

Callisto Publishing
9798886508536
Pub Date: 1/9/2024
\$12.99/\$16.99 Can.
Trade Paperback

144 Pages
Carton Qty: 1
Self-Help / Personal Growth
SEL027000
8 in H | 5.8 in W | 0.4 in T | 0.3 lb
Wt
Status: **FORTHCOMING**

Related Products

Previous Titles

9781685397111 - \$14.99
Backlist

The 369 Method Manifestation Journal

Unlock the Divine Code of the Universe and Attract the Life You Want

Lindsay Rose

Key Selling Points:

- **Trending topic perfectly suited for journaling:** The 369 manifestation method has grown in popularity, and #369 has 941.4M views on TikTok and 307K tagged posts on Instagram. Writing is a key piece of the method, making this journal a perfect format to put 369 manifestation into practice.
- **Popular Author:** Lindsay Rose is a manifestation coach and expert on quantum creation who is tapped into the TikTok community where the 369 manifestation method first became mainstream. She has 338,200 followers on TikTok and 18,300 followers on Instagram.
- **Includes an introduction to the 365 method:** Journal includes content introducing readers to the 369 method and why it works, plus guidance on how to put it into practice effectively.
- **Weekly and monthly check-ins encourage self-reflection:** Includes 12 weeks of space to apply the 369 method to manifest your desires, plus weekly and monthly check-ins to encourage self-reflection and recognize progress.

Summary

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.

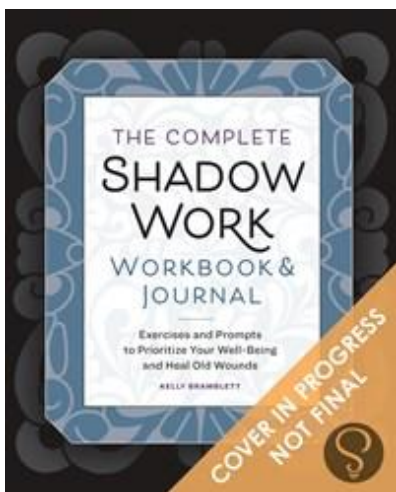
Discover the Law of Attraction—Learn how the 369 manifestation method puts purposeful and powerful energy into the world and opens you up to receive it back in return.

Space for daily manifesting—Sit with this journal every day for 12 weeks, using the blank lines to record your chosen affirmation three times in the morning, six times in the afternoon, and nine times in the evening.

Check in with yourself—Reflect on your progress each week and each month as you create clear goals, achieve an elevated emotional state, and develop a m...

Contributor Bio

LINDSAY ROSE is a manifestation coach and expert on quantum creation. Manifestation has truly changed her entire life, and she now teaches people all over the world how to create the life of their dreams.



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208 Pages
Carton Qty: 1
Body, Mind & Spirit /
Parapsychology
OCC018000

9.3 in H | 7.5 in W | 0.5 in T | 0.6
lb Wt
Status: **FORTHCOMING**

The Complete Shadow Work Workbook & Journal

Exercises and Prompts to Prioritize Your Well-Being and Heal Old Wounds

Kelly Bramblett

Key Selling Points:

- **Only Combination Workbook and Journal:** Offers a complete, in-depth journey into shadow work guiding readers through exercises, journal prompts, off-the-page practices, affirmations, and case studies with plenty of space for reflection, healing, and growth.
- **Expert, Credentialed Author:** Kelly Bramblett is a trauma care specialist, certified life coach, law of attraction practitioner, emotional freedom technique practitioner, and level three Usui Reiki Master teacher. She is also the author of *Your Inner Child* and *Shadow Work Journal and Guide*.
- **Based in Psychology:** Offers foundational information on shadow work and the shadow self, as well as tool and techniques that draw from a variety of proven therapies, including ACT, meditation, mindfulness, and more.
- **Comprehensive, Yet Accessible:** Offers a wide range of engaging and thought-provoking exercises and journal prompts that readers can complete on their own (without the assistance of a therapist) or use as a supplemental tool for therapy.

Summary

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

Embrace healing and growth with shadow work

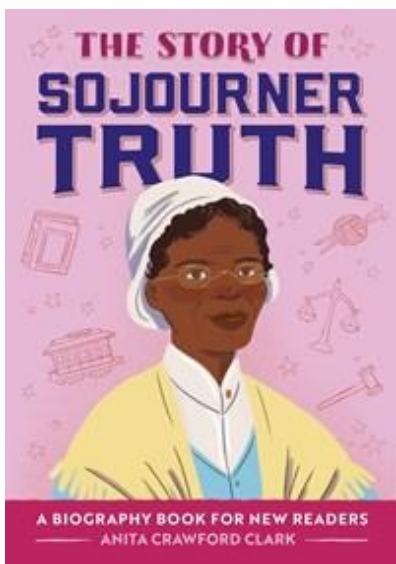
Your shadow mind is the unconscious part of yourself where fear, shame, and trauma live. Learning to accept and engage with the shadow mind is called shadow work—and it's the first step to releasing limiting beliefs that can hold you back. If you could use a boost of confidence or a fresh perspective,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

- **Meet your shadow self**—Start with a detailed introduction that guides you through the fundamentals of shadow work, even if you've never practiced it before.
- **Lots of ways to reflect**—Open your mind with prompts and exercises like journaling about a past mistake, tracking your emotions for one week, or setting a new goal.
- **Based in psychology**—Succeed with shadow work using techniques that draw from a variety of proven therapies, including ACT, meditation, and mindfulness.

Learn to let go of the past and love who you are with *The Complete Shad...*

Contributor Bio

KELLY BRAMBLETT is a certified life coach, clinical trauma specialist, law of attraction practitioner, emotional freedom technique practitioner, and a level three Usui Reiki master teacher. She specializes in trauma recovery and mindset coaching. Her mission is to inspire others to heal the collective by first healing themselves.



The Story of Sojourner Truth

A Biography Book for New Readers

Anita Crawford Clark

Key Selling Points:

- **Written for new readers:** Featuring age-appropriate text and content developed specifically for kids ages 6-9 in 1st and 2nd grade who are just beginning to read chapter books on their own
- **Full-color illustrations:** Beautiful full-color interiors featuring vibrant illustrations and engaging sidebars help to break up the text and hold readers' interest
- **Engaging elements to deepen understanding:** Each book includes thought-provoking questions, quotes from each figure, timelines, maps, a family tree, a quiz at the end of the book, and a glossary for new vocabulary

Summary

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

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. This standout among African-American history books for kids explores how Sojourner escaped slavery to become one of America's greatest champions for human rights.

- **Core curriculum**—Kids will learn the Who, What, Where, When, Why, and How of Sojourner's life, and take a quick quiz to test their knowledge.
- **Short chapters**—This Sojourner Truth biography is broken up into brief chapters that make it fun and easy for new readers to discover details about her life.
- **Her lasting legacy**—Kids will find out how Sojourner made the world a more fair and equal place for...

Contributor Bio

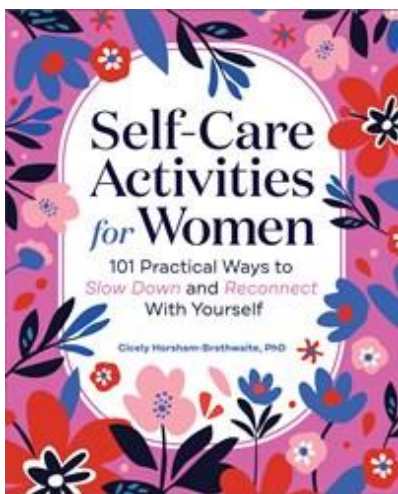
ANITA CRAWFORD CLARK is a writer and illustrator of fiction and nonfiction books for children. Connect with her on Twitter @AnitaLClark or Instagram @AnitasFavPics, or visit her website, AnitaCrawfordClark.com.



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Hardcover

64 Pages
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Ages 6 to 9
Juvenile Nonfiction / Biography & Autobiography
JNF007110
Series: The Story Of: A Biography Series for New Readers

8.5 in H | 6.1 in W | 0.4 in T | 0.5 lb Wt
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144 Pages
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Self-Help / Personal Growth
SEL031000

9.3 in H | 7.5 in W | 0.4 in T | 0.4
lb Wt
Status: **FORTHCOMING**

Self-Care Activities for Women

101 Practical Ways to Slow Down and Reconnect With Yourself

Cicely Horsham-Brathwaite

Key Selling Points:

- **101 activities rooted in evidence-based strategies that promote self-care:** The activities employ a variety of evidence-based modalities such as mindfulness-based stress reduction, positive psychology, cognitive behavioral therapy, and more.
- **Expert, credentialed author:** Cicely Horsham-Brathwaite, PhD, is a licensed counseling psychologist, executive coach, and organizational consultant with more than two decades of experience. She has been featured in HuffPost, SELF, Entrepreneur, CNBC Make It, and the BBC World Service.
- **Developed specifically for women:** Written by a woman and for women, these activities were developed to speak to the needs of a wide range of women.
- **Incorporates all 5 pillars of self-care:** All 101 activities are organized around the five pillars of self-care: emotional, physical, mental, social, and professional, breaking each pillar into its own chapter to quickly find an activity or activities to suit your needs.
- **Approachable, practical, and repeatable:** The variety of activities are written in easy-to-understand language so that they resonate and keep readers engaged. With varying lengths, you can also choose what's best for you and use it again and again.

Summary

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.

Self-care inside and out—Take care of yourself in every way, with specific chapters for emotional, mental, physical, social, and professional self-care.

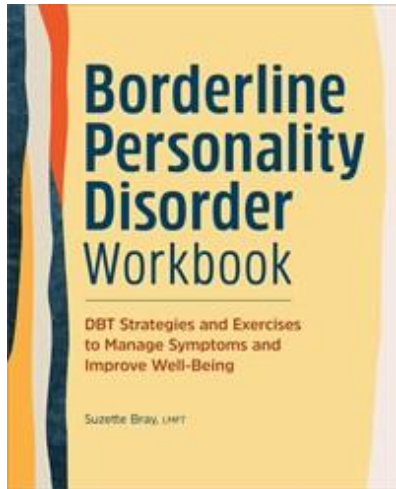
Make time for you— Learn 101 ways to practice self-care, from making a joy playlist to taking a mindful walk or cooking a healthy meal to share with friends.

Short and simple activities—These exercises are easy to do and require minimal materials—so you can always find one to dive into, no matter where you are or how much time you have.

Pick up this self-care book for women today and create a healthy habit of checking in with yourself.

Contributor Bio

CICELY HORSHAM-BRATHWAITE, PhD, is a licensed counseling psychologist, executive coach, and organizational consultant with more than two decades of experience. She has been featured in *HuffPost*, *SELF*, *Entrepreneur*, *CNBC Make It*, and the *BBC World Service*.



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Psychology / Psychopathology
PSY022080
9.3 in H | 7.5 in W | 0.4 in T | 0.5 lb
Wt
Status: **FORTHCOMING**

Related Products

Previous Titles

9781638784760 - \$14.99
Backlist
9781638073376 - \$17.99
Backlist

Borderline Personality Disorder Workbook

DBT Strategies and Exercises to Manage Symptoms and Improve Well-Being

Suzette Bray

Key Selling Points:

- **Use DBT to manage BPD:** Readers with borderline personality disorder will use DBT-based strategies and tools to manage their symptoms and thrive in their everyday lives.
- **Expert author:** For over 25 years, Suzette has worked as a licensed therapist, and she specializes in Dialectical Behavior Therapy. To date, she has logged over 24,000 hours providing therapy and has also trained 5,000 therapists on her proven methods and best practices.
- **Evidence-based, proven methods:** A practical, accessible BPD workbook for adults that offers a robust selection of DBT and other evidence-based techniques and strategies.
- **Healing strategies:** Features advice and exercises that are relevant to the informed reader but still accessible enough to be useful without the guidance of a therapist.
- **Over 5 million adults struggle with BPD:** It's been estimated that approximately 1.6 % of adults in the United States struggle with BPD. The number may be much higher than that, and many experts believe that the correct number may be closer to six percent. Even at 1.6%, that's over five million Americans who have this disorder. (Clearview Treatment Programs, 2018)

Summary

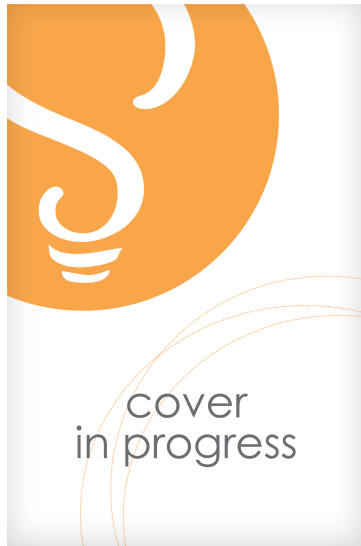
Learn how to manage BPD with dialectical behavior therapy exercises

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. With the expert guidance inside, you'll find practical ways to regulate your body and mind, improve your sense of self, and create positive change in your life.

- **Understand DBT**—Learn why DBT is the leading treatment for borderline personality disorder, helping you to stay present, manage intense emotions, and interact with others more effectively.
- **Find what works for you**—Discover evidence-based exercises and calming practices that show you how to use DBT in your daily life, along with compassionate advice that helps you feel supported and...

Contributor Bio

SUZETTE BRAY, LMFT, is a therapist and the founder of multiple mental health treatment programs that have helped transform the lives of people with borderline personality disorder. She's also the author of *DBT Explained* and *Your Emotions and You*.



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Paperback

176 Pages
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Health & Fitness / Pregnancy &
Childbirth
HEA041000
5.5 in | 8.5 in
Status: **FORTHCOMING**

Nurture a Mindful Pregnancy

Simple Practices to Feel Calm, Present, and Connected to Your Baby

Josephine Atluri

Summary

Embrace mindfulness through every stage of your pregnancy

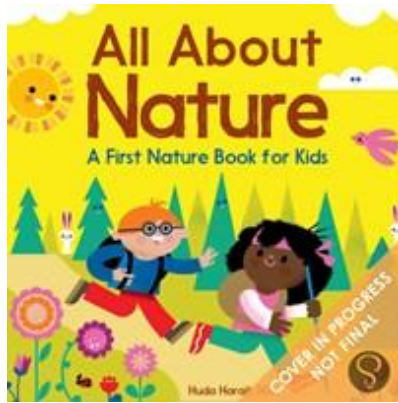
Pregnancy is an exciting time that comes with a lot of change and overwhelming feelings. This guided pregnancy journal can help you approach each day with grace and self-compassion by turning to mindfulness. Inside, you'll find more than 90 short and simple mindfulness practices you can use any time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

- **5-minutes at a time**— Brief exercises make it easy to develop a consistent mindfulness routine you'll stick to, even on the toughest days of your pregnancy.
- **Empowering exercises**— Dive into a pregnancy book full of mindfulness practices, from yoga poses that alleviate discomfort to journal prompts that celebrate your changing body.
- **Clear and organized**— Helpful labels on each exercise let you know which trimester it fits best and make it easier to find the activities you're in the mood for—whether it's writing, meditation, or awareness exercises.

Feel relaxed and present as each trimester progresses, with this supportive guide to a mindful pregnancy.

Contributor Bio

JOSEPHINE ATLURI is an author and certified meditation coach. Her experience creating her family of seven children via IVF, adoption, and surrogacy inspires her work as a sought-after expert in fertility and parenting mindfulness.



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\$12.99
Hardcover

50 Pages
Carton Qty: 1
Ages 3 to 5
Juvenile Nonfiction / Science & Nature
JNF051000
8.3 in H | 8.3 in W | 0.4 in T | 0.6 lb Wt
Status: **FORTHCOMING**

All About Nature

Animals, Insects, Plants, and More!

Huda Harajli

Key Selling Points:

- **Fun and factual:** Teaches kids 3 to 5 real science about nature through a fun and engaging picture book.
- **Vibrant illustrations:** Bright and adorable illustrations hold readers' attention and feature a diverse set of relatable characters.
- **Interactive text:** Text speaks directly to readers, encouraging them to engage with nature with questions like "What is that under your feet?" and "What is your favorite kind of bug?"
- **Strong sales for first book:** This is a follow-up to All About Weather (9781646116164) which has sold 109K copies since going on sale in March 2020.

Summary

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

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.

Give your little learner the nest in children's nature books with:

Our amazing planet—Find out why it gets dark at night, meet some interesting insects, and explore how people are a part of nature, too.

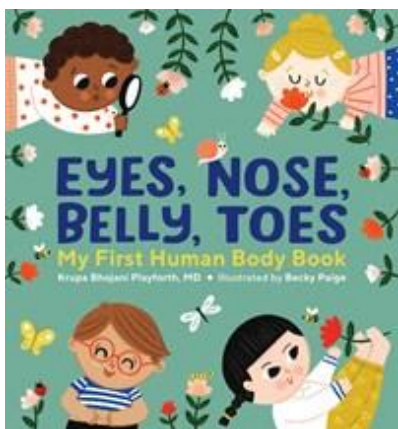
Illustrations everywhere—Every page is bursting with vibrant artwork of objects in nature and other kids celebrating the world around them.

Vocabulary building—Check out a list of nature words and their definitions to help little ones understand all the amazing new things they've learned.

Get this amazing option in nature books for kids today and see what makes exploring nature so m...

Contributor Bio

HUDA HARAJLI is an author of weather books for kids and an elementary school teacher. She loves helping young students learn about weather and weather safety.



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Hardcover

48 Pages
Carton Qty: 1
Ages 1 to 3
Juvenile Nonfiction / Science &
Nature
JNF051030

8.3 in H | 8.3 in W | 0.4 in T | 0.6 lb
Wt
Status: **FORTHCOMING**

Related Products

Other Formats

9798886507171 - \$8.99
Other_Format

Eyes, Nose, Belly, Toes

My First Human Body Book

Krupa Bhojani Playforth

Key Selling Points:

- **Adorable full-color illustrations:** Cute and playful art keep kids engaged as they learn about their bodies.
- **Fun interactive text:** Explores the parts of the body from head to toe using playful, interactive text that encourages toddlers to follow along and point out their own body parts.
- **Diverse cast of characters:** Illustrations feature a diverse set of toddlers to help readers connect with their own bodies.
- **Expert author:** Krupa Bhojani Playforth is a pediatrician and mother of three who is passionate about helping parents and children learn about their health.

Summary

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!

Colorful illustrations—Read along with your child and explore exciting pictures that show kids the body parts they use at playtime, bathtime, snacktime, and more.

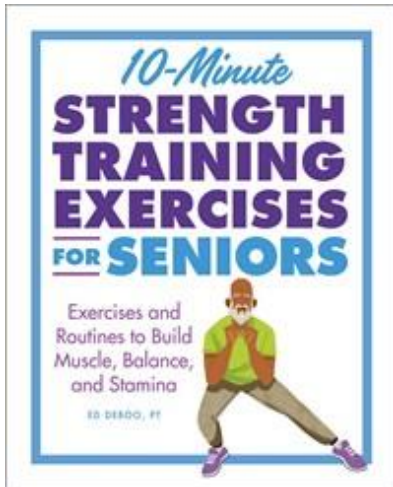
Which body part is that?—Help your child learn to point out their belly button, count their fingers and touch their elbows!

Learning and growing—Make it fun for kids to learn body vocabulary and start to discover all the amazing things their bodies can do.

Get this human body book today and enjoy educational quality time with your child.

Contributor Bio

KRUPA BHOJANI PLAYFORTH, MD, is a pediatrician and a mother of three who believes in helping parents and children get clear guidance about their health. Learn more about Dr. Playforth at ThePediatricianMom.com.



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Carton Qty: 1
Health & Fitness / Exercise
HEA007050

9.3 in H | 7.5 in W | 0.4 in T | 0.4
lb Wt
Status: **FORTHCOMING**

10-Minute Strength Training Exercises for Seniors

Exercises and Routines to Build Muscle, Balance, and Stamina

Ed Deboo

Key Selling Points:

- **Strong sales for companion title:** 5-Minute Core Exercises for Seniors has sold over 33K units since publication in May 2021. has a search frequency of 0.67 compared to at .06, signaling the demand is stronger for the topic.
- **Developed by a physical therapist:** Ed Deboo, PT, holds a B.A. Degree in Exercise Science, a Master's of Science Degree in Physical Therapy, and is a Level 1 Certified Sports Coach through the USA Weightlifting Association. Ed is also a co-founder of Integrative Physical Therapy Services with its own YouTube channel, Front Row with Ed and Elizabeth, with over 9.6 million views and 124K subscribers.
- **A wide variety of 40 strength training exercises and 25 routines:** Seniors will discover seated, standing, on-the-mat, and weighted exercises that mimic everyday movement and don't require any special equipment. Plus, tips to increase or decrease the intensity to meet specific needs.
- **Targets everyday movements:** From getting in and out of a chair to gripping to climbing stairs, each exercise will help Seniors with movements they encounter every day.
- **Easy step-by-step instructions with 4-color illustrations:** Written in easy-to-follow language, seniors can confidently do each exercise on their own and use the colorful, straightforward illustrations to make sure they are moving correctly and engaging the right muscles to prevent injury.

Summary

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

Build strength and balance at any age—just 10 minutes at a time.

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 per day.

A 3-part plan—Start with the principles of strength training before diving into 40 individual exercises, then put it all together with 25 combined routines that help you target every muscle group.

No equipment required—Get strong at home with bodyweight exercises such as squats, lunges, and push-ups, along with moves that can be done with items you have on hand like soup cans and gallon jugs.

Boost overall well-being—Discover how getting active gives you the confidence and independence to stick with your favorite activities, and build endurance for new adventures.



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80 Pages
Carton Qty: 1
Ages 6 to 9
Juvenile Nonfiction / Animals
JNF003030
Series: Junior Scientists
8 in H | 8 in W | 0.2 in T | 0.2 lb
Wt
Status: **FORTHCOMING**

Birds for Kids

A Junior Scientist's Guide to Owls, Eagles, Penguins, and Other Bird Species

Melissa Mayntz

Key Selling Points:

- Fun and engaging: Written for new readers ages 6-9, with easy-to-follow text, fun science facts, vibrant photos, and hands-on activities.
- 35 unique species! Features profiles on 35 different bird species that kids are likely to be interested in or encounter in their daily lives.
- Part of the Junior Scientists series: A new addition to our successful series of science guides for kids. Ocean Animals for Kids has sold over 20,000 copies LTD.

Summary

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

Explore the wild and 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 that lets kids read and explore independently as they learn all about birds!

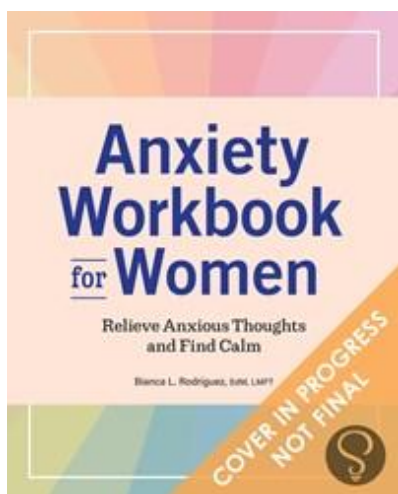
35 birds to meet— Kids will discover a variety of bird species like flamingos, penguins, and barn swallows, and find out what they look like, where they live, what they eat, and more.

Fun facts—Keep young readers fascinated with cool facts about how baby birds are born, if birds can get lost when they fly, and which water bird eats baby alligators!

Learning in action— You'll even find some activities to try, like helping your child measure their own wingspan, build a n...

Contributor Bio

MELISSA MAYNTZ is an enthusiastic birder and award-winning author who has traveled to see birds all over the world. She lives in Florida, where she enjoys seeing painted buntings, northern mockingbirds, and many other birds at her bird feeders.



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SEL036000
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Anxiety Workbook for Women

Relieve Anxious Thoughts and Find Calm

Bianca L. Rodriguez

Key Selling Points:

- **Expert, Credentialed Author:** Bianca L. Rodriguez, EdM, LMFT, has been a licensed marriage and family therapist for over 15 years, as well as a transformational coach and author. She earned an MA and EdM in psychological counseling from Columbia University.
- **Evidence-Based Tools and Strategies:** Offers foundational information on anxiety and how it specifically affects women, backed up by the most current research, as well as tools, tips, and exercises informed by CBT, radical acceptance, EDMR, and more.
- **Straightforward and Approachable:** Offers a wide range of easy-to-do exercises that women can complete on their own (without the assistance of a therapist), or as a supplemental tool for therapy.
- **Developed specifically for women:** Written by a woman and for women, these exercises, tips, and tools speak to the needs of a wide range of women struggling with anxiety.

Summary

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.

The truth about anxiety — Explore what anxiety really is, how it manifests in different ways, and the reasons it is especially common among women.

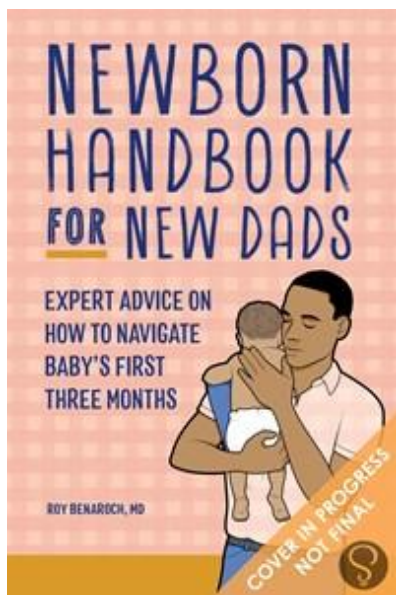
Proven tools and techniques — Try out exercises from a licensed therapist for soothing anxiety with mindfulness, meditation, acceptance and commitment therapy, and cognitive behavioral therapy.

You're not alone — Find hope and support in stories of other women using the strategies in this workbook to overcome their anxiety.

Build the skills to reduce stress and cultivate calm with this supportive anxiety book for women.

Contributor Bio

BIANCA L. RODRIGUEZ, EdM, LMFT, is a licensed marriage and family therapist, transformational coach, and author. Her goal is to help others reconnect with their sense of well-being.



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156 Pages
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Family & Relationships / Life Stages
FAM025000
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Status: **FORTHCOMING**

The Newborn Handbook for New Dads

A Simple Guide to the First Three Months of Fatherhood

Roy Benaroch

Key Selling Points:

- **Written by medical expert and father:** Roy Benaroch, MD, has been a general pediatrician for more than 20 years and is a father of three. He also writes a blog, The Pediatric Insider, which has had more than 5 million views since its inception in 2008 (RoyBenaroch.com).
- **Developed specifically for new and expectant fathers:** Written in relatable, compassionate language, this book not only helps new dads care for their newborn, but it also provides guidance on their own overall mental health and well-being and ways to support their partners before birth, after birth, and throughout the newborn stage.
- **Focuses on the newborn stage:** Typically covered in the last chapter of pregnancy books or the first chapter of baby's first year books, there's a gap in the market for a book that gives this challenging and often overwhelming stage the focus soon-to-be dads need and want.
- **Simple and easy to follow:** A quick, easy-to-digest guide that breaks down information within each month into smart sections such as growth and development, movement, sensory development, feeding, sleeping, and mental and social development.
- **Clean, contemporary design:** Modern instructional illustrations throughout and icons for easy navigation so new dads can reference information again and again.

Summary

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

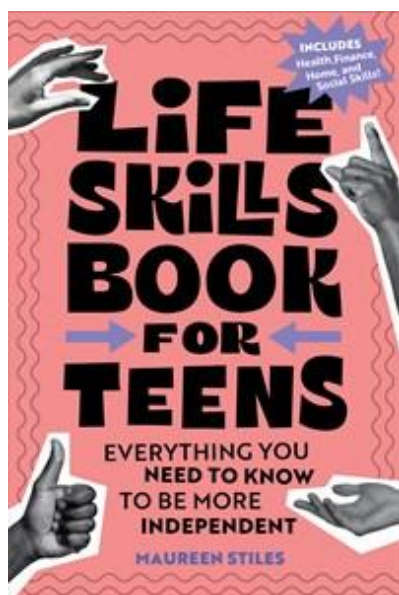
The ultimate guide to caring for your newborn—written especially for dads by a pediatrician and father

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. It's your one-stop resource for everything from birth and basic newborn care to baby-proofing your home, discovering your parenting style, and being there for your partner.

Get the new dad's survival guide that includes:

Your baby's arrival—Start with guidance for creating a birth plan, choosing a pediatrician, arranging for childcare, and other essential steps you'll want to complete before the baby comes.

Ways to navigate your feelings—Becoming a dad is a big deal—and this new dad book can help you come to terms with your pride and excitement, as well as your fears, anxieties, and stress.



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Ages 16 to 18
Young Adult Nonfiction / Health &
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7 in H | 5 in W | 0.5 in T | 0.3 lb
Wt
Status: **FORTHCOMING**

The Life Skills Book for Teens

Everything You Need to Know to Be More Independent

Maureen Stiles

Key Selling Points:

- **Written for teens ages 16-18:** Specifically targeted to teens who are most likely still living at home and preparing for independence, this guide strikes an age-appropriate balance with advice that is neither too simplistic nor too advanced.
- **Well-organized:** Skills are organized into chapters on health, home, money, and social skills, plus a chapter on other important areas such as safety, travel, pets, and more.
- **Practical, relevant advice:** Covers scenarios that teens are likely to encounter and provides advice that is accessible and realistic.
- **Author with a proven track record:** Maureen Stiles is the author of the successful *Driving Book for Teens* (10/22, 9,357 units sold LTD).

Summary

A practical guide to everyday life skills for teens ages 16 to 18

Set yourself up for success as an adult—tips and advice for ages 16+

How do you create a budget? Clean a bathroom? Make a doctor's appointment? If you're feeling a little overwhelmed by the responsibilities of growing up, you're not alone—and the *Life Skills Book for Teens* is here to help! It includes straightforward advice for handling your money, health, home, relationships, and more so you can take on adulthood with confidence.

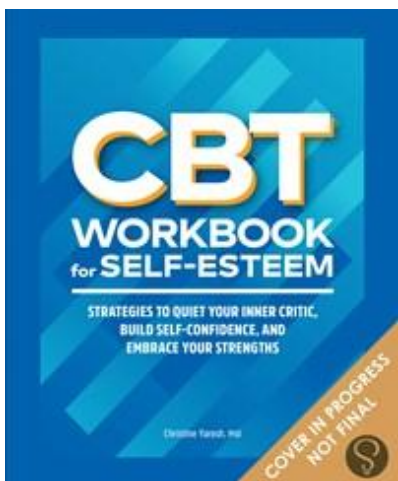
Life skills 101 for teens—Learn the basics of being independent with guidance on everyday skills like using a credit card, eating balanced meals, and doing laundry.

Make a good impression—From giving thoughtful gifts to dressing appropriately for different occasions, this book of life skills for teens is your go-to guide for navigating social and professional interactions like a pro.

Consider this—Make smart choices with tips on things to think about when you travel, adopt a pet, make a big purchase, or any other life event that comes with extra responsibilities....

Contributor Bio

MAUREEN STILES is a freelance writer and editor with a focus on parenting topics and general humor. She has been quoted in *The New York Times* and *Washington Post* regarding parenting strategies, and her writing is featured on TODAY Parents, in the book *Grown and Flown: How to Support Your Teen, Stay Close as a Family, and Raise Independent Adults*, as well as many other websites and blogs.



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Self-Help / Personal Growth
SEL023000

9.3 in H | 7.5 in W | 0.5 in T | 0.6
lb Wt

Status: **FORTHCOMING**

Cognitive Behavioral Therapy Workbook for Self-Esteem

Identify, Challenge, and Change Your Thoughts and Actions

Christine Yarosh

Summary

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.

Start where you are — Begin with questions and writing prompts that show you the current state of your self-esteem and encourage you to set your own goals for building it up.

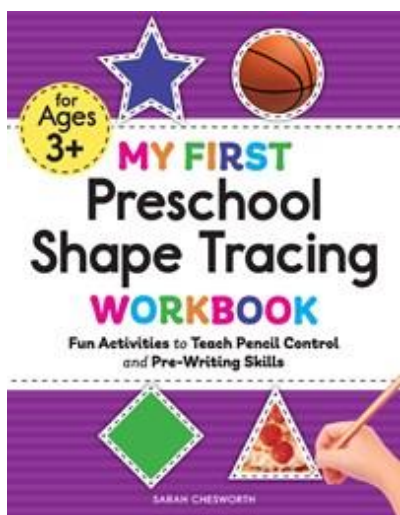
Clear the path ahead — Examine the beliefs and behaviors that get in the way of your confidence and discover simple strategies to let them go so you can move forward.

Treat yourself well — Learn how to embrace mindfulness, self-care, and resilience to keep you feeling good and on track for long-term success.

Create a healthy sense of self with this supportive CB...

Contributor Bio

CHRISTINE YAROSH, PhD, is a clinical psychologist in the San Francisco Bay Area. She has more than 25 years of experience helping people heal, grow, and find greater life balance. Learn more about her work at liblafayette.com.



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Ages 3 to 5
Juvenile Nonfiction / Language
Arts
JNF029030
Series: My First Preschool Skills
Workbooks

11 in H | 8.5 in W | 0.2 in T | 0.3
lb Wt
Status: **FORTHCOMING**

My First Preschool Shape Tracing Workbook

Fun Activities to Teach Pencil Control and Pre-Writing Skills

Sarah Chesworth

Key Selling Points:

- **Comprehensive skill-building:** First-time writers will build their fine motor and pen control skills, learning lines, curves, and shapes as they work toward letter formation.
- **60 fun tracing activities:** Kids will learn about shapes through a variety of engaging pencil-on-paper activities that feature full-color photographic images.
- **My First Preschool Skills Workbook series:** Part of a bestselling series which includes workbooks on reading, pre-handwriting, scissor skills, counting, tracing, and more. My First Learn-to-Write Workbook has sold 100,304 units 2023 YTD.

Summary

Build pen control and pre-writing skills with shape tracing

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!

Playing with pencil control — These simple shapes guide kids as they learn the motions they'll use for uppercase and lowercase letters.

60+ activities — A wide variety of exercises keep little learners entertained—from tracing triangle alligator teeth to round buttons, slanted slides, and more.

Write inside — The pages of this activity book are designed for kids to write on, so they can take this book anywhere and watch their skills improve with each section.

Get an early start on developing your child's reading and writing skills with this...

Contributor Bio

SARAH CHESWORTH is a former kindergarten and first grade teacher. Now she spends her days teaching her own two little girls. She also helps busy parents and teachers make learning fun through her website and online teaching resources. She holds a bachelor's degree in early childhood education from Texas Tech University.



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Ages 4 to 6
Juvenile Nonfiction / Activity
Books
JNF001000

11 in H | 8.5 in W | 0.2 in T | 0.3
lb Wt
Status: **FORTHCOMING**

My First Day of Kindergarten Activity Book

55 Games and Activities for What to Expect on Your Big Day

Sarah Chesworth

Key Selling Points:

- **Fun and interactive activities:** 55 varying activities for ages 4 to 6 provide a positive understanding of what to expect (new people, class activities, behaviors), to get kids excited and set them up with the skills to succeed.
- **Engaging illustrations:** Featuring diverse and modern kids in a classroom setting to create an inclusive and relatable experience and help kids envision what to expect on their first day.
- **Teaches core curriculum concepts:** Including letters, words, numbers, colors, shapes, and patterns, so kids will have a foundation of early kindergarten skills.

Summary

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

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.

The whole first day—Kids will explore their entire day, from getting up and dressed, to going to school, finding their classroom, eating snacks, doing schoolwork, and coming home again.

Get them classroom-ready—55 activities like tracing, matching, and mazes lay out the typical school day routine, and introduce colors, shapes, numbers, and letters.

Social and emotional skills—These games and activities also include tips about making friends, helping clean up, and identifying feelings.

Banish first-day jitters and set your little one up for success with *My First Day of Kindergarten Activity Book*.

Contributor Bio

SARAH CHESWORTH is a former kindergarten and first grade teacher. Now she spends her days teaching her own two little girls. She also helps busy parents and teachers make learning fun through her website and online teaching resources. She holds a bachelor's degree in early childhood education from Texas Tech University.