - and it's natural not to know who (or what) to ask. Give the young girl in your life the gift of understanding with *Celebrate Your Body*, which encourages girls to face this whole puberty thing with knowledge, excitement, and empowerment. From period care to mysterious hair in new places, this standout among puberty books for girls has the answers you're looking for - in a way you can relate to.

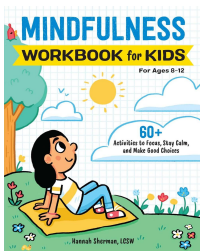


Growing Up Great! : The Ultimate Puberty Book for Boys

Scott Todnem
9781641524643
Pub Date: 7/30/19
Ages 8 to 14
\$12.99 USD/\$16.99 CAD
158 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Health & Daily Living / Maturing
9 in H | 6 in W | 0.4 in T | 0.7 lb Wt

A body-positive guide to help boys ages 8 and up navigate the changes of puberty with confidence and empowerment.

Help any young boy progress from childhood to adulthood with a strong, confident appreciation of himself. This puberty book for boys offers essential guidance for helping boys get through the adolescent years happily and healthily—so they can focus on all the good stuff ahead.



Mindfulness Workbook for Kids : 60+ Activities to Focus, Stay Calm, and Make Good Choices

Hannah Sherman
9781647396756
Pub Date: 9/1/20
Ages 8 to 12
\$16.99 USD/\$22.99 CAD
140 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Health & Daily Living / Mindfulness & Meditation
Rights Sold: Polish (Harmonia Józef Częścik)

The mindfulness workbook for kids ages 8-12 who want to learn effective coping skills for everyday challenges like focus, concentration, anxiety, and impulsive behavior.

Mindfulness can help kids overcome challenges, take care of big feelings, and learn from their experiences and the world around them. This book about mindfulness for kids provides fun exercises and easy strategies to help your child find focus, develop coping skills, and handle tough situations.

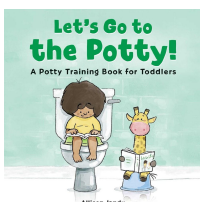


Mindfulness is Your Superpower : A Book About Finding Focus and Cultivating Calm

Lauren Stockly, Zach Grzeszkowiak
9781638783992
Pub Date: 4/19/22
Ages 5 to 7
\$7.99 USD/\$10.99 CAD
50 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Health & Daily Living / Mindfulness & Meditation
Series: My Superpowers

A prescriptive picture book that teaches kids age 5 to 7 how to implement mindfulness strategies to help focus, regulate emotions, and cultivate calm.

Learning awareness of your feelings and surroundings is an important part of growing up—and it's never too early to start. This adorable, illustrated storybook teaches young kids how to be curious and resilient in the face of challenges through realistic examples that are easy to understand.

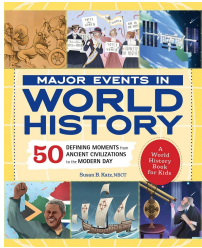


Let's Go to the Potty! : A Potty Training Book for Toddlers

Allison Jandu
9781638788355
Pub Date: 9/21/21
Ages 1 to 3
\$10.99 USD/\$14.99 CAD
50 pages / Full color photographs throughout
Hardcover
Juvenile Nonfiction / Health & Daily Living / Toilet Training
8.3 in H | 8.3 in W | 0.3 in T | 0.7 lb Wt

An illustrated story to help kids ages 1 to 3 use the potty with confidence.

Provide your toddler the gentle support and encouragement they need during potty training. Let's Go to the Potty is an engaging, story-driven guide for toddlers who are ready to break free of the diaper. Playful pictures give toddlers visual clues as to what their progress will look like, and a short, rhyming potty song teaches toddlers to communicate their needs.



Major Events in World History : 50 Defining Moments from Ancient Civilizations to the Modern Day

Susan B. Katz
9781648763700

Pub Date: 11/23/21

Ages 8 to 12

\$15.99 USD/\$20.99 CAD

210 pages / Full color photographs throughout

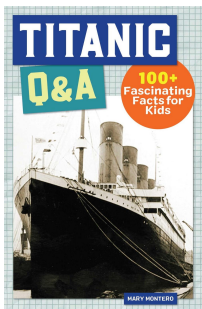
Trade Paperback

Juvenile Nonfiction / History

Series: People and Events in History

A robust and varied collection of 50 defining events that have shaped World History for ages 8 to 12, spanning ancient to modern periods, and covering a comprehensive range of the globe.

Learning about history helps us understand how we got where we are today—and how to make the world a better place. From the rise of Mesopotamia in the distant past to the global pandemic of 2020, this kid-friendly journey takes young learners through thousands of years of history.



Titanic Q&A : 175+ Fascinating Facts for Kids

Mary Montero

9781647396800

Pub Date: 9/8/20

Ages 8 to 12

\$6.99 USD/\$9.99 CAD

80 pages / Full color photographs throughout

Trade Paperback

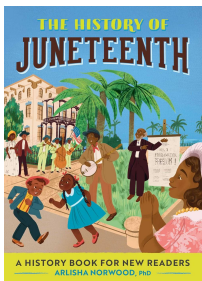
Juvenile Nonfiction / History / United States

Series: History Q&A

8.5 in H | 5.5 in W | 0.3 in T | 0.4 lb Wt

100+ Interesting facts about the Titanic for ages 8 to 12.

Invite kids to step back in time with this big book of facts about the Titanic. Unlike other Titanic books for kids, *Titanic Q&A* reveals tons of little-known details about the maiden voyage of this doomed ship that struck an iceberg in 1912. From what it cost to be built to why it went down so quickly, this fascinating book answers all of kids' burning questions about the Titanic—its crew, its cargo, its passengers, and beyond.



The History of Juneteenth : A History Book for New Readers

Arlisha Norwood

9781685394417

Pub Date: 5/24/22

Ages 6 to 9

\$7.99 USD/\$10.99 CAD

64 pages / Full color photographs throughout

Trade Paperback

Juvenile Nonfiction / History / United States

Series: The History of: A History Series for New Readers

An introduction to the history of Juneteenth for kids ages 6 to 9.

On June 19, 1865, a Union soldier traveled to Texas to tell the enslaved people who lived there that they were free—that slavery was now illegal in every state. The people danced and sang in celebration of their freedom. Today, we pay tribute to this historical day with a special holiday on June 19 called Juneteenth.



Celebrating Chinese New Year : History, Traditions, and Activities – A Holiday Book for Kids

Eugenia Chu

9798886504491

Pub Date: 9/6/22

Ages 6 to 9

\$18.99 USD/\$24.99 CAD

52 pages / Full color photographs throughout

Hardcover

Juvenile Nonfiction / Holidays & Celebrations

Series: Holiday Books for Kids

Celebrate Chinese New Year with this festive introduction for kids ages 6 to 9.

Chinese New Year, also called the Spring Festival or Lunar New Year, is one of the most celebrated holidays around the world. This engaging book for kids explains the history, folklore, traditions, and customs of Chinese New Year and includes interactive activities that encourage kids to celebrate at home or in their communities.

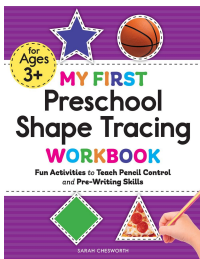


Celebrating St. Patrick's Day : History, Traditions, and Activities – A Holiday Book for Kids

John O'Brien Jr.
9781647396879
Pub Date: 2/2/21
Ages 6 to 9
\$6.99 USD/\$9.99 CAD
50 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Holidays & Celebrations / Other, Non-Religious
Series: Holiday Books for Kids

Learn about the history and traditions of St. Patrick's Day, plus hands-on activities for kids ages 6 to 9.

St. Patrick's Day is about more than just shamrocks and leprechauns! This engaging nonfiction book for kids explains the history, traditions, and customs of St. Patrick's Day—and includes interactive activities that encourage kids to celebrate at home or in their communities.

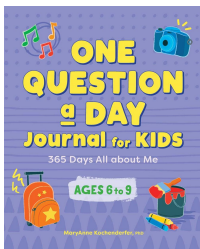


My First Preschool Shape Tracing Workbook : Fun Activities to Teach Pencil Control and Pre-Writing Skills

Sarah Chesworth
9798886509274
Pub Date: 5/7/24
Ages 3 to 5
\$9.99 USD/\$13.99 CAD
80 pages
Trade Paperback
Juvenile Nonfiction / Language Arts / Handwriting
Series: My First Preschool Skills Workbooks

Help preschoolers build their motor skills with this shape-tracing book for kids ages 3 to 5.

Tracing is a fantastic way for kids ages 3 to 5 to develop fine motor muscles and build the skills they need to write letters and numbers—and this book makes it fun. *My First Preschool Shape Tracing Workbook* is full of colorful shapes that little ones can trace right on the page to engage their growing minds as they practice pencil control and pre-writing skills!

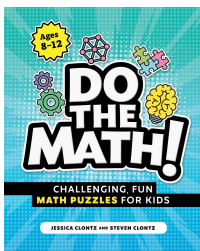


One Question a Day Journal for Kids : 365 Days All about Me

MaryAnne Kochenderfer
9781638073895
Pub Date: 5/10/22
Ages 6 to 9
\$11.99 USD/\$15.99 CAD
144 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Language Arts / Journal Writing
9.3 in H | 7.5 in W | 0.4 in T | 0.8 lb Wt

Encourage kids ages 6 to 9 to explore everything that makes them awesome!

Journaling is a fun way for kids to unleash their creativity and discover who they are. This guided journal for kids offers a year's worth of quick and easy questions that inspire them to write a little bit about themselves every day.

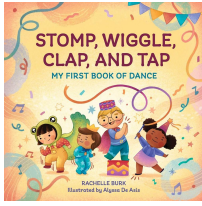


Do the Math! : Challenging, Fun Math Puzzles for Kids

Steven Clontz, Jessica Clontz
9781647398910
Pub Date: 5/25/21
Ages 9 to 12
\$12.99 USD/\$16.99 CAD
142 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Mathematics
10 in H | 8 in W | 0.4 in T | 0.9 lb Wt

Brain-boosting math puzzles for kids ages 8-12!

This is the most challenging book of math-specific puzzles for children 8-12. It will build number fluency and logical thinking by providing 100+ fun, age-appropriate math puzzles in a wide variety of puzzle types, with each successive puzzle increasing in difficulty. Learning math is a blast with this awesome collection of interactive activities!

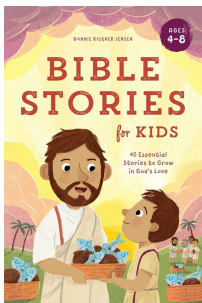


Stomp, Wiggle, Clap, and Tap : My First Book of Dance

Rachelle Burk
9798886085280
Pub Date: 5/31/22
Ages 0 to 3
\$16.99 USD/\$22.99 CAD
50 pages / Full color photographs throughout
Hardcover
Juvenile Nonfiction / Performing Arts / Dance 8.3
in H | 8.3 in W | 0.3 in T | 0.7 lb Wt

Shake, rattle, and roll with this fun dance book for toddlers!

A fun, illustrated storybook for toddlers with a movement-focused approach that gets toddlers shaking, rattling, and rolling with laughter to help develop emotionally, socially and cognitively through the dedication, discipline and focus of dance. Toddlers are natural dancers and they love to move!

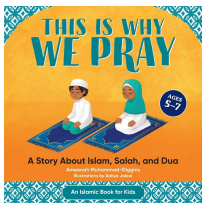


Bible Stories for Kids : 40 Essential Stories to Grow in God's Love

Bonnie Rickner Jensen
9781648769429
Pub Date: 7/20/21
Ages 4 to 8
\$10.99 USD/\$14.99 CAD
160 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Religion / Bible Stories
9 in H | 6 in W | 0.4 in T | 0.7 lb Wt

Discover some of the Bible's most beautiful stories!

This collection of essential Bible stories uses treasured stories, beautiful and accurate art, thought-provoking questions, and kid-friendly prayers to help early readers forge a positive and lasting relationship with God's Word. Kids will learn how God's great love shines for the people in the Bible and how it can show up in their lives, too.

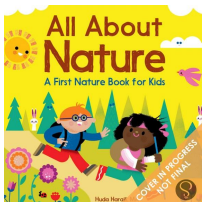


This is Why We Pray : A Story About Islam, Salah, and Dua

Ameenah Muhammad-Diggins, Aaliya Jaleel
9781648760587
Pub Date: 5/4/21
Ages 5 to 7
\$9.99 USD/\$13.99 CAD
64 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Religion / Islam
8 in H | 8 in W | 0.2 in T | 0.3 lb Wt

Introduce kids ages 5 to 7 to the Islamic Faith, including the Five Pillars, parts of prayer, making dua, stories from the Quran, and much more.

Join Aliya and Amar as their Mama and Papa tell them all about the Five Pillars—especially salah. One of the most engaging Islamic books for kids, this book helps you learn what it means to pray, discover how it helps you grow closer to Allah, and hear awesome stories from the Quran that teach even more about the importance of salah.

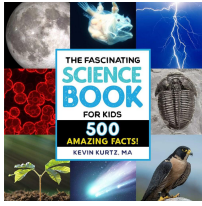


All About Nature : Animals, Insects, Plants, and More!

Huda Harajli
9798886508697
Pub Date: 3/5/24
Ages 3 to 5
\$12.99 USD
50 pages
Hardcover
Juvenile Nonfiction / Science & Nature
8.3 in H | 8.3 in W | 0.4 in T

Discover the world outside—an introduction to nature for kids ages 3 to 5.

Can you feel the sun? Hear the birds singing? See colorful leaves on the trees? That's nature! This picture book of fun facts teaches toddlers all about land, water, air, and critters big and small. Watch them discover their inner explorer as they look for different kinds of rocks, spot stars in the sky, and learn to love the great outdoors.

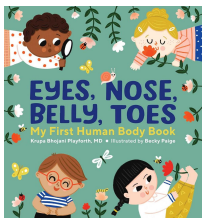


The Fascinating Science Book for Kids : 500 Amazing Facts!

Kevin Kurtz
9781647398705
Pub Date: 12/29/20
Ages 9 to 12
\$15.99 USD/\$20.99 CAD
212 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Science & Nature
Series: Fascinating Facts
8 in H | 8 in W | 0.6 in T | 1 lb Wt

From astronomy to zoology—500 amazing science facts for kids ages 9 to 12!

Do you love dinosaurs and dolphins, mountains and meteors? *The Fascinating Science Book for Kids* has it all! This fun facts book for kids includes 500 stupendous science facts that offer hours of learning for ages 9 to 12. Alongside full-color pictures on every page, you'll find weird and wonderful facts about topics like prehistoric life, the deep sea, weather, minerals, the human body, the solar system and more!

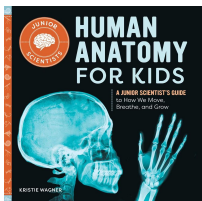


Eyes, Nose, Belly, Toes : My First Human Body Book

Krupa Bhojani Playforth
9798886507256
Pub Date: 3/5/24
Ages 1 to 3
\$12.99 USD/\$23.99 CAD
48 pages
Hardcover
Juvenile Nonfiction / Science & Nature / Anatomy & Physiology
8.3 in H | 8.3 in W | 0.4 in T | 0.6 lb Wt

All about the human body for kids 1 to 3!

Learning how the human body works is an important skill for toddlers. This adorable kids anatomy book walks them through every major body part, with simple language and vibrant artwork that keep them engaged as they explore how they use their eyes to see, their nose to smell, their legs to move, and their arms to wave hello!

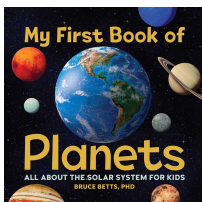


Human Anatomy for Kids : A Junior Scientist's Guide to How We Move, Breathe, and Grow

Kristie Wagner
9781648768637
Pub Date: 5/25/21
Ages 6 to 9
\$8.99 USD/\$11.99 CAD
80 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Science & Nature / Anatomy & Physiology
Series: Junior Scientists

Learn what makes our bodies move!

Are you curious about what your body looks like under your skin? Do you wonder where your food goes after you eat it? Check out what's happening inside your body with this kid's anatomy book. You'll take a tour of your tissues, organs, muscles, and bones, and find out how they work together to help you move, think, and grow.

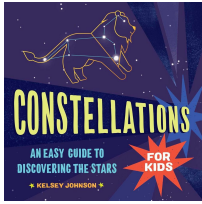


My First Book of Planets : All About the Solar System for Kids

Bruce Betts
9781638788317
Pub Date: 10/19/21
Ages 3 to 5
\$12.99 USD/\$16.99 CAD
68 pages / Full color photographs throughout
Hardcover
Juvenile Nonfiction / Science & Nature / Astronomy
Series: MY FIRST BOOK OF

Blast off on an exploration of our solar system with this fun book on space for kids ages 3 to 5

Get even the littlest astronomer excited for the big universe of outer space, from the bright and burning sun to our own blue Earth to ice-capped Pluto and every planet in between. With this book, kids will explore the entire solar system through incredible pictures and fascinating facts on what makes each planet so special, including their size, distance

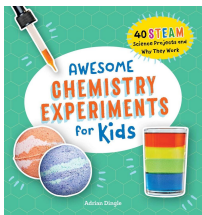


Constellations for Kids : An Easy Guide to Discovering the Stars

Kelsey Johnson
9781646119684
Pub Date: 9/1/20
Ages 6 to 9
\$9.99 USD/\$13.99 CAD
94 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Science & Nature / Astronomy
8 in H | 8 in W | 0.3 in T | 0.5 lb Wt

This is the best step-by-step book about discovering and exploring the constellations for kids ages 6-9.

Over thousands of years, stargazers have noticed shapes in the stars, also called constellations. Different cultures have seen mythical animals and heroes within these constellations, and many travelers have used the stars as a guide for their journeys. *Constellations for Kids* will show young astronomers how to read the night sky as they discover more than 25 unique constellations and further their their knowledge of outer space and the solar world.

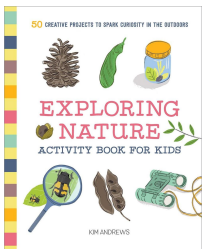


Awesome Chemistry Experiments for Kids : 40 STEAM Science Projects and Why They Work

Adrian Dingle
9781648766145
Pub Date: 6/15/21
Ages 5 to 10
\$14.99 USD/\$19.99 CAD
116 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Science & Nature / Chemistry
Series: Awesome STEAM Activities for Kids

Chemistry comes alive with hands-on science experiments for kids ages 5 to 10.

The world of chemistry is packed with awesome ways for kids to learn and play! Filled with colorful and gooey fun, these science experiments for kids are sure to get them interested in discovering how different substances react together.

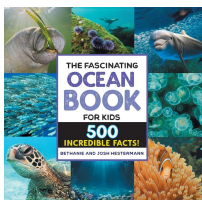


Exploring Nature Activity Book for Kids : 50 Creative Projects to Spark Curiosity in the Outdoors

Kim Andrews
9781641523929
Pub Date: 5/28/19
Ages 5 to 12
\$14.99 USD/\$19.99 CAD
134 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Science & Nature / Discoveries
Series: Exploring for Kids Activity Books and

A guide to exploring the great outdoors with 50 fun projects to encourage nature lovers aged 6 to 12 to explore, discover, and create!

Encourage kids to explore the great outdoors with this hands-on activity book. Track, explore, discover, and create! This nature book for kids is full of activities they can bring on their adventures through the backyard, the park, the woods, and beyond. No matter the weather or where they live, kids can dive into fun and games like crafting bird feeders out of fruit or pressing flowers.



The Fascinating Ocean Book for Kids : 500 Incredible Facts!

Bethanie Hestermann, Josh Hestermann
9781648768842
Pub Date: 7/27/21
Ages 8 to 12
\$15.99 USD/\$20.99 CAD
214 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Science & Nature / Earth Sciences
Series: Fascinating Facts

From anemones to zooplankton-500 awesome ocean facts for kids ages 8 to 12.

Do you know a kid who's captivated by what goes on beneath the ocean's surface? This amazing entry into ocean books for kids is packed with hundreds of incredible facts for hours of underwater exploration. Pages of full-color pictures feature life in and around the sea including fish, dolphins, and shipwrecks!

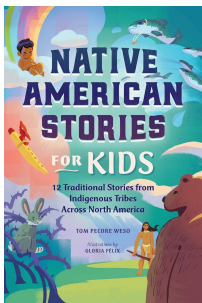


All About Weather : A First Weather Book for Kids

Huda Harajli
9781638788300
Pub Date: 9/14/21
Ages 3 to 5
\$10.99 USD/\$14.99 CAD
50 pages / Full color photographs throughout
Hardcover
Juvenile Nonfiction / Science & Nature / Earth Sciences
8.3 in H | 8.3 in W | 0.3 in T | 0.7 lb Wt

Take kids ages 3 to 5 on an exciting and educational weather adventure!

Welcome to the wonderful world of weather! From the warm, balmy days of the summer climate to the cold, crisp nights of winter, kids will learn all about the four seasons, as well as how clouds form, why it rains, what causes a rainbow and storms, and so much more. Read along and wow your child with the story of the meteorological magic that's happening around them every day and has existed for all of history.

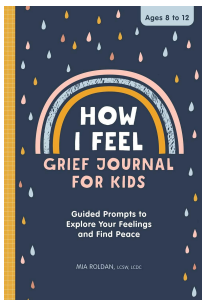


Native American Stories for Kids : 12 Traditional Stories from Indigenous Tribes across North America

Tom Pecore Weso
9781638070627
Pub Date: 4/26/22
Ages 6 to 9
\$8.99 USD/\$11.99 CAD
96 pages
Trade Paperback
Juvenile Nonfiction / Social Science / Folklore & Mythology
9 in H | 6 in W | 0.3 in T | 0.5 lb Wt

Explore Native American narratives—for kids ages 6 to 9.

Native Americans have a long tradition of storytelling. Now, you can easily introduce your children to these rich cultures with a compilation of powerful tales from multiple tribes like the Cheyenne and the Lenape. Kids will embark on a literary adventure with 12 stories from tribes around America, exploring lore about how the mountain Denali formed, why the North Star stays still, and more.

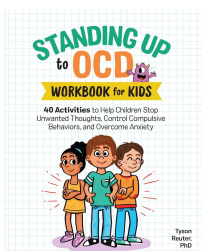


How I Feel: Grief Journal for Kids : Guided Prompts to Explore Your Feelings and Find Peace

Mia Roldan
9781638078791
Pub Date: 2/8/22
Ages 8 to 12
\$12.99 USD/\$16.99 CAD
96 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Social Topics / Death, Grief, Bereavement
9 in H | 6 in W | 0.3 in T | 0.4 lb Wt

Help kids work through their feelings and begin healing after loss.

It's normal for kids to have a lot of big feelings after they've lost someone or something important to them. This guided journal is filled with prompts and exercises that encourage kids to explore their emotions, find comfort and peace, and hold their memories close to their heart forever.

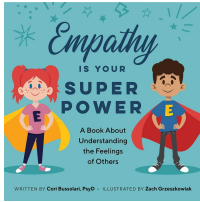


Standing Up to OCD Workbook For Kids : 40 Activities to Help Children Stop Unwanted Thoughts, Control Compulsive Behaviors, and Overcome Anxiety

Tyson Reuter
9781641527972
Pub Date: 11/26/19
Ages 6 to 11
\$17.99 USD/\$23.99 CAD
160 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Social Topics / Depression & Mental Illness

Show your worries who's boss—an OCD workbook for kids.

If you worry a lot and have behaviors you can't help repeating, you're not alone—even though it can feel that way sometimes. The *Standing Up to OCD Workbook for Kids* has 40 fun activities to help you manage bad thoughts, say goodbye to worried feelings, and quit actions that are hard to stop—so you can get back to doing your favorite things.



Empathy Is Your Superpower : A Book About Understanding the Feelings of Others

Cori Bussolari, Zach Greszkowiak

9781647393588

Pub Date: 2/2/21

Ages 5 to 7

\$6.99 USD/\$9.99 CAD

50 pages / Full color photographs throughout

Trade Paperback

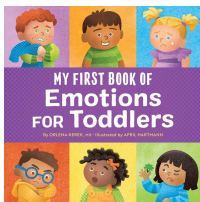
Juvenile Nonfiction / Social Topics / Emotions & Feelings

8 in H | 8 in W | 0.1 in T | 0.3 lb Wt

Rights Sold: Greek (Gordon Hellas)

Introduce kids ages 5 to 7 to the power of empathy through simple real-life scenarios that are easy to understand and use in their lives.

Learning to understand and care about the feelings of others is one of the most important steps in a child's development—and it's never too early to help little ones build those skills. This adorably illustrated storybook teaches young kids how to recognize and practice empathy through simple real-life examples that are easy for them to understand.



My First Book of Emotions for Toddlers

Orlena Kerek, April Hartmann

9781685390747

Pub Date: 5/3/22

Ages 1 to 3

\$9.99 USD/\$13.99 CAD

48 pages / Full color photographs throughout

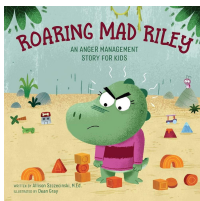
Trade Paperback

Juvenile Nonfiction / Social Topics / Emotions & Feelings

8 in H | 8 in W | 0.3 in T | 0.3 lb Wt

Give toddlers a head start in building lifelong emotional regulation skills.

Toddlers may be small in size, but they have enough emotions to fill an entire playground! This fun picture book introduces little ones to common emotions by explaining what they are, how they might feel in the body, and how to express them in positive ways.



Roaring Mad Riley : An Anger Management Story for Kids

Allison Szczecinski, Dean Gray

9781647390501

Pub Date: 11/3/20

Ages 5 to 7

\$8.99 USD/\$11.99 CAD

50 pages / Full color photographs throughout

Trade Paperback

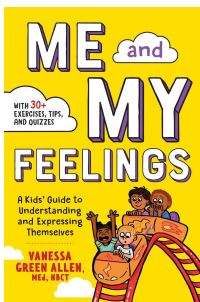
Juvenile Nonfiction / Social Topics / Emotions & Feelings

8 in H | 8 in W | 0.1 in T | 0.3 lb Wt

Rights Sold: Hungarian (Kulcslyuk Kiadó)

A fun-to-follow storybook to help kids recognize, understand, and manage their anger in a variety of effective and easy-to-follow techniques.

There are lots of easy ways to take control of angry feelings—with a little help from some super friendly dinosaurs! *Roaring Mad Riley* is a story about anger management for kids that is both a picture and activity book, making it fun to learn how to pause and cool down when anger strikes.



Me and My Feelings : A Kids' Guide to Understanding and Expressing Themselves

Vanessa Green Allen

9781641524964

Pub Date: 10/1/19

Ages 7 to 10

\$9.99 USD/\$13.99 CAD/£9.99 GBP

110 pages / Full color photographs throughout

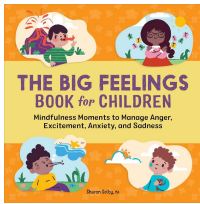
Trade Paperback

Juvenile Nonfiction / Social Topics / Emotions & Feelings

9 in H | 6 in W | 0.5 in T | 0.5 lb Wt

When a big feeling comes along...you can handle it!

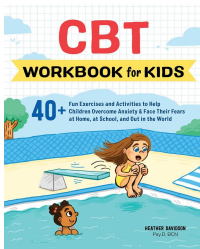
Sometimes, emotions like anger or jealousy or excitement can seem too big to keep inside. *Me and My Feelings* is here to teach kids that it's okay to have big feelings! They will learn how to calm down those strong emotions so they don't feel overwhelmed and can continue to take on the world. This book gives kids the skills to stay in control—by breathing deeply, saying positive things to themselves, talking about their feelings instead of keeping them inside, and more.



The Big Feelings Book for Children : Mindfulness Moments to Manage Anger, Excitement, Anxiety, and Sadness
Sharon Selby
9781638781493
Pub Date: 2/1/22
Ages 5 to 7
\$8.99 USD/\$11.99 CAD
50 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Social Topics / Emotions & Feelings
8 in H | 8 in W | 0.1 in T | 0.3 lb Wt

An illustrated, instructional picture book for kids 5-7, using mindfulness strategies (including breathing and movement exercises) to help kids work through feelings like sadness, anxiety, worry, excitement, and surprise.

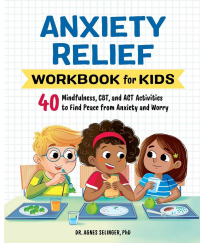
It's normal for kids to experience feelings so big that they're hard to manage! This book is filled with engaging exercises that show kids how to use mindfulness to work through tough emotions and feel happier fast.



CBT Workbook for Kids : 40+ Fun Exercises and Activities to Help Children Overcome Anxiety & Face Their Fears at Home, at School, and Out in the World
Heather Davidson
9781641523493
Pub Date: 9/17/19
Ages 6 to 10
\$14.99 USD/\$19.99 CAD
138 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Social Topics / Emotions & Feelings
Rights Sold: Polish (Harmonia Józef Częścik)

CBT strategies to help kids ages 6 to 10 stand up to anxiety and feel calm.

Worrying all the time can stop kids from having fun with friends, hobbies, sports, or school. The *CBT Workbook for Kids* helps them get back to doing the things they love. The ideas and activities inside use proven, up-to-date cognitive behavioral therapy (CBT) strategies to help manage—or even change—worried thoughts and feelings.



Anxiety Relief Workbook for Kids : 40 Mindfulness, CBT, and ACT Activities to Find Peace from Anxiety and Worry
Agnes Selinger
9781648769320
Pub Date: 7/6/21
Ages 6 to 9
\$14.99 USD/\$19.99 CAD
128 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Social Topics / Emotions & Feelings
Series: Health and Wellness Workbooks for Kids

Anxiety-busting tools for kids ages 6 to 9.

Being young doesn't stop kids from worrying. This anxiety workbook for kids, created by a clinical psychologist, is full of fun exercises designed to help kids learn how to work through feelings of discomfort or worry. Each of the activities features kid-friendly instructions, helping them understand both what they need to do and how it will help them feel better.



It's Brave to Be Kind : A Kindness Book for Children That Teaches Empathy and Compassion
Natasha Daniels, Ela Smietanka
9781685390921
Pub Date: 3/8/22
Ages 5 to 7
\$8.99 USD/\$11.99 CAD
50 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Social Topics / Values & Virtues
Series: A Read-Together Storybook

An illustrated storybook for children ages 5 to 7 that conveys the value of kindness and empathy and encourages kids to integrate kind behavior into their lives.

Being kind and compassionate is an important skill for every kid to learn. But just like anything else, it takes some practice! This how-to-be-kind book for kids is a fun and colorful storybook to read as a family and discover that being kind also means being open, accepting, and brave.



Awesome Engineering Activities for Kids : 50+ Exciting STEAM Projects to Design and Build

Christina Schul
9781641523691
Pub Date: 5/28/19
Ages 5 to 10
\$17.99 USD/\$23.99 CAD
198 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Technology
Series: Awesome STEAM Activities for Kids

Introduce young minds to the principles of engineering with 50+ fun, hands-on experiments!

Watch your child's eyes light up as they get excited about engineering, learn how things work, and have tons of fun. *Awesome Engineering Activities for Kids* is packed with more than 50 fascinating STEAM exercises, complete with step-by-step instructions, colorful pictures, and simple explanations of why the experiments work.

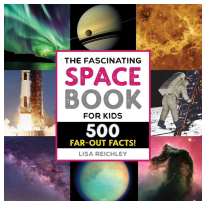


Awesome Science Experiments for Kids : 100+ Fun STEM / STEAM Projects and Why They Work

Crystal Chatterton
9781939754660
Pub Date: 2/13/18
Ages 5 to 10
\$14.99 USD/\$18.99 CAD
254 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Technology
Series: Awesome STEAM Activities for Kids

Teach curious, young minds the scientific method with 100+ fun, hands-on experiments designed to show kids how to hypothesize, experiment, and then record their findings.

As kids grow older, they become more curious about the world around them, often asking, "How does this work?" *Awesome Science Experiments for Kids* teaches young brains the nuts and bolts of the scientific method using fun, hands-on experiments designed to show kids how to hypothesize, experiment, and then record their findings.



The Fascinating Space Book for Kids : 500 Far-Out Facts!

Lisa Reichley
9781648768866
Pub Date: 8/10/21
Ages 8 to 12
\$17.99 USD/\$23.99 CAD
214 pages / Full color photographs throughout
Trade Paperback
Juvenile Nonfiction / Technology / Aeronautics, Astronautics & Space Science
Series: Fascinating Facts

From asteroids to zodiac constellations—500 amazing space facts for kids ages 8 to 12.

Do you know a kid who wants to know all about space? This intergalactic entry into space books for kids is bursting with 500 out-of-this-world facts for hours of space exploration from the comfort of Earth. Alongside full-color pictures on every page, kids can adventure through stars, planets, and space technology with this book of astronomy for kids.

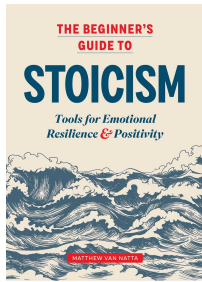


Puppy Training in 7 Easy Steps : Everything You Need to Know to Raise the Perfect Dog

Zoom Room Dog Training, Mark Van Wye
9781641523431
Pub Date: 4/2/19
\$13.99 USD/\$18.99 CAD
178 pages / Full color photographs throughout
Trade Paperback
Pets / Dogs / Training
9 in H | 6 in W | 0.5 in T | 0.7 lb Wt

Raise a happy, well-behaved puppy in 7 simple steps!

Teach your pup the ropes with *Puppy Training in 7 Easy Steps*. This step-by-step guide shows you how to combine positive reinforcement with your dog's natural instincts during training. They'll learn essential manners and boundaries—while both of you bond and have lots of fun. Discover dog training fundamentals, and start implementing straightforward techniques that build up your pup's skills in stages.

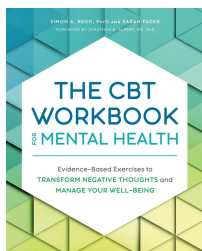


The Beginner's Guide to Stoicism : Tools for Emotional Resilience and Positivity

Matthew Van Natta
9781641527217
Pub Date: 10/8/19
\$12.99 USD/\$16.99 CAD
178 pages / Full color photographs throughout
Trade Paperback
Philosophy / Movements / Humanism
7 in H | 5 in W | 0.6 in T | 0.5 lb Wt

Optimize joy, overcome obstacles—discover the calm of stoicism!

Being a stoic means embracing positivity and self-control through the ability to accept the uncertainty of outcomes. With this stoicism guide, the beginner stoic will learn how to take charge of their emotions on the path to sustained happiness and satisfaction.

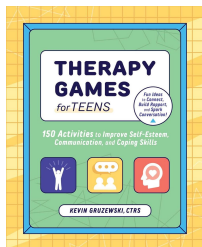


The CBT Workbook for Mental Health : Evidence-Based Exercises to Transform Negative Thoughts and Manage Your Well-Being

Simon Rego, Sarah Fader, Jonathan E. Alpert
9781647398057
Pub Date: 7/13/21
\$17.99 USD/\$23.99 CAD
200 pages / Full color photographs throughout
Trade Paperback
Psychology / Cognitive Psychology & Cognition
9.3 in H | 7.5 in W | 0.5 in T | 1 lb
Rights Sold: Polish (*Studio Astropsychologii*), Ukrainian (*Naukoviy Svit*)

Live more positively with simple exercises based in cognitive behavioral therapy.

Not every mental health struggle involves a life-altering event or an official diagnosis, but that doesn't mean it can't take a toll on your life and happiness. The CBT Workbook for Mental Health shows you how to cultivate your sense of calm and confidence through the power of cognitive behavioral therapy. With expert advice, you'll learn how to use CBT to bounce back from tough times—no matter how big or small.

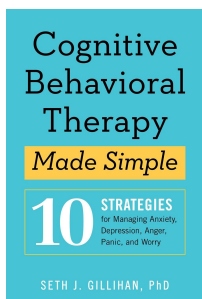


Therapy Games for Teens : 150 Activities to Improve Self-Esteem, Communication, and Coping Skills

Kevin Gruzewski
9781647397760
Pub Date: 9/15/20
\$16.99 USD/\$22.99 CAD
206 pages / Full color photographs throughout
Trade Paperback
Psychology / Developmental / Adolescent
9.3 in H | 7.5 in W | 0.6 in T | 1.1 lb Wt

Build teen self-esteem and communication skills with 150 simple, effective therapy games.

Planning thoughtful and productive therapy activities for teens doesn't have to be a complex challenge or require a lot of specialized resources. *Therapy Games for Teens* makes it easier to reach them, with 150 games based in recreation therapy that help teens cope with stress, bullying, grief, anxiety, depression, and more.

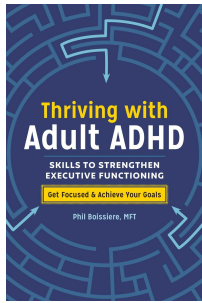


Cognitive Behavioral Therapy Made Simple : 10 Strategies for Managing Anxiety, Depression, Anger, Panic, and Worry

Seth J. Gillihan
9781939754851
Pub Date: 5/22/18
\$15.99 USD/\$20.99 CAD
234 pages / Full color photographs throughout
Trade Paperback
Psychology / Movements / Cognitive Behavioral Therapy (CBT)
9 in H | 6 in W | 0.6 in T | 0.9 lb Wt

Cognitive behavior therapy strategies to help you manage anxiety and depression, whether you struggle with an anxiety disorder or are just feeling uneasy in life.

Get lasting relief from anger, panic, stress, and other mood-related conditions by applying the principles of cognitive behavioral therapy to your daily life. From writing down your goals to addressing negative thought patterns, this accessible, easy-to-understand cognitive behavioral therapy book gives you everything you need to let the healing begin in one convenient CBT workbook.

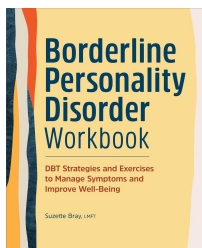


Thriving with Adult ADHD : Skills to Strengthen Executive Functioning

Phil Boissiere
9781641522724
Pub Date: 12/25/18
\$18.99 USD/\$23.99 CAD
162 pages / Full color photographs throughout
Trade Paperback
Psychology / Psychopathology / Attention-Deficit Disorder (ADD-ADHD)
9 in H | 6 in W | 0.4 in T | 0.7 lb Wt
Rights Sold: Simplified Chinese (Beijing Zhengqing Culture and Art Co)

Proven strategies for strengthening executive functioning skills and overcoming adult ADHD symptoms.

Executive functioning skills—including focus, organization, stress management, and more—are critical to succeeding in all aspects of your life. Whether you've just been diagnosed with ADHD or you've lived with it your entire life, you know that developing these skills can be a challenge. *Thriving with Adult ADHD* offers a toolbox of information, assessments, and evidence-based exercises to help you build this mental skill set and take control of your ADHD.

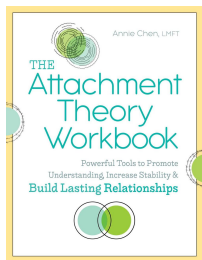


Borderline Personality Disorder Workbook : DBT Strategies and Exercises to Manage Symptoms and Improve Well-Being

Suzette Bray
9798886508246
Pub Date: 2/13/24
\$17.99 USD/\$23.99 CAD
180 pages
Trade Paperback
Psychology / Psychopathology / Personality Disorders
9.3 in H | 7.5 in W | 0.4 in T | 0.5 lb Wt

Learn how to manage BPD with dialectical behavior therapy exercises.

Borderline personality disorder (BPD) can make it difficult to cope with your emotions and maintain healthy relationships—and it affects everyone differently. But with the right tools, you can learn to manage your symptoms and feel more resilient, balanced, and in control. This workbook offers simple exercises based in dialectical behavior therapy (DBT), a proven method for BPD treatment.

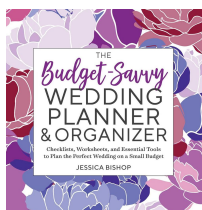


The Attachment Theory Workbook : Powerful Tools to Promote Understanding, Increase Stability, and Build Lasting Relationships

Annie Chen
9781641523554
Pub Date: 5/7/19
\$15.99 USD/\$20.99 CAD
192 pages / Full color photographs throughout
Trade Paperback
Psychology / Psychotherapy / Child & Adolescent
9.3 in H | 7.5 in W | 0.5 in T | 1 lb Wt
Rights sold: Spanish (Editorial Sirio)

Build stronger relationships with strategies grounded in attachment theory.

Attachment theory explores the different ways we develop connections with others. If you're searching for a way to create stronger, healthier, and more authentic relationships with the people you love, *The Attachment Theory Workbook* can help. It's your guide to understanding your own attachment style and exploring actionable exercises to improve honesty, intimacy, and communication.

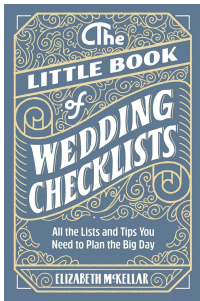


The Budget-Savvy Wedding Planner & Organizer : Checklists, Worksheets, and Essential Tools to Plan the Perfect Wedding on a Small Budget

Jessica Bishop
9781623159856
Pub Date: 2/6/18
\$12.99 USD/\$16.99 CAD
208 pages / Full color photographs throughout
Trade Paperback
Reference / Weddings
9 in H | 8.5 in W | 0.6 in T | 1.2 lb Wt

Bring your big day to life without breaking the bank!

Congratulations! Getting married is a thrilling time and a major milestone—but you might be overwhelmed at how much there is to do and how much it's going to cost. Here's the secret: You don't need to spend a year's salary on your wedding day for it to be unique and memorable. This complete wedding planning book shows you how.

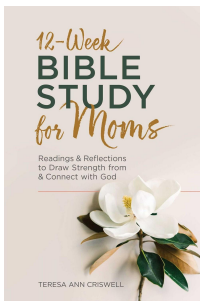


The Little Book of Wedding Checklists : All the Lists and Tips You Need to Plan the Big Day

Elizabeth McKellar
9781646113415
Pub Date: 7/7/20
\$8.99 USD/\$11.99 CAD
90 pages / Full color photographs throughout
Trade Paperback
Reference / Weddings
9 in H | 6 in W | 0.3 in T | 0.4 lb Wt

A useful, no-fuss book of checklists for those planning a wedding, including practical tips and tools to stay organized.

The question has been popped, and now it's time for the planning—from your budget to the bridal party to bouquets, you may be wondering how to distill all the to-dos of your big day into small, digestible pieces. This portable wedding planner provides all the tools and tips you need to stay organized and stress-free.

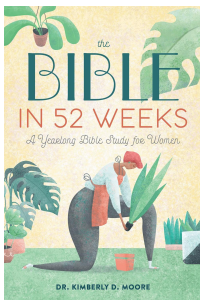


12-Week Bible Study for Moms : Readings & Reflections to Draw Strength From & Connect with God

Teresa Ann Criswell
9781685391447
Pub Date: 5/10/22
\$11.99 USD/\$15.99 CAD
138 pages / Full color photographs throughout
Trade Paperback
Religion / Biblical Studies
9 in H | 6 in W | 0.4 in T | 0.6 lb Wt

Find strength in your faith as you navigate motherhood with this daily Bible study for women.

Being a mom is no easy feat, but turning to God can help you feel motivated, inspired, and ready for anything. This 12-week Bible study for moms helps you reconnect with His Word every day, with advice and teachings that support you through raising your family.

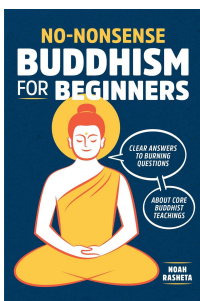


The Bible in 52 Weeks : A Yearlong Bible Study for Women

Kimberly D. Moore
9781641528153
Pub Date: 2/11/20
\$14.99 USD/\$19.99 CAD
208 pages / Full color photographs throughout
Trade Paperback
Religion / Biblical Studies / Bible Study Guides
Series: Bible in 52 Weeks
9 in H | 6 in W | 0.6 in T | 0.9 lb Wt

A yearlong journey through the Bible to strengthen women's faith.

When you need to lift your spirits or tackle life's challenges, the Bible is always there to offer guidance. This inspiring approach to Bible study for women combines a daily reading plan with weekly opportunities to reflect, discuss, and explore how God's wisdom can be applied to your daily life.

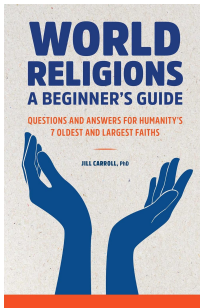


No-Nonsense Buddhism for Beginners : Clear Answers to Burning Questions about Core Buddhist Teachings

Noah Rasheta
9781641520478
Pub Date: 5/15/18
\$12.99 USD/\$16.99 CAD
146 pages / Full color photographs throughout
Trade Paperback
Religion / Buddhism
8.3 in H | 5.5 in W | 0.4 in T | 0.5 lb Wt

Get on the path to Zen bliss—the essential beginner's guide to Buddhism.

How is an awakening different from enlightenment? Can agnostics and atheists be Buddhist? What are you supposed to think about during meditation? In *No-Nonsense Buddhism for Beginners*, author Noah Rasheta—renowned Buddhism teacher and host of the popular Secular Buddhism podcast—delivers an easily accessible introduction to the teachings of Buddhism that anyone can dive into!

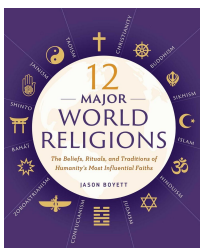


World Religions: A Beginner's Guide : Questions and Answers for Humanity's 7 Oldest and Largest Faiths

Jill Carroll
9781648769146
Pub Date: 5/18/21
\$13.99 USD/\$18.99 CAD
194 pages / Full color photographs throughout
Trade Paperback
Religion / Comparative Religion
8.5 in H | 5.5 in W | 0.5 in T | 0.7 lb Wt

Your guide to understanding seven of the world's most prominent religions.

If you're interested in learning about world religions, this book is the place to start. Packed with informative fact sheets and answers to common questions, this beginner's guide fills you in on the most important aspects of each religion. You'll learn about fascinating histories, rituals, and festivals as you grow to better understand the belief systems that offer meaning and purpose to billions of people around the world.

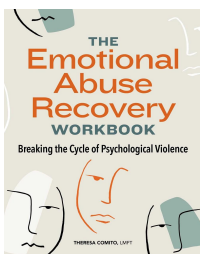


12 Major World Religions : The Beliefs, Rituals, and Traditions of Humanity's Most Influential Faiths

Jason Boyett
9781623156923
Pub Date: 8/30/16
\$18.99 USD/\$24.99 CAD
302 pages / Full color photographs throughout
Trade Paperback
Religion / Reference
9.3 in H | 7.5 in W | 0.8 in T | 1.5 lb Wt

Understand religions from around the world!

For billions of people, having a religious belief system provides purpose in life. For some, religion serves as a guide for moral behavior. Today's world is one in which our understanding of world religions is both important, as well as increasingly complex. After many years exploring the foundations of various world religions, Jason Boyett has written this comprehensive, easy-to-understand exploration of the twelve major world religions through a meticulous, yet unbiased lens.

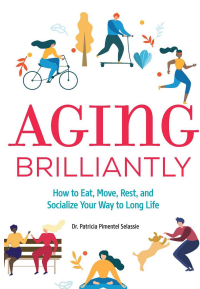


The Emotional Abuse Recovery Workbook : Breaking the Cycle of Psychological Violence

Theresa Comito
9781647391843
Pub Date: 8/4/20
\$15.99 USD/\$20.99 CAD
158 pages / Full color photographs throughout
Trade Paperback
Self-Help / Abuse
10 in H | 8 in W | 0.4 in T | 1 lb Wt

Move your life forward with this workbook for healing.

An authoritative recovery workbook for victims of psychological violence with evidence-based strategies that build tools for overcoming emotional and verbal abuse in all relationships and break the cycle. Move away from harmful personal and professional relationships, and instead, toward recovery and growth. This accessible workbook will help you identify and acknowledge abuse, validate your feelings, practice self-care, set boundaries, and create a safety plan.

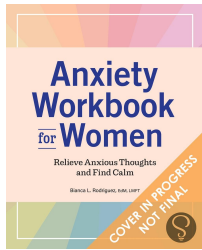


Aging Brilliantly : How to Eat, Move, Rest, and Socialize Your Way to Long Life

Patricia Pimentel Selassie
9781646113705
Pub Date: 3/10/20
\$14.99 USD/\$19.99 CAD
148 pages / Full color photographs throughout
Trade Paperback
Self-Help / Aging
9 in H | 6 in W | 0.4 in T | 0.6 lb Wt

Live well. Age slow. Aging doesn't have to mean getting old!

There's mounting evidence that particular behaviors and lifestyles seem to lead to "more life." *Aging Brilliantly* is a guide to proven habits you can adopt at any age to help achieve not only longevity but also a happier, healthier existence. Inspired by studies of the longest living people in the world, *Aging Brilliantly* offers specific approaches to exercise, food, relationships, and relaxation that can greatly enhance vitality.



Anxiety Workbook for Women : Relieve Anxious Thoughts and Find Calm

Bianca L. Rodriguez
9798886509205
Pub Date: 3/19/24
\$17.99 USD
208 pages
Trade Paperback
Self-Help / Anxieties & Phobias
9.3 in H | 7.5 in W | 0.5 in T | 0.6 lb Wt

Women can relax their minds and bodies so they can get back to living life fully. Manage your anxiety and take control of your life!

Learn how to quiet your mind and ease fearful feelings with this simple, practical anxiety workbook for women. Each page offers insight into the underlying causes of anxiety and teaches you how to identify your triggers and develop effective coping methods so you can live with greater confidence and contentment.



A Year of Us: A Couple's Journal : One Question a Day to Spark Fun and Meaningful Conversations

Alicia Muñoz
9781641524247
Pub Date: 6/18/19
\$14.99 USD/\$19.99 CAD
196 pages / Full color photographs throughout
Trade Paperback
Self-Help / Journaling
Series: Question a Day Couple's Journal Territory:
9 in H | 6 in W | 0.5 in T | 0.8 lb Wt

Grow closer with a year's worth of questions for couples.

It only takes a few minutes a day to deepen your bond with your partner with this modern couple's journal. Covering everything from the lighthearted to the heartfelt, this book will strengthen your connection as you explore engaging prompts over the course of a year.



A Healing Journal for Black Men : Prompts to Help You Reflect, Grow, and Live With Pride

Danny Angelo Fluker Jr.
9781685393403
Pub Date: 7/26/22
\$14.99 USD/\$19.99 CAD
186 pages / Full color photographs throughout
Trade Paperback
Self-Help / Journaling
8 in H | 8 in W | 0.5 in T | 0.9 lb Wt

Create space for reflection and self-care with healing prompts for Black men.

This workbook is filled with prompts and practices that encourage Black men to reflect, heal, and live authentically in their Black manhood, as well as practicing self-care and processing emotions. Journaling is a powerful tool for healing that has been used by many great Black men. This guided journal is filled with prompts and practices that encourage you to reflect, heal, and live authentically in your Black manhood.



The 5-Minute Gratitude Journal : Give Thanks, Practice Positivity, Find Joy

Sophia Godkin
9781647397197
Pub Date: 8/25/20
\$11.99 USD/\$15.99 CAD
132 pages / Full color photographs throughout
Trade Paperback
Self-Help / Journaling
8.3 in H | 5.8 in W | 0.5 in T | 0.5 lb Wt
Rights Sold: Vietnamese (Vietnam Women's Publishing House)

Invite gratitude and well-being into your life with short, daily writing prompts.

Happiness begins with gratitude—the feeling of appreciation for the people and experiences in our lives that have helped or supported us in some way. This gratitude journal makes it easy and enjoyable to develop a daily practice through insightful prompts that only take a few minutes to complete. You'll feel inspired to notice things—big and small—that you might otherwise take for granted.



A Year of Meditation : Daily Moments of Peace, Joy, and Calm

Nora Day
9781647390464
Pub Date: 6/30/20
\$18.99 USD/\$24.99 CAD
278 pages / Full color photographs throughout
Trade Paperback
Self-Help / Meditations
Series: A Year of Daily Reflections
Territory:
6.5 in H | 6.5 in W | 0.8 in T | 0.9 lb Wt

Pause, reflect, and grow with a simple meditation for every day of the year.

If you've been looking to start meditating, consider this your sign. This collection of 365 short, daily meditations will help you feel calmer, more centered, and in control. Some you'll do while walking, sitting, or even watching the sunset. And some days you'll just receive a simple mantra, affirmation, or insightful quote to keep in mind.

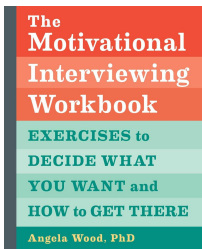


Self-Care Activities for Women : 101 Practical Ways to Slow Down and Reconnect With Yourself

Cicely Horsham-Brathwaite
9798886501650
Pub Date: 1/23/24
\$15.99 USD
144 pages
Trade Paperback
Self-Help / Personal Growth
9.3 in H | 7.5 in W | 0.4 in T

A daily dose of self-care anytime you need it!

Doing small things to prioritize your own well-being is essential, especially for women, who are often the caretakers of everyone else in their lives. *Self-Care Activities for Women* encourages you to spend time on you, with a wide variety of ways you can relax, reset, and find a little joy. Take care of yourself in every way, with specific chapters for emotional, mental, physical, social, and professional self-care.

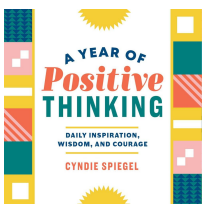


The Motivational Interviewing Workbook : Exercises to Decide What You Want and How to Get There

Angela Wood
9781646119721
Pub Date: 10/20/20
\$19.99 USD/\$26.99 CAD
168 pages / Full color photographs throughout
Trade Paperback
Self-Help / Personal Growth
10 in H | 8 in W | 0.5 in T | 1 lb Wt

Use motivational interviewing to get the most out of your life, build your confidence, and take charge of your future.

Motivational interviewing can help you clearly define your goals, think things through, and move toward change. Whether you're considering losing weight, addressing an addiction, leaving a toxic relationship, or any number of other big goals, taking steps toward personal change requires a steadfast mindset and a detailed plan of action.

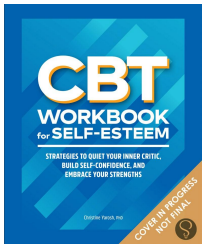


A Year of Positive Thinking : Daily Inspiration, Wisdom, and Courage

Cyndie Spiegel
9781641522410
Pub Date: 12/11/18
\$17.99 USD/\$23.99 CAD
266 pages / Full color photographs throughout
Trade Paperback
Self-Help / Personal Growth / Happiness
Series: A Year of Daily Reflections
6.5 in H | 6.5 in W | 0.7 in T | 0.8 lb Wt
Rights Sold: Turkish (Nobel Academic Publishing)

Embrace positivity every day for a happier outlook on life!

Transform your mindset and inspire positive thinking with daily doses of digestible quotes, affirmations, reflections, and prompts. Are you looking to feel energized and motivated? Start here! Over the course of one year, this inspirational book can transform your mindset and inspire the habit of positive thinking with daily doses of digestible quotes, mantras, and prompts.

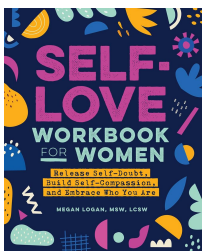


Cognitive Behavioral Therapy Workbook for Self-Esteem : Strategies to Quiet Your Inner Critic, Build Self-Confidence, and Embrace Your Strengths

Christine Yarosh
9798886509212
Pub Date: 4/16/24
\$19.99 USD/\$26.99 CAD
208 pages
Trade Paperback
Self-Help / Personal Growth / Self-Esteem
9.3 in H | 7.5 in W | 0.5 in T

Become a happier, more confident person with CBT!

Cognitive behavioral therapy (CBT) is a proven method of identifying, challenging, and changing the thoughts and actions that hold you back. It teaches you to break bad habits and shake up your outlook on life—which makes it an ideal way to boost your self-esteem! This CBT workbook uses straightforward language and practical advice to help you believe in your own abilities and create the best version of yourself.

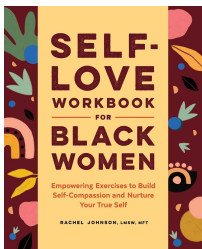


Self-Love Workbook for Women : Release Self-Doubt, Build Self-Compassion, and Embrace Who You Are

Megan Logan
9781647397296
Pub Date: 9/29/20
\$15.99 USD/\$20.99 CAD
174 pages / Full color photographs throughout
Trade Paperback
Self-Help / Personal Growth / Self-Esteem
Series: Self-Help Workbooks for Women
9.3 in H | 7.5 in W | 0.6 in T | 1 lb Wt

Create a life filled with purpose and greater self-love!

Embrace who you are with this guided self-love book for women of any age and any background. You'll embark on your journey of self-discovery by learning what self-love is, and then immersing yourself in exercises to help you build your self-esteem and improve your relationships.

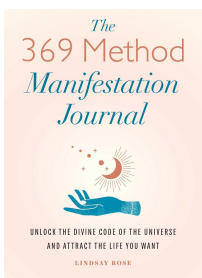


Self-Love Workbook for Black Women : Empowering Exercises to Build Self-Compassion and Nurture Your True Self

Rachel Johnson
9781638076513
Pub Date: 7/19/22
\$15.99 USD/\$20.99 CAD
172 pages / Full color photographs throughout
Trade Paperback
Self-Help / Personal Growth / Self-Esteem
9.3 in H | 7.5 in W | 0.5 in T | 0.9 lb Wt

Show yourself a little TLC with self-love exercises for Black women.

As a Black woman, the many roles you fill can leave little room to take care of yourself. Prioritize your own joy, healing, and growth with this self-care workbook for Black women, filled with empowering exercises and affirmations that help you nurture your authentic self and thrive.

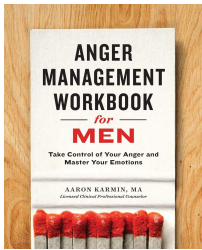


The 369 Method Manifestation Journal : Unlock the Divine Code of the Universe and Attract the Life You Want

Lindsay Rose
9798886508536
Pub Date: 1/9/24
\$12.99 USD/\$16.99 CAD
144 pages
Trade Paperback
Self-Help / Personal Growth / Success
8 in H | 5.8 in W | 0.4 in T

Create the life you desire with the 369 manifestation method!

The 369 method is a repeated meditation that draws on the positive energy of the universe to help you achieve everything you want. This journal guides you through your own 369 manifestation journey, teaching you how to tune into your deepest aspirations. Once you've identified your core desires, you'll use this method to build strong intentions and an optimistic mindset so you can make them a reality.

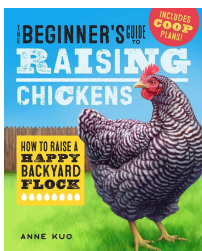


Anger Management Workbook for Men : Take Control of Your Anger and Master Your Emotions

Aaron Karmin, Nathan R Hydes
9781623157302
Pub Date: 5/24/16
\$13.99 USD/\$17.99 CAD
156 pages / Full color photographs throughout
Trade Paperback
Self-Help / Self-Management / Anger Management
9.3 in H | 7.5 in W | 0.4 in T | 0.8 lb Wt

Be the bigger man with straightforward strategies for managing your anger.

Are you ready to take control of your anger? Clinical Therapist Aaron Karmin teaches you the skills to manage your anger without aggression and build up your self-confidence, self-control, and self-respect. The *Anger Management Workbook for Men* goes beyond why men get angry and helps you get to the root of your anger.

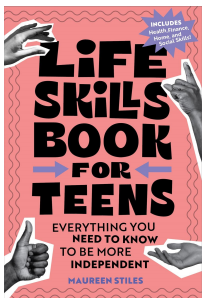


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POLAND

MACADAMIA

kamila@macadamialit.com,
magda@macadamialit.com,
anna@macadamialit.com

ROMANIA

KESSLER AGENCY

roxana@kessler-agency.ro

GERMANY

SCHLUECK AGENCY

(Thomas Schlück GmbH)
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